

Yoga and Positive Psychology for Managing Career and Life
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Yogic Intervention for Making Mind a Friend
Lecture - 92
What Yoga does for Balancing Emotions and Cognitions

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Mechanisms for Balancing Emotions and Cognition

Mindfulness	Broadening of the Perspective
Interoception	Emotional Intelligence
Distancing	Egocentric bias
Centering	Attention
Subjective Vitality	Memory
Self regulation	Executive function
Self efficacy	Processing speed
Creative Problem Solving	General cognition
Emotional Intelligence	Self Transcendence
Empathy and Compassion	

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Let us look at what are the mechanism which are studied in the modern psychology which connect yog and help us to balance emotions and cognition. Many of these are connectors of positive psychology and yog. Since this is 12th session this is the appropriate time, we can look at what are the modern constructs which connect positive psychology and yog. We are also going to look at the various research studies which are conducted by our team in IIT, Bombay to examine these connections.

So, the mechanism which connect yog and help us in gaining balance in emotions and cognitions are mindfulness, interoception, distancing, centering, subject or vitality, self regulation, self efficacy, creative problem solving, emotional intelligence, empathy compassion, broadening of the perspective, emotional intelligence, egocentric bias it means reducing the egocentric bias,

attention, memory, executive function, processing speed, general cognition, self transcendence and many more others like cognitive flexibility like emotional connection etcetera etcetera.

So, you can see many many psychological construct which are studied in the current times are inculcated with the practice of yog. And these are the mediating factors which help yog to make our mind friendly towards ourselves and towards the world around.

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What Yoga Does for Balancing Emotions



Mindfulness: An open, unbiased awareness of and attention to, the inner experience and manifest actions



Interoception: Introspection is the examination of one's own conscious thoughts and feeling



Distancing: step back and without an immediate response, survey the environment, and reflect on the course of action instead of being dominated by immediate simulation

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We will look at these construct one by one and then we look at the general mechanism through which these constructs or these variables affect different aspects of the psychological health like moral reasoning or psychological capital etcetera. Mindfulness that is the first thing.

Mindfulness is a open unbiased awareness of an attention to the inner experience and manifest actions, our ability to observe ourselves that is mindful awareness. Mindful metacognition is our ability to look at the wider pattern, mindful observation this is the third aspect of mindfulness that is our ability to observe what is happening in my body, in my mind. That is the very important factor, that is the excellent outcome of yog based practices which result into making our mind friendly.

Interoception, interoception is the examination of one's conscious thoughts and feelings. Interoception means I am intelligent not only to the external perceptions, I am also aware, I am

also able to make sense of the intrinsic perception, that is the inner senses my ability to observe and being aware of that is interoception.

And in that way, it is of different direction of perception. Distancing is another mechanism that is response. Our ability to reflect back, surveying the environment and reflecting on the course of action instead of being dominated by immediate stimulus we keep bombarded with the stimulus.

Some are pleasant, some are unpleasant, not operating immediately after getting stimulus, but our ability to process the information serving the environment and then choosing the most appropriate action that is distancing.

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What Yoga Does for Balancing Emotions Cont...



Self Regulation: efforts one expends to monitor, willpower, and motivation to manage and modulate one's emerging impulses and responses in order to pursue and maintain absolute goals



Subjective Vitality: SV, an expression of energetic arousal is defined as having physical and mental energy that generates a sense of enthusiasm, aliveness, efficacy, and energy available to the self



Centering: technique whose aim is to increase and focus attention and energy, to provide relief from stress and anxiety, or both.

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Self regulation: self regulation is efforts one expands to monitor. Self regulation is also reflected in willpower and motivation to manage and modulate ones emerging impulses and responses in order to pursue and maintain absolute goals. So, self regulation is regulating our self and self is not only in terms of our mind, our cognition it is also about our emotions, it is also about our behavior.

Subjective vitality that is the first, many people has have reported that the first experience of performing and practicing yog is subjective vitality that is expression of energetic arousal. A sense


of positive energy it is defined as having a physical and mental energy that generates a sense of enthusiasm, aliveness, efficacy and energy available to the self.

Next factor which is generated with the practice of yog and it is very much part of the positive psychology is centering. Centering is the technique whose aim is to increase and focus attention and energy to provide relief from stress and anxiety or both. In our day to day life we keep getting exposed to the unpleasant stimulus or interactions which we are not able to enjoy which we are not able to appreciate.


And because of that stress and anxiety emanate. On the face of that, in that situation our ability to practice pratyahar, our ability to bring our senses more inward and focusing or directing our attention to the most valued goals and our objectives at time that is the process called centering and that is facilitated, that is generated, that capability is generated with the practice of yog.

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What Yoga Does for Balancing Emotions Cont...




Self Efficacy: when beset by problems and adversity, sustaining and bouncing back and even beyond to attain success



Creative Thinking: comprehensive cognitive and affective system built on our natural creative processes that deliberately ignites creative thinking and, as a result, generates creative solutions and change' (Puccio et al., 2007).



Broadening of the Perspective: a broaden comprehension of the organization, increased comprehension and thus increased ability to perceive a broader "form" of the systemi

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Self efficacy: self efficacy is my confidence about my capability for doing what I consider is important and valuable in my life. When beside by problems and adversity our ability of sustaining and bouncing back and even beyond to attain success that is self efficacy. Creative thinking, we all have some experience of creative thinking, it is a comprehensive cognitive and effective system.

It is as much cognitive as it is emotional. Creative thinking is built on our natural creative processes that deliberately ignites and generates creative solutions and changes. That is also nurtured with the practice of yog broadening of the perspective that means, broadening the comprehension of the organization, increasing the (Refer Time: 07:59) comprehension of the organization of which we are part of.

Increasing the comprehension and increasing our ability to perceive a broader form of system. We all are part of some system all the systems are part of the bigger system. When we lose out on our perspective about the bigger system of which we are part of we start operating from our limited self interest. And because of that many a time we feel agitated and anxious when we are not able to get what we expect to get out of any situation.

In that situation we need to look at the broader system, we need to be able to see how the bigger system operates of which I am part of. In that process we can either strategize better or we can recognize the limitation of what I can expect and what I should not expect, what kind of outcome I should seek or pursue or what kind of item we should not seek or pursue.

So, this is the broadening of the perspective and that is also attained with the practice of yog. And we are going to look at some of the research studies which have beautifully demonstrate how yog helped us in broadening the perspective.

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What Yoga Does for Balancing Emotions Cont...



Perception of emotion – the capacity to recognise emotions in oneself as well as other people, and also in things, workmanship, and anecdotes

Emotional facilitation of thought – the ability to create emotions to utilize them in other cognitive procedures

Understanding emotions – the ability to comprehend emotional information and how emotions consolidate and advance through relationship alterations and

Managing emotions – the ability to be exposed to emotions and yet direct them in oneself as well as other people.

Mayer, J. D., Salovey, P. & Caruso, D. R. (2008). Emotional Intelligence: New ability

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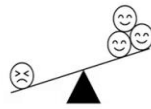
Then comes perception of emotion, the capacity to recognize emotions, what am I feeling, not only what I am feeling, but what others might be feeling or what others are feeling that capacity also is enhanced with the yogic practice. Emotional facilitation of thought, we can appropriately use the power of emotion. This aspect is about that.

We can choose the appropriate emotion which can direct our cognitive ability towards valued goals. That is the faculty called emotional facilitation of thought, understanding emotion that is deeply, that is closely relatability to comprehend emotional information and how emotions consolidate and advance through the relationship alterations.

Managing emotion very important aspect of emotional intelligence and we all know that emotional intelligence is one of the key capability to be success in the personal and professional life. Managing emotion is our ability to be exposed to emotions and yet directing them in oneself as well as other people. Our ability to use the emotion for the positive goals that is managing emotions.

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What Yoga Does for Balancing Emotions Cont...



Egocentric bias is a form of self-serving cognitive process that prevents individuals from looking beyond their immediate personal benefit and loss



Compassion is an "attitude toward other(s), either close others or strangers or all of humanity; containing feelings, cognitions, and behaviors that are focused on caring, concern, tenderness, and an orientation toward supporting, helping, and understanding the other(s)"



Self transcendence encompasses the psychological states of experiencing oneself relating to others, having a sense of meaning and acceptance, decreased self-salience and/or increased connectedness, and feelings of union with a higher power, nature, or the cosmos.

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Yogic practices also help in reducing egocentric bias. Why we have to reduce egocentric bias? Because higher egocentric bias will be a great obstacle in experiencing all those factors, we have been discussing thus far centering, mindfulness, self regulation all those factors which we have discussed in the previous two, three slides. Our ability to experience those, our ability to utilize those is diminished with the high egocentric bias.

Egocentric bias is a form of self serving cognitive process that prevents individuals from looking beyond their immediate personal benefits and losses. Compassion that is the another aspect of the yogic practices, that is another capability we develop with the yogic practices.

Compassion is an attitude towards others, either close others or even strangers or to all humanity containing feeling cognitions and behavior that are focused on caring, concern, tenderness and orientation towards supporting helping and understanding others.

Compassion is ability to experience, ability to reflect on what others might be feeling. If they others are suffering, compassion also helps in acting to remove their suffering, to relieve them from their suffering. Self transcendence that is another great human capability. Self transcendence encompasses the psychological states of experiencing oneself relating to others, having a sense of meaning and acceptance, decreased self salience or increased connectedness.

That the most important terms in this definition is decreased self saliency and increasing connectedness. When my identity is less limited to my physical boundary my boundary of my immediate relationships, but my ability to cognitively and experientially cut it to the bigger system it is more than cognition that is called self transcendence.

This is a feeling of union with higher power, nature or the whole cosmos. So, these are some of the factors which are the result of yogic practices, all the practices we discussed in the previous session. And these factors help our mind to remain friendly to ourselves and to the world.