

## **MEDITATION AND MIND**

**Chiramana Venkateswarlu**

Research Scholar, Department of Psychology and Parapsychology, Andhra University,  
Visakhapatnam, Andhra Pradesh, India  
Email: ch.venkatesh8@gmail.com

### **ABSTRACT**

*No human body exists without a mind; no mind exists without a body. Our minds and bodies communicate with each other by means of chemical messengers and electrical signals from the nervous system-this has great significance for our health. Disturbances in thought and feeling Centre's in the brain can disrupt the normal activities of the nervous, endocrine, and immune systems. When this occurs, processes that let to disease and sicknesses may be activated. No medicine or treatments has more meditation power than the human mind. This may sound like an exaggeration, but countless cases of people curing themselves of serious diseased by changing their thoughts and feelings have been described, and spiritual cures have been carefully documented over the centuries.*

*Meditation is a path for developing consciousness and spiritual awareness through practice that unite body, breath, mind, intelligence, and spirit. The ultimate aims are the experience of inner peace, outward integrity, and knowing nature. Through the different types of meditations, living can become more ethical, kind, and enjoyable. The practice of the meditation gradually controls the senses of the human being, control the senses in the sense control of the mind. Meditation is a practical discipline that can carry the practitioner through all stages of life. The present paper discusses how the practice of meditation controls the mind.*

**Keywords:** Meditation, Mind, Control, Senses

Life is meant for enjoyment. No one can deny it. No one takes advice on how to enjoy life, it comes naturally to everyone. By enjoying life and enjoying life, we begin to get some aches and pains. We begin to unhappy. We begin to feel dissipated within. Our brain is an electro-chemical device, more powerful than any computer built by man so far. Our mind is the mystical result of the brain's physiological activity. Our brain is self-regulating-absorbing nourishment, manufacturing chemicals, generating electrical impulses and controlling the routing and storage of its input in the most efficient manner possible. Our mind functions only within the parameters we have established for it.

Our thought processes, our emotions and in fact, our very view and perception of our life and the world in which we live is determined solely by the operating parameters we have

consciously or sub-consciously installed in our “mind”. Success, Satisfaction, Fulfillment are dependents on how we perform in our life.

Our life performance is dependent on our Mind Process. More than 80% of our ailments such as depression, negative feelings, sleeplessness, unable to concentrate, fear of everything leading to blood pressure, diabetes, arthritis, back pain, heart problems, compulsive overeating, smoking, drinking additions, feeling life as worthless etc. are attributed to lack of good mental health.

All this are due to

People are not aware (lack of knowledge)

People do not care (lack of preventive actions)

People do not get care (lack of facilities)

To Learn, you must be willing; to get cured, you must be Willing; to serve, you must be Willing; Willing is a matter of Mind; Mind must be ready for Body to be Healthy. Hence “HOLISTIC MIND DEVELOPMENT” an education & Training system designed and developed on the principles of Vethathiri Maharishi and his close disciples in offered for the benefit of World Community.

Meditation is the important aspect for the purification of the mind and development of mental calm and insight. In normal state, our mind is scattered and out of control. We find it hard to stop thinking even for a moment. The tremendous energy of the mind is thus never harnessed and put to good use. Meditation is a way to focus the mind, so as to enable it to withdraw from its usual preoccupations and penetrate the truth of our existence.

### **Causes for provocation of Mind**

Mind is presumed to be a moving vehicle but not static. The human mind is known for its flexibility. The flexibility leads the man to adopt a numerous qualities by which his mind or citta is losing its grips over his body. Many causes are to be assertion for man to be misguided by the thoughts originated from the flexibility. They are aggression, jealousy, Anger, Lust, greediness and Miser.

### **Composition of the Mind**

The mind is conceived in Yoga as a reservoir of inexhaustible energy, which manifests itself in defective thought and conduct only because there are obstacles to a fuller manifestation of it. Below the surface there are always finer and subtler activities that cannot overcome the resistance which they have to encounter and so are like the real, though imperceptible, pressure of water on a wall which prevents it from flowing freely.

The following are the constituents of the mind that do not lend themselves to direct observation. First, there is the energy which sustains the physical organism in working order after building it up as a means of self-expression. We have a notable manifestation of it in respiration during sleep; but organic life is kept in continual movement in other ways too. Then there is the energy that is responsible for periodical transitions as from sleep to dreaming or waking. Next come two types of energy which bring about movements of particular sense-organs or limbs in unconscious and voluntary activity. To these have to be

added reminiscences of past experience and habits of thought and conduct formed and strengthened in the present and previous lives. The influence of these is so pervasive and profound as to make every new knowledge a rediscovery of what has been but lost sight of and every new enterprise a repetition under altered conditions of what has been already attempted. Lastly, these is the energy that manifests itself in the inhibition of every form of consciousness, which involves, considerable effort at outset but becomes easier with practice.

## **Mind alone creates differences**

The eyes present before the mind some forms or images. It is the mind that creates good and bad forms. It says, "This is good. This is ugly. This Good and bad, ugly and beautiful are pure mental creations. If mind can create, it can destroy also. Similarly, the ears bring some sound vibrations before the mind. It is the mind that says: "This is praise. This is censure." Eyes and ears are not being blamed at all. They are innocent. Mind causes the mischief.

## **Role of Mind**

Mind is compared to a garden. Just as we can cultivate good flowers and fruits in a garden by ploughing and manuring the land and removing the weeds and thorns and watering the plants and trees, so also we can cultivate the flower of devotion in the garden of our mind by removing impurities of the mind such as aggression, jealousy, anger, lust and greed etc., and watering it with Divine thoughts. Weeds and thorns grow in the rainy season, disappear in the summer, but their seeds remain underneath the ground. As soon as there is a shower, the seeds again germinate and sprout out. Even so the Vrittis or modifications of the mind manifest on the surface of the conscious mind, then disappears and assume a subtle state, the form of Samskaras of impressions. The Samskaras again become Vrittis either through internal or good fruits. So also, when the mind is pure, when the mind is free from aggression, jealousy, anger, lust and greed etc., we can have the fruit of good practice of yoga.

Mind is the motivation for a human being, his steam, his drive, his ambition and his ultimate destiny. Wonderful faculty the mind is though perplexing since ages in spite of all scientific advances continuing to analyze the parameters governing the mind. Whether we like it or not the future of mankind is the Mind.

Our mind is the consciousness that originates from the eternity and seems to operates in the brain which manifests itself in thought, memory, perception, feeling, will, imagination, reasoning, intelligence, and applying knowledge.

## **Buddhism and Meditation**

Buddhism believes that it is the defined mind which is the source of all activity. Buddha says that

‘We are shaped by our thoughts.

We become what we think.

When the mind is pure,

Joy follows like a shadow that never leaves.’

In Buddhism meditation is not merely a means of relaxation, nor is it a technique to escape from stressful responsibility into blissful trance. It is rather a precise means for sharpening, strengthening and ultimately purifying the mental faculties. Initially one concentrates the mind on a particular object, just as to tame a wild animal; one might tie it to a post. There are many possible objects to use for this purpose. Whatever object is employed, the important point is to maintain a close, alert and continual awareness of it. Concentration is difficult. But constant practice, it is possible. Once mind is sufficiently stabilized by concentration one is able to maintain an aquanymous gaze on the present reality and a direct non-conceptual appreciation of the true nature of our existence begins to grow. As we come to realize the changing, unstable and inconsequential nature of all that goes to make up our lives, our wrong ideas and assumptions about ourselves fall away and our grasping attachment to things is completely undermined, it is a state of samata-equanimity. It is here that true peace and liberation.

“Like fire arises from two pieces of wood rubbed together, so does analytical wisdom arise from the conceptual state. And just like the fire increase and burns away all the wood, analytical wisdom increases and burns away all conceptual states.

## **Mind and Yoga**

Yoga is a friend to those who embrace it sincerely and totally.

It lifts its practitioners from the clutches of pain and sorrow,  
and enables them to live fully, taking a delight in life.

B.K. S. Iyengar, Light on the Yoga Sutras of Patanjali

There are six fundamental systems of Indian thought collectively known as Darsana, meaning “to see,” to look inside ourselves, to better observe our self. Yoga is one of these six systems. Fundamental to Darsana is the idea that there is a Supreme Universal Spirit that permeates all that exists, and that the individuals one with the University Spirit. Yoga is a path for cultivating individual consciousness in order to experience greater harmony in life and ultimately experience oneness with Universal Spirit.

Yoga is a universal science of mind and body. Regular practice of yoga helps to bring a natural and harmonious balance of body and mind. Yoga philosophy teaches that a healthy person is a harmoniously integrated unit and body, mind and spirit. Simple yogic diet, yogasanas breathing exercises, meditation and sleep and relaxation are essential requisites of a good health-physical, mental, spiritual and social. Asanas and pranayana produce a huge storage of energy in the solar plexus area. This will cause a body to radiate vitality and in case of any sickness the body can call upon some of this energy reserve to combat the disease. Pranayama and meditation also improve brain functions and increase the elimination of toxins from the body.

Yoga is a scientific technique of mastering the sensory impulses. The limits of the physical body can never be transgressed without knowing and thoroughly mastering the sensory impulses with govern the process of living. The most vital functions from dangerous interferences. That is why the vital instincts and rhythms can only be acted upon and mastered through a very expert technique. It is this technique which is called yoga. The adept in yoga like the psychiatrist, goes straight to the root of the most powerful instincts,

those which move forcibly hold as within the dominion of matter. The network of the instincts binds the gross to the subtle body and keeps the imprisoned. The knots of this network are strong and complex and without proper technique for undoing them, we can never escape from our physical envelop but are kept always on the path of the individual and social instincts by which the continuity of physical life is assured. Yoga keeps aloof from emotional and sentimental impulses.

## **Meditation and Social Health**

Meditation is an important tool of social health which is providing peace to the whole society. What is highly important understands the power of Meditation in a right manner. It has been observed that, "Even as early as 3000 BC the first to recognize the virtues of physical culture not merely as an aid to good health, but at the essential requisite to moral, mental and psychic elevation. These advantages of meditation are manifold. The objectives of meditation of meditation are stated below:

1. The acquirement of good health, after eliminating diseases should there be any.
2. The maintenance and enhancement of physical wellbeing after the natural harmony. Between the various organs has been once again reestablished.
3. The acquisition of gradual control over both the voluntary and involuntary function of the body.
4. Utilization of such control to strengthening the moral, mental and spiritual purposes and achievements of life.
5. With the aid of all these to defer old age and death till the Ultimate Reality is seen face to face.

Meditation is the way for wisdom. Wisdom is basically true because it is an existential experience. It is not something known from others, it is not something gathered from the scriptures; it is something that grows in our heart. It is a growth, not an accumulation. It is experience, not information. Knowledge makes learned; wisdom makes innocent. Knowledge is very ego-fulfilling, very ego-strengthening. The ego feeds on knowledge; it is the best tonic for the ego. Osho says, "*Wisdom happens only when ego has disappeared; wisdom appears only on the death of the ego. The death of the ego is the birth of wisdom.*"

Meditation is also can be a powerful tool over the long-term to facilitate greater level of happiness. Dr. Richard Davidson at the University of Wisconsin has done research that shows that meditation tends to increase the activity of the left prefrontal cortex of the brain. Left sided activation has been associated with greater levels of calm and happiness and well as more emotional resiliency, regular practitioners better able to withstand the inevitable ups and downs of the life. Those who are severely depressed may not be able to meditate, even if they keep their eyes open. In this case, they try to initiate meditative practices when they are out of the depths of depression to help insulate them against recurrences.

## **Meditation and Peace**

The affliction or freedom from afflictions lies in understanding this conjunction. Today most of us are suffering from stress and strain factors. This is on account of our want of

knowledge in balancing the objects of the seen and the subject- the seer. Hence there is disparity in understanding the connection between body and mind and soul.

We are living in the 21<sup>st</sup> century. Man today is scaling new heights of development. New inventions are being made everyday. Man has measured the depth of the sea and the distance of the moon but the tragedy is that he is getting away from his own existence. We do not try to learn about ourselves. All our energy and efforts are being wasted on external and physical objects.

The world is too much with us. We are always busy earning and spending. We have no time to peep into our hearts and souls. The result is that we have lost sight of the philosophy of life and are getting increasingly involved in stress and confusion. We are adopting an artificial, unnatural life style and are spoiling our valuable health. We ourselves are inviting diseases, gloom and troubles. The whole atmosphere is getting vicious and affecting the family, society and the whole nation adversely. In such an atmosphere, how can the youth remain untouched and unaffected. The zeal, enthusiasm, energy and health of the young men of the country are deteriorating rapidly. A calm, Cool and peaceful environment is required for study and to lead healthy, happy and peaceful life. The seeds of development are sewn in the young are only.

Modern science has pills for pain and sleep, but do not have pills for sorrows, anxieties and emotional satisfactions. Meditation is that pill which generates endurance, confidence and positive approach as its practice directly touches the emotional centre of the Meditation practitioner. Meditation may be defined as the process and practice of “Keeping mind on the life force”. The life force is the very energy that drives us- called Prana in Sanskrit.

The word Medicine that heals is derived from the same roots of words Mind and Meditation. The work healing is derived from the same roots of words Holistic and Holy. Do we not see the connection of Mind, Meditation on one side that affects the healing process in Mankind Holistically and with the Holy - the Nature.

Vethathiri Maharishi has offered as many as 10 different types of meditations. They are excellent mind training gym like exercises focused on

- Reducing the mental frequencies
- Giving calmness and relaxation
- Improving immunity
- Retaining balance of mind
- Improving understanding and Relationships
- Reducing stress related ailments
- Sharpening thoughts
- Networking with multiple thoughts
- Expanding into Multiple intelligences
- Imparting Behavior corrections

- Improving love, kindness, mercy & magnanimity
- Useful to Self and Society
- Clarifying complex thoughts
- Revealing secrets of Nature
- Almost becoming one with Nature

## CONCLUSION

Life is a wonderful gift of the nature. Those, those who are healthy and have right thinking can lead a meaningful life. Nature has its own eternal and universal law. Ideal life style is nothing else but following this law of nature. The different aspects and parts of yoga play a very significant role in providing a model of ideal life style.

Meditation with constant attention on the object of concentration is Dhyana (meditation). It is said in the Upanishads that a sin, which is as high and as stupendous as a mountain, can be pierced only through Dhyana (meditation) and not through any other means. It has been stated in VivekChuramani that Dhyana (meditation) purifies the mind of Rajas and Tamasgunas and lights the mind with Sattvaguna, just as an alkali purifies gold and makes it bright and sparkling. Meditation is also an important tool to achieve clarity and Health.

The philosophy of meditation embraces a view of health and well-being as a state that arises from the quality and balance of mental, physical, emotional, and spiritual conditions. The benefits of meditation have been researched close to a century in Indian researcher and western researchers. As meditation grew in popularity in the West, scientific interest and research into meditation as therapy has grown as well. Studies have been conducted documenting the effects of yogic and practice on a number of psychological, emotional, and physical health challenges inducing depression, anxiety, eating disorders, cardiovascular problems, asthma, diabetes, cancer, and rheumatoid and osteoarthritis. Medical and psychological studies have yet to explore the transformative spiritual potential of yoga and meditation among longtime practitioners and how meditation may change their approach to and experience of living.

Meditation is no-mind. No-mind is clarity, purity, innocence. No-mind is the real way to live, the real way to know, the real way to be. Osho says "Meditation will bring us sensitivity, a great sense of belonging to the world. It is our world-the stars are ours, and we are not foreigners here. We are part of it, we are the heart of it.

Meditation is pure watching of thought process without interference and judgment. Whatever the thing we do with awareness is meditation.

Every practitioner of Meditation (Dhyana) is benefited from its practice. It is a remarkably useful practice for those who get worried or agitated easily or those who suffer from insomnia and lack of self-confidence. Swami Vivekananda has likened with mind to a drunken monkey which is stung by a scorpion and is visited by a ghost. Mind by its very nature is shifting and unstable. But when it gets drunk with the wine of lust, is stung by the scorpion of jealousy and is visited by the ghost of ego, then its control is well-nigh

impossible. But the practice of Meditation (Dhyana) leads it to stability, peace and concentration. We then no longer remain the slave of the mind; rather mind becomes our obedient servant. This is the way to peace and growth.

We must have a pure mind if we want to relies the Self. Unless the mind is set free from away all desires, aggression, jealousy, anger, lust and greed, it cannot enter into the domain of Supreme Peace and unalloyed felicity of the immortal abode.

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