



Research Paper - Physical Education

# MEDITATION : RELAXING THE WHOLE BEING

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The tradition of meditation dates back to the history of human beings. Nobody is sure exactly how meditation began. Even though noted history of meditation primarily seems to have originated from Asia, the concept of meditation is universal, on that appears in all cultures of the world. Most scholars and documents say that the history of meditation can be traced some 5,000 years ago. One of the biggest proponents in the history of meditation is Budha. The Budha is also known as one of the biggest meditation icon in both current and times past.

Meditation has been worked into almost every spiritual belief and religious practice in the world though it takes many forms and is done in a variety of different ways. Meditation has been an age old practice in Asian countries. Driving its roots from the Latin word 'Meditatio' which means "All types of mental or physical exercise". The meaning of meditation has also evolved through the years.

Today, the practice is commonly known as inward reflection or contemplation. A lot of scientific research has shown that meditation can support our health extremely well and effectively.

Meditation is both an ancient spiritual practice and a contemporary mind-body technique for relaxing the body and calming the body. The history of meditation has proven that, the practice of the mind and body can help a person in a multitude of ways. It is a practice that helps people achieve balance both mentally and physically as well as emotionally.

Ever since, the history of meditation has inspired a lot of people to increase their level of conscious awareness by becoming aware of their spirituality as well as enhance the power of their minds and improve their health.

## **Meditation and relaxation :**

Meditation is a very effective method of relaxation. Thousands of years ago, Patanjali, an Indian sage & legends, described the process by which the capacity to meditate is actualized. He called it "self Realization" since, in the state of meditation, he experienced an absolute awareness of his "self."

The idea of meditation is to focus your thoughts on one thing relaxing for a sustained period of time. It gives your body time to relax and

recuperate and clear away toxins that may have built up through stress and mental or physical activity. Meditation slows breathing, reduces blood pressure, helps muscle relax, reduced anxiety etc.

### **Meditation Techniques :**

Meditation relaxation techniques are vital to our peaceful and healthy survival. Simple meditation relaxation techniques can be incorporated into our already existing daily routine.

During a relaxation exercise (such as progressive muscle relaxation, visualization, meditation or another relaxation technique) muscle tension decreases, blood pressure goes down, the mind becomes calm, and the harmful effects of prolonged stress are counteracted.

### **There are two major forms of meditation : Concentrative meditation and Mindfulness mediation :**

Concentration meditation focuses on a person's breathing as well as on a single object. A sound Mindfulness meditation encourages a person to pay attention to all of the feelings and sensations they are feeling, but to feel them remotely.

**Breathing :-** Breathing techniques or exercises are the simplest path to inner calm. Breathing is one function that is controlled by both the voluntary and involuntary nervous system, forming a bridge

between our inner and outer selves.

### **Effects of meditation :-**

Meditation is a mind-body practice. The desired purpose of each meditation technique is to channel our awareness into a more positive by totally transforming one's state of mind. To meditate is to turn inwards, to concentrate on the inner self. Meditation allows all this activity to settle down, and often results in the mind becoming more peaceful, calm and focused. In essence, meditation allows the awareness to become rejuvenated.

Today the entire world is rising to the power of meditation, because effects meditation come in many different forms from the psychological effects of meditation to the Physiological effects of meditation. The various effects of meditation are quite extensive in range. Meditation has long been thought to have beneficial spiritual consequence.

There are many forms & meditation.

### **TYPES OF MEDIATION :**

Sitting meditation (Zazen), walking meditation (Kinhin) Breathing meditation (Pranayama).











Mantra Meditation, Vipassana meditation, kundalini meditation, Yantra meditation, Chakra meditation.

Sirananda meditation, Patanjali meditation,

Transcendental meditation., Nadabrahm meditation.

Vipassana, Samatha, zazen, kinhin, Simran, Hong Sau, Surat shabd yoga, Baguazhang, Pa Kua Chang.

### **1) PHYSICAL ADVANTAGES OF MEDITATION :**

-  Meditation reduces high blood pressure.
-  It stabilizes the autonomous nervous system.
-  It reduces the heart beat.
-  Cardiovascular affectivity goes up.
-  The endocrine function is heightened.
-  Flexibility & muscles increases.
-  The intake of oxygen gets stronger.
-  Body, posture is improved.
-  Strength and resistance increase.
-  Breathing effectively increases.

### **2) PHYSIOLOGICAL BENEFITS OF MEDITATION :**

Meditation decreases the metabolic rate lowers the heard rate.

Meditation reduces high blood pressure.

Reduced levels of cortical and lactate two chemicals associated with stress.

Meditation has been found to help Asthma Patients, improved flow of air to the lungs which leads to easier breathing.

Meditation seems to slow down the aging process.

### **3) PSYCHOLOGICAL BENEFITS & MEDITATION :**

Meditation increases the coherence & brain have pattern.

It helps to decrease anxiety, depression,

Meditation, irritability and moodiness.

Meditation improves memory and learning ability.

Meditation increases emotional stability, feelings of vitality and happiness.

Meditation increases self actualization.

Meditation decreases stress and anxiety.

It strengthens the feeling of self realization.

### **4) SPIRITUAL ADVANTAGES & MEDITATING :**

It strengthens people's contact with subconscious feelings and thoughts.

It strengthens the feeling of closeness to nature and to your surroundings.

It makes more awake and it gives more inner strength.

It increases our inner peace and calmness.

It increases our self confidence.

Meditating means developing our personality from outside to inside.

It strengthens our ability to control our emotions.

People practice meditation for a number of health related purposes. In meditation, a person learns to focus attention.

Some fonts of meditation instruct the practitioner to become mindful of thoughts, feelings, and sensations and to observe them in a nonjudgmental way. This practice is believed to result in a state of greater calmness and physical relaxation and psychological balance.

Although a considerable amount of the effects of meditation are reported to be positive. Meditation is considered to be safe for healthy people. But if practiced un properly, can lead to considerable psychological and physiological problems so individuals with existing mental or physical health conditions should speak with their health care providers prior to starting a meditative practice and make their meditation instructor aware of their condition.

### **CONCLUSION :**

The concept of meditation is universal one that appears in all cultures of the world. Several studies have shown that meditating regularly offers a lot of health benefits. Research however, has proven that Meditation helps us relax and develop our power of concentration. Numerous scientific studies have confirmed the health benefits of meditation. Meditation can be practiced for many reasons, such as to increase calmness and physical relaxation, to improve psychological balance to cope with illness or to

enhance overall health and well being.

### **REFERENCES :-**

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