

Review Article

Quiet the Mind and the Soul Will Speak

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Abstract

Meditation is often defined as thinking continuously about one object of thought. We often get stuck on this definition, however, and lose the real purpose of meditation. Meditation must reveal the true nature of that object upon which we are meditating. Such revelation comes not as a thought, but as a feeling. Therefore, meditation is a process in which we shift from thinking to feeling. It is a journey from the complexity of mind to the simplicity of heart. It is for this reason that most methods of meditation involve the heart.

Keywords: Meditation, Relaxation and Awareness



Figure 1

1. Introduction

Meditation: is often defined as thinking continuously about one object of thought. We often get stuck on this definition, however, and lose the real purpose of meditation. Meditation must reveal the true nature of that object upon which we are meditating. Such revelation comes not as a thought, but as a feeling. Therefore, meditation is a process in which we shift from thinking to feeling. It is a journey from the complexity of mind to the simplicity of heart. It is for this reason that most methods of meditation involve the heart [1].

All of us experience periods of ups and downs, which tend to be compounded by the demands of modern living. Meditation has been shown to hold significant potential in helping to reduce stress and increase a person's sense of equanimity and well-being. Anyone can meditate. Pick a spot where you can be undisturbed for a predetermined amount of time and turn off your phone. If you have never meditated, start with just 10 minutes a day; later, you can gradually increase your time to 20 or 30 minutes, if you like. Consistency is key, so try to find a time that will work for you every day [2].

What is Meditation?

Meditation is a mental exercise that involves relaxation, focus, and awareness. Meditation is to the mind what physical exercise is to the body. The practice is usually done individually, in a still seated position, and with eyes closed [3].

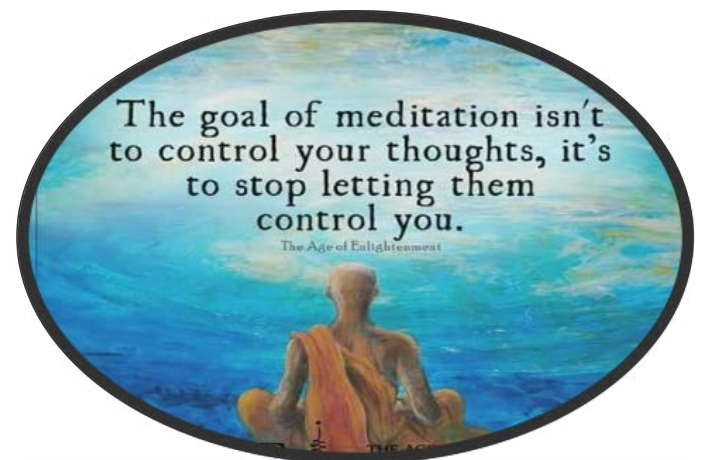


Figure 2:

Benefits of Meditation

Mental Benefits of Meditation: Meditation brings the brain-wave 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 [4].

With regular practice of meditation:

- anxiety decreases
- emotional stability improves
- creativity increases
- happiness increases

- intuition develops
- gain clarity and peace of mind
- mental agility increases
- relaxes the mind
- better memory and retention

Benefits of Meditation to the Body

Joy, serenity, and enthusiasm all seem to increase as one practices meditation on a regular basis. This occurs as a result of the body's elevated energy.

On the physical level, meditation:

- lowers high blood pressure
- lowers the levels of blood lactate, reducing anxiety attacks
- decreases tension-related pain (headaches, ulcers, insomnia, muscle, and joint problems)
- increases serotonin production that improves mood and behavior
- strengthens the immune system
- increases energy levels

The Psychological Benefits of Meditation

Numerous psychological advantages of meditation include enhanced creativity, reduced stress and anxiety, lowered irritability, enhanced memory, and even happier and more stable emotions. Frequent meditation can also improve your ability to solve problems and focus your thoughts, which will increase your level of productivity in general. Psychologically speaking, meditation can also improve awareness while increasing the likelihood of self-actualization, assist with mood swings, give confidence a boost, and foster empathy and self-acceptance.

Meditating Reaches the Core of Your True Self

Meditation removes trash and emotional rubbish, much like a cool rain on a hot day. It provides you with a new outlook and appearance.

Being in the present moment is possible when you meditate.

When we worry about the future and continuously reflect on the past, our emotions frequently take charge of us and hold us back. One lovely and uncommon gift of meditation is its ability to help us live in the present.

Meditation Provides the Greatest Release of Mind and Body

The ability to let go and go with the flow is one of the benefits of meditation that should not be overlooked when studying its psychology. One can temporarily remove themselves from the challenges of daily existence by mastering the art of simply let-go.

How to utilize meditation to its fullest potential

- Practice on a regular basis is required, and it only takes 20 minutes a day. When meditation is incorporated into your daily schedule, it becomes the highlight of your day.
- Two months of consistent practice will see you reap the

benefits of meditation.

- It is crucial to have a light or empty stomach. While meditation lowers the body's metabolic rate, digestion requires a high metabolic rate.
- If you're a beginner, it helps to be seated in a neat, quiet area. You can meditate anywhere once you get more skilled at it.
- Just notice your thoughts if they arise while you're meditating. Avoid opposing them.

Steps of Meditation

Take heed of these eight suggestions on how to begin meditation for beginners [5].

Choose a convenient time

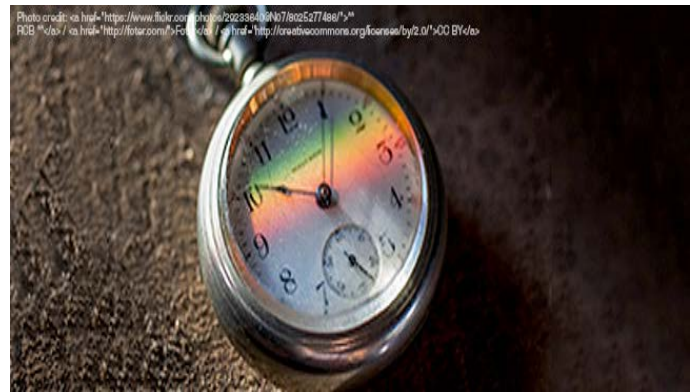


Figure 3

Since the main purpose of meditation is relaxation, you should do it whenever is most convenient for you. Pick a time when you know you won't be interrupted and can unwind and enjoy yourself. It's also best to meditate during the hours of sunrise and sunset. You can easily meditate during these hours because there is a peaceful calm at home as well.

Choose a quiet place



Figure 4

Select a calm, serene area where you won't be bothered, just like you would with a convenient hour. A beginner may find meditation more pleasurable and calming in such a setting.

Sit in a comfortable posture



Figure 5

It's not just that your posture has changed. As you attempt to keep your balance as much as possible, sit comfortably and easily. Sitting comfortably requires maintaining a straight spine, closed eyes, and relaxed shoulders and neck.

Keep your stomach mostly empty.



Figure 6

It's best to meditate with a somewhat empty stomach, whether at home or at work. It's easy to fall asleep during meditation after eating, so it's best to do it before.

The cramps of hunger can prevent you from meditating when you're hungry. You might even find that your thoughts are constantly focused on food! Two hours after eating is the recommended time for meditation.

Remember: Don't push yourself to meditate when you're really hungry.

Start with a few warm-ups



Figure 7

Prior to beginning the meditation, performing a short series of sukshma yoga improves circulation, gets rid of inertia and restlessness, and makes the body feel lighter. This is a crucial phase in learning "how to meditate," as it will help you sit still for a longer period of time.

Take a few deep breaths

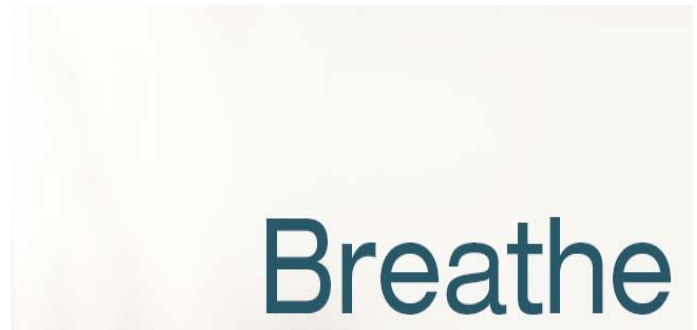


Figure 8

One more crucial piece of advice for simple meditation is this one. Taking a deep breath before beginning a meditation is usually a good idea. It facilitates the mind entering a tranquil state of meditation and helps to stabilize the breath rhythm.

Maintain a small smile on your face.



Figure 9

This is a must-see and cannot be negotiated! A small smile makes you feel calm and at ease and improves your meditation experience. We advise trying it out.

Open your eyes slowly and gently



Figure 10

When the meditation session is almost over, take your time opening your eyes and moving your body. Slowly open your eyes and take some time to orient yourself and your environment. You're set for the day when you move your body slowly after that!

What to Meditate

Focus on your breath: Initiate your meditation by inhaling deeply multiple times. Try to pay attention to your breathing and notice the physical changes that occur with each breath [6].

Do a body scan: Give careful attention to every body part for a moment. Sense your feet on the ground, your arms by your sides, and your chair. Evaluate your feelings in every area. The body scan meditation can be done in a seated or lying down position. Take note of any tense or tight areas on your body. Try to relax your muscles and soften or ease these areas.

Evaluate your energy: Consider your current state of mind as it is. Are you energized or exhausted? What could be depleting your energy if you feel like you don't have much? Think about whatever it is that's keeping you up at night or consuming too much of your mind. Next, determine how you can lessen the issue or eliminate it entirely.

Practice gratitude: Start your meditation on a positive note by thinking about three things you are grateful for. By focusing on the things, you love about your life, you'll recognize why your life is good and become happier.

Choose a mantra: We can manage the thoughts and emotions that revolve around a main idea by practicing mantra meditation. You can set intentions based on your goals and what you want to achieve in your day and life by selecting and repeating a mantra during your meditation.

Reflect on the day: If you meditate at night, consider all that has happened before that moment in the day; if you meditate in the morning, consider the previous day. How did it hap-

pen? What were the lessons you learned? Look for a minimum of one thing you can learn or remember. Next, consider how you can apply the lesson learned to the following day.

Reflect on the past week: Make it a point to think back on the previous week at the start of every week. Which challenges did you face, and how did you overcome them? Do you still have any attachments to anything? To start the new week with a clear head and clean slate, consider letting go of the problem.

Think about what you can do for others: Think about your areas of improvement. How can you get better so that your life is not the only one that benefits you? A single, tiny act of kindness every day can have a profound impact. Consider what you can do to support both people you are close to and people you are not familiar with.

Focus on your personal fulfillment: Examine your primary objectives. What can you do right now to move one step nearer to realizing them? Consider whether you feel fulfilled by taking a moment to evaluate your life. If not, consider what steps you can take to increase your level of fulfillment and enjoyment in life.

Think about what inspires you: As you meditate, let new ideas come to mind. Your next big break could come from anywhere. You never know. Think about the things that inspire you while you meditate. Whatever it is, consider why it inspires you and see if it generates any original ideas.

2. Conclusion

In emergency situations, like the ongoing global pandemic brought on by COVID-19, mindfulness and meditation can be helpful to medical personnel, patients, employers, and the general public. While mindfulness and meditation come in many forms, those with an evidence base, like mindfulness-based stress reduction (MBSR), are of special interest to healthcare professionals. Increases in pain, anxiety, and depression scores have been observed in systematic reviews of these practices. The brains of those who have practiced traditional meditation for an extended period of time and those who have finished an MBSR program have both shown structural and functional changes [7].

Even though meditation is an old practice, people all over the world still use it to achieve inner peace and tranquility. Although meditation has connections to many different religious traditions, its main goals are awareness, peace, and consciousness alteration rather than faith. With our hectic schedules and demanding lives, there is a growing need these days to reduce stress, which is why meditation is becoming more and more popular. Finding a meditation practice that suits your needs and personality is crucial, even though there isn't a right or wrong way to meditate.



take time
to make
your soul
happy

Figure 11

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