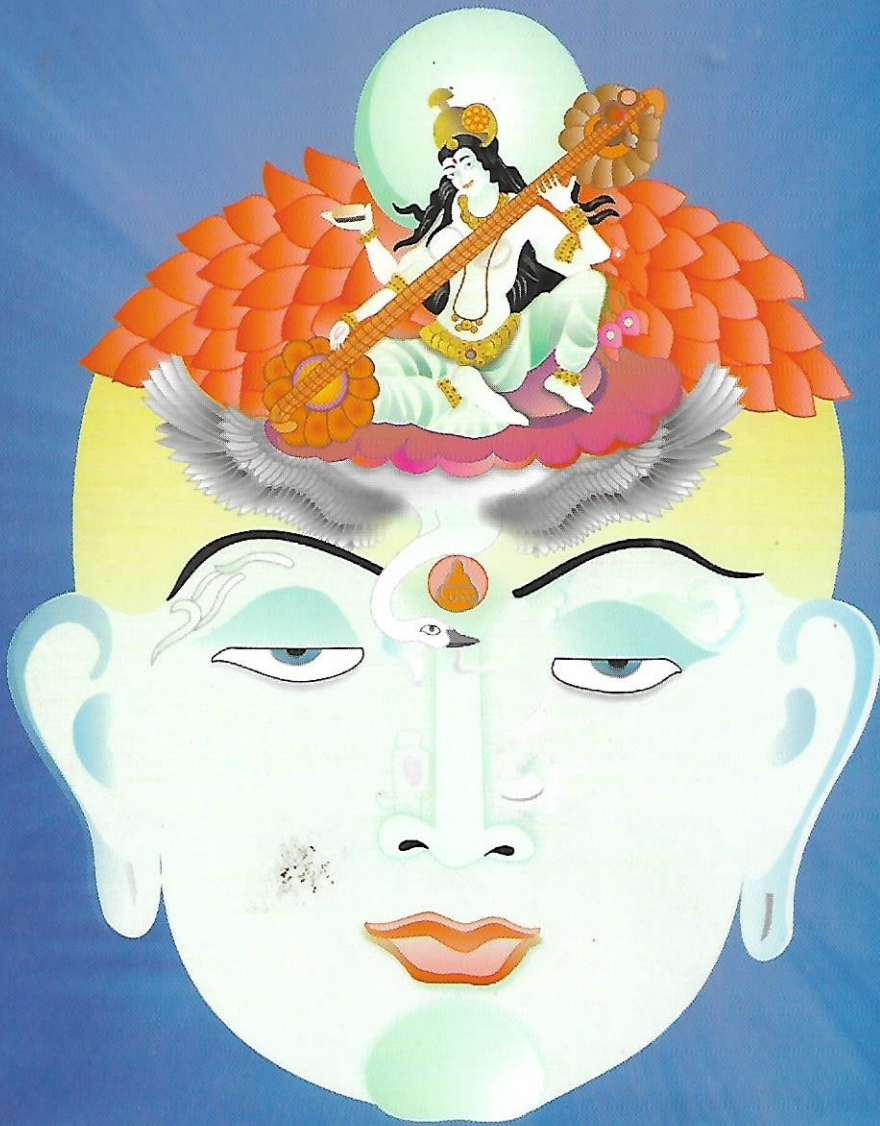


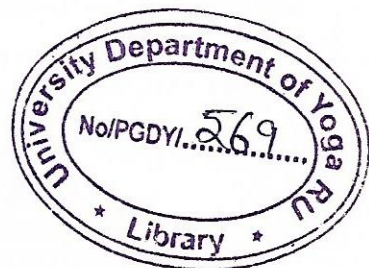
Yoga Psychology

A Handbook of Yogic Psychotherapy



Kamakhya Kumar

Yoga Psychology
(A Handbook of Yogic Psychotherapy)



Contents

<i>Foreword</i> — Ganesh Shankar Giri	v
<i>Prologue</i> — J.P.N. Mishra	vii
Introduction	1
Chapter 1: Introduction to Yoga	5
• Yoga: Its Meaning and Definitions	5
• Traditions of Yoga	11
• Jñāna-Yoga	13
• Bhakti-Yoga	17
• Karma-Yoga	22
• Rāja-Yoga	25
• Introduction to Pātañjala Yoga	29
• Aṣṭāṅga-Yoga	31
• Introduction to Haṭha-Yoga	33
Chapter 2: Introduction to Psychology	44
• Psychology: Meaning and Definitions	44
• Sensation, Perception and Extrasensory Perception	46
• Thinking: Basic Elements of Thought Proposition	54
• Learning: Meaning and Applications	58
• Memory: Meaning, Definition, Types and Processes	62
• Emotion: Meaning, Nature, Types and Emotional Intelligence	65
• Personality: Meaning, Definition and Dimensions	70
Chapter 3: Yogic Concept and Psychology	75
• Concept of Yogic Psychology	75
• Seven Psychic Centres in Human Body	85

• Five Sheaths of Human Body	89
• Concept of Citta and Its Modifications	92
• Citta-Vṛtti-Nirodha Through Yoga	94
• Yogic Psychology and Concept of Bhagavad-Gītā	99
• Personality Types According to Yoga	110
• Personality Transformation Through Yoga	117
Chapter 4: Yogic Psychotherapy and Techniques	120
• Meaning and Definition of Psychotherapy	120
• Nature and Basics of Yogic Psychotherapy	125
• Prayer: As Faith Healing	134
• Mantra Sādhanā: Behavioural Techniques to Control Mind	137
• Spiritual Counselling: A Cognitive Therapy	141
• Yajña Therapy	143
• Meditation: Mind Controlling Technique	146
• Prāṇāyāma: A Behavioural Technique to Control the Self	150
• Nāda Yoga: Music Therapy	156
• Trāṭaka: Concentration Technique	159
• Bandha and Mudrās: Prāṇa Controlling Technique	162
• Saṅkīrtana: Catharsis Technique to Release Emotions	165
• Svādhyāya: A Cognitive Therapy	167
• Satsaṅga: A Cognitive Therapy	173
• Worship: A Faith and Emotion Therapy	175
• Prāṇa Cikitsā or Prāṇic Healing	181
• Vrata, Anuṣṭhāna and Upavāsa for Behavioural Control	184
• Prāyaścitta Sādhanā: Penance	190
<i>Bibliography</i>	194
<i>Index</i>	200

Yoga psychology is both a positive and a normative science. It not only analyses human personality and its growth, but sets normative ideals and prescribes techniques to achieve such objectives, as well. Thus, expansion of consciousness and making oneself the master of his/her mind are the broad objectives of yoga psychology. The topological aspect of mind as described by Freud in terms of conscious, subconscious and unconscious levels was well detailed in the yogic literature, thousands of years ago. The sound practice of yoga enables one to have a disease-free body and keen intellect.

The book, thus, details the impact of various yoga practices on psychology and specifies that consciousness has a wider conation in yoga. Yoga presents vivid and sound meditation procedures for the attainment of psychic consciousness through the awakening of *kuṇḍalinī*. Homeostasis or balance is the central principle in yoga psychology, and it holds that any sort of imbalance in the system — physical, psychological or *prāṇic* — creates disorders and the solution lies in rebalancing it. Here comes the role of yogic psychotherapies such as *prārthanā*, *mantra sādhanā*, spiritual counselling, *prāṇāyāma*, *yajña*, *saṅkīrtana*, *svādhyāya* and *vrata anuṣṭhāna*.

This volume enunciates that yoga psychology is an applied science, and thus has remedies for many individual and social problems. It deals at large with the application and benefits of yogic practices in developing one's personality traits and leveraging them further to keep him/her happy and experience a blissful life.

Dr Kamakhya Kumar, an eminent Yoga scholar and researcher, is a senior faculty member at the School of Yoga and Health at Dev Sanskriti Vishwavidyalaya, Haridwar. Having an extensive research experience in Yoga science, in which he holds a PhD as well, he guides researchers in five universities, in India.

Dr Kumar has an extensive experience in teaching yoga in various universities, facilitating yoga training and addressing workshops on Positive Attitude, Life Management, Stress Management, Mind Management, etc.

Dr Kumar is the Editor-in-Chief of *International Journal of Yoga and Allied Sciences*, and has over ten books and about fifty research papers to his credit. He has handled various administrative and organizational posts, including the Chief Co-ordinator of Yoga Arogya Polyclinic at Dev Sanskriti Vishwavidyalaya.

ISBN 13: 978-81-246-0712-1 Rs. 400
ISBN 10: 81-246-0712-5 US \$ 16.00

