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it's often in discomfort that we grow the most. To overcome this klesha, challenge yourself to face situations that you would typically avoid. For example, if you have a difficult relative you tend to avoid, confront the situation with calmness and wisdom. Growth lies in stepping out of your comfort zone. **Abhinivesha: Fear of Death** The final klesha is Abhinivesha, the fear of death or an excessive attachment to life. This fear can consume us, reducing our focus on the present and inhibiting spiritual growth. The best way to overcome this klesha is to live each day fully, as if it were your last. Create a priority list to focus on what matters most, and be gentle with yourself and your loved ones. Let go of the fear and embrace life's natural cycle. **Conclusion** The 5 kleshas in yoga all stem from ignorance. As we begin to practice yoga and mindfulness, awareness starts to grow, illuminating the ignorance that fuels these afflictions. By shedding light on the types of kleshas and working to transcend them, we can move toward greater peace, clarity, and spiritual freedom. The practice of yoga guides us on this journey, enabling us to overcome the 5 kleshas Patanjali speaks of, and bringing us closer to self-realization and inner harmony. Check out our Integral Chakra Psychology courses. Chakras relate to our Kundalini which in turn is a representation of these immense potentials within us. There are innumerable means of tapping these potentials (Mantras, Yantras, gemstones, Asanas, etc.). However, since all creations are first conceived in our thoughts, these thoughts are seen as the most potent resources to tap our potentials. [Click here for details.](#)