

Meditation: And the Human Mind

Saptarshi Panigrahi^{1*}, Riyanka Sengupta², Pallab Das³

¹Department of Pharmacology, Key Laboratory of Neuropsychiatric Diseases, China Pharmaceutical University, Nanjing, 210009 China

^{2,3}B.C.D.A College of Pharmacy & Technology, Kolkata – 700127 India

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*Corresponding author: Saptarshi Panigrahi

Abstract

Review Article

Meditation is a practice where an individual uses a technique – such as mindfulness, or focusing their mind on a particular object, thought or activity – to train attention and awareness, and achieve a mentally clear and emotionally calm and stable state. Meditation, according to the spiritual meaning of the term, is not a process of the mind, but of the spirit. It goes through two stages: the preliminary one which can be defined as concentration, and the final one which can be called contemplation. Contemplation consists of gathering our attention with devotion in God, and raising it to one's own focal Center in the body. Mystics, Saints and Masters call this Center with different names. Christ calls it the single eye (plus in the Greek text, Mathew 6:22) and St. Agustin calls it the "eye of the soul" (Confessions 7:10), while in the East it is called the third eye, or "tenth door" in order to distinguish it from the nine openings of the body (eyes, ears, nostrils, mouth and the two lower openings) tied to the plane of the senses. With the awakening of the "eye of the soul" or inner eye, the human soul may contemplate the Light of God, an experience which is common to the major mystics and Saints, both Christians and non-Christians of the East and the Middle East. Thus, all the Scriptures affirm that God is Light. Saint Agustin and many other Saints actually speak about the manifestation of God as Light. The human soul also has an inner ear with which it can tune into the Divine Power or Word vibrating in the entire creation, the sacred creative Sound. The Divine manifestation (or Holy Ghost), in the two forms of Celestial Light and Sound, was experienced by the Apostles at Pentecost (Acts 2:2-4).

Keyword: Mindfulness, focusing, awareness, mentally, emotionally, Meditation, experience, vibrating Celestial, experienced, reflexive, thinking, awareness, saturated, ventilated, physical stress feelings, sensation, thoughts, images, smells, experiences, specific qualities, body satisfaction.

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DEFINITION OF MEDITATION

Meditation is a mental discipline by which the practitioner attempts to get beyond the reflexive, "thinking" mind into a deeper state of relaxation or awareness.

WHERE TO MEDITATE

If possible, set aside an area that is used exclusively for meditation. In time it will become saturated with spiritual vibrations. A small room, a corner of your bedroom, or even closet can suffice, as long as it is well ventilated.

HOW LONG TO MEDITATE

It is entirely up to you. Make sure, however, to allow enough time after the "aum" practice to sit still and enjoy the calm meditative state.

The science basis of meditate

- Meditation health benefits.

- Increases the longevity of life.
- Lowers heart rate, blood pressure,
- Relieves body of mental and physical stress

Types of Meditation

All forms of meditation can be classified into one or a combination of four categories:

- Concentrative (The most commonly used form)
- Receptive
- Reflective
- Generative

Concentrative Meditation

- Assists with focusing the mind.
- This is done by focusing on the breath, image, objective or sound (mantra) during the meditation.

Receptive Meditation

- Assists with becoming more fully present in the moment.

- This is done by being mindful and attentive to feelings, sensation, thoughts, images, smells and experiences without becoming involved in judgment, reactions or processes of the experience.

Reflective Meditation

- Assists with investigating an idea in a systematic way.
- Uses disciplined thinking and analysis to reflect upon a compelling question, challenge, idea or project.

Generative Meditation

Assists in consciously cultivating and strengthening specific qualities such as:

Patience

Love

Appreciation

Compassion

Humility

Gratitude

Courage

Proper meditation posture

Two things, however, are essential: your spine must be straight, and you must be able to relax completely without slouching.

Benefits of Meditation

- Anger management
- Control over Anxiety
- Improved awareness, and concentration
- Improvement of cognitive skills

How Can Meditation Help College Students?

- Time management
- Assist with addictions
- Mindful eating and body satisfaction
- Athletic performance
- Stress reduction and sleep
- Academic performance
- Enhance immune system
- Developing a deeper sense of compassion and forgiveness for others

Different methods of Meditation thought processes

- Breathing
- Conceptual
- Physical
- Clear mind
- Awareness
- Object
- Mantra

Breathing Meditation

- Concentration on relaxation of the body
- Concentration on the rhythm of your breathing
- Counting techniques applied

Conceptual Meditation

- Concentration on a philosophical concept
- Allow mind to wander and expand.

Physical Meditation

- Concentration on physical actions.
- Reaction to opponent actions
- (heightened awareness during competitive situations)
- Controlled breathing (yoga)
- Different from any other form of meditation

Clear mind Meditation

- Difficult yet effective
- Clear mind completely
- Concentrate on keeping mind totally blank

Awareness Meditation

- Observe all things in your surroundings
- Be in tune with all of your senses to clear your mind of thought.
- Total awareness of the moment.

Object Meditation

- Simple
- Concentration on one point of vision
- Total awareness of that point

Mantra Meditation

- Repetition of a word, phrase, hymn, or prayer to clear the mind. And provide a vessel to concentrate on.
- Commonly found in Buddhism Hinduism and Christianity

Religion and Meditation

Religions that practice Meditation

- Hinduism
- Buddhism
- Taoism
- Christianity

Hinduism

- Many Gods
- Chakras, healing, promotion of strong mental and physical condition
- Yoga

Buddhism

- Belief in Buddha
- Awareness and mantra techniques are Emphasized
- Goal is enlightenment

Taoism

- The way
- Buddhist meditation, chakra, concentration and focus on chakra
- Concentration on inner self

Christianity

- Belief in Christ
- Prayer and hymns
- Church

Simple meditation in everyday life

- Day dreaming
- Sports/physical activity
- Close reading
- Listening or playing music
- Studying

10 Ways to Practice Mindfulness Everyday

1. As you awaken in the morning, bring your attention to your breathing. Instead of letting your mind spin off into yesterday or today, take mindful breaths. Focus on your breathing, and sense the effects of breathing throughout your body.
2. Instead of hurrying to your usual routine, slow down and enjoy something special about the morning: a flower that bloomed, the sound of birds, or the wind in the trees.
3. On your way to work or school, pay attention to how you walk or drive or ride the transit. Take some deep breaths, relaxing throughout your body.
4. When stopped at a red light, pay attention to your breathing and enjoy the landscape around you.
5. When you arrive at your new destination (work, school, etc.) take a few moments to orient yourself; breathe consciously and calmly, relax your body, then begin.
6. When sitting at your desk or keyboard, become aware of the subtle signs of physical tension and take a break to stretch or walk around.
7. Use the repetitive events of the day – the ringing telephone, a knock on the door, walking down the hall - as cues for a mind relaxation.
8. Walk mindfully to your car or bus. Can you see and appreciate something new in the environment? Can you enjoy walking without rushing?
9. As you return home, consciously make the transition into your home environment. If possible, after greeting your family or housemates, give yourself a few minutes alone to ease the transition.
10. As you go to sleep, let go of today and tomorrow, and take some slow, mindful breaths.

CONCLUSION

Stress is a sturdy part in our daily life and managing of stress is also very thorny in the fast-moving society. Meditation may help a lot in reducing different categories stress in human being. Meditation shows some miracle and routinely touted as a kind of cure for all a boon for happiness and productivity, a salve for chronic pain, stress, anxiety and depression, an antidote for inflammation and high blood pressure, a fix for addiction. Huge research studies have been

conducted to support the usefulness of meditation. It is believed and also hoped that it will be one of best remedy for reducing of anxiety, strain, despair and relieving out of these problems by meditation in the coming century alongside the modern medicine.

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