

## Benefits Of Regular Meditation Practice

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### Abstract

*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. Meditation helps to prolong the body's period of growth and cell production, and reduces the decaying process. 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 illness.*

### Introduction

**M**editation is a distinct practice in Indian philosophy and it is mentioned in many Indian traditional texts. Meditation is a process that anyone can use to calm oneself, cope with stress, and, for those with spiritual inclinations. Meditation is the necessity of spiritual and moral remediation of the society. 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. As well all know that India is a country of various caste and creeds. In order to achieve higher degree of unity in diversity.

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. 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. In 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, 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 illness. For effective practice of meditation,

regularity of time, place, and practice are most important, as they condition the mind to focus its energies. The mind seems to be particularly active.

### Benefits of meditation

**There are several benefits of meditation are as**

1. Reducing heart rate and consumption of oxygen, meditation greatly reduces stress levels, cheerfulness, powerful speech, lustrous eyes, physical health, and boundless energy.
2. People who meditate regularly improve, thinking come to the surface and develop experience a new ideas of the universe, a vision of unity, happiness, harmony, and inner peace.
3. People who meditate regularly Negative tendencies vanish, and the mind becomes steady.
4. Meditation brings freedom from fear of death, which is seen a doorway to a new name and form.
5. 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.
6. Meditation can enhance functional capacity among young people, and can help to maintain the quality of life and independence.
7. Meditation practices as it contributes to developing healthy bones, sound cardiovascular efficiency and, lung function as well as improved motor skills and cognitive function.
8. Meditation throughout the ages has been acclaimed for health and recreation.
9. It provided fun and enjoyment.
10. It also provided youthful exuberance and the elderly care.
11. 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.

12. New patterns of thinking come to the surface and develop experience a new ideas of the universe, a vision of unity, happiness, harmony, and inner peace.
13. Meditation brings freedom from fear of death, which is seen a doorway to a new name and form.
14. People who meditate regularly land to develop magnetic and dynamic personalities, cheerfulness, powerful speech, lustrous eyes, physical health, and boundless energy
15. 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 .
16. Physically fit person, heart beats at a lower rate and pumps more blood per beat at rest. Many researchers strongly support the regular meditation helps one to keep a strong and healthy and to prevent cardio vascular diseases.
17. 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.
18. Meditation and concentration are the two royal roads to perfection. 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. Only true concentration will lead to meditation.
19. Meditation practices may play a therapeutic role in addressing a number of psychological disorders. Studies also show that meditation practices has a positive influence to reduce depression, anxiety, stress. Physical self-worth and physical self-perception, including body image, has been linked to improved self-esteem

### Conclusions

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. 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 illness. Meditation is a distinct practice in Indian philosophy and it is mentioned in many Indian traditional texts.

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