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## Discovery yourself with the help of yoga

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### Abstract

Knowing about self means to know about own strength and weakness. What we are? What we think about ourselves, how we look at ourselves and our relationship to others? All these things help us to examine ourselves that that are able to think, to do what to achieve depending upon his or her or our strength and weakness. Yoga is the science of life and the art of living. Yoga is a method of training the mind and developing its power of subtle perceptions so that man may discover for himself the spiritual truths on which religion, beliefs and moral values finally rest one. This paper presents the concept of self-discovery, its objectives, process of self-discovery with the help of yoga.

**Keywords:** Concept of self-discovery, objectives of self-discovery, process of self-discovery with the help of yoga

### Introduction

In the hour of globalization, it is vital for person to think about him/her self. What our identity is? This is the fundamental inquiry to discover. Thinking about our self-way to think about our own quality, shortcomings. Our relationship to the next relies on our pondering ourselves. Our positive idea manufactures a solid and solid association with others. Other pondering ourselves relies on our self-personality, and our self-character is discover our with the assistance of yoga, and this is called self-disclosure. The acts of yoga are intended to stir the concealed potential inside the individual, prompting a progressively adjusted and amicable life. As per Gurumukh Kaur Khalsa, "Yoga isn't about personal growth, it's about self-acknowledgment." And yoga is for interior purging, not outside working out. Yoga implies genuine self-information. Internal harmony comes when our loosen up our body, calm our mind and open our heart, it is conceivable just with the assistance of yoga. Yoga is the brilliant key that opens entryway to harmony, serenity and bliss. The yoga procedure is a procedure of finding or revealing that unchangeable part of one's being.

### Concept of Self Discovery

Self-disclosure is a deep-rooted adventure of investigation through our internal identity, having a go at finding what our identity is, one potential, our motivation throughout everyday life, and what center standards are controlling us to take various ways en route. The voyage begins with mindfulness at that point investigates individual premiums just as expectations and dreams for what's to come. The adventure inevitably drives us to self-information which will empower us to manage ourselves toward circumstances and involvement with which we will flourish.

Self-revelation is an essential part of self-awareness. We should set aside the effort to revelation that we are as an individual. This is practiced through self-reflection. Self-reflection enables us to consider the inspect our activities, inclinations, feeling, values, convictions, feelings, and propensities. Since we are on the whole extraordinary in the manner we think, feel, act, learn, and see the world, it is advantageous to require some investment to reflect so as to increase a superior knowledge into ourselves. Self-revelation is a route for us to investigate out singular characters, regular inclinations, values, convictions, favored styles and propensities. A definitive goal of this adventure is discovering what our identity is and what makes utilize one of a kind.

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"The unexamined life is not worth living."---Socrates

Self-discovery is the process of finding yourself and obtaining insight into your own character, values and beliefs. An awakening if you will. It also involves figuring out how you got to where you are presently while appreciating the past and focusing on the future. In some cases, the process includes a rediscovery of your true passion, purpose and why in other words. Self-discovery is the first step towards creating harmony within yourself and fulfilling your life's meaning.

Most people allow themselves to get so busy and wrapped up in their lives that they eventually fall under the deceptive spells of the world, never taking an intentional pause to find what is contributing to the person they are, have become or are becoming. Even further, many people never stop to consider how or what they are projecting what is best about you. This is done by learning that you are, appreciating, valuing, embracing, and nurturing what you find.

One thing you can bank on finding during the process of self-discovery is that underneath it all, you are genuine, inherently good and of tremendous value. You have to believe you possess a level of greatness higher than what you are allowed to go unrecognized! The question you should ask yourself is, how do I access it? You access and eventually realize your greatness by taking self-discovery seriously. Greatness doesn't chase you, you have to chase it. Don't give yourself a reason not to be great, it is your duty to yourself and those around you. Those closest to you benefit from the work and effort you invest in yourself and ultimately the fruits you bear as a result.

### **Objectives of Self Discovery**

The objectives of self-discovery are as follows,

1. To define who you are through gaining insight into your character, values, and beliefs in order to find your true passion, purpose, why and meaning. This enables you to live fully and in the present.
2. To define your why so you know what drives you and what the cause is behind it.
3. To define the meaning of your life so you are never confused about which path to take or decision to make as you continue along your life's journey.

### **Process of Self Discovery**

Here are some of the best ways to start process of self-discovery.

#### **Face your evil presences.**

Justifiably, looking at your life under a magnifying lens can be discomfiting and a disagreeable exercise. You will be appreciative for beginning the procedure of self-disclosure, since remunerations unfurl when you find out about yourself. You have to comfort your intense subject matters and shortcomings, since they uncover the partition from the genuine you. The genuine you is a legitimate, adoring and supporting self. Be that as it may, these negative parts and dangerous layers to your Being, causing you trouble and disharmony.

Negative convictions will in general invade each part of your life. On the off chance that you have sentiments of self-esteem, at that point you are probably going to convey them in the relationship you have at home, in the workplace, with your companions, family members and friends and family. On the off chance that you end up missing the mark, don't whip yourself either. Rather, comprehend the partition and check whether you can make enhancements to your conduct,

contemplations and feelings. Revealing answers will assist strip with offing layer by layer the negative musings that have been engraved in your brain since ages ago. These negative considerations and convictions have been your hindrances to inward development.

### **Recognize your strengths**

The procedure of self-disclosure isn't just about uncovering frightful stuff about you. It is likewise about respecting your qualities and capacities. As you become increasingly mindful of what you are great at you exercise the rundown of shortcomings. A Position of qualities can emerge out of comprehending what you appreciate. Rundown down exercises that you like doing at present or have delighted in before. Discover what causes your heart to sing. Discover what keeps you energized. Discover what rouses you. These are things that characterize you.

### **Ask yourself**

What is your life purpose?

It is important to ask yourself what you want out of life and work towards it. Aligning with your soul purpose brings about fulfillment. Without a purpose and direction, you are going to feel like a ship going nowhere I can assure you that if you don't go through this process of evaluation on what your purpose is, you are going to experience regret while on your deathbed. We always remember that "The purpose of life is a life of purpose." Hence start by listing down everything you would like to achieve. The one that stands out is the one that has made you cry or that has resonated best with you. You may also want to use the opportunity to consider life goals in all aspects: physical, mental and spiritual.

### **Clarify your core values**

In the scrutinizing procedure, ask yourself what your own qualities are. Basic beliefs will be things like sympathy, genuineness, love, graciousness, reliability, and so forth. Explaining your basic beliefs will give you and definite picture of what your identity is. You envisioned yourself in a few jobs and ask yourself what your qualities were for each situation: as a mother, spouse, girl, and business visionary. It is significant your activities are bolstered by your basic beliefs and essentials. If not, you will locate yourself in self damage. The capacity to arrive at your most noteworthy potential is seriously shortened!

### **Find inspiration from things around you**

Personal development books have been especially useful for you, in finding increasingly about yourself. They incorporate law of Attraction books, Conversations with God by Neale Donald Waslch and in getting inner self. Eckhart Tolle's the Power of Now: A Guide to Spiritual Enlightenment. These books brief you to get some information about yourself.

Being with nature is additionally a smart thought. You will in general associate better to your internal being, the point at which you are increasingly loose. The appropriate responses that you look for, while in a condition of mental unwinding, surface all the more effectively.

### **Spend time alone**

To realize an individual is it invests energy with that person. In a similar way, to assemble an association with yourself, you have to invest energy becoming more acquainted with increasingly about yourself. You can't realize yourself well, if you are continually encompassed by loads of commotion,

loved ones, or on the off chance that you are constantly engrossed in your psyche and with activities.

To kick start the procedure of self-disclosure, it might be a smart thought to go on a contemplation retreat. This is particularly on the off chance that you think that its difficult to think plainly concedes the regular may them that is going on in your life. To know yourself personally, make a restrictive date - away from your life partner or accomplice kids, school a, chief and guardians. Time alone to ruminate and reflect is profitable time. You can not hope to work well physically ordinary, in the event that you are out of equalization in different perspectives, for example, rationally and profoundly. Importantly, consider setting aside "personal" time contemplating, understanding books or basically simply be.

### **Journaling**

Become more acquainted with yourself better through the procedure of journaling. Consider expressing a blog, much the same as this one. Expound on your preferences, and encounters. As you compose, you are associating with your more profound self. Your posts can give genuinely necessary pieces of information about your feelings, qualities, shortcomings and zones that you never thought about yourself. They give a chance to you to recuperate and develop.

### **Process of Self Discovery through Yoga**

As per Jagad Guru Yoga is a procedure of self-disclosure, a procedure of revealing or cleaning up what's shielding us from understanding our actual personality and worth. It's a procedure that one pursues to clear the patterns the brain, knowledge, and heart with the goal that he can see and get him, others, and the world obviously, as they may be.

Reality of our character is natural and indistinguishable from us. Understanding one's actual character is along these lines not a matter of misleadingly changing one's dress of remembering another authoritative opinion which is normal in religions. The way of yoga is an individual adventure that you yourself must pursue to reveal your actual character through direct understanding and discernment. In that sense, yoga is a science, not a religion. The way of yoga is an individual voyage that you yourself must pursue to reveal your actual character through direct understanding and observation. In that sense, yoga is a science, not a religion it's not something you join or quit; it's not something you simply trust it's a procedure. The individuals who are self-acknowledged are the individuals who have themselves experienced this procedure of revealing the genuine idea of things. With individuals are searching for something to join. At that point after they join that religion, it becomes alluded to as "their religion." But yoga isn't something to join; it's something to rehearse.

Numerous individuals are under the bogus impression that yoga resembles a strict confidence or a gathering, organization, or a group that you join and you get your quality and joy from being a part of this greater gathering.

Yoga is a procedure; it incorporates devices, qualities and ethics, which one must apply in one's close to home life to accomplish ideal physical, mental, and otherworldly prosperity. One can't "join" a procedure one can just apply it.

This inclination to need to join something isn't what yoga is about. Yoga is about an individual development of ever more prominent knowledge and otherworldly love and worry for other people. An individual must get his quality from inside not from being an individual from a group or gathering.

One of the most significant things to think about yoga is that it doesn't involve any visually impaired accepting or joining and group. It additionally doesn't involve stopping any group. Since yoga isn't something you can go along with, it is likewise not something you can stop.

With religion, an individual can join a specific confidence and he can stop that strict confidence and join another confidence. So for instance, a Christian may choose to get Buddhist. Or on the other hand a Muslim may choose to turn into a Christian or a Buddhist may choose to turn into a Muslim.

While an individual has faith in Christianity, such individuals distinguish themselves with their confidence. For instance, they state, "I am a Christian." Or they may state "I am a Buddhist." So along these lines an individual's religion or confidence can change. However, as indicated by yoga, there is and basic part of our self which is unchangeable. The yoga procedure is a procedure of finding or revealing that unchangeable part of one's being.

### **Conclusion**

We should be very true with ourselves. Comprehension of oneself prompts comprehension of others, and this mindfulness causes us grow additionally compensating connections. Self-revelation is a procedure to associate our more profound self. Our posts can give truly necessary hints about our feelings, qualities, shortcomings, and territories that we never thought about our self. Self-revelation gives a chance to us to mend and develop. At last we recall consistently that, "You yourself, as much as anyone in the whole universe, merit your adoration and friendship."

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