

## **Holistic Health and Psychological Wellness through Meditation**

**Geeta Sharma**

Assistant Professor Surjeet Memorial College of Education, Malwal, Ferozpur, India

### **Abstract**

The world today is more violent, unequal, turbulent and unstable. Today's world life of human being is full of stress. Our modern life-style is getting hectic day by day. Nobody has time for himself & herself. Today every person is suffering from stress, anxiety and tensions. Modern life is usually stressful. Today when everybody in this world is searching for peace, harmony and happiness to reduce their tension, stress and depression, the meditation is very much authentic and useful. An analysis of 124 doctoral theses from across the world regarding the effectiveness of meditation on various psychological variables, demonstrated striking result: it was found that almost all techniques alleviated negative states and traits such as stress, obsession- compulsion, depression, anxiety and psychoticism; improved positive attributes like intelligence, memory, problem-solving ability, concentration, decision making and emotional stability etc. meditation is one of the greatest resources for concentration memory and awareness. Thus it is difficult to bring the mind into one point, so Gayatri Mantra Japa is one of the best practices for meditation and concentration. Scientist says that the practice of meditation changes the way our brain work, and find in his research study that thoughts can influence the brain and the body.

### **INTRODUCTION**

Man has made tremendous progress in almost every walk of the life. Modern scientists and researchers have absolutely changed the life-style. However, population of air, water, body and mind is also the result of science longing for material wealth has hardened the hearts of human being. Human values are declining. The world today is more violent, unequal, turbulent and unstable. Today's world life of human being is full of stress. Stress and strain are the cause of physical as well as mental distraction. Our modern life-style is getting hectic day by day. Nobody has time for herself. Today every person is suffering from stress, anxiety and tensions. Modern life is usually stressful. Today when everybody in this world is searching for peace, harmony and happiness to reduce their tension, stress and depression, the meditation is very much authentic and useful. Meditation has the surest remedies for man's physical as well as psychological ailment. It makes organs of the body active in their functioning and has good effect on internal functioning of the human body. It is a method by which one obtains control of one's latent power it is the means to reach complete self-realization. By meditation life is so organized and so satisfying that in its twilight a person will be content to let go without regrets and without a sense of leaving too much undone. Meditation is a re-education of one's mental process, along with the physical.

### **MEDITATION AS A PHYSICAL HEALTH & PSYCHOLOGICAL THERAPY**

Doctors admit that the mind can control the body's performance. The imbalance in the both body and mind is a cause of illness and the spread of disease. The mind is an

important cause of sickness in the body and thereby the cure should also be mind-based. Medical researches have shown that factors such as stress or anxiety, a mental characteristic of the modern lifestyle has contributed to the onset of diseases such as cancer. This has led to the coinage of psycho-somatic causes for many diseases, which have affected the contemporary man. Medical treatment as radiation and surgery attends to the somatic dimension, whereas the psychological-mind related can be effectively treated by practice of meditation, thereby the treatment is more holistic. Meditation can develop both body and mind, bringing improvements to the health at the same time.

Meditation are used for releasing tension and attaining spiritual fulfillment, they can also be used as a first step to setting up changes in one's life and health, starting with the determination to change our beliefs about the ability of the body to cure and treat itself. Further it helps to develop a sense of determination which will help to create a place of resistance in the body that able to manufacture the white blood cells which fight against cancer and AIDS. We can use our minds to control or affect our heartbeat, our blood pressure, or the manufacture of the white blood cells that fight disease. We can improve the quality of the cells which protect us, the cell known as 'T' cells which fight cancer and AIDS. Meditation has been brought in to help with patients suffering from AIDS. Donald K. Swearer observes even though meditation is not directly treating AIDS patient or curing the disease, the meditation still has a good effect on the patient.

Meditation can help people who have difficulty in conceiving children. Dr. Benson state that such people are generally unhappy, anxious and short tempered but with the regular practice of meditation, they can become healthy and strong, more cheerful and more able to conceive children. He advocates breath control and the silent repetition of a mantra to bring peace and tranquility. Dr. Benson acknowledges that this technique of 'insight meditation' can be most effective.

An analysis of 124 doctoral theses from across the world regarding the effectiveness of meditation on various psychological variables, demonstrated striking result: it was found that almost all techniques alleviated negative states and traits such as stress, obsession-compulsion, depression, anxiety and psychoticism; improved positive attributes like intelligence, memory, problem-solving ability, concentration, decision making and emotional stability etc. meditation is one of the greatest resources for concentration memory and awareness. Thus it is difficult to bring the mind into one point, so Gayatri Mantra Japa is one of the best practices for meditation and concentration. Scientist says that the practice of meditation changes the way our brain work, and find in his research study that thoughts can influence the brain and the body.

Duangjai Gasandigun (1986) has carried out research on how our mood affect our mental health the effects of meditation on mental health, measured by comparing depression in individuals between 15 and 25 years of age at the Buddhist Center for the practice of Religious percepts (Phrathamgai Temple) in Phatumthani province. A control group of 156 people who had been instructed in meditation, had to take a test that measured their level of depression both before and after meditation. The average score showed that depression was lower after meditation. This suggests that meditation relieve stress, bringing with it the ability to analyze, understand problems and alleviate the cause of depression.

## **ESSENTIAL CONDITIONS FOR MEDITATION**

Meditation is not an easy and simple process. It requires lot of preparation before one can start meditation. Those who do meditation without following the essentials of meditation come under more and more stress as they get little or no benefits from meditation. Therefore, it would be of great interest to understand the essentials. We mention them briefly.

- Physical and mental purity
- Control of the mind, Intellect and Ataman over senses
- Detachment
- Avoiding External Distractions
- Slow Process
- Purification of Mind
- Good Health and Balance Diet
- Constant Practice

## **BENEFITS OF MEDITATION**

Meditation results in a number of benefits to genuine practitioners. It changes the total outlook of life. The life of the person engaged in meditation always remains in bliss and he can produce unlimited efficiency and is always glowing. We can thus briefly say:

- I. Meditation is antidote to stress and strains.
- II. Meditation brings bliss in one's life and leads him to attain the Moksa.
- III. Meditation by creating bliss in the person removes his all tensions and stresses.
- IV. Meditation diverts the attention of individual from worldly pleasures to permanent ecstasy.
- V. Meditation helps the person in developing non-attachment with material objects.
- VI. Meditation keeps individual healthy in mind and body.
- VII. Meditation arouses creativity which can lead to excellence in life.
- VIII. Meditation provides an individual with strength to fight all difficulties in physical world.
- IX. Meditation promotes balanced life among individuals and they remain equanimous under all circumstances.
- X. Meditation is essential in the modern age to promote peace in the world which today is under turbulence and disharmony.

Thus, there is no place for stress, strain, depression, anxiety, desire etc. for a person practicing Meditation.

## **CONCLUSION**

Meditation is beneficial to our bodies and our minds once it has firmly established and our minds have become calm, slowing down of the pulse, a lowering of blood pressure and a boost to the immune system. The psychological benefits come from a slowing down of the brain waves which makes us feel relaxed and can relieve muscular aches, pains and

headaches. Meditation can bring both to mental and to the development of the personality: will-power, determination, stability, politeness, gentleness, dexterity, liveliness, nimbleness, cheerfulness, dignity, altruism and the ability to know oneself and others truthfully.

## REFERENCES

1. Bhatia, A. (2011) Yoga as practical spirituality: redefining the purpose of education. Yoga education, A.P.H. Publishing Corporation, P-22.
2. Goel, Dr. A. &Goel, Dr. S.L. (2005) Potentialities and perspective of meditation, Stress management and education. Deep & Deep Publications Pvt. Ltd., P-111.
3. Swami Chinmayananda (2001) A manual of self unfoldment, Central Chinmaya Mission, Mumbai, P-149
4. Swami Chinmayananda (2001)The Holy Geeta, Swami Chinmayananda Trust, Mumbai, PP-431-34.
5. Ratnam, Dr. M.V. Ram Kumar, (2009) Buddhist Meditation as a Health Therapy. Yoga the ancient tradition in the new millennium, The Association Publishers, Pp-251.
6. Duangjai Gasandigun (1986) www. Buddhanet.net.