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Yoga for Peace Building & Harmony

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Abstract

The purpose of this article is to examine the necessity for significance of yoga in socioeconomic & worldwide transformations and Peace Building. Yoga is beneficial to the body, mind, and spirit. As a result, it really is defined as the key art. Since we're a healthy as well as peaceful part of humanity's global initiative, We can bring health and peace to community, society, and the world if our body, mind, as well as our soul are healthful and peaceful. Yoga has a universal appeal and therefore can be practised by anyone from any class, race, religion, or region. On a worldwide scale, we are currently witnessing a number of issues such as terrorism, religious extremism, racial hatred, and global warming. Yoga is the only way to find a long-term solution to such global issues. On a global level, there is a need for mental, moral, & intellectual refinement of individual personalities through the spread and practise of the Yoga.

Keywords: *Yoga, Peace, Harmony and Peace Building.*

Introduction :

Balancing, peace, and togetherness are all words that come to mind while thinking of yoga. Universal balancing, body, mind, and souls harmonization, and individualized and global awareness togetherness Yoga, an ancient science, provides opportunities to restore global peace, sustainable development, and inter-individual, community, religious, and national harmony. Yoga has sadly come to mean only physical activity or pose in today's world; nevertheless, this is only one aspect of this ancient philosophy, and the others are often overlooked. Yoga is considered to assist in the realization of one's inner self and the acceptance in one's own self is also, culminating to the attainment of pure bliss, or ananda, that is considered to be the ultimate goal of life.

The most important benefit of practising Yoga is that it allows one to develop complete control over one's own body and mind. Yoga began in ancient India and is just a physical, mental, as well as spiritual exercise. The practise was passed down from teachers to learners long before the sage Patanjali formalised it in his Yoga Sutras about 400 C.E. The practise was first defined by the philosopher Patanjali in the Yoga Sutras about 400 C.E. It has now become a one-on-one transmission, but since the popularity of yoga in the West in the twentieth century, group lessons have now become the standard. The goal of the practise is to bring together the body, mind, and spirit, and also the individual self with universal conscience. This kind of unity has the effect of neutralising ego-driven ideas and behaviours, resulting in a spiritual awakening. Yoga has been performed for thousands of years, and while there are many various interpretations and forms, majority people agree that the ultimate objective of yoga is to be free of pain. While each

schools or tradition of yoga has its unique concentration and practises, the majority of them focus on putting the body, mind, as well as breath together just to change energy or shift awareness.

In each workplace, there might have been a variety of sources of conflict. Insufficient collaboration, a dissimilar set of principles, personality issues, etc. Various interaction methods, which can cause misunderstanding among individuals, and varying ideologies are two main factors. Whenever there is a lack of passion, tolerance, and acknowledgement of these disparities, conflict occurred. Tension usually resulted in common behaviours such as carrying vengeance & feeling trapped. One such pattern can lead to internal instability as well as unsettled conflicts and disagreements with anyone. If you really are strong too much, anyone can overcome such adversity. Those who have the ability to respond to the urge and continue the fight in a yogic approach. In just about any event, keep in mind that what you're doing or therefore don't do has an impact on yourself and everyone around us. An instability will be created by engaging in confrontation with wrath as well as a thirst for revenge. Santosha, or peace, is the goal of yoga. Continuous practise aids in having a balanced condition, which develops a habit that becomes valuable in resolving problems. Santosha is just not a repressive situation. It is a condition of calmness that allows negative ideas and activities to be transformed towards positive events.

Significance of Peace Building

Peacebuilding aims to address the root causes of conflict by assisting people in peacefully resolving their disputes and laying the groundwork for future violence prevention. Everyone is affected by violence. Wars stifle community development, prohibit children from attending school, and make it more difficult for people to obtain healthcare. Poverty leads to further strife, and the cycle repeats itself. Peacekeeping prevents disputes from escalating and aids in the prevention of conflicts in places where none exist. Peacebuilding also contributes to the security and stability of our community as a whole. Whenever there is a conflict, people and properties are lost, consequently, peacebuilding aids in the preservation of lives and livelihoods. Peacebuilding promotes people's solidarity and cooperation. Peacebuilding promotes development because it saves us money on the costs of repairing destroyed property caused by conflicts. Peacebuilding is a peaceful action aimed at resolving injustice and changing the cultural and structural conditions that lead to lethal or destructive conflict. It focuses on fostering positive interpersonal, group, and political ties across ethnic, religious, socioeconomic, national, and racial lines. As a result, peacebuilding is a diverse, cross-sector approach or practise that becomes tactical when it is used over time and at all sections of life to form and maintain relationships between people locally and worldwide, resulting in long-term peace. Sustainable peacebuilding efforts target the root or prospective causes of violence, establish a public expectation of non-violent conflict settlement, and politically as well as socioeconomically stabilise society. The techniques used to construct peace differ based on the circumstances and the peacebuilding actor. Sustainable peacebuilding initiatives create a culture that supports self-sustaining, long-term peace, unite adversaries, avoid conflict from resuming, connect civil society, establish rule of law processes, and manage underlying socio - economic and cultural challenges.

Significance of Yoga :

Yog is comes from the Sanskrit term 'Yuj,' that means to engage with and merge with the universe. The goal of practising 'Yog,' also known as 'Yoga,' is to merge the concept of self with that of the cosmos and to feel a sense of oneness with reality. It is a style of life that strives to reconnect you with your inner self & build a harmony between your mind, body, and spirit. To still be in peace with ourselves as well as the circumstances around one, it is essential to connect the body, mind, and spirit. One should be aware of the importance of yoga. It's more than just a basic exercise of maintaining your breathing and folding your body, it's a means to get you to a place in which we can truly experience mind-body harmony. Proper breathing practices, physical activities, and continuous meditation are required to obtain the state of 'Yog.' Meditation and yoga have a beneficial effect on both our physical and mental wellbeing. To all those who are unacquainted with yoga as well as its advantages, it may appear to be a collection of relaxation techniques. Several research, comparative study, including surveys have demonstrated the benefits of practising yoga and indeed the impacts it has on one's physique, appearance, and mental health. The significance of yoga asanas is often misunderstood, as they aid to improve body strength and endurance while also reducing mental weariness and emotional issues when done on a daily basis. Yoga's fundamental goal is self-realization, which involves developing peace among our mind and body in order to assist everyone eliminate tension and anxiety. Yoga provides a lot of psychological and physical advantages. Yoga aids in the relief of acute of mental health problems such as anxiety, sadness, and distress, in addition to increasing strength and flexibility. We all want a better lifestyle that is free of unneeded stress. According to research studies, doing yoga each day for 3 months can lower stress hormone release. When we combine meditation with breathing, we will experience an unrivalled sense of tranquilly.

Reduced stressful situations have a positive impact on mental health, resulting in a higher standard of living. Having to deal with anxiety on a daily basis can be exhausting. Some people who have been diagnosed with depression and anxiety have disclosed that doing certain yoga positions every day has helped them cope with difficult anxiety symptoms. Yoga 'Camel Pose' enhanced blood circulation, which had a therapeutic efficacy on both the brain and the body. The simple 'Butterfly Pose' helped remove unneeded stress whereas the 'Bridge Pose' calmed the mind. Yoga helps us to understand and regulate ourselves. We can manage all parts of our life at the same time that regulate our body and motions in yoga. Yoga allows us to feel more linked to every element of our life as it helps us achieve more equilibrium. Yoga's goal is to achieve physical, mental, as well as spiritual well-being. Yoga is divided into eight stages, according to Patanjali. These are as follows:-

1. **Niyamas** - Saucha (cleanliness),
Santosha (contentment),
Tapas (discipline),
Svadhyaya (self study),
Ishwara pranidhana (Worship of God).

2. **Yamas** - Inner cleanliness via moral training as a foundation to Yoga. Yama is concepts that must be followed at all times in our daily lives. All of those are universal principles of behaviour which assist us in adhering to good regard in our individual and social lives. The yama values are involved with someone's social life. Ashtanga yoga includes yama.
3. **Pranayama** - Pranayama means "breath regulation." "Prana" is the Sanskrit word for "breathing" or "energy of motion" throughout the body. Prana signifies the etheric essence essential for living or collective consciousness on a subtle level, while "ayama" denotes control. Pranayama literally means "breath control."
4. **Pratyahara** - The mind is made introspective by withdrawing the senses.
5. **Asanas** - Asana is a physical and mental posture of just being where someone can stay constant, peaceful, quiet, and pleasant. Asanas are postures that awaken the energy centers as well as psychic centres in the body. Asana is a specific posture that is both comfortable and stable. Asana practise benefits our mind and spirit, and also our life energy and creative genius.
6. **Dharana** - Dharana is the Sanskrit word for concentration. Dharana aids in the development and expansion of our attention abilities.
7. **Samadhi** - Trance or ecstasy is known to as samadhi. Whenever the individual self is completely absorbed by the ultimate or universal self, such state is known as Samadhi. Samadhi is the condition of consciousness whereby all seeds of new and old action in the mind are entirely eliminated.
8. **Dhyana** - Dhyana is the Sanskrit word for meditation. Dhyana, or meditation, is the steady flowing of consciousness. Our thoughts become calm and tranquil as a result of meditation.

Meditation is indeed a yogic practise where the mind is brought to a state of stillness and relaxation. We generally aware how our minds are constantly engaged and just never stop working. Several forms of feelings and emotions have a detrimental impact on it, causing minds to become agitated. It is necessary to still mind in need to calm & rest it. It can be accomplished by diverting the mind's attention away from the negative stimuli. Meditation is really an extremely powerful practise for calming and soothing the mind. It energises and calms both the physically and mentally. Meditation has been shown to boost brain efficiency across several studies. Meditation can be done in a various methods. The methodologies differ, but the objective of all approaches is always the same: to achieve inner stillness and even a greater degree of awareness. Most meditation method requires you to concentrate on a specific point. Even though it is tough to concentrate the mind at first, a beginner should commence by meditating for just a few minutes then gradually extend the period.

The most vital necessity the moment has been highlighted as peacebuilding. 'Peacefulness' in thoughts, words, & activity must be maintained living in mindful awareness in this age of instability and violent behaviour in the forms of bigotry, battle, atrocities, unfairness, repression, and extortion. Even though the individual is the fundamental key of social structure, the process of change and even the globe should start also with personal. Individuals and societies are mutually beneficial and complimentary. The reformation of society is impossible

without healthful and pure minds. The Astanga Yoga (8 way of yoga) is outlined in Patanjali's Yoga Sutra (yoga philosophy). Yama in Astanga Yoga is closely associated with a human 's social disciplines, that emphasises the societal code of conduct, while Niyama emphasises an individual 's personalized code of behaviour. People who break individual and social codes of conduct engage in a variety of antisocial acts, resulting in an overabundance of social ills such as fraud, criminality, stealing, aggression, adultery, and etc. Yoga has the potential to significantly reduce these social ills, paving the path for a more balanced and peaceful society, or societal revolution. As a result, we may claim that yoga is the necessity of each day, based on its consistent applicability. As a result, yoga and mindfulness, which have the capacity for global transformation, may play a central role in raising the civility, sophistication, and enlightenment of individuals, families, societies, nations, and the entire world. It may not devolve into doing barbarous or horrible, but rather promote moral ideals and principles while the society we live in might be made a much better place.

Yoga practise aids in the development of attributes such as positive thoughts, inner calm, compassion, nonviolence negotiation skills, respect for oneself as well as others, etc, all of which have been considered elements of peaceful behaviors. Yoga, as just a result, aids in the harmonious coexistence of the body, mind, and spirit. Meditation, the seventh step of Yoga, is often regarded as a beneficial tool for discovering a tranquil oasis of relaxation and stress alleviation within oneself. Yoga may be beneficial to pupils' overall development. The different aspects of personal growth are emotive, somatic, mental, as well as societal. Yoga's various breathing methods can help individuals regulate our thoughts and emotions, achieve peace, and effectively manage our social activities. Yoga is about much more than breathing exercises and proper poses; it's really a part of living. Keep meditation a regular habit to help you cope with stress.

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