

## Yoga for Phobias

It is estimated that one person in every ten has a particular phobia which causes them attacks of extreme panic that can occur at any time and in any place.

Anyone who has experienced the symptoms of a mild panic attack – whether because one nearly missed a flight or train or because a spider scuttled out from behind the shower curtain – may begin to imagine how a phobia sufferer might feel, but it is hard to conceive just how widely a phobia can affect a person's life. According to one psychologist, phobias are characterized by four factors:

- ❖ A persistent, irrational fear of an object or situation.
- ❖ A powerful desire to avoid the object or situation.
- ❖ Significant distress associated with the problem.
- ❖ Recognition

Depending on the cause of the phobia, some people are so badly affected that they cannot leave their own homes or lead a normal life. For many, the thought of traveling to work or going shopping, for example, is just petrifying.

### ***Can Yoga Help.....?***

In phobia the unconscious, conscious and subconscious mind and physical body – all are attacked at the same time. Yoga chooses and treats each of the levels separately and also treats the connection or the link between these levels

The yoga with its various tools like asana, pranayama, meditation, yoga nidra, helps in balancing nervous system, endocrines by creating Body & Mind union.

### **Yoga Nidra (Introduction)**

It may be rendered in English as "yogic sleep" or "sleep of the yogis". It is a state of conscious deep sleep. During the practice of yoga nidra, one appears to be sleep, but the consciousness is functioning at the deeper level of awareness. It is sleep with a trace of deep awareness. It is state of mind in between wakefulness and dream. Normally when we sleep, we loose track of our self and cannot utilize this capacity of mind. Yoga nidra enables the person to be conscious in this state and nurture the seed of great will power, inspire the higher self, and enjoy the vitality of life