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YOGIC SCIENCE PSYCHOLOGY – A NEW PARADIGM IN SPORTS FITNESS

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Abstract: The role of Yogic Science Psychology in the profession of Sports fitness is expanded to not only in the evaluation of psychological aspects but also implemented in the management of players' fitness and performance enhancement. The yogic science psychology and its various components helps players in fitness problem and skill execution. Yogic science psychology is providing the best possible fitness to sports personalities through the application of its various components and the reinvented ancient Indian conceptual version of neurology, fine tune methods for escalating self-efficacy and empowering the co-existing system of chakras modalities in the domains of yogic science in connection with psychology and psychoneurotic in the form of psychotherapy aspects for applying a new fitness paradigm in the sports fitness.

Index Terms – *Yogic Science, Rajayoga Meditation, Chakra System, Neurology, Psychoneurotics, Psychotherapy*

1. INTRODUCTION

Today's sports world is very advanced. The athlete needs to keep updating himself on this modern progress; sports academies strive to improve the ability of the players and teach them the ins and outs of the game. Trainers contribute through their experiences and with the help of the latest sports science. The psychological strategies and subtleties of the techniques in the game will definitely help a player in winning. In any game, a player tries to reveal his fullest potential at the right time when it is needed; the success of the player is guaranteed. This is what advanced play is all about. Beyond the self-efforts of a player, the contribution of the coach, and the role of usual mental training methods and mental trainers, there will be there to assist a player. This proposal does not connect with any of the usual methods, and it tries to explain a subtle and unique ancient Indian method, which is not very familiar to the sports world, particularly connected with sports fitness. The main components of the Yogic Science are the yogic chakras and its fuelling methods called Rajyoga meditation and yoga.

2. YOGIC SCIENCE

The great ancient Indian rishis and siddhas had developed many techniques to increase the potentials and intelligence of the people based on the yogic science principles explained the wisdom of Aura, Chakras, and Energy body (ACE). The ACE is the reason for the behavioural execution of the physical body. The inclined combination of the ACE's component, the chakras' structure, dictates unique behaviours in the individual and the bodily execution of practices. The chakras are the psychometric scale of an individual, mainly signing in the potential profile. If the ACE system will be meaningful in the current scenario, it can reflect in the self-efficacy of the player, and with the escalated self-efficacy, the player can meet the demands of the modern sports scenario, and it must bring the benefits beyond the conservative approaches. The ancients formed a profound system. That can be used to harvest the benefits and its wisdom with modern solutions to make an even more effective body-mind system.

3. YOGIC SCIENCE PSYCHOLOGY

The yogic science connected with psychology has been told in our Upanishads and scriptures, i.e., the body of energy that is incorporated as part of our body component and the science that miraculously embedded in it. It is clear that the movement and functions of the body do not depend entirely on the physical force. It also depends upon the energy of the mind. It purely refers to the energy that is primarily responsible for the drives coming out from the mind. In other words, a live force spiritual being, which unites both the mind and the physical body. The independent force and source of this life are the chakras embedded in the body of the energy path which is associated with the human physical body. Now, the same age-old ancient Indian concept is reintroduced to the modern world through Yogic Science Psychology as a psychoneurobics and psychotherapy application for improving sports fitness.

4. YOGIC SCIENCE IN PSYCHOLOGY & SPORTS FITNESS

In the current sports scenario, players are equipped with all the advanced technologies and international standard coaching, even though the main reason for losing grounds in the match is that scientists and sports personalities have failed to notice the motions of these chakras are human wheels and their variations. The chakras are the yogic properties inclined with spiritual aspect in the human physical body, and they may be intangible but it is connected with the escalation of self-efficacy of a player. The ignorance and negligence about exploring these vital components in the yogic science, the new fitness paradigm in the sports that too from our Indian origin, has been missed out on so far. When the self-efficacy of a player is high, the performance will be 100%. No matter how hard a player tries to train and absorb the complete nuances of the techniques from a coach. The winning moments are because of the correct movements of these human wheels; they all need to come out in an unmatched timely manner in the match. In a survey, only 30% of a player's lifetime training will be ready for him at all times with the practical skills implemented in the perceived and realized practices. The remaining 70% will go to his subconscious mind. Its full expression is manifested only through the inspiration of the external mind & the integration with the subconscious mind and the proper cooperation of the chakras system.

5. NEW SPORTS FITNESS PARADIGM

The Yogic science Psychology connected with a New Sports fitness paradigm is trying to explain three aspects. One is the Physical body and the adjacent complementary system called Yogic chakras or human wheel. The second is the Rajayoga Meditation- a method through which the chakra system can be empowered or fueled and the self-efficacy of the sports personality will be escalated. Third one is the new fitness paradigm. So far, the sports world believed that the fitness is entirely based on two things one is physical fitness and another is psychological fitness. But there is one another system acting in-between these two and filtering the efforts. That is the Aura Chakra Energy body or simply it can be called as ACE fitness, this will work based on the increased or escalated self-efficacy of a player by empowering his chakra system through Raja yoga Meditation. Sports fitness through ACE is highly helpful to improve the quality of player's psychological, behavioral changes & positive mind set and it plays a vital role in the synchronization of physical and mental strength and paved a strong platform to execute the imparted or learned skills. Many scientific renowned researches have been revealed result towards the practice of Rajayoga meditation. Here I have suggested this method of empowering the chakra system and the escalation of self-efficacy can be done through a few minutes practice of Rajayoga Meditation in daily basis or if there is no possibility for practice it then it can be done through the application of Psychoneurobics and psychotherapy method. The sports personality can also use the ACE empowerment during the match scenario without adopting meditation practice in daily life.

6. CONCLUSION

The newly conceived concept of Yogic Science Psychology connected component Chakra system (ACE system) co-existing in the physical body helps the sports personalities (players) execute the learned skill and latent potential in superior form. It converts bullets into cannon balls. The uniqueness of this fabulous process application is that it drives the individual or sports personalities (players) to execute the skills or game at a higher-than-expected level. A sports personality (player) enters the field with a sort of mindset about a plan to achieve or win the game. This concept assists such individuals to emulate their exact mindset level as far as the physical and psychological execution is concerned. The effect of Rajayoga Meditation on yogic chakras will be considered pulling or force-generating archery, and the arrow will be compared with yogic chakras. Whereas the shadow of the arrow travelling simultaneously under the arrow is looking and starts travelling towards the target like the active physical body execution. The effect of the Rajayoga

meditation will generate a force towards the activation of thoughts. Once it gets activated, the energy starts moving upward, and the charged arrow released from the bow starts travelling towards the target. The arrow is like the yogic chakras or the elevated self-efficacy of a player. The force generated by the practice of Rajayoga meditation has been loaded on the chakras and it taken a lead to the target through the form of self-efficacy. The shadow of the travelling arrow that falls on the ground is compared with the physical body and its movements and executions. Once the arrow hits the target, the shadow of the arrow will also disappear. This means that the execution of the physical body's performance will fulfil its purpose. The purpose of yogic science is to awaken the spiritual potential of the human being to act at their best possibilities in all forms of their domains, which means physically, mentally, emotionally, and spiritually empowering their energy system through the Raja Yoga Meditation practices and improving the chakra system to escalate the self-efficacy to reach the stage of culmination in the sports fitness and get the winning streak consistently.

This classical opening of the Yogic Science in Psychology and the ACE system analysis make a portal between the physical and psychological planes, chakras represent the sanctified set apart structural design of human body and psyche. It is at this time that we have the advantage to weave the knowledge of ancient and modern concepts into an elegant use for the all fields. This analysis report represents a guiding map to the future sports fitness.

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