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Light on concept of meditative postures in yoga

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Abstract

Meditation means holding the body in a particular posture to bring stability to the body and poise to the mind. The practice of Meditation brings the purity in tubular channels, firmness to the body and vitality to the body and the mind. Meditation is simple action for keeping the internal and external parts of the body in good health. No activity can be performed well so long as the internal and external parts of the body are not in good health. The body and the mind are closely related. The people of ancient Greece believed in the principal, "A sound mind in a sound body". By practicing Meditation one frees himself from physical disabilities and mental distractions. It is a state of complete equilibrium of body, mind and spirit.

Meditation means a state of being in which one can remain steady, calm, quiet, comfortable, physically and mentally. Meditation is practiced to develop one's ability to sit in the one position without discomfort for extended lengths of time, as this is necessary during meditation.

Keywords: Asana, vitality, equilibrium, meditation

Introduction

Meditation can be defined as a practice where an individual focuses their mind on a particular object, thought or activity to achieve a mentally clear and emotionally calm state. Meditation may be used to reduce stress, anxiety, depression, and pain. It may be done while sitting, repeating a mantra, and closing the eyes in a quiet environment.

Meditation has been practiced since antiquity in numerous religious traditions and beliefs. Since the 19th century, it has spread from its Asian origins to Western cultures where it is commonly practiced in private and business life. Meditation is under psychological, neurological, and cardiovascular research to define its possible health effects.

Meditative Poses

There are three types of meditative poses, these are following below:

Padmasana

Padmasana means a lotus. Padmasana acquires its name because when performed it resembles a lotus. It is also known as kamalāsana. It is one of the most important and useful asanas. It is best suited for meditation and for reciting mantras and the Buddha is often depicted in it. It is beneficial to both men and women. This one of the basic postures and its often used in the variations of sirsāsana and sarvangāsana.

Techniques

1. Sit on the ground with legs straight.
2. Bend the right leg at the knee, hold the right foot with the hands and place it at the root of the left thigh so that the right heel is near the navel.
3. Then bend the left leg, and hold the left foot with the hands, place it over the right thigh at the root and heel near the navel. The soles of the feet should be turned up.
4. The left hand rests on the left knee and right hand on the right knee.
5. The tips of the thumbs of both the hands touch the tips of the index fingers.
6. Keep the head and spinal column erect. One can close or open the eyes.

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Precautions

1. Don't practice after being out of the hot sun for several hours.
2. Don't practice on the uneven place.
3. No undue strain should be felt.
4. Faulty practice causes discomfort and uneasiness. take the guidance from the guidance from the yoga experts.
5. It should be done slowly and smoothly.

Effects /Advantages

1. Padmasana is the one of most relaxing poses.
2. The crossed legs and the erect back keep the mind attentive and alert.
3. It is good for curing stiffness in the knees and ankles.
4. This asana is useful for Japa, Pranayama, Dhyana and Samadhi.
5. It stimulates the endocrine glands.
6. This asana is useful to cure disease like asthma, insomnia, hysteria.
7. This also relieves the body of its excessive fat and it increases the vitality.
8. It gives richer blood supply to the pelvic region.
9. It also stimulates the digestive process.

Vajrasana

Pelvic pose. It is easy to remain motionless in this posture. By practicing this asana we can achieve a firm and strong posture. This pose is good for meditation and pranayama. It is the prayer pose.

Technique

1. Bend the left leg at the knee, grasp left ankle with the left hand and place the foot near the buttock, keeping the heel outward.
2. Take the support of the left hand and lean slightly on the left side by sitting on the left sole.
3. Bend the right leg, grasp the right ankle, and place the right foot near the right buttock.
4. Sit straight on the inner sole, toes touching, keepings the heels out or sit on the ground with the feet just touching the sides of the buttocks.
5. Stretch the arms and place the hands on the knees. Close the eyes.
6. Breath normally while performing this asana.
7. Sit erect keeping the trunk, the neck and the head in a straight line.
8. Support the whole body on the knees and the ankles.
9. Sit for the sometime and release in reverse order.

Precautions

1. Sit erects and don't sit on the heels
2. It should be done slowly and smoothly.
3. Do the asana on the mat, don't the asana on the uneven place.
4. In the beginning, place the palm on the floor while sitting on the soles, to support the body weight. This will prevent injury to knees and ankle joints, particularly for those who have stiff joints.

Effects/Advantages

1. This asana helps digestion and eliminates gas trouble.
2. The constant and systematic practice of this asana alleviates the pain of the knees, the legs, the feet and the thighs.
3. The regular practice of this asana increase the secretion from the glands.

4. It also increase the white corpuscles produced in the spleen.
5. One who practices this asana regularly does not suffer from fever, constipation, indigestion and other minor or major ailments.
6. It tones the pelvic region and helps in meditation.

Sukhasana

This is properly known as tailor's seat, as far as the lower extremities are concerned. The quality of this pose is steady, stable, easy and comfortable. In whichever manner comfort and courage is produced, that is known as sukhasana; a week man should adopt such posture. Sukhasana is called the simple pose. This is basically concentration pose and requires patience. This asana is one of the easiest asana.

Technique

1. Sit on the mar with legs stretched out in front.
2. Bend the right leg at knee and place the foot under the left thigh.
3. Now bend the left leg and place the left foot under the right leg.
4. Keep the body balanced and easily erect.
5. Extend the arms so that the wrists rest on the knees, palms turned upward.
6. The tips of the thumbs should touch the tips of the index fingers, with other fingers lying straight.

Precautions

1. Don't do on the uneven place.
2. Do the asana on the mat.
3. It should be done slowly and smoothly. And don't force the knees down.
4. Keep the spine, neck and head in a balanced, erect condition.

Effects/Advantages

1. This is for meditation.
2. This helps in concentration.
3. This includes mental and physical stability through calming the nervous system.
4. This asana is useful for the cure of stiffness in the joints of the limbs.
5. This helps the mind to be firm, attentive and alert.

Conclusion

Meditation is free, it's powerful, can be practiced by anyone, everywhere, is extremely beneficial can help us to feel happier. Meditation helps us to control our mind thoughts and turn off our mind when we don't need it anymore. If we make a habit of doing meditation, we feel mentally fresh and we are able to deal with difficult situations more easily. Meditation is essential to feel well and live a happy life.

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