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Khomadram Sheila Devi

Physical Education Teacher,
Dubai, UAE

Priyanka

Physical Education Teacher,
DAV School, Delhi, India

Concept of music meditation in modern ERA

Khomadram Sheila Devi and Priyanka

Abstract

The word meditation have different meanings in different contexts. Meditation has been practiced since ancient times as a component of numerous religious traditions and beliefs. Basically meditation involves an internal effort to self-regulate the mind in some way. In today's context, stress is one of the most emerging health problems in India's population among all age groups. Majority of people of all ages undergo stress, whatever the sources may be internal or external it hampers the major functioning of the body. Most of youngersters face multiple problems in their life. Each individual tries to cope different kinds of pressure laid down by the society and family. On the verge of coping these pressures, an individual himself unconsciously frames a net and is caught in the same. Music Meditation is a also a kind of technique that helps to relieve from stress and helps individuals to clear the mind and ease many health concerns, such as high, depression and anxiety. It may be done sitting or in an other active way—for instant involve awareness in their day-to-day activities as a form of mind-training. Prayer beads or other ritual ways are commonly used during meditation in order to keep track of or remind the practitioner about some aspect of the training.

Keywords: Music Meditation, Depression, Stress, Anxiety, Nada yoga etc.

Introduction

Meditation is increased concentration leading to increase awareness. Meditation is a way to clear the thoughts from mind and deactivate the sensitive process of ego to open the way for new insight to wisdom. Meditation is a practice where an individual trains the mind or induces a mode of consciousness, either to realize some benefit or for the mind to simply acknowledge its content without becoming identified with that content, or as an end in itself. Intuition are enlightens that otherwise go on notice in the course of the lactic day. Meditation helps us to relax and concentration.

According to Yoga Sutra: Sutra3/2

“Tatra pratyai katanata dhyanam”

Meaning: An interpret thinking of one though is dhyayan or meditation.

Music meditation: stress reliever

Music used mediatation since the very down of civilization through its rhythmic patterns of tones, which are generated in a harmonic relationship with each other. We are being bombarded by countless vibrations and energies from the collective thinking processes of the masses. Theses energies penetrate our bodies and minds. Music meditation helps us come out of the trap and restore the natural vibrations, unhampered, as our creator intended us to be.

The soothing power of music is well-established. It has a unique link to our emotions, so can be an extremely effective stress management tool. Music Meditation is music performed to aid in the practice of meditation. Music meditation is designed around the principles of natural harmony that resonate throughout creation. It is a time tested system, participated by ancient people, for calming the pre occupation of mind and promoting peaceful meditative status.

Listening to music has a tremendously relaxing effect on individuals minds and bodies, especially slow, quiet classical music. This type of music can have a beneficial effect on physiological functions, slowing the pulse and heart rate, lowering blood pressure, and decreasing the levels of stress hormones. As music can absorb our attention, it acts as a distraction at the same time it helps to explore emotions.

Correspondence

Priyanka

Physical Education Teacher,
DAV School, Delhi, India

This means it can be a great aid to meditation, helping to prevent the mind wandering. Musical preference varies widely between individuals, so only you can decide what you like and what is suitable for each mood. But even if you don't usually listen to classical music it may be worth giving it a try when selecting the most calming music.

Pure music meditation time and so as listening to music which is synchronize sympathetic overtones after session time an hour of the day make us flow in harmony with our natural environment save energy regulate moods and provide inspiration to live and joy to enjoy. It also leads us a state of freedom in which we access and understand our core inner blueprint which is always original and pure. Music mediation has healing effect on the body mind and spirit

Music Therapy meditation- In USA it begins in the late 18 century however using music is healing medium music dates back to ancient times. This is evident in biblical scriptures and historical rings of ancient civilization such as Egypt, China, Greece and Rome. As we all know music is a universal language. It is medium of communication which can be both pleasant and healing experience, Modern Science and Medicine are now the discovering the healing power of music. Music is an old part of Ayurveda and is a holistic science which promotes the healthy lifestyles to individuals.

In the Vedas too, music has an important place. The Samveda is fuel mediator. The doshas life vata, pitta and kapha can be controlled effectively by music therapy.

Listening to music has always been a great healer. It is believed that music stimulation the pituitary gland whose secretion affects the nervous system and the flow of blood. It is believed that for healing with music it the course of walking with light music improves efficiency. Listening to music helps in control the negative aspect of personalities like worry, bias and angry. It can also help to cure headache, abdominal pain and tension.

It is one the effective way controlling the emotions, blood pressure and restoring the functions of liver. It helps in reducing heart rate and to promote higher body temperature and indication of the one set of relaxation. It is capable of improving happiness, health, peace and concentrations.

Unlike most music, there is no conscious or subconscious destination; the music doesn't have to go anywhere or do anything. Rather, it reminds you that we are human beings...not human do-ings. Chakra Suite invites you to be in the moment...becoming one with the music...and with the stillness and peace that lies beyond sound. Listen as background, and that will help you to notice that you are breathing more slowly and deeply, and feeling lighter and more relaxed. Listen meditatively, especially with headphones, and you'll become aware of the intricate interweaving of the overtones and the space between the tones. It produces an extraordinary psycho-acoustic effect that you can feel spiraling up your spine and moving inside your head.

Benefits of music meditation

Music has been used for hundreds of years to treat illnesses and restore harmony between mind and body. But recently, scientific studies have attempted to measure the potential benefits of music. They have found:

- Music's form and structure can bring order and security to disabled and distressed children. It encourages coordination and communication, so improves their quality of life.
- Listening to music on headphones reduces stress

and anxiety in hospital patients before and after surgery.

- Music can help reduce both the sensation and distress of both chronic pain and postoperative pain.
- Listening to music can relieve depression and increase self-esteem ratings in elderly people.
- Making music can reduce burnout and improve mood among nursing students.
- Music therapy significantly reduces emotional distress and boosts quality of life among adult cancer patients.
- It is the ideal background for study training and stress reduction.
- It can reduce B.P. Heart diseases, anxiety, High cholesterol and insomnia, smoking, drinking, and drugs abuse.
- Increase mental ability concentration and longevity.
- Spiritual Benefits of Music Mediation, it leads to feeling of ones, over whelming, gratitude, inner peace, knowingness of who you really are and how you fit into the world.
- Reduce hospitalization by 56-87% of Heart disease and 55% of cancer diseases.
- It creates anti-aging effects by references biological and increase longevity.
- It has dramatic positive effect on mental and psychological help.
- Helps in Reducing Stress
- It is easier and deeper meditation
- Gives concept of more fulfilling yoga
- Helps to relax one's body as it can help you let go and surrender to relaxation, it can inspire you as well, resulting in a deeper experience.
- Fastens process of healing and renewal
- Helps in balancing the life.
- Helps to fall asleep faster and sleep more deeply
- Helps in reducing the pain.
- Helps one to concentrate better at work
- Provides morning inspiration
- Creates interest in reading and studying

Literature Review

Aside from listening to music, meditation also improves relaxation and reduces stress. These benefits of meditation may be explained through self-regulation theory. Self-regulation encompasses the processes that individuals use to direct their feelings, thoughts, and behaviours. It involves being in control over oneself and being able to stay calm and alert. It also includes knowing what one's goals are and directing one's learning and self-improvement to reach those goals. When applied to meditation, self-regulation involves mindfulness. Mindfulness involves self-regulating one's attention and being present and aware in the current moment. One more study demonstrates that participants who completed Meditation Awareness Training for 8 weeks showed significant improvements in pre-post scores of emotional distress, positive and negative affect, and mindfulness, compared with those who did not take part in the training.

Nada Yoga Concept- The yoga of sound

Nada yoga is an ancient Indian metaphysical system. It is equally a philosophical system, a medicine, and a form of yoga. The system's theoretical and practical aspects are based on the premise that the entire cosmos and all that exists in the cosmos, including human beings, consists of sound vibrations, called nada. This concept holds that it is the sound

energy in motion rather than of matter and particles which form the building blocks of the cosmos.

Nada yoga's use of sound vibrations and resonances are also used to pursue palliative effects on various problematic psychological and spiritual conditions. It is also employed to raise the level of awareness of the postulated energy centers called chakra. The Nada yoga system divides music into two categories: internal music *anahata*, and external music *ahata*. While the external music is conveyed to consciousness via sensory organs in the form of the ears, in which mechanical energy is converted to electrochemical energy and then transformed in the brain to sensations of sound, it is the anahata chakra, which is considered responsible for the reception of the internal music, but not in the way of a normal sensory organ. To concentrate on this inner sound as a support for meditation is very helpful to tame the mind, and when it has been clearly recognized, used for self-recollection in outer life as well.

In Nada yoga, one of the main breathing sounds is *aham*, where each part of the word AHAMA is focused on and spoken individually. The echo produced by each of these spoken letters is a time where the yogi should immerse himself and rest. Now, because of imbalances within the human body, Nada yoga begins by removing the ailments and impurities by "awakening the fire in the body (with the use of a sound resembling that of a bee. It is important to note that when the yogi is forming sounds, his/her mind should not wander off to other entities.

How to begin

Steps are as follows

Firstly simply sit quietly and focused all your attentions on the music for 10-15 min once or twice a day.

Continue this practice with regularity, listening to the same type of music, always with your fullest concentration.

Gradually you may be able to hear subtle sounds that come from within rather than the audible sounds from outside.

As you aware of the inner sound, listen to them and focus on them. Thin gradually change your meditation from listening to music to listening to the subtle sound.

Summary

Hence, to relieve stress in modern era, music meditation is quite helpful as it has the potential to influence individually both psychologically and physiologically, it is an important area of therapy for stress/ tension management. Music therapy can make use of biofeedback, guided imagery, and other established techniques to play an important role in the treatment of people with stress-related disorders. But due to the dramatic effects music can have, a trained and knowledgeable music therapist always is required and when this used in combination with biofeedback techniques, music can reduce tension and facilitate the relaxation response. It may be more compatible with relaxation than verbal stimuli, which may be distracting — music is processed mainly in nonverbal areas of the brain. Music may help people to identify and express the feelings associated with their stress. In a music therapy session, the client can express these emotions, providing an important cathartic release.

Producing music in an improvisational way, and discussing pieces of music and lyrics in a group, can also help us become more aware of our emotional reactions and share them constructively with the group. Finally, listening to music can help the brain by improving learning and memory skills, always useful when we're under stress. The beauty of

practicing meditation is that it allows you to "let go" of every day worries and literally "live in the moment." People who meditate regularly report improvements physically, mentally, and spiritually.

And through my own personal journey and professional experience, that practicing meditation in this religiously neutral, simple, and practical way has helped transform the lives of thousands of people including me. It is my firm belief that those that wish to learn and experience the esoteric and spiritual benefits of meditation will be led to, and will find, that which they sincerely seek.

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