



ISSN: 2456-4419

Impact Factor: (RJIF): 5.18

Yoga 2017; 2(2): 430-432

© 2017 Yoga

www.theyogicjournal.com

Received: 27-05-2017

Accepted: 30-06-2017

**Dr. Augustine George**

Assistant Professor of Physical Education, Directorate of Collegiate Education, Trivandrum, Thiruvananthapuram, Kerala, India

## Meditation-awakening the inner joy

**Dr. Augustine George**

### Abstract

Stress of the day because of job pressure, disease condition, environmental pollution, family commitment, is taking the toll on our health. People are forgetting their true identity and is always stressed. Stress related health problems are on a rise like never before. Research has indicated that most of the diseases today have their origin in stress. Though optimal or mild stress is helpful in doing things gracefully high and unmanageable stress takes negatively on health. Meditation is an effective and inexpensive means to overcome stress. It could be easily learned and practiced. The best part of it is that it could be done anywhere and at any time, while travelling, in the office and so on and takes only a few minutes. But to reap advantage one should practice it regularly and for that a strong will is required. Meditation provides a sense of peace, calmness and inner joy. There are many kinds of meditation and one can choose any one based on their interest and suitability. All types of meditation focus on attention and are aimed for relaxation.

**Keywords:** Stress, meditation, relaxation

### Introduction

Meditation has the power to mop away the day's stress, and awakens the inner joy. On any particular day, we are required to deal with so many things that the tension and stress of doing all those things break us. Meditation here serves as an effective tool to unwind the mind and body and thereby promoting inner peace and joy. Meditation if done in the morning keeps one energetic throughout the day with managing stress effectively and if done at evening takes away the day's stress. Research has indicated that people who practice meditation regularly have better built stress coping mechanisms.

### Understanding meditation

1. Meditation is a systematic way of making our mind quiet so that we can contact our true self, which is the source of everlasting joy, bliss and peace.
2. Whenever you are relaxed, when your mind is quite and observant, when you are not reflexively engaged in any thought-you are meditating.
3. Meditation is not thinking about anything. It is not deliberation. It is not concentration. In fact it is actually a process of thought removal.
4. Meditation is a process to know who we really are. In meditation, we come in contact with self, our true identity. By regular practice of meditation, slowly we start knowing this self in its various facets. We start recognizing ourselves distinctively from our body and mind.
5. Meditation is considered a type of mind body complementary medicine. Meditation produces a deep state of relaxation. During meditation one focuses on attention and blocks the jumbled thoughts that originate in our mind and create stress. Meditation gives clarity to thoughts.

### Benefits of meditation

#### 1. Meditation makes us aware of our true self

When does a man see with his own eye and feel with his own heart. And when does a man do not submit himself to the way others want him to go and courageously follows his wisdom? It's only when he recognizes his true identity. It's only after realization of self, that we find the presence of one divinity in everybody. Meditation will bring the above mentioned qualities.

**Correspondence**

**Dr. Augustine George**

Assistant Professor of Physical Education, Directorate of Collegiate Education, Trivandrum, Thiruvananthapuram, Kerala, India

All kind of prejudices, vanity, hatred, jealousy and pre-conceived notions have their origins in mind. But when in meditation, one transcend the mind and contact this higher entity 'self' one realize the calm and serenity of a focused and peaceful mind. When one meditates, he recognizes that being more knowledgeable and using the knowledge are two different thing.

## 2. Develops self-awareness

Meditation helps us to understand about our weakness and strong points. It gives a clear picture about us and also motivates to improve in the area where we lack.

## 3. Develops emotional health

It develops insight in to the connections between thoughts, attitudes, perceptions, feelings, body states and behaviours. When you meditate, slowly you start recognizing even the most subtle fluctuations of your emotions and thoughts. This results in a better understanding and control of mind and body.

## 4. Reduces negative emotions

One will be able to see the larger picture of things instead of small day to day problems. One will start ignoring petty issues that consumed much energy. We become content with what we have. The negative feelings of jealousy, hatred, greed, anger, frustration, anxiety and failures start disappearing from our personality.

## 5. Building skills to manage Stress

Meditation lowers hypertension and high blood pressure while slowing heart rate and thus is a stress buster. Meditation also builds skill to manage stress.

## 6. Meditation acts as an addition to other treatment

Research has indicated that meditation may help in stress related medical conditions such as allergies, asthma, binge eating, cancer, depression, heart disease, high blood pressure, pain, sleep problems, substance abuse.

## Guidelines for meditation

These are basic guidelines which an absolute beginner should follow if he/she wants to be proficient in the art of meditation.

### 1. Ideal environment for meditation

It is better to have a separate room for practice of meditation alone. Do not sleep in that room, it must be kept holy. You must not enter the room until you have bathed, and are perfectly clean in body and mind. Place flowers in that room. Put pleasing pictures in that room. Have no quarrelling, nor anger, nor unholy thoughts in that room. Only allow those persons to enter it who are of the same thought as you. Then gradually there will be an atmosphere of holiness in the room so that when you are miserable, sorrowful, and doubtful or your mind is disturbed, the very fact of entering that room will make you calm.

You will find such rooms in the temples, churches and other religious places of your cities. If you can't find a separate room for meditation at home or if the religious places in your cities are heavily crowded, then you can meditate at any convenient place of your choice. It may be a corner in your room, your bed, a place in the park, your car, bus, the local library or any other place of your choice.

### 2. Avoid disturbance

You simply can't meditate if people keep disturbing you. You

should make sure that nobody disturb you while meditation. First of all without hesitation, tell everybody in your family and friend circle that during such and such time in the day you meditate and you don't want to be disturbed by them at that time.

### 3. Posture

Sit so comfortably that you forget your body. Meditation is related with spiritual planes of body. You can't touch those planes unless you are comfortable with your physical bodies it really doesn't matter that in which posture you sit for meditation. Moreover, it doesn't matter whether you sit on a floor, on a chair, on bed, in Car, bus, sofa or on table! The only thing is that you should be comfortable while sitting. It is very important that you sit in a physically comfortable position before you meditate you can sit in lotus pose (cross legged), you can sit on a chair, a sofa or on a bed. Just keep in mind that in whichever pose you sit, it should be comfortable for your body.

### 4. Have patience

Meditation acts as a cleansing process. It will take its own time to produce its effect on you. Be patient and don't meditate with an aim of getting a time-bound benefit. Meditate without expecting anything. Soon you will find that the joy of mediation is enough.

### 5. Be Playful

Don't try too hard in meditation. Always be playful with the meditation techniques. To be cheerful and playful during meditation is the sure recipe for success.

## Different types of meditation

1. **Guided meditation:** This type of meditation is guided by a teacher who helps to form imagery or visualization of places or situations which you feel relaxing.
2. **Mantra meditation:** In this type of meditation one repeats a mantra or calming word to prevent distracting thoughts.
3. **Mindfulness meditation:** In this sort of meditation one focuses on what one experiences, such as the flow of breath, sound of the fan and so on.
4. **Tai Chi:** This is a form of gentle Chinese martial art. The performer performs a self-paced series of postures or movements in a slow, graceful manner while practicing deep breathing.

## Conclusion

Meditation is no doubt a powerful means to overcome and manage stress. It tranquilizes the mind, gives clarity to thoughts, helps in decision making and induces deep relaxation. It is the necessity of life today and everyone must learn and practice it. Though it could be learned easily and is inexpensive the biggest challenge lies in adopting it in life as a regular component. Dropout rates are high in meditation like in exercise and requires a strong will to continue it.

## References

1. Iyenger BKS. The Illustrated Light on Yoga, New Delhi; Harper Collins Publishers India Pvt Ltd, 2000.
2. Verma, Vinod. Yoga for integrated health, Delhi; Hind Pocket Books Pvt. Ltd, 1998.
3. Fox KR. Physical activity and mental health promotion: The natural partnership, International Journal of mental Health Promotion, 2000.

4. Smith BW *et al.* Clinical trials of meditation practices in health care: characteristics and quality, *Journal of alternative and complementary medicine.* 2008; 14:251.