

Role of Meditation in Human Life

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Abstract:

In present time human life is very busy and fast. Humans are running very fastly towards getting success and achievements in their lives. They have no time to stay and get peace of mind. Therefore negative things like stress, anxiety, loneliness, depression and fear etc. are gathering around to our lives. For removal of these negative things and get positivity in our lives we have to do meditation on daily basis. By practice of meditation, an individual trains the mind and can get mental peace. This practice of meditation helps him in getting out of stress, anxiety and depression etc. The aim of the study is to put light on the role of meditation in human life.

Keywords- Meditation, Human Life, Inner Peace, stress, concentration

I. INTRODUCTION

The word meditation is derived from the Latin word meditation, from a verb meditari, meaning "to think, contemplate, devise, ponder". It also 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 today activities as a form of Mind training.

"Meditation refers to a family of self regulation practices that focus on training attention and awareness in order to bring mental processes under greater voluntary control and thereby foster general mental wellbeing and development and/or specific capacities such as calm, clarity, and concentration." (Walsh & Shapiro)

"Meditation is used to describe practices that self regulate the body and mind, thereby

affecting mental events by engaging a specific attentional set....regulation of attention is the central commonality across the many divergent methods. (Cahn & Polich)

There are different ways to meditate, and since it's such a personal practice there are probably more than any of us know about. There are a couple that are usually focused on heavily in scientific research, though. These are focused-attention, or mindful meditation, which is where you focus on one specific thing it could be your breathing, a sensation in your body or a particular object outside of you. The point of this type of meditation is to focus strongly on one point and continually bring your attention back to that focal point when it wanders. The other type of meditation that's often used in research is open-monitoring meditation. This is where you pay attention to all of the things happening around you you simply notice everything without reacting.

II. FEATURES OF MEDITATION

Some of the most common features in meditation include -

- **Focused Attention**

Focusing attention is generally one of the most important elements of meditation. Focusing your attention is what helps free your mind from the many distractions that cause stress and worry.

- **Relaxed Breathing**

This technique involves deep, even-paced breathing using the diaphragm muscle to expand your lungs. The purpose is to slow your breathing, take in more oxygen, and reduce the use of shoulder, neck and upper chest muscles while breathing so that you breathe more efficiently.

- **A Quiet Setting**

If you're a beginner, practicing meditation may be easier if you're in a quiet spot with few distractions television, radios or cell phones. As you get more skilled at meditation, you may be able to do it anywhere, especially in high-stress situations where you benefit the most from meditation, such as a traffic jam, a stressful work meeting or a long line at the grocery store.

- **A Comfortable Position**

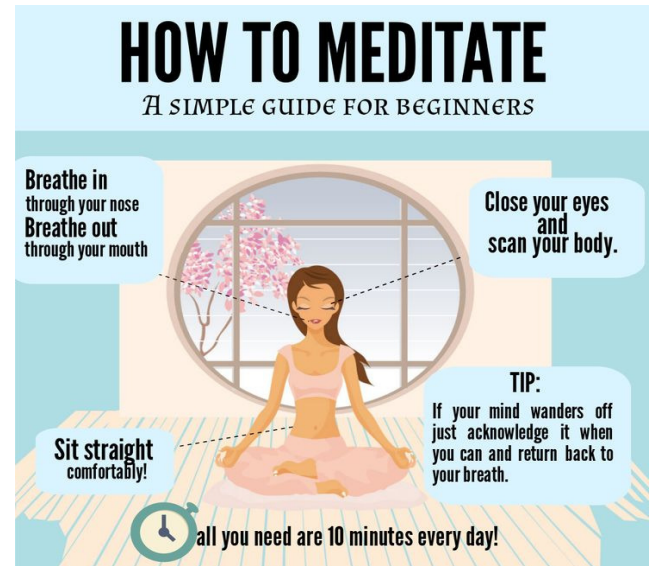
You can practice meditation whether you're sitting, lying down, walking or in other positions or activities. Just try to be comfortable so that you can get the most out of your meditation.

- **It Can Be Done Anywhere**

Meditation is not restricted to any particular place. It can be done anywhere and anytime by anyone.

- **It Is Free**

Meditation is a technique with no cost. It is absolutely free because in this technique we have to just relax and concentrate on our self or any particular thing and nothing else.



III. NEED OF MEDITATION

- Inner Peace
- Increase Self-Awareness
- It Makes us Grounded and Calmer
- It Makes
- Increases our Consciousness
- It is a Source of Inspiration
- It Rejuvenates us
- It Increases our Spiritual Connection
- It Increase our Fulfillment of Life
- It can decrease stress
- We can gain more control over emotions

All in all, the different benefits of meditation combine to give you an increased fulfilment of life. You gain increased mastery of yourself, become more positive and become rejuvenated. The sharpening of your saw through meditation puts you in the position to get even more out of every day living.

IV. BENEFITS OF MEDITATION

- ❖ Meditation increases calmness and helps us to control over anger in opposite situations.
- ❖ It helps us to be more tolerant and sensitive
- ❖ It Lowers Stress and Supports Forgiveness
- ❖ It reduce anxiety
- ❖ It Energizes us

- ❖ It Take away the worries of ours
- ❖ It helps to be more confident in ourselves
- ❖ It helps personal growth
- ❖ It Improves our concentration
- ❖ It Improves our memory
- ❖ It Improves our immunity power
- ❖ It is easier to exercise control of ourselves and the situation under pressure
- ❖ It helps us to be more creative
- ❖ Increasing self-awareness
- ❖ Rise in IQ levels
- ❖ Academic stress goes down
- ❖ Improved academic achievement
- ❖ Better focus
- ❖ Brain integrity & efficiency
- ❖ Reduction in depression and anxiety
- ❖ Reduction in destructive addiction (drugs, alcohol)
- ❖ Lower absenteeism, better behavior
- ❖ Lower risk of cardiovascular diseases
- ❖ Happier, more confident students

V. CONCLUSION

On the basis of above we can say that meditation is very much necessary for us and for our life. We have to pay attention on meditation just like we do on other things. It is a no investment return because it cost nothing but it gives us lots of thing. It requires just a few time of our busy life and gives us that strength which helps us to fight with stress, anxiety, depression etc.

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