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Meditation is a means of transforming the mind. It is a simple practice available to all, which can reduce stress, increase calmness and clarity and promote happiness. Raja Yoga Meditation – How To Do And What Are Its Benefits?

Burning tempers, mood swings, & indecisive actions sap your energy and keeping calm becomes a daunting task. So, practicing Raja Yoga meditation is the way out of this mental turbulence. It is not only the cost of health care or disability that is impacted by chronic pain; actually, the type of care that a patient receives and responds to is greatly impacted by chronic pain as well. No wonder that chronic pain is a leading cause for absence from work, reducing labor productivity, patient’s income and insurance coverage, and increasing the need for workers’ disability [71]. Marlowe N. Self-efficacy moderates the impact of stressful events on headache. Headache. 1998;38:662–7. PubMed CrossRef Google Scholar. Pradhan BK. Yoga and mindfulness based cognitive therapy: a clinical guide. Cham: Springer; 2014. Google Scholar. 84.