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## How to achieve happiness through yoga

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### Abstract

“Happiness is an inner state of well-being. A state of well-being enables you to profit from your highest thought, wisdom, Intelligence. Common sense, emotions, health and spiritual values in your life.” By Lionel Ketda.

“Happiness is when what you think what you say and what you do are in harmony.” By Mathama Gandhi  
“Happiness in when your mind is thinking through your heart.” By Indi Singleton

Throughout the ages yogis, saints and philosophers have been seeking the answer to the riddle of life and they have found that the enlistment spiritual awakening is the answer and they got this knowledge through spirituality. Spirituality can refer to an ultimate or an alleged immaterial reality; an inner path enabling a person to discover the essence of his/her being on the deepest value and meaning by which people live. Spiritual practices excluding meditation, prayer and contemplation are intended to develop on individual's inner life and their regular practice in one's life provides inner happiness and satisfaction.

The learn inner happiness is extremely important. A common consensus of happiness and inner peace seekers is that true lasting happiness comes from inside and this happiness is a fuel for success because inner happiness comes from inner peace and inner satisfaction and this ultimately leads to better performance.

“Inner self” is an expression for the private inner feelings and self-awareness. The inner self is often referred to in spirituality. Sometimes meditation is used to awake the true consciousness and see the true inner self.

Yoga is essentially a spiritual discipline based on an extremely subtle science which focuses on bringing harmony between mind and body. It is an art and science for healthy living.

**Keywords:** Yoga, health, happiness, spirituality, meditation, stratification, emotion, development

### Introduction

Yoga is considered as one of the oldest medical practices throughout the world and with its increasing awareness and importance the United Nations General Assembly has declared June 21 as the International Yoga Day. Yoga is an invaluable gift of Indian ancient tradition.

Yoga is an old method of meditation prevalent in India and developed by the ancient saints in an effective method of controlling their mind and bodily activities. Yoga in daily life is a system of practice consisting of light levels of development in the areas of physical, mental, social and spiritual health, when the body is physically healthy, the mind is clear, focused and stress is under control. It also gives the space to connect with loved ones and maintain socially healthy relationships. When you are healthy you are in touch with your inner self with others and your surroundings on a much deeper level, which adds to your flexibility and improves the body's physical condition and heightens awareness to the importance of relaxation. Yoga has been used to help heal victims of torture or other trauma. As yoga is a form of meditation and results in a sense of inner peace and purpose, which has far-reaching health benefits. As we start practicing simple asanas we will immediately find out what needs attention. The more we give it the attention it calls for. The effects of yoga are instant and results of it are becoming more apparent. The more we engage in the pure self-indulgent healing and at yoga, the more we will be healthy. It is not less than the power of magic life itself. It unlocks life's wonder and unleashes hidden energies.

Through this art everyone can experience. The divine and enjoy the ecstasy of freedom from pain and ignorance apart from other gracious rewards like longevity and happiness.

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### Types of yoga

karma yoga, Bhakti yoga, Dhyana Yoga, Mantra Yoga, Kundalini Yoga, Hatha Yoga, Ashtanga Yoga or Raja Yoga are different types of Yoga which were mentioned in ancient texts. This Yoga is today practiced as different path ways which has been summarised in Ashtanga yoga (Eight limbs of Yoga) by Yoga Maharishi Patanjali also called Raja Yoga. Ashtanga Yoga is divided into two parts:

1. Bahimanga (Internal) Yoga also known as Hatha Yoga
2. Ashtanga (External) Yoga and also called Raja Yoga.

Ashtanga Yoga path way is the original yogic practicing pattern from beginning to higher level of practice. So it is also called the Glory of Yoga. Eight Steps of yoga is mentioned which are as follow

1. Yama/Social Harmony.
2. Niyama/Individual discipline
3. Asanas/physical contribution
4. Pranayama/Breath Control
5. Pratyahara/ Harmony of Mind and Mind.
6. Dharana- Concentration
7. Dhyana- Meditation
8. Samadhi- Super Consciousness

The aim of Yoga practice (Sadhana) is to overcome all kind of suffering that lead to a sense of freedom in every walk of life with holistic health, happiness and harmony.

Yoga is widely considered as on "Immortal cultural outcome" of the India saraswati valley civilization dating back to 2700 BC and has proven itself to cater to both material and spiritual uplift of humanity.

Through Yoga was being practical in the pro-Vedic period, the great sage Maharishi Patanjali systematized and codified the then existing Yogic practices. Its meaning and its related knowledge through patanjali's Yoga sutras.

After patanjali many sages and yoga masters contributed greatly for the preservation and developments of the field through documented practices in literature yoga has spread all over the world by the teaching of eminent yoga masters from ancient time to the present date. Today everybody has conviction about Yoga practices towards the presentation of disease, maintenance and promotion of health million and millions of people across the globe have benefitted by the practice of yoga and the practice of yoga is blossoming and growing more vibrant with each passing day.

Yoga also refers to an inner science comprising of a variety of methods through which human beings can achieve union between the body and mind to attain self-realisation.

### Conclusion

Yoga works of the level of one's body, mind, emotion and energy. This has given rise to four broad classification of yoga: karma yoga where are utilize the body: Janana yoga where are utilize the mind: Bhakti Yoga where we utilize the emotion and kriya Yoga where are utilize the energy.

The Yoga Practice has a highly positive impact in leading on the to happiness, Yoga and Yoga postures are beneficial as they bring a harmonious balance which your system, A State of total well-being is not just a healthy body. But a healthy mind and spirit too. Yoga works on all these Facts. The Strong aspect is that the Various aspects of Yoga may suitable be embraced as a part of regular Training.

Yoga is an invaluable gift of ancient traditions It embodies unity of mind and body; thoughts and action, restraint and fulfillment; harmony between man and nature and a holistic

approach to health and well-being. Yoga is not about exercise but to discover the sense of oneness with over selves, the world and nature. By changing our lifestyle and creating consciousness. It can help us to deal with climate change. And it give us happiness, stratification and spiritual values in our life.

Art as yoga is a positive guide to improve health, happiness and well-being.

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