

Relevance Of Meditation in Modern Life

Dr.Yeshwant Patil

PWS College , Kampti, Nagpur (MS)

Abstract

Meditation means to attain mental purification and balance. The aim of the Meditation is to eliminate toxin and impurities within the body that accumulate due to dietary habit. Meditation provides mental relation is very much necessary to produce the desired results. Meditation provides a lasting spiritual rest, which must be experienced and to be understood. Once you can meditate; the time you normally devote to sleep can gradually be reduced to as little as three hours per night, and you will still feel more rested and peaceful than before. By reducing heart rate and consumption of oxygen, meditation greatly reduces stress levels. It seems that each part of the body, even down to the individual cells, is taught to relax and rejuvenate. Meditation helps to prolong the body's period of growth and cell production, and reduces the decaying process

Introduction

The word meditation is come from the Latin word meditari, meaning "to think", "contemplate. Meditation is a distinct practice in Indian philosophy and it is mentioned in many Indian traditional texts. Meditation is the act of focusing one's thoughts or engaging in self – reflection or contemplation. Some people believe that, through deep meditation, one can influence or control physical and psychological functioning and the course of illness⁸. Meditation is a state of consciousness that can be understood only on a direct, intuitive level. Ordinary experiences are limited by time, space, and the laws of causality, but the meditative state transcends all boundaries. meditation, one slowly gains knowledge of the self, and gets freed from bondages, not merely the external ones, but in one's inner consciousness. Meditation is a process that anyone can use to calm oneself, cope with stress, and, for those with spiritual inclinations, feel as one with God or the universe Meditation provides a lasting spiritual rest, which must be experienced and to be understood. Once you can meditate; the time you normally devote to sleep can gradually be reduced to as little as three hours per night, and you will still feel more rested and peaceful than before.

Historical preview of meditation

Research interest on meditation back to the 1960s, the breakthrough in the scientific evidence on health benefits of meditation largely took place during the 1980s and 1990s. The first description of meditation occurs in Vedas which is one of the oldest scripture of Hindu culture. Meditation was a part of daily life and known to everyone during Vedic age. Recently, the archeologists have discovered the sculptures in meditative pose in the ancient civilization, Mohenjo-Daro and Harappa. Specific meditation techniques have been developed for the convenience in the later period. Meditation has been expounded in Vedas, Upaniñad, BhagavadGétä, Patañjali Yoga Sūtra, Haöha Yoga Pradépikä, and Tantra texts. Meditation was considered as upäsanäand practiced by everyone during the vedicage. The Upaniñads emphasis on self-analysis through intellect, and establishing the mind on Self. Lord Kriñëa in Bhagavad Gétäsays, 'meditate on the Supreme Self by directing all the senses towards inside using the intellect'. Perhaps, the most profound description of meditation is found in Patañjali Yoga Sūtra. Sage Patañjali describes añöäìgayoga (eight limbs of yoga) to realize the

ultimate. The sixth and the seventh limb of aṅgā yoga are pertaining to meditation. Haṅha Yoga gives the description of the practice of meditation and its benefits.

Benefits of meditation

In meditation, thinking come to the surface and develop experience a new ideas of the universe, a vision of unity, happiness, harmony, and inner peace. Negative tendencies vanish, and the mind becomes steady. Meditation brings freedom from fear of death, which is seen a doorway to a new name and form. People who meditate regularly land to develop magnetic and dynamic personalities, cheerfulness, powerful speech, lustrous eyes, physical health, and boundless energy. Others draw strength from such people and feel elevated in their presence.

Meditation and diseases prevention

The engaging in regular meditation practices is particularly apparent in the prevention of several chronic diseases, including: obesity, depression, cardiovascular disease, diabetes, cancer, Blood pressure, and osteoporosis. The several studies shows that young people can benefit from meditation practices as it contributes to developing healthy bones, sound cardiovascular efficiency and, lung function as well as improved motor skills and cognitive function. Yogic practices and health related physical fitness may help to prevent fractures of different body segments among adults and reduce the risk of osteoporosis. Physically active can enhance functional capacity among young people, and can help to maintain the quality of life and independence.

Meditation and psychological well-being

Meditation is essential for the enhancing of wholesome personality of an individuals which would depend upon the opportunities provided for universal development of the, physiological, psychological, physical, social and spiritual aspects. Hence a well-organized and properly administered meditation and health related health-related physical fitness for adults is very essential. Meditation throughout the ages has been acclaimed for health and recreation. It provided fun and enjoyment. It also provided youthful exuberance and the elderly care.

Meditation and cardio vascular diseases

Many researchers strongly support the regular meditation helps one to keep a strong and healthy and to prevent cardio vascular diseases. Physically fit person, heart beats at a lower rate and pumps more blood per beat at rest. As a result of regular meditation and individual's capacity to use oxygen is increased systematically energy production depends on internal chemical or metabolic change.

Concentration and meditation

Concentration is the process of focusing your mind on a singular object, either within or outside your body, and keeping this attention steady for a period of time. Meditation and concentration are the two royal roads to perfection. Only true concentration will lead to meditation. The objective of concentration meditation is to develop a single-minded attention directed at some object: an image, a breath, a candle flame, or a word or phrase. Continually returning one's attention to this object develops one's ability to remain calm, focused, and grounded. **Meditation in its Simplest, Natural and Original form does not involve any concentration technique, any suppression, struggle, controlling, fighting or wrestling with the mind.**

Conclusions

Today meditation is considered as the most important factor for around development. Everybody accepts the importance of meditation as a base for health of body and mind. It is very important to exercise the mind and body together. meditation is the necessity of spiritual and moral remediation of the society. As well all know that India is a country of various caste and creeds. In order to achieve higher degree of unity in diversity, meditation play a major role in bringing all together under the feeling of oneness. Through games when the traits of co-operation, belongingness, love, affection, attachment develop strongly in students, then automatically we march towards national integration. The good values of all the religion which gives them a good moral character. They love and respect other's religions also as they respect their own. They treat all human being equally. Better world is a place and atmosphere of peace for all people.

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