

## Health Benefits Of Meditation

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### Abstract:

The aim of the paper is how Meditation Techniques help the human being to meditation good health there are different Techniques of meditation that promote the total health the contemplative practices of Christianreligious orders, the Buddhist practice of sitting meditation and the whirling movements of the Sufi dervishes Although meditation isAn Important Spiritualpractice is many Religious and spiritual traditions it can be practiced by anyone Regardless of therereligious culturebackground to relive stress and pain meditation is a means of transforming the mind Buddhist meditation practices are techniques that encourage and develop concentration clarity emotional positivity and acalm seeing of the true nature of thing.

## **Introduction:**

There are many types of meditation, including both spiritual and secular types, but all revolve around training one's focus and attention. Some methods focus on attending to a chant, a silent word, or tracking the cycle of your breath. Others include observing thoughts and emotions without judgment. Meditation works to increase mindfulness, to train your mind to more clearly see things as they are, and to train your mind to create new ways of being.

## **Meditation:**

Meditation is a mental exercise of regulating attention. It is practiced either by focusing attention on a single object, internal or external (**focused attention meditation**) or by paying attention to whatever is predominant in your experience in the present moment, without allowing the attention to get stuck on any particular thing (**open monitoring meditation**).

Meditation is an individual practice, although it is often done in groups. The practitioner usually closes his eyes and keeps his body still during practice, in a seated position, for a set amount of time. But there are also ways to do **walking meditation**.

The word "meditate" actually means to think deeply about something. However, when eastern contemplative practices were "imported" to Western culture, this is the term that was used to define them, for lack of a better word. Nowadays *meditation* has more the meaning of this exercise of focusing attention than to reflect deeply.

## **Benefits of meditation:**

The health benefits of meditation are endless. Research has scientifically proven that meditation is a safe and simple way to balance your physical emotional and mental state and its countless values have been known and practiced for thousand of years. More and doctor are prescribing meditation to cure many stress related illnesses including anxiety, trauma and insomnia. The health benefits of meditation are available.

Many people have discovered the tremendous impact meditation can have on stress-reduction and overall wellness. This includes:

- increased relaxation,
- greater control of a busy mind or overwhelming emotions, and
- a stronger sense of awareness.

In fact, it's been proven that meditation impacts the body in a way that is opposite to stress, restoring a state of calm and helping the body repair from the damage of stress<sup>1</sup>. The best part of meditation is that anyone can do it; it doesn't require any special skills or equipment and is always available when needed.

## How to meditate

### Get started with meditation

There are many different ways to meditate. Here are some of the basics.

1. Sit either cross-legged on the floor or in a straight back chair in an alert yet relaxed posture.
2. Bring attention to your breath. Observe your breath as it flows in and out.
3. Whenever your attention moves elsewhere, just note it and gently escort your attention back to your breath and the rising and falling of your belly.
4. When you can maintain some continuity of attention on your breath, try expanding your attention to include a sense of your body as a whole. Try to maintain this awareness of your body sitting and breathing.
5. Continue to meditate as long as you wish. The time you spend on your meditation is up to you

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

### **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. It cleanses and nourishes you from within and calms you, whenever you feel overwhelmed, unstable, or emotionally shut down. 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

### **Spiritual Benefits of Meditation:**

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

- Effortless transition from being something to merging with the infinite and recognizing yourself as an inseparable part of the whole cosmos
- 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.

Meditation can bring about a true personal transformation. As you learn more about yourself, you'll naturally start discovering more about yourself

### **Conclusion:**

- Regular practices of meditation helps to Improve the function the human body that is psychological benefits
- Regularpractices meditation psychological factors which are more powerful then physiological factors meditation help to improving all psychological factors.
- Regular practices of meditation helps to improve the spiritual factors.

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