

General Practitioner's Section **Why Meditation?**

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Abstract

Meditation brings out inner quality and is a source of peace and happiness. It increases sharpness and makes you more determined to face all eventuality. It is an antiaging medicine, reduces illness, increases vitality, alertness and consciousness. It balances all activities leading to a quality life.

Meditation takes you from:

Tension to Attention
Stressfulness to Gracefulness
Restlessness to Tranquillity
Dullness to Sharpness
Aging to Youthfulness
Illness to Health
Loneliness to Solitude
Selfishness to Selflessness
Ignorance to self consciousness

Meditation usually refers to a state of extreme relaxation and concentration, in which the body is generally at rest and the mind quietened of surface thoughts. It elevates the mind from gross level to finer aspect and makes the body in tune with mind in preventing harmful impulses entering the body and mind.

Meditation techniques

There are hundreds of meditation techniques, most of which fall into two categories: concentrative and mindfulness. During concentrative meditation, attention is focussed on a single sound, an object or one's breath, to bring about a calm, tranquil mind. During mindfulness meditation, the mind becomes aware of but does not react to

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the wide variety of sensations, feelings and images tied in with the current activity.

Transcendental Meditation

However, much research has been done on Transcendental Meditation (TM),¹⁻³ TM brings about the state of deep relaxation in which the body is totally at rest, but mind is highly alert. TM does not involve concentration or contemplation. The experience of Transcendental consciousness develops the individual's, latent creative potential while dissolving accumulated stress and fatigue through the deep rest gained during the practice. This experience enliven creativity, dynamism, orderliness and organizing power in one's awareness, which results in increasing effectiveness and success in daily life.

Saral Meditation

Recently, saral meditation⁴⁻¹⁰ a simplified version of TM but without mantra has been shown to be equally effective. Clinical evaluation for the last 12 years has exclusive evidence of its effectiveness. Lately, it has been demonstrated that saral meditation is required to practice for 20 minutes in 24 hours instead of twice of TM because of an element incorporated in saral meditation resulting in constant awareness when mind is free.

Saral meditation is simple to learn and practice, does not require formalities of guru, mantra, pooja, dakshina etc. and is particularly suitable for students and elderly alike. It increases intelligence, performance and creativity and reduces the aging process, sleeplessness and converts loneliness to solitude particularly faced by elderly. By practising it for 20 minutes, one can improve the quality of life, relationship in office, business and in the family. It can be practised by anyone belonging to any religion, whether you believe in God or not without encroaching on ones belief, customs and formality.

Saral meditation is like a daily bath for refreshing your mind and body with alertness about one's conscience to do what is right which comes automatically and instantly without efforts. It is like gaining spirituality without conscious efforts to be spiritual.

It brings out inner quality and beauty making you look better and fresher, younger and smarter with increased alertness and intelligence.

Meditation is key to happiness

Basic problem in the world today seems to be that there is no interest in meditation. But meditation is a way of life's fulfilment. You may be having enough wealth, good wife or husband and children with name and fame but you will be missing something, making you more and more worried about future which can be filled only through meditation giving you complete satisfaction, peace and happiness. It balances the body and mind and

brings out the divine present in each individual.

“Sitting silently, doing nothing
The spring comes
And the grass grows by itself”.

- Osho

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EXCESS BODY FATNESS : AN IMPORTANT CAUSE OF MOST CANCERS

A recent report by the World Cancer Research Fund and the American Institute for Cancer Research concluded that there is convincing evidence that excess body fat is a cause of oesophageal adenocarcinoma and cancers of the colorectum, pancreas, breast (after menopause), endometrium, and kidney.

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