

MEDITATION

Meditation is seventh component of Patanjali yoga. It is a highly specialized technique. Generally, an ordinary person thinks that mediation is a worship or prayer. But it is not so. It is mainly the concentration of mind by cutting oneself from environment completely. Meditation is not only a technique but also a way of life. Patanjali says in yoga sutra:

तत्र प्रत्ययेकतानता ध्यानम् ॥२॥

Tatra pratyaya-ikatānatā dhyānam ॥2 ॥

(A steady continuous flow of attention towards the same region or point is meditation.)

In the fast complex and tension filled world today we all experience stress, depression, frustration and difficulties in our lives. It is important to be able to combat stress effectively so that the negative effects are reduced in daily life. Everyone needs a healthy outlet for stress, depression and difficulties in life is the practice of meditation.

Meditation plays an important role in regulating the life of the human being. Meditation is known to transform people for better. Now days, meditation has been taught to the inmates of the tihar jail of Delhi with wonderful results. They have become kind, tolerant and averse to violence.

Meditation affects not just the mind but also the body. The effects of meditation on the physical body are instantaneous. experiments with scientific instruments reveal that during meditation oxygen consumption decreases drastically. In 10 minutes, it drops by 20% and half an hour it is less by 80%. This indicates the lack of body activities or rather restful state. When breathing is slow and steady, the heart beat becomes slow and steady and brain emits alpha and theta waves. All these signs indicate a highly relaxed body and mind. A meditator gradually becomes more and more relaxed, and cheerful.

The benefits of meditation abound. Meditation helps a person in developing their cognitive skills and treating depression frustration or anxiety, sleep issues, pain management and stress reduction. Meditation sharpens the mind and enhances problem solving activities.

People who meditate daily are much happier, healthier and live longer than those who don't. Advanced meditators develop the ability to use their whole brain to live in a more balanced state characterized by brain synchronization and whole brain functioning. The benefits of meditation can be phenomenal. Meditation is a journey of our consciousness towards the self which changes the life.

Om Shanti
