



EFFECT OF YOGA AND MEDITATION ON PERSONALITY DEVELOPMENT

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ABSTRACT

Meditation is one of the five principles of yoga. It is an important tool to achieve mental clarity and health. An overview of the different beginner and advanced meditation techniques will aid in choosing the right meditation exercise for you. The benefits, which vary according to individuals, since the very act of meditation is such an intensely personal experience, are usually realized slowly but surely. On the whole, the effects of meditation are wholly dependent on a person's mental makeup—on the extent to which one is at ease with oneself. According to experts, meditation helps in shaping better personality as an individual is more capable of looking at things objectively and making wiser decisions. The main focus of this paper is to discuss the impact of yoga & meditation on personality development.

KEYWORDS: Yoga, Meditation, Personality Development.

INTRODUCTION

Yoga brings hope and self-confidence to all those who are disappointed by their materialistic life or are inextricably bound up in all sorts of problems. Yoga teaches us to live reasonably and avoid uselessly squandering our energy, it also shows us how to exercise self control and preserve a positive attitude towards life. It is in this way that Yoga leads us towards universal love, for it is by love alone that we may create a brotherhood of man between the various nations of the world. Personality is best understood in terms of internal and external influences. At every moment our genes, our experiences, environment and our free will determine our personality. In the Indian perspective, the essence of human personality is the self, which in conjunction with the gross physical and subtle bodies becomes subject to experience pleasure and pain. Self-realization is the goal of human life according to Indian psychology.

THE FIVE DIMENSIONS OF HUMAN PERSONALITY

The yogic view on human personality divides it into five different dimensions. Each of these dimensions serve as layers to the human personality that prevents one from attaining balance and a holistic personality is either one is missing. These different dimensions also serve as stages that are essential in an integrated personality.

Intellectual Self: All efforts on improving your intellectual self is based on the concept of "Buddhi", which provides an individual with the discriminative power and knowledge. Formal studies are important for the acquisition of intellectual knowledge, but if you want to improve your level of wisdom, you have to follow the example of noble men through reading literatures and books. **Energy Self:** This dimension serves to enhance whatever efforts you have input at the physical self such that an individual gains more vitality and

intensity to perform daily set of activities. A key factor in enhancing the energy self is the flow of prana or energy in the body and their assimilation towards various parts of the body.

Blissful Self: This is the ultimate goal in your effort to improve human personality. At this stage, an individual is capable of preserving happiness and avoid any form of negative thoughts or emotions from getting in their way. This trait enables an individual to overcome emotional, physical, or psychological struggles.

Mental Self: A strong mental capacity is vital for individuals who are living in stress-filled environments. The mind's ability to concentrate and adapt to pressures from the environment makes them more effective. Also, it enables you to stay calm and focused despite any form of adversity.

Physical Self: This sheath in an individual's personality represents the senses, which is therefore concerned with the body's physical faculties. The key to enhancing the physical self in yoga is to engage in a balanced diet and a healthy lifestyle, as espoused in the yama and niyama of yoga.

DEEP MEDITATION FOR PERSONALITY DEVELOPMENT

This must not be confused with yoga meditation since deep meditation is a separate component of yoga. It is more advanced than meditation as this is utilized to attain a deeper level of blissful self. Through deep meditation, a person is able to reach the stage wherein the superficial and physical objects no longer matter as an individual learns to appreciate the deeper value of human personality and concept of self.

BREATHING AND CONCENTRATION FOR PERSONALITY DEVELOPMENT

The use of breathing and concentration techniques affects mostly an individual's mental personality. The more conscious and focused you are with your breathing patterns; it serves to relax your body and senses. Thus, breathing techniques are important prerequisite during meditation as it effectively brings about a calming effect. Once you are calm enough, then you improve your ability to pay attention to details and increase vitality.

YOGA POSTURES FOR PERSONALITY DEVELOPMENT

Yoga defines your body as different from an individual's typical conception of what body is. There are two entities of body in yogic view the physical and spiritual. Therefore, yoga postures are executed with those two bodies in mind and create a union for better personality development. For the physical body, yoga postures help to add flexibility and strength. It also add some benefits including improved body circulation and more strength in your joints and ligaments. Therefore, execution of yoga poses help to prevent injuries and a variety of ailments including digestive disorders, high blood pressure, and other forms of body aches.

For the spiritual body, yoga postures help in the facilitation of energy flow and its distribution to various parts of the body.

MEDITATION FOR PERSONALITY DEVELOPMENT

From breathing techniques, meditation evolves into a deeper kind of experience that involves your intellectual personality. The goal of meditation is to sharpen up your mind to the extent of focusing on a thought or idea without being distracted by external or negative thoughts. According to experts, meditation help in shaping better personality as an individual is more capable of looking at things objectively and making wiser decisions.

CONCLUSION

Yoga is a key to healthy life. It is full of positive energy which helps you to keep your body and mind in your control. As you continue to involve yourself in yoga, you will automatically notice the positive changes that it brings to your body. Regular yoga practice provides innumerable benefits.

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