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A CRUCIAL ASPECT OF MEDITATION AND YOGA

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ABSTRACT
The subjects of this piece of writing were yoga and meditation. Introductions, Yoga's Benefits, and Meditation are covered. The article also discussed meditation practices in Japan, the US, and India. Over 5000 years ago, the practices of meditation and yogic meditation were first documented. It is believed that yoga and meditation practices originated in northern India since these ancient books, known as the Rig Veda, reference them. It's believed that over 500 million people worldwide routinely practice yoga and meditation physically. Integrating deliberate breathing with the physical components of yoga and meditation is possible. It can be a highly effective strategy to do this while keeping your eyes closed to focus attention. Furthermore, the healing properties of yoga and yoga meditation can help to strengthen the immune system while lessening the severity of some physical conditions like anxiety, insomnia, and hypertension.
KEYWORDS: *Yoga, Meditation, India, Components of Yoga, Benefits of Yoga.*

I. INTRODUCTION

Another aspect of yoga is meditation, or "dhyana." Like yoga, dhyana involves mental activities that raise your consciousness to a higher level and help you establish a deep connection with the cosmos. This link occurs when you are calm and contemplative in the savasana (Mohammad, 2019). Depending on the practice, you usually perform a yoga meditation after a yoga sequence. This is the main distinction between other forms of meditation and yoga meditation. This is the last pose in yoga when you work your body and then release tension to assist in calming and centering your thoughts.

Once limited to spiritual traditions, meditation has become part of mainstream wellness as a science supported by physical and mental health research. Although its roots date back thousands of years, its significant influence on the human body and brain is only now becoming known in science. Researchers worldwide have been interested in this ancient practice, which has sparked investigations into its impact on physiology, the brain, and general wellness. Yoga is a physical practice that enhances both physical and mental wellbeing via poses, breathing, and meditation. Meditation is a practice that can be done with or without movement. It uses psychological and physical skills to help focus and calm the mind.

Yoga is an age-old discipline that can enhance wellbeing, strength, stamina, peace of mind, and flexibility. Nowadays, yoga is widely practiced worldwide, with most Westerners using it as a form of stress relief or exercise. Yoga meditation helps you feel calm, at ease, and connected to the world through physical exercise, breath control, and postures. Among the advantages of yoga meditation are Enhanced mindfulness and mood: Yoga meditation can elevate your emotional state. Decreased stress: By encouraging both mental and physical relaxation, yoga meditation helps lower stress. By practicing meditation, people might feel more relaxed, less stressed and anxious, and experience mental clarity, emotional stability, and calmness. Numerous meditation techniques include breathing exercises, mantras, and object meditation.

II. BENEFITS OF YOGA MEDITATION

If something does not genuinely help you in some manner, it does not last for thousands of years as popular culture. Numerous people start the practice for physical, emotional, and spiritual reasons. This is a short list of some of the numerous advantages of yoga.

❖ **Yoga can lower stress and improve your mood.**

Stress may have a profoundly negative impact on your mind and body. Even though it is frequently ignored, if it worsens, it can lead to significant health issues. You can control and even reduce your stress with the help of yoga. Relentlessly working too much can cause headaches, trouble sleeping, and pain in your neck and back. Regular yoga practice allows you to relax and achieve a state of clarity that helps you concentrate better by drawing your attention to the task at hand. Stretching in the morning can help you gain clarity before you start your day, but many people save it for an after-work class. Your body's serotonin levels can rise with frequent yoga practice using a variety of poses and motions. With a general sense of clarity and less stress in your daily life, this alone can significantly lift your spirits.

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❖ **Yoga has several physical benefits**

As yoga is known to help with relaxation, it can also help with headaches and chronic joint pain. Furthermore, studies have demonstrated that yoga helps strengthen your immune system, raise your heart rate, and lower blood pressure. Pro athletes have said that yoga has helped them have longer careers. Professional football players, for instance, have continued to play well into their forties because they incorporate it into their daily regimen.

Yoga may improve your muscular tone, strength, and flexibility. It is also a terrific approach to start exercising if you are a novice. It keeps your metabolism in check, enhances cardiovascular and circulatory health, and may even help you lose weight. The number of advantages of yoga is nearly infinite. By adding this exercise into your daily life, you can become more physically fit, relax, focus, sleep better, and have better posture. Again, it is highly accessible to newcomers and total outsiders. You can take a yoga class at your neighborhood gym or recreation center or practice yoga in the privacy of your own home.

III. CONCEPTS OF MEDITATION

Similar to yoga, meditation has grown a lot in popularity recently. Many have started practicing general wellbeing as more and more people are looking for a more holistic and healthy way of living. However, it is much more than just spending time in silence or prayer. Many people adopt this type of training as a way of life since it relieves our anxieties and discomforts and aids in our pursuit of a certain degree of serenity and happiness.

IV. BENEFITS OF MEDITATION

For millennia, meditation has been incredibly popular. As more and more people become aware of the numerous advantages to one's physical, mental, and spiritual wellbeing, the practice is gaining popularity. You should be mindful that you are engaging in the most fundamental types of meditation. Have you ever advised someone to relax and take a deep breath and or asked to complete it on your own? It is a similar beneficial procedure. Similarly, meditation has immediate and long-term advantages, from improving health to fostering serenity. Is it not something that most of us take for granted, seeking to unwind and find a state of calm? However, the next time you feel overworked, think about these advantages.

❖ **Meditation Reduces Stress**

Many of us accept that stress is a part of life and deal with it daily. However, it has the potential to worsen and result in significant health issues. Stress can make it difficult for you to fall asleep, raise your blood pressure, and cause anxiety and even depression. However, there is evidence that meditation is beneficial. In addition to being the co-founder of Breethe, an app that serves as your mindfulness coach, Lynne Goldberg is a meditation coach. With great kindness, Lynne explained how meditation can assist in managing stress: "Meditation is the antidote to stress." Our bodies release adrenaline and cortisol when we are under stress. The "love" hormone, oxytocin, and other feel-good hormones are released during meditation. Both our heart rate and blood pressure return to normal as a result. You can get this mental and physical benefit from our Breathe app in as little as ten minutes daily. We will assist you in beginning your practice by providing guidance and meditation in our user-friendly, straightforward manner.

❖ **Meditation Helps Clear Your Mind.**

Frequently meditating people will tell you how much it has eased their mental clutter. It can erase any bad ideas that have bothered you over the day, making you feel like you have pressed the refresh button. In our conversation, Paul Harrison—a writer and meditation expert with over a decade of experience—emphasized this as the primary advantage. An extensive resource and online meditation course can be found on Paul's site, The Daily Meditation. Paul stated, "There are over 100 scientifically proven benefits of meditation." "The ability of meditation to heal the mind is its most significant feature. The reason is inherently capable of maintaining health. In The Daily Meditation, I talk about how the mind knows how to be healthy by nature. However, the 21st century's relentless barrage of stress and information overload impairs the mind's ability to function. The mind can once again operate in a healthy, productive manner after being cleared of all distractions and cleansed by meditation.

❖ **Meditation and Physical Benefits**

People can gain physical benefits from meditating and an increased sensation of serenity and tranquility. Those deeply committed to meditation will explain how regular practice increases prana (energy) in your body. Furthermore, it has been demonstrated to lower blood pressure and lactate levels in the body, which reduces the risk of anxiety attacks. It can also strengthen your immune system, increase fertility, and help your body eliminate tension-related ailments like headaches and muscle issues. We could discuss the advantages of yoga and meditation for a long time. However, it could appear like another passing health fad that will soon be eclipsed by the newest craze, yoga and meditation, which humans have practiced for thousands of years. Millions worldwide are wholly committed to that lifestyle and will attest to its advantages.

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V. TRENDS IN MEDITATION

Though meditating daily is an excellent practice, May is a perfect month. May 21st is World Meditation Day, and May is National Meditation Month! The history of meditation itself can be used to determine the roots of World Meditation Day. Meditation has existed almost as long as humans have lived on this earth. The Vedas, a collection of old Hindu texts, contain the first documented accounts of meditation. However, references to meditation have been discovered by historians that reach back to 5,000 BCE—more than 6,000 years ago! Many people believe that meditation originated in Asia. Since its beginnings, however, meditation has become increasingly popular worldwide, with its tenets modified and integrated into regionally specific mindfulness practices. We decided to embark on a *virtual* appreciation tour of various forms of meditation practiced around the globe in observance of World Meditation Day.

❖ Meditation in India

Most people agree that India was one of the main sites where meditation originated. Nearly half of Indian adults (48%) meditate at least once a week, according to the Pew Research Center. Based on evidence, meditation and religion are related. Specifically, adults in India who pray daily are more likely to meditate than non-prayers. According to the same data set, the proportion of Indians who meditate varies significantly according to where they reside. For example, only over 19% of South Indians report routinely practicing meditation once a week, while 75% of Central Indians report doing so. (A startling 61% of people in the central region meditate daily!)

❖ Meditation in the United States

About 40% of adults in the US meditate at least once a week, according to a 2014 Pew Research Center study of over 35,000 Americans. However, this figure differs according to the source. For example, according to an analysis of the 2012 US National Health Interview Survey (NHIS), 11.8 million adults, or closer to 5% of the population, reported having meditated at some point in their lives.

❖ Meditation Practices in Japan

Japan is another country credited with helping establish meditation as we know it today, having used and incorporated mindfulness into its cultural traditions for many years. Take Shinrin-Yoku, for example, a practice that has gained popularity recently. This technique, which translates as "forest bathing," is taking strolls in forests while acknowledging the wonders and attributes of the natural world. These walks are described as reviving, revitalizing, peaceful, and even joyful experiences to assist individuals in connecting with the tranquillity and quiet of the forest.

CONCLUSION

Yoga and meditation positively affect cognitive and behavioral functions, including better brain function, mental health advantages, decreased anxiety symptoms, and increased focus. Both yoga and meditation help you learn what it is like to be present by requiring an appropriate level of concentration and concentration.

It is this mindfulness of the present moment that helps to clear the mind and reduce anxiety and depressive symptoms. It aids in activating our relaxation and digestion (parasympathetic nervous system), which decreases heart rate and lowers stress levels. Although fostering balance and serenity are similar objectives of yoga and meditation, their methods and points of emphasis differ. Through frequent physical movement and postures, yoga encourages strength, flexibility, and balance. Breathwork and meditation are also included in the practice. However, meditation is a mental exercise. It entails developing an elevated awareness, calming the mind, and concentrating on the breath. It does not always require physical movement and can be done while sitting or lying down.

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