



Importance of Yoga Meditation for Preventing Suicidal Death Among Human Being

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ABSTRACT

Human Life is very beautiful and meaningful. But every year so many thousands of people do suicide in India and around the world. There can be many reason of unhappiness in Life. But even one reason is enough to love and live this Life. Yoga Meditation is one of the very great Natural , Scientific and Spiritual way of living Life. This paper is about exploring and explaining the way and method through Yoga Meditation and changing Life style for preventing suicidal death.

Keywords: Yoga, Meditation, Life, Responsibility, Suicidal, Tendency

Introduction:

There are many kinds of personal and Social problems in Life. Life has become more faster and more restless in modern age. Everyone wants name fame and money. People try to do hard work to get name , fame and money. Many people get success in Life and relationship. But some times failure also comes in Life. Sometime people feel lots of pain from own friends and family. Sometime people feel very lonely even though they have family and friends. But so many people end their Life with doing suicide. Suicidal death and suicidal tendency is a very big issue and problems in India and other parts of the world. This paper is about showing the way for being closer with Life through Yoga, Meditation, proper counselling and family support for preventing suicidal death and suicidal tendency among human being. Yoga practice has been very helpful to come out from many kinds of physical and mental problems.

Causes of Personal And Social Problems in Life

If we look very deeply at the deep causes of problems in people's personal and Social Life then we can see the indiscipline Life and bad Social environment as the real cause of problems. These days people give more importance of money, fame and success in Life. People have become more self oriented and self focused. They think mostly only about their own happiness and success. All these things make people more greedy and far from the love and Life. So often people have family, friends, money but still they feel lonely in family and society. When the personnel greed and desire is not fulfilled then people often get angry with each other. Anger is one the worst habit because it can destroy the health, love and peace in Life.

Yogeshwar Shree Krishna says in Shreemad Bhagvad Geeta

क्रोधान्द्रवति संमोहः संमोहात्स्मृतिविभ्रमः।

स्मृतिभ्रंशाद् बुद्धिनाशो बुद्धिनाशात्प्रणश्यति॥⁽¹⁾

Anger gives rise to attachment, and attachment gives rise to confusion. Memory confusion destroys intelligence, and when intelligence is lost, a person is destroyed.

We can see what Yogeshwar Shree Krishna says about anger. Anger can completely destroy the happiness and peace of mind and Life. However, everyday people get anger many time. Slowly, slowly all these anger damaged the physical and mental health. When the person become unable to handle the anger, pain in Life then they try to do suicide.

Yogeshwar Shree Krishna says in Shreemad Bhagvad Geeta about coming out of anger and pain.

कर्मण्येवाधिकारस्ते मा फलेषु कदाचन।

मा कर्मफलहेतुर्भूर्मा ते सङ्गोऽस्त्वकर्मणि॥⁽²⁾

Only fulfilling your obligations is your right; the results are never yours. As a result, avoid become dependent on the results of your labour or on your inaction.

Most of the people do their duty only because they want get something. These days even all relationship depends on selfish desire and greed. However, everyone need good friend and family. There are many people they have good friends and good family. But everyone does not have. So all these greed and desire when it is not fulfilled it make people angry and unhappy.

But if a person understand the concept of living happy and peaceful Life as said in Shreemad Bhagvad Geeta; they may not feel so anger and unhappy because of not getting fulfilled the desire and wish.

Yogeshwar Shree Krishna says another very meaningful verses in Shreemad Bhagvad Geeta

योगस्थः कुरु कर्माणि सङ्गं त्यक्त्वा धनञ्जय।

सिद्ध्यसिद्ध्योः समो भूत्वा समत्वं योग उच्यते॥⁽³⁾

Execute all of your deeds with a focus on the Divine, letting go of attachment and treating success and failure equally. Being spiritual means being calm.

The above verse is a perfect verses for living happy Life. People need to understand the truth of Life that everyday can't be same. Sometime there are happiness and some time there are pain in Life. Everyone have emotion and it changes sometime. If we understand the concept of Yoga, Shreemad Bhagvad Geeta, Patanjali Yog Darshan and other concept of Scriptures then mostly no one will try to do suicide in Life.

Life is full of happiness and full of pain. We need to be calm in both the situation. That is the greatest teaching of Yoga and Scriptures for the human being.

Maharshi Patanjali Says Causes of Pain In Life is Avidya (Wrong Knowledge).

अविद्यास्मितारागद्वेषाभिनिवेशाः क्लेशाः ॥⁽⁴⁾

Ignorance, egoism, attachment, aversion and clinging to life - are the five Klesas.

Klesas means reason of pain. If we can understand how to live and love this Life. If we know the true concept of Life then it can bring lots of love and peace in Life. People need to understand the Life very nicely.

Maharshi Patanjali Says About How to Come out of All These Pain in Life ?

अभ्यासवैराग्याभ्यां तन्निरोधः ॥⁽⁵⁾

Practise and renunciation are the keys to controlling all those urges.

Practice of good habits, good discipline , reading good Scriptures and same time not to be too attached with anything can be the solution of pain in Life.

Because Life is full of pain and obstacle. But we still need to love this Life with happy and try our best come out of all kind of pain.

Yoga Meditation Methods To Keep The Body And Mind More Healthy.

Practicing of Asana (Yoga Posture) Pranayama (Breathing Methods) and Meditation can help lot to keep the body and mind more healthy. So keeping physical and mental health good through Yoga Meditation can be very useful and helpful.

Some Facts And Statistic About Suicidal Death in This World.

Every year 703 000 people take their own life and there are many more people who attempt suicide.⁽⁶⁾

450 suicides per day in 2021, A total of 1,64,033 people died by suicide in India .⁽⁷⁾

Causes of Suicide:

There are many causes that make people do suicide. There can be thousands of reason to do suicide. But I feel that even 1 reason is enough to live and protect this Life. Because this human Life is the most beautiful gift in this universe.

Doctors are trying hard to save their patients. Government are doing their best to protect and give good Life to their people. Family are trying their best to give the good Life to their children. But what is wrong that a person give up hope and end his own Life by doing suicide?

The Environment Where We Live

There are many things which we see and listen since childhood. It can be fight, anger in family, society etc. Whatever we see and listen all affects our Life and behaviour.

Sometime when people become unable to face the reality of Life then they end their Life by doing suicide.

Why People Do Suicide?

Because they feels lots of pain , stress , unhappy.

Everyone have many kinds of pain and struggle in Life.

Sometime some students does not get enough marks in exam as they expected so they do suicide. There are many kinds of fear, pain which make people do suicide.

Loving This Life:

Purpose of this paper is something deep aspect of Life that I want to brig in notice. This paper is about showing something more great to love this Life and understand the concept of Yoga Meditation and useful verses of Scriptures.

Having thankful attitude and compassion towards this Life can make people fall in love with this Life. Every human and animals also wants love and happiness in Life.

When a child is taught since childhood to love everyone. Don't kill animals. Don't eat fish, don't eat meat, egg. When a child does not eat any kind of animals meat, fish and egg then naturally children will fall in love with this Life.

A child will understand the love and greatness of this Life. He will never hurt anyone. So he will also become very close to his own Life.

Selfish Attitude of Human

Around **92.2 billion animals** are slaughtered each year **worldwide**.⁽⁸⁾

At one side we want love and peace on this earth. Every parents wants their child should live Healthy, Happy and Peaceful Life. But same time many parents bring and give fish and meat and animal products for children to eat. This is what kind of Life and love people teach to their children? Every seeds have power to become a big tree. We only need to provide them a better environment. Our mind and behaviour can be changed if food and environment of living is changed. We need to give better environment to children. So that when they become young, adult then they will be ready to face the difficulty in Life but never give up hope in Life.

Need of Yoga And Spiritual Counselling

There is need of better Yoga and Spiritual counselling to people since childhood. We need to let children fall in love with this nature and Life. If a child see love and compassion towards Life since his childhood then there is chance that he will love his Life even at the worst phase of Life.

Show The Love And Compassion Not Violence

Unfortunately most of the time people see and listen about violence. We can see news have most of the negative and violent news. Most of the movie and other tv shows are full of violence. Most of the mobile games have violence.

If People food is non vegetarian then food also comes by violence.

If money is not earn by honesty and truth then that money is also earn by violence.

So if everything around us is about violence then it will be harder to feel love and compassion towards Life.

Yoga And Spirituality is The Root of Life

India was the very Spiritual place. Yoga and Spirituality is the root of every human. But somehow now we have lost the root of Spirituality. India is the land of Yogi, Buddha, Mahavir and many other great Yogi. When we go back to the root of ourself to understand the Spiritual nature of human then we may make this earth better and peaceful.

Understanding Life and Circle of karma

There should be Yoga and Spiritual counselling on time to time in each government and private sectors that if anyone do bad karma then they develop themselves more bad karma. It can lead them towards more painful Life in future or next birth. People hurt others, cheat others or do suicide that is not only because of their own mistakes. But somehow this society, environment and childhood education are also responsible. We have developed a lot in Science but we are becoming disconnected with our own root that is Spirituality and Life.

Conclusion

If there is Life then there will be many kinds of problems, failure and pain in Life. But there is no need of giving up hope and Life. Suicidal tendency is a big painful problems in the whole world. Now whole world is digitally connected with each other. It is time to give good Yoga and Spiritual Guidance and Consulting to children and also to adult. It is responsibility of every human to be good and kind for others. Having Love and compassion is one of the greatest behaviour. We need to love our own Life and also other's Life. We can make this earth more beautiful and peaceful. Life is to love.

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