

Yoga Nidra's efficacy on enhancing Wisdom

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ABSTRACT

The research study examined forty individuals with yoga nidra's practice to enhance wisdom by offering techniques and methods for inner management to discover oneself, be inspired, and learn how to let go. It is easy to administer, relatively safe, and an inexpensive mental health intervention, with no side effects. Yoga Nidra has been attempted as a restorative choice for many diseases such as insomnia, anxiety, depression, addiction, chronic pain, diabetes, and post-traumatic stress disorder. The relative ease of practice has made it an acceptable healing option; the step-by-step process is intended to loosen up the body and awaken the subconscious and conscious mind leading to inner healing of both physical and emotional tensions. There is a developing agreement about the principal core features of wisdom. Results indicated that yoga nidra practice significantly ($p < .01$) enhanced wisdom and its five formative dimensions: humour, emotional regulation, reminiscence/reflectiveness, openness to experience, and critical life experiences. Wise individuals are not sage misers, accumulating their well-deserved mysteries of effective life and satisfaction; rather, they look to engage others and offer these valuable bits of knowledge inside their more extensive network. At the end of the day, wise people are worried about both self as well as other people. They keep on looking for new manners by which new objectives are identified and sought after. The center premise was to upgrade a meaningful life where the body, mind, heart, and soul can be felt as one function united with added value to accomplishment and prosperity.

Keywords

mental health, subconscious mind, wisdom, wise person, yoga nidra Revival, Jirga, DRC, sustainable, resolution, conflict

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Introduction

Prologue: Wiser people have the intellectual and persuasive aptitudes to manage primary life occasions, further skills to deal effectively with critical life events. Afterward, these people apply the knowledge gained and the information retrieved in manners that improve the prosperity of both themselves and their more extensive network. Wisdom is a multidimensional build characterized as "ability in, aim to, and use of, basic and critical life events to encourage the ideal improvement of self as well as other people" [1]. It is an old build at present, getting a charge out of rejuvenated enthusiasm for the social and psychological sciences [2]. In most contemporary estimating, wisdom is viewed as the peak of psychosocial development and a core human virtue that integrates cognitive, motivational, and emotional traits [3-5]. Wisdom is related to numerous versatile psychosocial results, to name only a few, including positive qualities and values, mature personality attributes, progressed dynamic capacities, fruitful relational connections, enhanced mental health, and upgraded emotional well-being outcomes [6]. Wisdom is evoked by

ill-defined problems that may have no obvious answer but entail serious consequences for a person's well-being. Yoga Nidra is an open meditation practice that centers around cultivating various degrees of prosperity and well-being. Rehearsed with consistency and mindfulness, you may probably find that you can locate a decent measure of harmony in a brief timeframe. Otherwise called yogic rest/sleep is a reflection and cognizant unwinding, i.e., conscious relaxation practice that is planned to initiate absolute physical, mental, and emotional relaxation. It is simply the craft of directing yourself or another into the most profound condition of awareness where profound rest and association with presence is experienced. Profound relaxation may have significant benefits on physical and mental well-being, i.e., psychological health.

It is a practice that everybody, from youngsters to seniors, can do simple to follow at any age. All that your body requires to do is lay down on the floor. Nonetheless, if one can't lie down, one can still do this practice seated or otherwise. As one rests, upheld in savasana, one should follow the voice that is directing you. It is possible that while

the meditation goes on, one might only recollect certain pieces of the script and not others. Every time one comes to the practice, one encounters a new experience; that is how the procedure is expected to move. Falling asleep is right, too, as one will still collect benefits while the unconscious mind absorbs the practice. This research study focused on rising practice yoga nidra to enhance wisdom by offering techniques and methods for inner management to discover yourself, be inspired and learn how to let go. Aware of what prevents you from experiencing inner freedom through meditation. Wiser people have not just settled a feeling of direction and significance in life, which fills in as an establishment for current life decisions. Besides, supposes that wiser (high wisdom) people, because of their growth orientation, keep looking for new manners by which meaning is looked for, and new objectives identified that could be sought-after as life settings change.

Humor: has been perceived as a significant quality in versatile wellbeing [7], develop adapting styles [8], and as a psychological wellness pointer [9], among numerous other positive highlights. Astonishingly, yet, the value of humor as an aspect of wisdom has been given minimal exact consideration. Beerman and Ruch (2009) found that humor and wisdom were emphatically related in laypersons' originations [10]. Besides, Gluck et al. (2013) reasoned that the consideration of humor as a feature of the SAWS was a significant expansion in estimating wisdom [11]. The sort of humor evaluated by the SAWS incorporates not paying attention to oneself as well, building up an amusing position towards life [12], utilizing humor to comfort others, and as an approach to adapt to troublesome life stressors. It is contradictory to mockery, pernicious prodding, and different types of burning humor. Humor, as conceptualized here, shares much for all intents and purpose with humility, a quality regularly observed to be considered historically and cross-culturally.

Emotional regulation: is like subjective knowledge [13] in that wise people can non-protectively experience a vast lot of complicated feelings without a sense of being overpowered. Emotional regulation incorporates the capacity to distinguish and adaptively utilize a multitude of emotional states, including blended feelings (e.g.,

power). In its intense absence, emotional regulation would result in a condition similar to alexithymia. Wise people don't intentionally seek out negative emotional states; however, they neither run from them. Instead, both positive and negative feelings, perceived as an original piece of the regular order of the day by day living, each of which delivers valued info about a person's present situation. Insightful people are not inclined to relentless self-defeating tensions and fears, as proven by the inverse relationship between's the SAWS and the personality trait of neuroticism [14].

Reminiscence/reflectiveness: echoes traditional cautions to "know thyself" and is viewed as a key social-intellectual cycle in wisdom advancement [15]. Reflecting on past and current practices, behaviors is a significant wellspring of understanding individual objectives, inspirations, qualities, and impediments. Through a non-protective assessment of one's commitments to precise results, an individual can recognize and assume responsibility for activities. The subsequent understanding is put away in a self-outline enhanced as additional life experiences accrue over time. This sort of memory (reminiscence) is fundamentally the same as character solidification, critical thinking, and problem resolution.

Openness: One of the trademark qualities of wisdom is openness to experience. It is often manifested in a tolerance for, although not necessarily an acceptance of, other belief systems, values, and customs. Wise people have an articulated feeling of character [16] and a solid philosophical and great base [4 & 17], which controls thought and conduct. Be that as it may, these passionate psychological establishments are perceived to be just one of numerous conceivable elective positions. Insightful people perceive, in reality, praise, the decent variety in human instinct, and contemplate the setting when offering advice or direction to other people. A purpose of openness inspires wise persons to search out novel encounters, engage in lifelong learning, and participate in issue finding as well as problem answering [18]. Exploring both one's inward and external universes is an essential component of wisdom.

Experience: It isn't all encounters and experiences that contribute similarly to wisdom development if by any stretch of the imagination. Truth be told, most of the day by day choices concerning the particulars of regular daily existence (for example, what to have for breakfast, which bind to wear to work, when to water the grass) have nothing to do with wisdom. Instead, wisdom is evoked by badly characterized issues that may have no clear right answer but entail serious consequences for a person's well-being and prosperity [19]. Major life decisions often consist of conflicting choices, moral dilemmas, and psychosocial distress, all of which are intensified by normally unknown outcomes. Moving to an outside nation, i.e., a foreign country to seek after a better life, opt-in for a surgery for your father's transplant are examples of the types of decisions that require wise deliberations and actions.

Yoga Nidra: A "systematic technique for instigating total physical, mental and emotional relaxation and in this express state the relaxation is accomplished by turning inwards, away from external encounters" [20]. As per the old Indian sacred writings, sages are known to sleep utilizing yoga nidra. Yoga Nidra is gotten from two Sanskrit words, 'Yoga' ('yuj' = yoke), which means association or one-pointed awareness, and 'nidra' signifies sleep. It is a deliberate practice focused on mental, physical, and emotional relaxation [21]. This training was created and normalized by Swami Satyananda Saraswati (1976) [22]. It tends to be portrayed as a resting or sleeping practice that develops inward mindfulness. Yoga nidra is derived from 'pratyahara' of raja yoga and tantric practice of 'nyasa'. In 'pratyahara,' mind and mental awareness are separated from the tactile channels. 'Nyasa' signifies 'to put or to take the brain (mind) to that point'.

Yoga Nidra is recognized as neither nyasa nor meditation as yoga nidra is done in supine position and not like meditation, which is a mindful (awake) conscious state, yoga nidra is considered as mindful rest (sleep) state [20]. 'Nyasa' is rehearsed in sitting stance and includes the recitation of mantras in Sanskrit to encounter various chunks of the body, which expands this training's extent past different cultures. Yoga nidra advances profound relaxation that isn't found in your normal meditation practice. The

phases of body scan and breath mindfulness alone can be polished to calm the nervous system, prompting less distress, stressors, and better wellbeing. Yoga nidra offers a space to investigate what you need at the moment, just as a chance to chip away at delivering and releasing long-held feelings. During yoga nidra you can encounter a feeling and come "up close and personal" with what you need to survive without "jumping into it" totally, which means that you become overpowered without feeling the emotion so completely. Over time you keep on encountering the feeling and related sentiments, moving further deep into the practice.

Method

Purpose

Yoga Nidra is a deep form of self-revelation, as meditation, where you experience your most extreme nature of being. Regardless of whether you experience it through training, course, on the web, or in-person class, yoga nidra is an extremely relaxing method of adjusting your attention to all things. Without a doubt, it is simply the act of encountering as mindfulness itself. Yoga nidra bridges the waking and dreaming mind. As a matter of fact, yoga nidra implies the act of coming into oneness (Yoga) by utilizing the Nidra (sleeping) perspective of mind. While Nidra is regularly deciphered as sleep or rest, in reality, it implies something closer to daydream, explicitly that hypnagogic, liminal state among waking and dreaming cognizance, i.e., consciousness. Yoga nidra additionally assists with connecting your conscious and unconscious mind. Some of the time, when you build the extension between these two conditions of your awareness, the two states can have an interaction together, and your cognizant psyche can some of the time hear your own deep internal wisdom communicating from profound inside your unconscious mind. With the end goal for wisdom to develop, it is essential to, at any rate, periodically push our solace levels and free ourselves up to encounters that challenge our own personal status quo. At that point, we need to line these encounters up with some sort of organized or coordinated reflection. If the practitioner worked on a step-by-step guide to relax the body, focused on lessons learned about the self (or others), this knowledge could serve as a building

block for more significant wisdom levels. Accordingly, the inspiration behind the current article was to present a training practice as yoga nidra to hoist levels of wisdom and its related characteristics.

Aim - Introducing the act of yoga nidra was projected to encourage and lead to awaken the subconscious and conscious mind, by relaxing the body, foremost to inner healing of both physical and emotional tensions. Moreover, the center was to upgrade a significant life, where body, mind, heart, and soul can be felt as one united entity with added value to accomplishment and prosperity.

Sample and investigational protocol

Forty healthy people, 20 men and 20 women, aged between 20 and 45 years, participants from the versatile realm, were selected for the study. Participants were evaluated three times throughout the study pre, i.e., baseline, mid-intervention, i.e., after eight weeks, and post-intervention, i.e., after 16 weeks. During four months, volunteers attended seated, savasana (corpse pose) meditation or yoga nidra relaxation sessions. All sessions lasted for 30–35 minutes and were carried out twice a week at the premises available to them or the therapist place or a partner yoga center.

Measure

Wisdom was measured with the **Self-Assessed Wisdom Scale (SAWS)** (Webster, 2013) a 40-item questionnaire reflecting the following five components of wisdom: Critical life experiences: “I have experienced many painful events in my life”; Reminiscence/reflectiveness: “Reviewing my past helps me gain perspective on current concerns”; Openness to experience: “I like to read books which challenge me to think differently about issues”; Emotional regulation: “I am very good about reading my emotional states”; and Humor: “Now I find that I can really appreciate life’s little ironies”. Participants respond to each question using a Likert type scale where 1 = strongly disagree to 6 = strongly agree.

Procedure

During the yoga nidra practice, participants approached to make themselves as agreeable and comfortable as possible based on his/her solace

state (free call). While teaching yoga nidra, I invite individuals to lie down or sit upon a seat, stand, even stroll around the room. Lights were off; nevertheless, the room was not dark; there was adequate encompassing light to see everybody in the room. For illustration, the yoga nidra session's guidance was done in a sound-proof room, with negligible surrounding lighting during the daytime. The participant was made to lie in the supine stance on a nice bedding. The whole session was done in Shavasana (shava signifies "corpse" and asana signifies "pose"). The pose utilized for this asana is lying on the back; the arms and legs are kept at about 45° with the palms confronting upwards. This pose limits the contact focuses, particularly between the appendages of the body. Participants asked to keep their eyes shut all through the training; a delicate pad/pillow is discretionary to give the participant superb comfort. I guided participants through the yoga nidra practice following a similar content, i.e., script every week, utilizing it on them both individually and in group sessions.

Inevitably, the goal is to coordinate the training so very much into their lives they could do it while taking a shot at any errand. This practice was designed to last 30 minutes in order to fit into their day. The focus of the course was a detailed body scan. I guided participants through an awareness of different body parts, and they were asked to follow along mentally. The body scan is intended to move quickly enough that participants are not thinking about other things; they were instructed to listen to the sound of recorded (scripted) voice and mentally feel each body part. The script was based on the teachings of yognidra from Jindal Nature cure Institute. The practice includes seven stages: (1) preparation, (2) breath awareness, (3) rotation of awareness, (4) visualization, (5) a. sankalpa or resolve, b. repetition of sankalpa, (6) rotation of awareness, (7) reacclimatizing/reorientation to the environment, and ending the practice.



Figure 1 Corpse Pose

The step-by-step process is intended to loosen up the body and awaken the subconscious and conscious mind, prompting inward healing of physical and emotional pressures. Achieving a significant life, with esteem, care, and satisfaction for my clients where body, brain, heart, and soul can be experienced as one unified unit. Each progression is planned to take you more profoundly into a changed condition of awareness, the state between sleeping and wakeful—where you're entirely cognizant (conscious); however, your body and mind (brain) are fully at rest and ease. At the point when you set a conscious expectation toward the start of your yoga nidra practice, allow (let go) for deep relaxation of the body, psyche, and feelings, your unconscious opens up to better approaches for thinking, healing, and satisfying your conscious aims. The method is altogether guided, and members need to adhere to the guidelines and keep the mind (psyche) moving from point to point, attempting to know about each insight.

Statistics

We drew fundamental insights for Yoga Nidra treatment applications by performing descriptive (elementary) analysis. The improvement of wisdom scores amongst the individuals as a response to the respective intercession procedure is summarized using the Repeated Measures ANOVA (One-Way).

Results

Wisdom has received increasing consideration in empirical research in recent years, especially in psychology; no studies have observed the yoga nidra's influence on enhancing wisdom. It is known for both mental and physical relaxation besides also for a relaxation meditation technique that empowers and prepares the mind for yogic

discipline. Practitioners who partake figure out how to enter the between sleep/rest and attentiveness without loss of mindfulness. The participants' self-assessment wisdom scores (SAWS) showed significant improvement from the baseline to 8 weeks journey and then to 16 weeks journey.

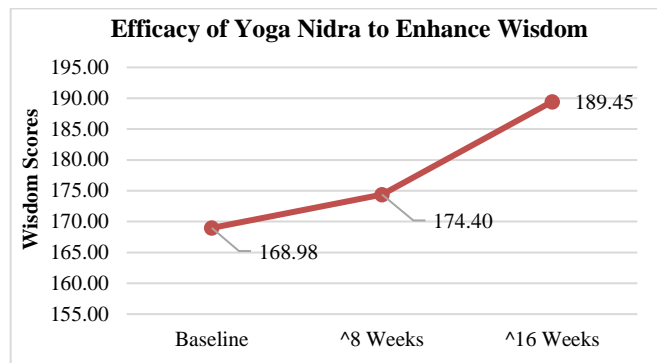
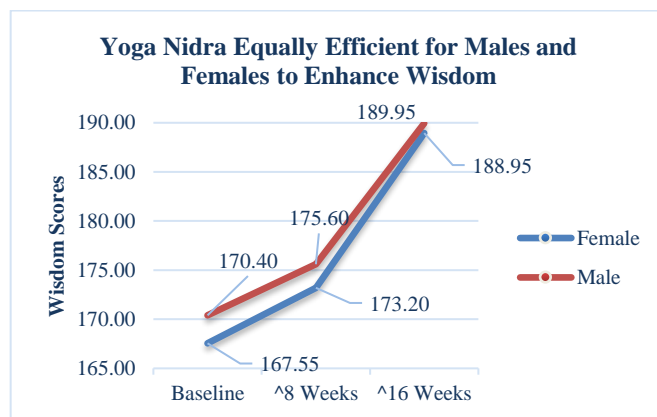


Figure 2 Yoga Nidra Efficacy is evident for Wisdom

Expressive insights of wisdom and its five formative factors are mentioned with one-way within-subject analysis of variance effects and contrasts for Yoga Nidra usefulness. There was no sufficient evidence that the treatment efficacy differed across sex. A non-significant effect of interaction term to wisdom is straightforward. For instance, sex*wisdom interaction was found to be $p > .05$ level.



Note. Sex*Wisdom Interaction $p > .05$

Figure 3 Yoga Nidra equally efficient across sex for Wisdom

Wisdom: The mean levels assessed at various evaluation phase for the intervened participants are as follows baseline (M=168.98, SD =17.43), 8 Weeks (M=174.40, SD =15.36), and 16 Weeks (M=189.45, SD =11.42). A highly significant effect of Yoga Nidra treatment to enhance wisdom

is reported. For instance, the group of participants recorded, [F (1.16, 45.48) = 311.82, $p = 0.000$, $\eta^2 = 88.9\%$ effect size]. The wisdom measurement increases significantly by the application of yoga nidra, for instance comparison 1 - baseline to 8 weeks, [174.40 – 168.98 = 5.42 upgraded attribute, $\eta^2 = 76.9\%$ effect size] and comparison 2 - baseline to 16 weeks [189.45 – 168.98 = 20.47 upgraded attribute, $\eta^2 = 89.4\%$ effect size].

Humor: The mean levels assessed at various evaluation phase for the intervened participants are as follows baseline (M=33.18, SD =5.68), 8 Weeks (M=34.43, SD =4.47), and 16 Weeks (M=38.13, SD =3.60). A highly significant effect of Yoga Nidra treatment to enhance humor wisdom trait is reported. For instance, the group of participants recorded, [F (1.36, 53.11) = 136.07, $p = 0.000$, $\eta^2 = 77.7\%$ effect size]. The humor wisdom dimension increases significantly by the application of yoga nidra, for instance comparison 1 - baseline to 8 weeks, [34.43 – 33.18 = 1.25 upgraded attribute, $\eta^2 = 39.1\%$ effect size] and comparison 2 - baseline to 16 weeks [38.13 – 33.18 = 4.95 upgraded attribute, $\eta^2 = 79.3\%$ effect size].

Emotional Regulation: The mean levels assessed at various evaluation phase for the intervened participants are as follows baseline (M=32.95, SD =6.48), 8 Weeks (M=34.20, SD =5.41), and 16 Weeks (M=37.65, SD =4.08). A highly significant effect of Yoga Nidra treatment to enhance emotional regulation wisdom trait is reported. For instance, the group of participants recorded, [F (1.14, 44.51) = 109.22, $p = 0.000$, $\eta^2 = 73.7\%$ effect size]. The emotional regulation wisdom dimension increases significantly by the application of yoga nidra, for instance comparison 1- baseline to 8 weeks, [34.20 – 32.95 = 1.25 upgraded attribute, $\eta^2 = 47.3\%$ effect size] and comparison 2 - baseline to 16 weeks, [37.65 – 32.95 = 4.70 upgraded attribute, $\eta^2 = 73.9\%$ effect size].

Reflection: The mean levels assessed at various evaluation phase for the intervened participants are as follows baseline (M=37.22, SD =5.09), 8 Weeks (M=38.03, SD =4.49), and 16 Weeks (M=40.15, SD =3.40). A highly significant effect of Yoga Nidra treatment to enhance reflection wisdom trait is reported. For instance, the group

of participants recorded, [F (1.20, 46.92) = 70.46, $p = 0.000$, $\eta^2 = 64.4\%$ effect size]. The reflection wisdom dimension increases significantly by the application of yoga nidra, for instance comparison 1 - baseline to 8 weeks, [38.03 – 37.22 = .81 upgraded attribute, $\eta^2 = 44.1\%$ effect size] and comparison 2 - baseline to 16 weeks, [40.15 – 37.22 = 2.93 upgraded attribute, $\eta^2 = 66.2\%$ effect size].

Openness: The mean levels assessed at various evaluation phase for the intervened participants are as follows baseline (M=34.88, SD =4.33), 8 Weeks (M=36.10, SD =3.92), and 16 Weeks (M=39.10, SD =2.89). A highly significant effect of Yoga Nidra treatment to enhance openness wisdom trait is reported. For instance, the group of participants recorded, [F (1.41, 54.98) = 166.30, $p = 0.000$, $\eta^2 = 81\%$ effect size]. The openness wisdom dimension increases significantly by the application of yoga nidra, for instance comparison 1- baseline to 8 weeks, [36.10 – 34.88 = 1.22 upgraded attribute, $\eta^2 = 63.2\%$ effect size] and comparison 2 - baseline to 16 weeks, [39.10 – 34.88 = 4.22 upgraded attribute, $\eta^2 = 84.3\%$ effect size].

Experience: The mean levels assessed at various evaluation phase for the intervened participants are as follows baseline (M=30.75, SD =5.02), 8 Weeks (M=31.65, SD =4.22), and 16 Weeks (M=34.43, SD =3.38). A highly significant effect of Yoga Nidra treatment to enhance experience wisdom trait is reported. For instance, the group of participants recorded, [F (1.38, 53.82) = 111.02, $p = 0.000$, $\eta^2 = 74\%$ effect size]. The experience wisdom dimension increases significantly by the application of yoga nidra, for instance comparison 1 - baseline to 8 weeks, [31.65 – 30.75 = .90 upgraded attribute, $\eta^2 = 38.6\%$ effect size] and comparison 2 - baseline to 16 weeks, [34.43 – 30.75 = 3.68 upgraded attribute, $\eta^2 = 76.2\%$ effect size].

Discussion

After the yoga nidra intercession, we found significant changes in wisdom and its related traits. Yoga nidra can fill in as a pathway to freedom by upgrading wisdom without creating substantial pressure and stress. A samskara (mental notch) is framed by a tedious idea or habit that is developed in the mind and body, making a psychological impression (groove) over time.

These impressions can cause negative responses and feelings that forestall a unification of the five layers (koshas) of oneself. In the event that these negative feelings keep on plaguing you, the psychological/passionate layer of oneself can't coordinate with different layers: physical, enthusiastic, higher wisdom, and ecstasy body. This is the place yoga nidra can be particularly useful. A wise individual has, in any event, possesses at least a minimal level of capability in dynamic, critical thinking, and different types of intellectual capacities, albeit "skill" in the crucial pragmatics of life. Wise people are additionally "mindful" in that they purposely intend their activities to have wisdom-related impacts. Birren and Svensson (2005) express that wisdom includes the "control and administration of behavior that incorporates expectation, intention, purpose, and will [23]." Intentions to act wisely are only unfulfilled potential, except if they are followed upon. Reflections upon critical life events, coping, trivial minutiae of daily routines, such key occurrences enable wise individuals to set goals in multiple life endeavors: e.g., personal, career, health, leisure, artistic, spiritual which contributes to optimal growth, that is, the realization of full potential akin to Maslow's self-actualization notion.

Yoga nidra is yogic sleep, or in layman terms, it is superior napping. You will lie in Savasana (corpse pose) the entire time while you're efficiently educated through a deep relaxation exercise. The training guides you through the koshas, or layers of our being. The arrangement of prompts loosens up the body and awakens the unconscious and subconscious mind. Sometimes, you fall completely asleep during the practice; it just means that your body needs to rest. Unlike exercise-based yogas, yoga nidra's health benefits are more closely akin to those of meditation practices and have been researched accordingly. Yoga nidra has been utilized in patients with menstrual abnormalities [24], post-traumatic stress disorder [25], diabetes [26], anxiety, and depression [27]. Care contemplation is known to target official attention shortages, which characterize temperament and tension [28] and mental manifestations [29].

Past investigations have indicated that utilizing yoga methods, such as Yoga Nidra, for different conditions (cancer survivors, self-reported

emotional distress) brings about beneficial impacts on depression and mood, such as anxiety and physical well-being [22]. Results show a considerable improvement in ensuring prosperity, well-being, general health, and vitality in the Yoga Nidra group. It was additionally identified that there exist a relationship of Yoga Nidra with a move toward parasympathetic dominance [30] with high heart vagal control, which, this way, is identified with decreased tension and better abstract and target sleep (rest) quality [31]. A sensational increment in the number of cases and accordingly, hospitalizations with stress and anxiety has been noticed in the United States of America. Yoga nidra is demonstrated to help diminish stress and anxiety; deep relaxation rehearses may also diminish type 2 diabetes's side effects and help control blood glucose levels. In an article by Boston Globe (2006), the efficacy of yoga nidra on soldiers returning from Iraq and Afghanistan with post-traumatic stress disorder was apparently seen by the defense department. Afterward, the yoga nidra treatment was suitably incorporated at Walter Reed Army Medical Center, offering weekly treatment programs for soldiers across the country. Further research and validations led the US Army Surgeon General endorsed yoga nidra as an intervention in treating trauma and chronic pain. The practice of yogic sleep gives the body time to rest, recover, and restore, which thereby brings down inflammation and improves the immune system's function.

Implications

The ever - the unique world has become a significant test for us all. With time the obstructions are likewise developing when the world economies face public health concerns, i.e., COVID 19. One has to deal with threatening situations, ultimately. Wisdom is positively associated with psychosocial characteristics derived from the Erikson tradition, such as ego-integrity, life attitudes, and values. It contributes to positive self-development in areas such as optimism, self-esteem, and self-characteristics in evolving life. Yoga nidra has been attempted and recognized as a therapeutic choice for many illnesses; it may represent a vital restorative method with preventive, promotive, and healing worth. It is easy to perform, requires a simple posture and attentiveness, and positively impacts multidimensional build wisdom and its

dimensions: humor, emotional regulation, reminiscence, openness, and critical life experience. The present paper is a push to understand, provide valuable information, and consider the realistic style to cope with humans' difficulties. There is a growing demand to deal with unfortunate events such as the economic downturn, the depressed stock market, mass layoffs, and the struggling global markets. Less coping in the form of negative emotional expression would unnecessarily multiply the impacts of high pressure and stressors. Reviewing the remedies to moderate such situations can help.

A powerful meditation technique enhances wisdom, and in turn, mental health wherein the practitioner rests comfortably in savasana (corpse pose). The systematic process takes you through the pancha maya kosha (five layers of self), leaving you with a sense of wholeness-numerous comprehensive benefits ranging from better sleep to stress reduction and way beyond. One of the most accessible yoga practices to develop and maintain, with the advantage of the regime that after a few supervised sessions, the individual is not dependant on the therapist; on the contrary, he/she can do it all by himself in the comfort of his/her own house. Yoga nidra additionally giving confidence to the participant, supporting sustained improvement. The general simplicity of training has made it a fine helpful selection for many ailments. Therefore, more studies with different groups of all ages and occupations might add necessary value addition to better shed light on the mechanisms through which Yoga Nidra works.

Conflicts of Interest

Authors declare no conflict of interest.

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Ethical Clearance

An informed consent was obtained from each participant for this study.

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