

## Fear and its solution in applied yoga psychology

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### ABSTRACT

Fear is considered an instinct governing our life. It is provoked by various stimulants; like an unusual occurrence, disease and corrupt information may be among them. At Gross, it is eradicated by understanding, being familiar, and generalizing the cause. Yoga psychology looks at it from its root and treats the root not just only symptoms. In yoga, fear is the manifestation of the klesha- Abhinivesha. The solution in yoga is sought from its core. Applied thought of yoga act on the root and build inner strength. Kriya yoga said by Patanjali refine our consciousness and develop a clear vision.

**Keywords:** *Fear, Epidemic, Information, Ignorance, Kriya Yoga*

**F**ear is a problem of whole consciousness not merely an issue of the mind. Often it is suppressed by dismissing or giving an escape from a cause. It can make anxiety and create mental pressure if not treated appropriately. The epidemic Covid-19, we are facing, has compelled us for reconfiguration in our lives and attitude. Humanity is going through a sudden and contingent problem. Not only physical but psycho immunity also challenged. Epidemics also spread fear, which can make it more frightening. With medical facility and dissemination of correct information, we should also keep in mind unknown aspects of our consciousness, so that we can show good skills in managing it.

### *Present scenario*

The epidemic, Covid-19, has brought not only the risk of infection but also unbearable psychological pressure. Fear is another aspect of this epidemic as a social contagion. We can keep people in distance but the condition of the unusual way of living made anxious created internal conflicts. If not well treated can manifest into a constant fear due to such a condition.

Although we are continually being updated on world and state data, government guidelines, societal occurrence, and administrative hard stance. Being informed is quite helpful but not enough. Because information not assimilated appropriately also produce a mental smoke that covers our cognitive screen.

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## **IGNORANCE AND LOVE OF LIFE**

In the yoga philosophy of Patanjali fear is considered under one of the five kleshas called Abhinivesh. "Kleshas are the cause of pain and suffering. They are impurities in our personality and so we have to remove impurity; then only can we acquire knowledge." [Yogendra]

### ***Svarasavahi-Vidusah-Api-Tatha-Arudhah-Abhinivesah (PYS 2.9)***

**Meaning -:** Flowing on its nature, love of life exists even in the wise.

This sutra tells the nature of fear. The fear of destruction or harm is not so high but rather deep. And which is triggered by external conditions? The seed, abhinivesh, is the love of our own life, fear of death from which all other fears come.

Love for life is our attachment to our own unique identity, which is created by us. None of us wants to lose it. Any heat on that identity inspires us to avoid it and is distraught. The root of distraction is the fear of the loss of my identity I.e. 'I' ness.

There is a concept of Aadhi and Vyadhi in the Yogic Literature Yoga-Vashistha. Aadhi where there is a mental distortion then Vyadhi is physical. The origin of both Aadhi and Vyadhi in Yogavashistha is told from ignorance. Abhinivesha spring from Ignorance.

Ignorance Is Taking the Non-Eternal, The Impure, The Painful, The Non-Self, As the Eternal, The Pure, The Pleasurable and The Self. (PYS 2.5)

Correction in the self-concept is necessary to overcome fear, which is a mental disturbance. Abhinivesha is active in seed form even though it looks normal on the upper side. The reaction of fear is a mixed form of our inherent ignorance with the external situation. Spiritual outlook inspires the refinement of mental balance.

## **YOGIC THOUGHT AND INTERVENTION**

"The practice of yoga awakens the innate awareness. Ignorance cannot survive in the light of consciousness which is a requisite for spiritual advancement." [The Yoga Institute]  
In Bhagavad Geeta, "*swabhavo adhyatm uchyate*" (BG, 8.3)

This means The nature of the soul is called spirituality. Understanding our true nature boost patience and illuminate intellect to find ways rather being panic.

At this time when we are worrying about our health and well-being and we have enough time to take care of ourselves. The practice of Kriya Yoga directed by Maharishi Patanjali attenuates the tribulation.

### ***Taphswadhyah Ishwar pranidhanani kriyayogah. (PYS 2.1)***

The three purificatory actions of yoga are inner discipline, self-study, and surrender. When practiced, the obstacles are removed and we experience clear perception.' ~ PYS, 2: 1-2  
Tapa or austerity; it consists of practice which is unopposed to developing clarity of mind. Practicing equanimity among changes. [Tiwari 2017]

Swadhyaya; Study of sacred texts and recitation of mantras. [Tiwari 2017]

Iswarpranidhan; Sage Vyasa calls it 'devotion par excellence' and describes it as detachment. [Tiwari 2017]

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It is a fact that almost 2100 thoughts come in an hour in our mind while waking state. Doing swadhyaya we can realize that most are useless and negative. As long as Tapa and swadhyaya practiced sincerely, one can reduce flickering of mind.

### CONCLUSION

Fear is divided into rational and irrational. It is adaptive because it protects us. [Leahy 2008] Irrational fear is negative and creates psychological pressure. Rational fear leads to adopting preventive measures and being disciplined. Irrational fear is due to excess of Rajo guna and Tamo guna that can be reduced through the practice of Kriya yoga. We develop a clear and deep vision of the situation and maintain inner adjustments.

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### *Conflict of Interest*

The author declared no conflict of interest.

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