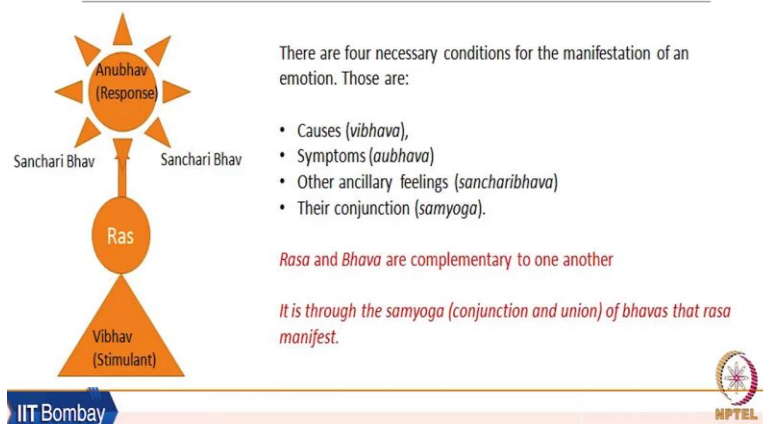


**Yoga and Positive Psychology for Managing Career and Life**  
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**Yogic Intervention for Managing Emotions**  
**Lecture - 87**  
**How Yoga Helps in Emotional Balance**

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## Indian Theory of Emotions



How we experience emotion that mechanism is given in the natya shastra and that is elaborated in many other text, for rasas to get expressed you need a cause that cause is called vibhav. That vibhav result into certain expression, certain symptom for example, if joke is a vibhav or a cause laughter or movement of shoulder these are anubhavs these are the symptoms.

And then there are sanchari bhavs as well because the laughter can have some finer emotions emotions of vyang emotions of helplessness or emotions of real joy. There can be different flavors different shades of hasya and associated to the different shades there are various emotions these are called sanchari bhav and combination of vibhav anubhav and sanchari bhav result into samyog.

And for rasa to get expressed in life in day to day moments we need to have that samyog. So, it is through the samyog bhavas that rasas are manifest and our ability to experience different emotions and express those appropriately that is the essence of emotional intelligence and what can help us to manage emotions, what can help us to decide what is the limit for me to experience a particular rasa in a situation that decision is done by buddhi the intellect.

So, you might recall we have discussed this chariot model of human self, which is taken from the kathopanishad it clearly says that senses are like horses of chariot rein is the man the rein with which we control the rein with which our charioteer and the charioteer who is holding the rein is intellect the self. The real self the atman is the one which is standing which is giving direction to the charioteer.

Charioteer is like intellect when charioteer is smart it can hold man in some way which can direct the horses of senses to the desirable directions how we can do that, what are the processes which can help the charioteer to give right direction to the horses, what is how to strengthen the rein which yog has many interventions for them?

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## How Yoga Helps in Emotional Balance

Eight Limbs of Yoga	Role in Emotional Balance
<i>Yama</i> (moral instructions)	Sets the boundary conditions, alignment with universal principles
<i>Niyama</i> (self-purification)	Maintenance and cleansing of inner conditions.
<i>Asana</i> (posture)	Psycho-somatic alignment with brain wave coherence, lowering stress hormones, release of happy hormones
<i>Pranayama</i> (rhythmic breathing)	Relaxation and regulation through breathing
<i>Pratyahara</i> (sense withdrawal)	Stepping back purposely in order to attain the right mode of consciousness
<i>Dharana</i> (concentration)	One pointedness, self mastery, Purposefulness (Visualization space)
<i>Dhyana</i> (meditation)	Quieting of mind (Intelligence space)
<i>Samadhi</i> (cessation of vrittis)	Transcendence of emotion and individualized cognition (Bliss space)

So, let us look at how yog helps in gaining emotional balance. In fact, all 8 angas ashtang we say the appendages or limbs all 8 limbs help us in gaining the emotional balance in their unique ways

yam and niyam. Yam is the moral instruction and niyam is the self purification process we have already have a detailed discussion about the yam niyam earlier.

Yam set the boundary conditions ahinsa, satya, aparigraha, asteya, brahmacharya these 5 yamas which essentially are the core principle with which this life this existence operates this existence works only because of these 5 yamas that set the boundary condition once the boundary conditions are set our self management boundaries are also set and our self management boundary are the first inherent things.

Because for all self management or career management we need to identify what is non negotiable in my disposition what is something which I am not going to compromise about, which I am not going to negotiate, about which I am not going to try out things yamas give those non negotiables. So, lot of emotions are naturally get under control niyamas are the ways for us to improve further tap ishwar pranidhan swadhyay sauch is cleansing, santosh is contentment, ishwar pranidhan is surrendered to the universal order.

These are the ways of maintaining and cleansing our inner conditions these are not only related to the mind inner conditions these are not related to cleansing of body and that helps preparing our inner ambience to manage our emotions asana asana is a psychosomatic alignment with brain wave coherence in a very precise definition we can says this about asanas.

Asanas brings coherence in brain waves these are the things coming out in several studies. Asanas lower the stress hormones and release happy hormones in this way asana can help in controlling emotional balance. Pranayam we had a complete session on pranayam as well which is about relaxation and regulation through breathing we looked at how fascinating this act of breathing is it is voluntary act, but it is necessary act.

This is what connects our sympathetic and parasympathetic system and whole process of managing self is about managing the balance of sympathetic and parasympathetic system. So, breathing which is the core act or which is the core seat of pranayam can help in balancing this system and in this process, it helps to gain and maintain emotional balance.

Pratyahar sense organs or becoming inward focus in terms of our senses we looked at in the pratyahar session as there are bahya indris means the senses which look at outward. So, we have

intrinsic indris, intrinsic senses because of the intrinsic senses we are able to watch or listen things in dreams even when our eyes are closed, we may not be in this in the sleep in the dreaming phase we may not be able to listen something which is going on outside.

But we can listen something which is which we are seeing which is coming in our dream. So, there are intrinsic indris closing the outer indris and awakening or just focusing on the intrinsic indris that is the essence of pratyahar. And pratyahar is purposely stepping back our right mode of consciousness and naturally that helps in gaining emotional balance.

How it works we looked at that whole mechanism in the last session dhyan that is the quieting of mind. This is a great space for the emergence of intelligence when the external senses are not processed and (Refer Time: 08:51) internal senses are still alert in that state the dhyan happens and when dhyan happens emotional balance naturally comes to our life. Samadhi we cannot discuss it in great detail about samadhi because it is much deeper experience.

Nonetheless we can see it is transcendent of emotions and individualized cognition we become available to the universal intelligence in samadhi the systemic intelligence in samadhi we become aware of. So, we can look at all steps of yog all appendages or limbs of yog helps in gaining and maintaining emotional balance.