

Meditation –Peace of Mind

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ABSTRACT:

Everyone wants to be well and they also want healthy mind and body because healthy mind and body is the way to being healthy. To be healthy one's should be positive toward their self-worth and doing yoga and meditation regularly. Meditation is a creative process that relaxes the taut nerves and muscles of our body and rejuvenates our dissipated mental and physical energies. Meditation makes you aware - that your inner attitude determines your happiness. Meditation has two important benefits: 1) physical health 2) mental health. Today studies suggest that meditation can also help improve mental disorders such as the desire to self-harm. A study at the University of Melbourne showed that meditation helped improve the brain's activity to patterns associated with positive emotions. To experience the benefits of meditation, regular practice is necessary. It takes only a few minutes every day. Once imbibed into the daily routine, meditation becomes the best part of your day! Thus, meditation help us lot.

Keywords: Meditation, Yoga, peace of mind.

INTRODUCTION:

Meditation is a practice in which an individual trains the mind or induces a mode of consciousness. The word *meditation* carries different meanings in different contexts. Meditation has been practiced since antiquity as a component of numerous religious traditions and beliefs. Meditation often involves an internal effort to self-regulate the mind in some way. Meditation is often used to clear the mind and ease many health concerns, such as high blood pressure, depression, and anxiety. It may be done sitting, or in an active way—for instance, Buddhist monks involve awareness in their day-to-day activities as a form of mind-training.

This article is about the impact of meditation on daily life and peace of mind. Meditation may involve generating an emotional state for the purpose of analyzing that state—such as anger, hatred, etc.—or cultivating a particular mental response to various phenomena, such as compassion. The term "meditation" can refer to the state itself, as well as to practices or techniques employed to cultivate the state.

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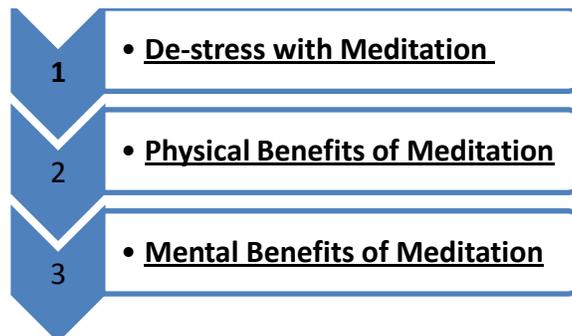
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Regular practices of the technique can totally transform the quality of one's life, by culturing the system to maintain the peace, energy and expanded awareness throughout the day. These meditation techniques combined with yogic practices can ensure good health and a calm mind. Meditation allows the conscious mind to settle deeply in the Self, giving it rest. When the mind settles down, it lets go of all tension, making one healthy and focused.

The human mind is very complex; the mind has very delicate and beautiful aspects. The mind has rough and tough aspects. Meditation can bring about a balance between the different states of the mind. Through meditation and letting go, you can switch from the rough and tough aspect to the delicate aspect within you. You can stand up when need be, and you can relax when need be. This ability is present within everyone, and meditation enables you to play these roles effortlessly. So, when you feel very rough, resistant, or angry - sit and relax, observe, and mentally let go.

Benefits of Meditation

Everyone can enjoy all these benefits and much more, with meditation. Meditation offers innumerable benefits for your body, mind and spirit. The rest you gain in meditation is deeper than the deepest sleep. The deeper your rest, the more dynamic your activity is.



De-stress with Meditation

Meditation has two important benefits:

- Meditation prevents stress from getting into the system
- Meditation releases accumulated stress that is in the system

Both of these happen simultaneously, leaving one refreshed and joyful.

Physical Benefits of Meditation

With meditation, the physiology undergoes a change and every cell in the body is filled with more prana (energy). This result in joy, peace, enthusiasm as the level of energy in the body increases.

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On a physical level, meditation:

- Lowers high blood pressure
- Lowers the levels of blood lactate, reducing anxiety attacks
- Decreases any tension-related pain, such as, tension headaches, ulcers, insomnia, muscle and joint problems
- Increases serotonin production that improves mood and behavior
- Improves the immune system
- Increases the energy level, as you gain an inner source of energy

Mental Benefits of Meditation

Meditation brings the brainwave pattern into an Alpha state that promotes healing. The mind becomes fresh, delicate and beautiful. With regular practice of meditation:

- Anxiety decreases
- Emotional stability improves
- Creativity increases
- Happiness increases
- Intuition develops
- Gain clarity and peace of mind
- Problems become smaller
- Meditation sharpens the mind by gaining focus and expands through relaxation
- A sharp mind without expansion causes tension, anger and frustration
- An expanded consciousness without sharpness can lead to lack of action/progress
- The balance of a sharp mind and an expanded consciousness brings perfection

Meditation makes you aware - that your inner attitude determines your happiness.

CONCLUSION:

Thus, we live in the land of diversities and differences. So that it's not easy to keep yourself undisturbed, but it'll happen as you keep doing the practices regularly. You meditate and calm your mind, then go on with other activities. Then it'll become easy. Let go of all effort - to stop thoughts, or to concentrate, or to contemplate.

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For descriptions of some of the more prominent approaches, both eastern and western,

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