

# Meditation

Imagine yourself journeying back in time, to 2000 B.C. You are at the foothills of the Mount Everest. You have enjoyed the cold bath at the nearby creek. At the dawn of another beautiful day, filled with radiant sunlight, you feel the cool breeze, and you smell the fragrance of blossom in the air. As you drape the freshly washed, wet safrin dress across your chest you approach the gaint Oak tree. At the root of the tree is your mattress made of tiger skin with his head still intact. As you settle down on your mattress, you rest your left arm over the "Y" shaped wooden stick, while your right hand ever so gently rolls the rosary beads. Notice your hair extending beyond your back. As you lift your chin with your closed eyes gazing at the sun, you begin your mantra, as you have done for the past four decades. Instantly, you drift into your meditation. As you focus your mind on the mantra you notice slowing of your heart rate, smooth breathing, and a state of tranquil peace and calmness.

Just a minute! As your are imagining this, if you have noticed a change in your pulse rate, feelings, thoughts, and emotions wait till you learn about the benefits of practicing meditations in times of stress.

Meditation:

Several years ago, I drifted into a state of meditation, when I realized that a pair of expensive, men's pants that I was sent to me as a gift, zipped-up only from the back. That was before I realized the value of meditation as a stress buster.

## **What is Meditation?**

Meditation is an ancient art of focusing our mental power such that we can control our thought, mind, and body, including functions of our internal organs. In other words, meditations enables us to change the direction of our mind and body's response away from the usual stress response. It slows your heart rate and breathing. It also controls your mind from wondering into the devil's land. In addition, it reduces your body's metabolism, which is what your are trying to achieve during periods of stress when you do not need to display the fight or flight response.

### **Interesting study:**

While I was presenting this topic, I told a group of audience, "Let's play a game. I would like you to make a mental note of very thing that goes through your mind for the next ten seconds. I will tell you when to start and when to finish." After that test, I asked for their response. One person said that a dozen ideas ran though his mind in that span of ten seconds. I said, "That's not bad. Most people's minds can flash thirty frames per second during stressful period. However, actually I was testing to see if you had the ability to focus your attention on a single object for that ten-second period. I know, I did not instruct you properly that time. Let us repeat the game, but this time I want you to focus your mind on a single object. Make sure your mind does not drift away from that object. Let us see how well you are able to focus on that single object for just ten seconds. You pick the object. It could be number one, or a full moon or anything else." Amusingly, most people had difficulty focusing their attention on a single object for just ten seconds. Some people even felt that this ten-minute period was much longer than the first ten-minute period. When I tired this game on my three teenagers, my youngest daughter said, "How can your son focus, he has no mind." I said, "I know, some people's minds are like a desert, no roses or green leaves. And some people's minds are like jungles filled everthing."

I want you to engage yourself for the next ten seconds in this simple experiment. If you, like the rest of us, experienced difficulty in keeping your attention fixed on a single object for ten seconds then you will be interested in learning more about the value of meditation.

## **Meditation**

Meditation is the practice focusing your attention on one thing at a time. Often the meditators repeat a syllable, a word, or a group of words. This method is called as mantra meditation. Some people concentrate on their breathing. What you use for concentration is not as important as focusing your mind on one object. Hence each time your mind drifts from the main focus, you remind yourself to concentrate on the original object. When you focus your mind intensely on one object, you can no longer concentrate on things like worry, fear or hate.

Dr. Herbert Benson a cardiologist from Harvard medical School tested the effect of meditation on cardiac patients recovering from heart attacks. He noticed in his patients, with meditation and concentration he was able bring down their heart rate, slow down their breathing, and reduce their blood pressure. Concomitantly there was decrease in the oxygen consumption and lactic acid production. EEG studies showed alpha activity, which was another sign of relaxation.

To get maximum benefits from meditation choose a relatively quiet place, a mental device that provides a constant focus, a comfortable position, and a passive attitude. You can learn to meditate quickly. Initially you will notice too many distractions going through your mind. This is natural and is to be expected. A passive attitude includes a lack of concern about both extraneous and intrinsic distractions. Initially learn to meditate for 5 minutes per day. Then gradually increase the duration to 15 to 20 minutes per day. The longer you meditate the better it is. While you are meditating you can use mantra or breath counting or focusing your vision on a single object. The benefit of meditation increases with practice. Your attention becomes more steady.

Meditation helps in the treatment of hypertension, heart disease, strokes, migraine headaches, and auto immune diseases such as diabetes or arthritis. People with anxiety, depression, and hostility have also found benefit from meditation.

### **Meditation**

You are talking about focus, I can't keep my eyes off the refrigerator for five minutes.

If your idea for meditation is imagining a lady sitting in a jungle with a satin dress barely covering her, resting under a tree, with

her soul hanging by a white stick, with her eyes closed gazing at the stars, and holding a beaded string in the other hand. You also notice the lady's long hair spread like an umbrella, protecting her from the rain, the ozone, and the radiation while she is radiating energy and perspiration thru the kind of (?) matteress and the rock underneath. The tree behind her whistling in the cold, dark, lonely night.

A weight lifter does not go out and try to lift 500 pounds in the beginning. He will lift small weights and then gradually increase the weight and the duration. The same way the high jumper does not walk up to the field and start jumping 12 feet for the first time, he probably started jumping in his bed a few times and then gradually inch up each time. I guess what I am saying is if you can start concentrating for 15 to 30 seconds in the begining, then you can gradually increase you period, your time of concentration a few seconds each attempt.

Irma Bombeck says that the only time she drifted into any kind of a meditation for a few seconds was when she paid \$30.00 for a Halston scarf.

When I first started to practice meditation, each time I lied down, I was awakened by the loud screeching noise of my of my alarm clock.

Then you start a conversation with your inner voice. It is the art of shutting your inner voice which is driven more so by your past inadequacies of life controlled by your subconscious mind than by reasoning based on current circumstances. Meditation is an art of shutting that inner voice when it's influence is uninvited.

Your mind turns up images like bills you thought that never belonged to you

Your thoughts may fire back at you, clouding your consciousness and reasoning power.

Meditation is an acquired skill, the more you practice the better you get at it.

Unpleasant memories leave indelible scar and appear repeatedly resurface during stressful periods that feeds on new scars. You can bring an end to cyclical erosion of your sanity by controlling your mind and thoughts and redirecting them if necessary. It's like erasing every thing on your mind and starting with a clean slate.

When you start your meditation practice you will notice your your thoughts slipping out of your mind, like a ----- dropping from your sleeping hands.

There are times when you needed to keep your mind, as clear as mountain water.

Our minds flips like a tired thin paper strip tied to an electric fan.

Your mind should be like a grand hotel, open year round.