

प्राणायाम

चले वाते चलं चित्तं निश्चले निश्चलं भवेत् ।

योगी स्थाणुत्वमाप्नोति ततो वायुं निबन्धयेत् ॥ गो. श. 39

When prāna moves, chitta moves.

When prāna does not move, chitta also does not move.

By this (steadiness of prāna), the yogi attains steadiness and should, therefore, restrain the Vāyu (prāna).

- By doing regular *Pranayam* practice one can attain stability and steadiness on our chitta (thoughts) and can overcome anxiety issues.