



POSITIVE EFFECTS OF MEDITATION



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ABSTRACT

Today life is very fast. Man is not only rational animal but spiritual animal also. Life without meditation is like horse without reins or boat without a rudder. People suffer from many psychosomatic disorders. It has been proved that meditation is better than medication. The word meditation is derived from Latin verb mederi which means to heal. Meditation has therapeutic value. Though meditation is usually recognized as a largely spiritual practice, it also has many health benefits. The yoga and meditation techniques are being implemented in management of life threatening diseases; in transformation of molecular and genetic structure; in reversal of mental illnesses, in accelerated learning programs, in perceptions and communications beyond the physical, in solving problems and atomic and nuclear physics; in gaining better ecological understanding; in management of lifestyle and future world problems.

KEYWORDS : *rational animal , medication , transformation of molecular and genetic structure.*



INTRODUCTION :

The beneficial outcomes of reflection are bewildering and surely merit your examination and thought. Numerous fruitful agents, superstars and games experts rehearse routinely and appreciate the constructive outcomes of reflection. More organizations need hopeful, cheery and supportive staff to join their organizations urging staff to partake in accommodating courses including

contemplation.

Research has deductively demonstrated that contemplation is a sheltered and straightforward approach to adjust your physical, passionate, and mental state and more specialists are urging patients to practice reflection to cure numerous anxiety related diseases. Ordinary the vast majority of us experience stress in a wide range of ways and I accept numerous individuals are just not mindful of the amount of anxiety we really clutch. One of the best constructive outcomes of contemplation is the means by which it permits the body to trouble. Regularly life undermining circumstances trigger off the anxiety reaction which empowers us to act without examination and consultation and survive serious circumstances utilizing quick reflexes. At the point when our bodies are presented to a sudden danger we react with the trademark battle or flight response which is known as an adrenaline surge.

Whenever adrenaline and different hormones are discharged from the adrenal organs the heart races, circulatory strain expands, our breathing turns out to be quicker and the blood stream to the muscles increments. In the event that we are in compelling threat these responses are of incredible help to us. We have acquired this survival reaction from our predecessors who confronted numerous life undermining circumstances consistently. The same reaction is presently activated in our day by day lives when we are in a movement hold up or somebody aggravates us at work or we basically break a glass. In the event that we don't face the circumstance (and numerous are outside our ability to control) we wind up being in a perpetual condition of anxiety.

A standout amongst the most critical beneficial outcomes of reflection is the way it discharges stress from our bodies. Reflection rehearsed consistently will lead you to a more profound level of unwinding and thought. On the off chance that you need to be free of consistent stress, weight and stretch the beneficial outcomes of contemplation can give you an existence that is quiet, tranquil, upbeat and loose.

Even ten minutes of meditation a day will help alleviate stress.

Some of the positive effects of meditation are:-

- Significant Changes in brain Functions.
- Improvements in the mind's ability to pay attention, which is involved in performing everyday tasks and regulating mood.
- Reduces anxiety attacks as it lowers the levels of blood lactate.
- Builds self confidence.
- Increases serotonin which influences moods and behaviour. Low levels of serotonin are associated with depression, headaches and insomnia.
- Enhances energy, strength and vigour.
- Helps keep blood pressure normal
- Reduces stress and tension
- Creates a state of deep relaxation and general feeling of wellbeing
- Helps with P.M.T.
- Increases concentration and strengthens the mind
- Helps reduce heart disease
- Helps with weight loss

In the event that you hone consistently, the constructive outcomes of reflection will advance a feeling of quiet and control, you'll feel significantly more casual and upbeat. Your capacity to focus will be more prominent. You won't get to be focused about things and you'll feel more quiet and loose about everything. One of the best constructive outcomes of reflection is figuring out how to take the path of least resistance and things that used to bother you before essentially get to be unimportant.

Yoga meditation

In English Dictionary word meditation is not explained clearly. It is defined as 'to reflect upon', or to contemplate. But in Sanskrit, Chinese and Japanese language it has explained precisely. It means to make the mind free from disturbing thoughts.

Rinpoche says, "The gift of learning to meditate is the greatest gift you can give yourself in this life."

A man is one who is master of his mind. The English word "man" is derived from Sanskrit

Man" which means mind. To be master of your mind is the meaning of being man.

The word Yoga is derived from Sanskrit 'yuj' which means to join. Yoga- Darsana is one of the important Darsana-s. Darsana means direct experience. Yoga- Darsana is also called Rājayoga- Śāstra, Bhaktiyāmīnasa- Śāstra and Pātanjali- yoga- Śāstra. One can improve physical, mental and emotional condition with the help of yoga. Yoga speaks about mind- body relationship.

1. Yoga advocates control over body, senses and mind, and recommends its perfection.
2. Yama niyam sananipratyāhara dhyāna samādhi
3. Control, vows, posture, bioenergy control, withdrawal of senses from their objects, concentration, meditation and Samādhi are eight limbs of yoga
4. Nonviolence, truthfulness, non- stealing, celibacy and non -hoarding are Yamas. Cleanliness, contentment, austerity, self study and surrender to god are Niyamas.
5. Stable and comfortable pose is āsana. Sthiram sukham āsanam.
6. Prānāyāma is breath control. When separated from their corresponding objects, the organs follow as it were the nature of mind; such a state is called pratyāhara.
7. Just as bees follow the course of queen bee and rest when latter rests, so when the mind stops the senses also stop their activities; this is pratyāhara.
8. Yama, Niyama, āsana, prānāyāma and pratyāhara are external limbs of Noble eightfold path.
9. Dharmaśāstra
1. Mind's fixity on particular region is dhāra .
1. Tatra pratyayaikta dhyānam
12. Continuous flow of mind towards that object is dhyāna.

According to Yoga, diseases and ailments are due to faulty ways of living, and bad habits. Since the cause of disease lies in the mistakes of the individual, its cure also lies in correcting those mistake by the same individual. Man is enemy as well as friend of oneself. Man becomes ill because of ignorance of his own nature. Because of Yoga one realizes own nature, and as a result he removes bad habits. Thus man is responsible for causing as well as curing his diseases.

Diseases of functional disorders of nervous system like neurosis, neurasthenia can successfully be treated by meditation. Meditational therapy will secure psycho- neuroses, the various illnesses that arise in people who are in no sense insane. Of all misery ailments is mind. All diseases originate in the mind first. The mere idea, I may catch cold prepares body for reception of germs. Meditation develops will power and frees the mind from wrong notion. With meditation the physiology undergoes a change and every cell in the body is filled with more prāṇa (energy). This results in enthusiasm, joy and peace as the level of prāṇa in the body increases. Meditation brings brainwave pattern into an alpha state that promotes healing. Meditation brings personal transformation.

Buddhism

Buddha in his first sermon dhammacakkapavāna- sutta preached Four Noble Truths. The First Truth is world is full of sorrow (dukkha). The Second Truth is cause of sorrow (dukkha- samudaya), Third Truth is cessation of sorrow (dukkha- nirodha) and the Fourth Truth is path that leads to cessation of sorrow (dukkha- nirodhagāminī paṭipada). A physician first observes the ailment, (dukkha) then he finds out the cause of the disease (dukkha- samudaya). After that he takes decision to eradicate disease

(dukkha -nirodha) ; and lastly he prescribes medicine. Buddha's greatest gift is Vipassan meditation to humanity. Buddha knows the nature of mind. Mind is fickle and difficult to control.

Buddha gave totally new interpretation to the process of meditation. Meditation cannot be something that you can do apart from life. Meditation has to become something synonymous with life. It is like breathing process. Man is not breathing one –hour morning and one –hour evening. Man may be in coma or in the sleep, but his breathing continues. Buddha said meditation should become such constant phenomenon; then only it transforms life.

The first step is observing normal natural breath. There is close relationship between breath and thought. When any negative thought arises in the mind two things happen. First breath loses its normality; and second, there is vibration throughout the body. Mind and body are interrelated. One can observe mind through sensation. Observation of sensation means to examine the totality of once being physical as well as mental. For this reason Buddha specially stressed the importance of awareness, of vedan .

Some benefits of meditation are:

- It lowers oxygen consumption.
- It decreases respiratory rate.
- It increases blood flow and slows the heart rate.
- Increases exercise tolerance in heart patients.
- Leads to a deeper level of relaxation.
- Good for people with high blood pressure as it brings the B.P. to normal.
- Reduces anxiety attacks by lowering the levels of blood lactate.
- Decreases muscle tension (any pain due to tension) and headaches.
- Builds self-confidence.
- It increases serotonin production which influences mood and behaviour. Low levels of serotonin are associated with depression, obesity, insomnia and headaches.
- Helps in chronic diseases like allergies , arthritis etc.
- Reduces Pre- menstrual Syndrome.
- Helps in post-operative healing.
- Enhances the immune system. Research has revealed that meditation increases activity of 'natural-killer cells', which kill bacteria and cancer cells.
- Also reduces activity of viruses and emotional distress.



CONCLUSION

Positive Meditation has definitely been a proven practice for thousands of years and for good reasons. Meditation is now being medically proven to have many positive effects on an individual, which I feel many people neglect.... The mind has full control of our being, therefore, having a peaceful mind reflects onto the body and radiates outward on to others. the better you are personally, the better you are in business

In today's competitive and stressful world, and fast life, meditation plays a very important role. Meditation brings relaxation to the mind. Relaxation of mind is relaxation of brain and mind. Meditation offers peace and energy to the practitioner. Teachings of Patañjali and Buddha are equally useful even today. Vipassana and Yoga are non- sectarian, and scientific techniques to observe mind and body. Yoga and Vipassana meditation cures diseases and destroys stress. Vipassana and Yoga meditation teach us to live in present movement. Past is dead and gone, and future is not yet born; so reality is present movement. Yoga and Vipassana meditation will never do harm or will never have any adverse effect as some medicine. Both these techniques of meditation are beneficial for physical and mental help of individual. Vipassana meditation provides solution to all problems, i.e. physical mental, spiritual, cosmic and emotional. Yoga practices of asanas and meditation etc. may yield beneficial results even in absence of one's subscription to its philosophy. Vipassana and Yoga meditations are useful for curing diseases though their techniques are different.

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