

A Brief on Saral Meditation

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Abstract

Saral meditation is a simplified version of transcendental meditation without mantra to be practiced for 20 minutes preferably in the morning. Regular practice for 1½ year has been shown to increase intelligence and performance and reduce tension, incidence of disease and aging process. In the elderly, it has been demonstrated to reduce sleeplessness and convert loneliness to solitude. In a long term study it has been shown that regular practice for 3 years reverses the aging process by 6 years and that it improves overall quality life.

Introduction

Saral meditation is a simplified version of transcendental meditation (TM) of Maharishi Maheshyogi by his disciple. The author:

As a science of peace and happiness increasing

Intelligence, performance and vitality

Reversing

Tension, disease and aging process.

Practiced for 20 minutes without mantra.

Background

In 1994 Maharishi selected 10 doctors from all over India to deliver lecture on "Vedic approach to Health" throughout the world sponsored by Vedic University Netherlands, and Dr. Dhar was one of them. After receiving training for TM for 7 days he was asked to deliver the lecture on vedic approach to health. After the lecture, he directly approached Maharishi asking permission to train his students on TM but the answer was no., it was explained to him that it requires 3 months training to give Mantra.

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After coming back Dr. Dhar resumed lecture to nursing faculty when he was requested by the principal whether he could do some thing to improve the batch whose performance as well as behaviour was not satisfactory.

He took the students very next day and repeated the lecture he was delivering abroad on vedic approach to health with visuals and at the end of the talk asked how many were willing to learn the technique of the meditation without mantra and all agreed. During the next one hour he practiced with them the technique and asked them to repeat and told them to practice morning and evening.

After about 5 months Principal told him there has been tremendous improvement in their performance at the examination as well as behaviour.

Saral meditation for increased intelligence and performance

For about 8 months Dr. Dhar travelled various places including abroad and attended meditation programme by various authorities including Lama Gangchen, 2nd in spiritual authority to Dalai Lama in Tibet (settled at Madrid) and framed simplest version of TM without mantra incorporating few new elements.

With incoming next batch of nursing students started training them for consecutive 3 days 2 hours a day with written assessments, asked them to practice morning and evening for 20 minutes. This was followed by taking various parameters in the line of TM by an independent team.

After about 1½ years the same parameters were repeated by the same team for assessment of intelligence and performance. During the period, one student came forward and told that all of them practiced for 20 minutes everyday in the evening but could not do it in the morning as they had to go for duty in the early morning to which he had no answer. However, after about 8 days when the data analysed by a qualified statistician brought to him he was delighted to see that there had been significant increase in intelligence and performance.¹

Increase in intelligence, performance and reduction in tension

From the next batch onwards students were subjected to practice once for 20 minutes in 24 hours without fail and the subsequent results were published with significant increase

in intelligence and performance and reduction in tension.² However, short term practice reduced reaction time increasing mental alertness. Saral meditation has got an element which makes one conscious when mind is vacant which makes it practice once instead of twice in TM.³

This programme has been going on for last 14 years including studies in general population and elderly subjects sharing additional benefit of reducing sleeplessness and incidence of age related illnesses. Till date there has been more than 50 publications in different journals and 2 volumes of Books on Meditation.

Practice of Saral Meditation has been explained in steps⁴ (Fig 1).

Saral Meditation and EEG

It has been reported that 95% of world population work on beta range (14-21 cpm) of EEG only 5% highly intelligent people perform in alpha range (7-14) while awake and that 10 Alpha is the cross section of human intelligence.⁵ Based on this we have been studying the effect of saral meditation on EEG, preliminary result show that after one year of regular practice there is increase in alpha activity (Fig. 2).⁶ It has been shown that regular practice of saral meditation causes coordinated activity between left and right brain increasing intelligence and performance (Fig. 3).⁴



Fig. 1 :

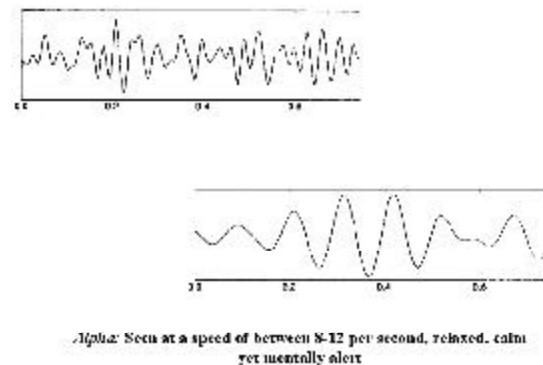


Fig. 2 : EEG Pattern.

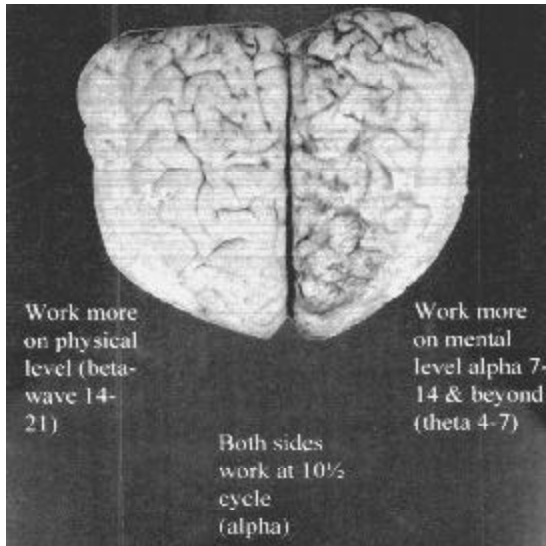


Fig. 3 : Saral meditation and brain function.

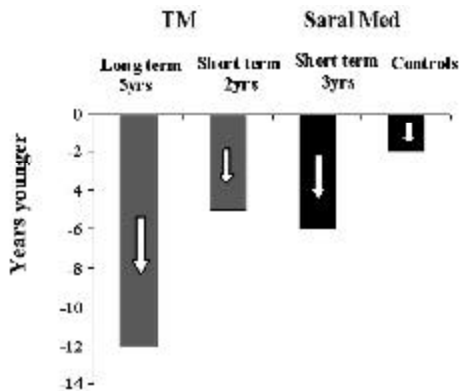


Fig. 4 : Reversal of aging process (comparison of TM and saral meditation).

Saral meditation as antiaging

It has been demonstrated that practice of saral meditation for 3 years makes one younger by 6 years and results have been compared with TM using same parameters practice of which for 6 years reduces biological age by 12 years (Fig. 4). Regular practice of TM has been reported to cause balanced secretion of endocrine hormones.⁷

Advance Saral Meditation (Quantum Meditation)

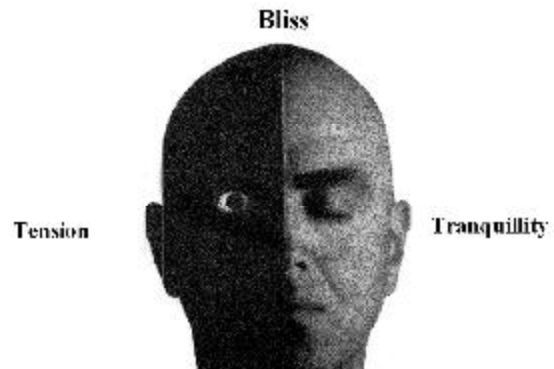


Fig. 5 :

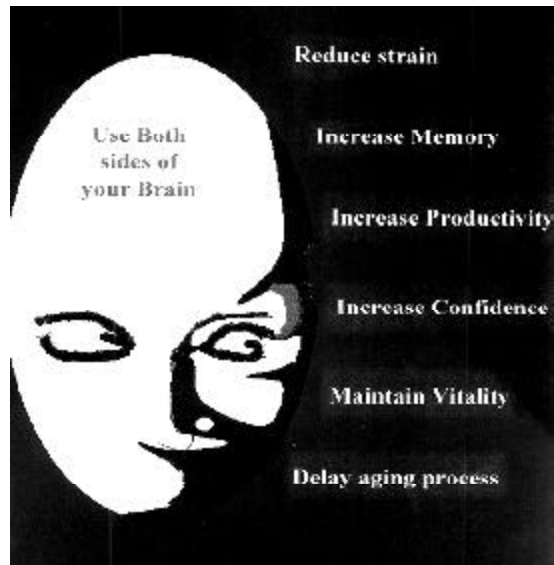


Fig. 6 : Practice of saral meditation.

A higher aspect of saral meditation requiring mantra and practice morning and evening has been introduced for cure of incurable diseases and reversion of aging process with all its manifestations.⁸ It has been observed in number of cases that it prevents foetal abnormality if mother practices it before conception and throughout pregnancy.⁹ All meditations work at molecular level bring out inner quality but quantum meditation works far beyond molecules of atoms. A quantum is million times smaller than an atom. Through saral meditation, one can attain bliss which is the

gateway to quantum reaching the area untouched by disease (Fig. 5).¹⁰

Effect of Saral Meditation

Effect of saral meditation has been summarised (Fig. 6).

Subsequently it was shown that in elderly subjects it significantly reduces sleeplessness, incidence of diseases and converts loneliness to solitude.¹¹

References

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Imaging for Low- back Pain

The benign self-limiting nature of (unspecific) low-back pain and hence the need for education of patients – to reassure patients and encourage them to continue with normal activities.

These guidelines reveal that a focused history and physical examination can separate patients with non-specific low-back pain from those with radiculopathy, spinal stenosis, or other specific causes, and the clinicians should not routinely obtain imaging in patients with non-specific low-back pain.

There are several reasons why radiological findings are *not* helpful for doctors or patients.

1. awareness of physiological degenerative changes as diagnosed by immediate imaging might foster fear-avoidance beliefs in some patients and become an obstacle to recovery. 2. exposure to radiation doses in computed tomography or radiography is also an issue. 3. various epidemiological studies have shown that it is rare to find serious underlying conditions in primary care patients with low-back pain.

The Lancet, 2009; 373 : 436.