

MEDITATION, ITS TECHNIQUES AND ITS SCIENCE

We exist in at least 3 forms: Physical body, Mental-Emotional body and Spiritual body. We waste our whole day and life, our whole energy for physical body, its care taking, its exercises, wellbeing and its pleasures. But, somehow we are not taught to take care of our mental and spiritual bodies, their exercises, their wellbeings and their pleasures.

Meditation is one powerful way to correct these mistakes. The real purpose of meditation is taming the mind, elimination of ego and then elimination of mind itself, thus attaining Samadhi- total bliss. Here soul remains uninhibited, manifesting its complete knowledge, complete revelations etc. Apart from this, meditation can give-physical relaxation, relief from stress, relief from psychosomatic illnesses, control over emotions and negative thoughts and can purify our perceptions and perversions of mind.

There are several views about mediation. Also there are five important concepts of meditation. Although there are 40 different important accepted techniques of meditation in Indian spiritual-esoteric circles, it is interesting to note that they come from basic 5 methods of meditation. Further, so many (hundreds) individual modifications of these techniques allow each individual to have its own tailormade technique. In short, each individual can practice meditation suitable to him/her.

However, meditation is not a pushbutton system. one has to have patience, courage, hardwork and perseverance. This coupled with right guide, right technique, right understanding and real belief and dedication can bring success. There is a high failure rate amongst meditators, usually this is due to nonfulfilling of above criteria. It is sad, that meditation has become a business of billions and many opportunists have misused and abused this sacred spiritual science. Therefore one should be careful.

Real, deep meditation is a spiritual ecstasy. But, this is not hallucination; it is a neurological event. This has been largely depicted and documented by the neurological, neuroradiological experiments of chiefly last 5-6 years. There are specific and consistent EEG changes with different meditation techniques. The neurotransmitters and neural hormones of specific areas of brain are altered during deep meditation as well as in people having regular meditation. There are changes in brain mapping. There are differences in cerebral blood flow in specific brain areas. The metabolism / r.CBF of parietal association areas of left brain is reduced during deep meditation, suggesting that the orientation of individual to time and place is cut off/ reduced. Thus faculty of ego awareness is reduced. The metabolism/ rCBF of frontal areas are increased correlating with highly concentrated brain task. The sympathetic nervous system is put to rest during meditation, while parasympathetic nervous system gets hyperactivated.

Thus science has correlated meditation as a real neurological event and hence its tremendous positive benefits on body and mind are confirmed. Apart from neurological, there are equally nice effects on body metabolism, cardiovascular and respiratory system and other bodily systems, some of which are also documented in scientific experiments. Hence, let us meditate from today and now, in a correct way and pursue it with patience and courage.

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Meditation, its techniques and its science

In this presentation, I have combined eastern wisdom with western scientific evidence have delivered talk on this subject at USA, UK, NewZealand, Nairobi and India just to authenticate this sacred spiritual practice- i.e. Meditation.

In the earlier half, I have discussed, why meditation is needed, what are its physical, mental, emotional and other advantages; which are real techniques of meditation as described in the original Indian Spiritual texts, what is the real purpose of meditation as per our scriptures and how to do meditation. As per these texts, moment to moment nonjudgmental awareness with calm and quiet mind, alert and attentive mind and eqnanimous mind is real meditation; though techniques may vary.

In the later half, I have produced scientific evidences in favor of meditation. What exact Electrophysiological (EEG etc.), Biological, Neurological and Metabolic changes occur in the brain during the meditation (as studied in SPECT & FMRI) are shown in this CD.- slide presentation.

Also how meditation affects autonomic nervous system, endocrine system, body physiology, psychology etc. are shown in this interesting presentation. Though, it is incorrect to reduce spiritual experiences to mere biochemical or physiological events, this presentation is meant to imply that real spiritual experiences are not hallucinations, but they are neurological and physiological events.