



## **Benefits of meditation**

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### **Abstract**

Meditation is a practice where an individual operates or trains the mind or induces a mode of consciousness, either to realize some benefit or for the mind to simply acknowledge its content without becoming identified with that content, or as an end in itself. The term meditation refers to a broad variety of practices that includes techniques designed to promote relaxation, build internal energy or life force (qi, ki, prana, etc.) and develop compassion, love, patience, generosity, and forgiveness. A particularly ambitious form of meditation aims at effortlessly sustained single-pointed concentration meant to enable its practitioner to enjoy an indestructible sense of well-being while engaging in any life activity.

**Keywords:** benefits of meditation, consciousness, concentration, compassion

### **Introduction**

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. Prayer beads or other ritual objects are commonly used during meditation in order to keep track of or remind the practitioner about some aspect of that training. 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. Meditation may also involve repeating a mantra and closing the eyes. The mantra is chosen based on its suitability to the individual meditator. Meditation has a calming effect and directs awareness inward until pure awareness is achieved, described as "being awake inside without being aware of anything except awareness itself." In brief, there are dozens of specific styles of meditation practice, and many different types of activity commonly referred to as meditative practices.

### **What is meditation?**

Meditation is relaxation. It is not about concentration, it's actually about de-concentration. It's not about focusing one's thoughts on one thing, but instead on becoming thoughtless.

### **What are the benefits of meditation?**

1. A calm mind
2. Good concentration
3. Better clarity

4. Improved communication
5. Relaxation and rejuvenation of the mind and body

### **Health benefits of meditation**

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

On a physical level, meditation:

1. Lowers high blood pressure, lowers the levels of blood lactate, reducing anxiety attacks
2. Decreases any tension-related pain, such as, tension headaches, ulcers, insomnia, muscle and joint problems
3. Increases serotonin production that improves mood and behavior
4. Improves the immune system
5. 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. It cleanses and nourishes you from within and calms you, whenever you feel overwhelmed, unstable, or emotionally shut down. With regular practice of meditation:

1. Anxiety decreases
2. Emotional stability improves
3. Creativity increases
4. Happiness increases
5. Intuition develops
6. Gain clarity and peace of mind
7. Problems become smaller
8. Meditation sharpens the mind by gaining focus and expands through relaxation
9. A sharp mind without expansion causes tension, anger and frustration
10. An expanded consciousness without sharpness can lead to

lack of action/progress

11. The balance of a sharp mind and an expanded consciousness brings perfection

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

### Spiritual benefits of meditation

Meditation doesn't have a religion and can be practiced by anybody regardless of the faith they follow.

1. Effortless transition from being something to merging with the infinite and recognizing yourself as an inseparable part of the whole cosmos.
2. In a meditative state, you are in a space of vastness, calmness and joy and this is what you emit into the environment, bringing harmony to the Creation/planet.
3. Meditation can bring about a true personal transformation. As you learn more about yourself, you'll naturally start discovering more about yourself.

### How to get meditation benefits

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!

Meditation is like a seed. When you cultivate a seed with love, the more it blossoms.

Busy people from all backgrounds are grateful to pause and enjoy a refreshing few minutes of meditation each day. Dive deep into yourself and enrich your life.

### Benefits of Meditation for Students

1. Greater confidence
2. More focus and clarity
3. Better health
4. More mental strength and energy
5. Greater dynamism!

### Conclusion

There is evidence that meditation is associated with changes in brain structure, although further research is necessary before making definitive conclusions. Since the 1970s, clinical psychology and psychiatry have developed a number of therapeutic techniques based on mindfulness for helping people who are experiencing a variety of psychological conditions. Mindfulness practice is being employed in psychology to alleviate a variety of mental and physical conditions, such as bringing about reductions in depression symptoms, stress, and anxiety. Mindfulness is also used in the treatment of drug addiction. Recent studies demonstrate that mindfulness meditation significantly attenuates pain through multiple, unique mechanisms.

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