

## Meditator's Perspective



**Definition** - I can refer the Meditation as a process of concentrated visualization; this includes listening to or sensing an object or action, with closed eyes, while remaining conscious in a still state and calm environment and a goal of becoming thoughtless.

**Journey** - Meditation is a half part of Yog. First part is to discipline the body and the second part is to discipline the mind. Now I want to describe briefly the journey of meditation on which I have been travelling from the last about 26 years. First of all one has to sit in a relaxed posture with closed eyes. Relaxed posture means there must not be any pressure on any organ of the body. By this process the transmission of the electrical signals in sympathetic and parasympathetic nerves stops. Retention of signal means retention of thoughts of the body. Now is the turn to relax the mind. For this purpose meditator has to choose one static object to concentrate means to visualize a single thought. In my view, among the other so many objects, the static object is the best choice. By the continuous practice of visualization, cessation of thoughts begins means one enters into Samadhi phase. When all the other thoughts vanishes except the single thought, the object, then meditator arrives at a state which is called retention of attention, dhyana tikna. I chose luminary, parkash punj, as a object and in this state the luminary turns into panorama of saffron sky. This is why the color of sage's attire is saffron. At this stage I felt the ultimate peace which positively impacted my life.

**Penultimate Phase** - Now proceed further on the journey when a state arrives where the single thought also vanished, nothing remains. It is a thoughtless state or can be said a pure awareness state which can be felt but cannot be described. But it is an illusion to consider this thoughtless state as self-realization, God realization, merging the Soul in God, end of rebirth cycle, etc. etc. In my view this thoughtless state happens due to a minimum action of energy means where body parameters like Heart Rate, Blood Pressure, and Breath Rate come down to their minimum level.

**Benefits** – Now I can say that journey is more important than the goal, and it is necessary to familiar with the benefits of meditation which can inspire one to embark on this journey.

1. Peace or joy is experienced when retention of thoughts begins and this is the most important and useful benefit of meditation. This blissful state becomes permanent with a regular practice for just around 15 minutes daily at early morning and the time before going to sleep.

2. When it is practiced at the time before going to sleep, the sleep patterns have a very positive effect. One goes in sleep early and have longer deep sleep cycles. During deep sleep a hormone named Melatonin generates which energizes the meditator throughout the day.

3. Meditation is also an exercise of brain which empowers the brain and increases its ability to contemplate and effect one's existence mindfully. Solutions to problems are found seamlessly. Forecasting and even immune functions become stronger. This continuous practice also offers new insights to life.

4. One of the major benefits of regular meditation is overcoming of instincts and by this the feeling of detachment – asakti develops.

5. Meditation is an effort to ensure that mental illnesses do not arise, but if they occur, then it works as a remedy.

6. One of the important aspects of meditation is to decrease drastically the huge expenditure on health care which can effect positively on the national GDP.

# THANK YOU

