



DEGLOOR
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Meditation

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What is Meditation?

- Meditation is an experience of relaxing the body, quieting the mind, and awakening the spirit.



Reasons behind Meditation

- Stress Management and Pain Relief
- Anger Management
- Simple way to relax and clear the mind
- Control over Anxiety
- Improved awareness, and concentration (creates stillness)
- Improve our cognition (ability to think) and helps us to see things more clearly
- Develops our sense of self and our spirituality

Meditation.

Meditation is now a mainstream practice worldwide millions people practicing on a regular basis.

Meditation is the absence of thinking and it is the process of concentrating the mind.



We meditate every day without knowing!!!!

- Day dreaming
- Sports/physical activity
- Close reading
- Listening or playing music
- Studying

Spiritual effects of meditation:

- Meditation is “listening to yourself” and praying is “talking to God”.



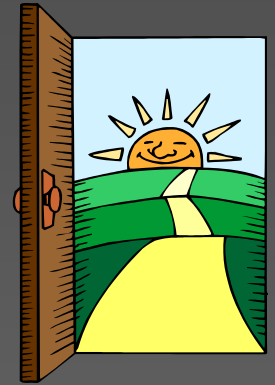
- When listening to yourself, you connect with the “real you”.

Tools Needed for Meditation

- Quiet space
- Images/symbols
- Music/cds
- Candle
- Straight backed chair or Matt

Psychological effects of meditation:

- ◉ It gives you the feeling of being “Centered”.
- ◉ Feel less anxiety.
- ◉ You learn how to focus on one thing at a time with softness and mindfulness.
- ◉ It keeps you in the “now” or present moment.



Physiological effects of meditation:



- Metabolic rate drops, i.e. heart rate, respirations, blood pressure, and oxygen consumption decrease.
- Immune system function improves.
- Biological aging is slowed.
- You have greater physical energy and stamina.

How to meditate, may need to do a relaxation exercise: TSMS

- ◉ Tense muscles, Shake, Move, then Stretch
- ◉ Find a quiet environment, take the phone off the hook, may need to set an alarm, start with 5-10 minutes, work up to 20-30 minutes.
- ◉ Sit (or lay down) in a comfortable position, palms open.

Continued:

- ◉ Spine straight.
- ◉ Feet flat on the floor.
- ◉ Or lotus position
- ◉ Hands on legs, relaxed.
- ◉ Pretend that you have a string attached to your head and it is being pulled up.

How to meditate continued:

- ◉ The key is focusing on your breath.
- ◉ Where do you notice it the most?
- ◉ Pick the point that you are drawn to and focus on that area.
- ◉ This quiets the mind and allows you to feel and experience what is going on inside of you.
- ◉ The mind is kept busy watching the breath and therefore has no chance to overcome you with anxieties.

During meditation, check in:

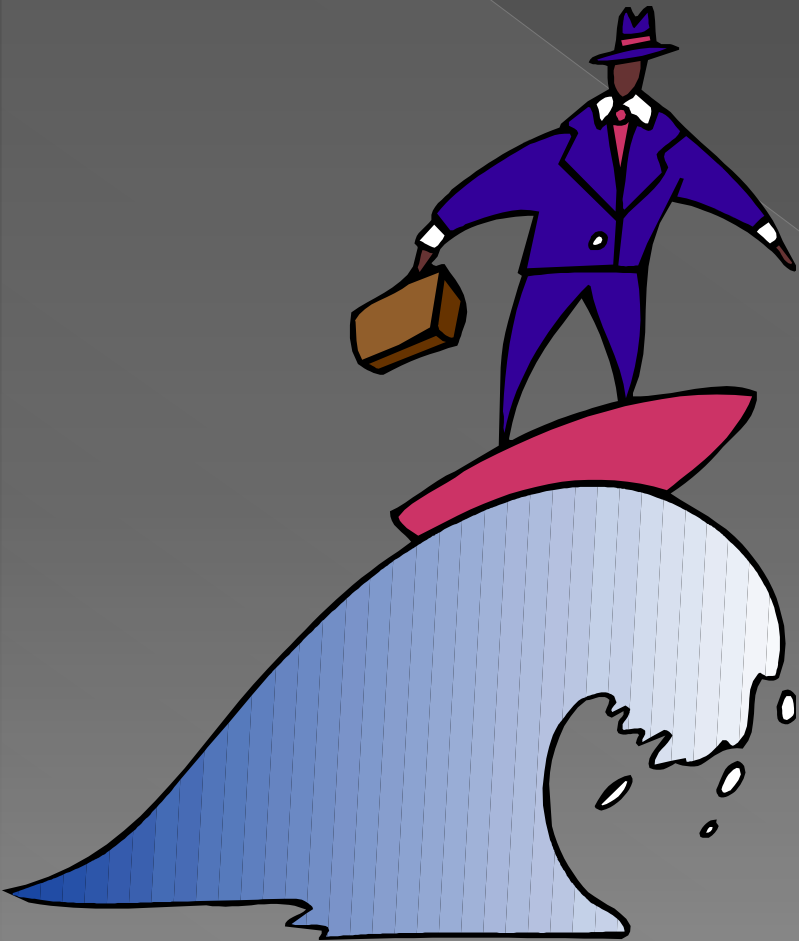
- From head to toe.
- Any tension, pain, or discomfort?
- Note the sensations, observe, try not make judgments, get irritated, frustrated or give up.
- Acknowledge any unpleasant sensations 3 times without judgment, and check in again.
- Allow each area of your body to relax.

Meditation:

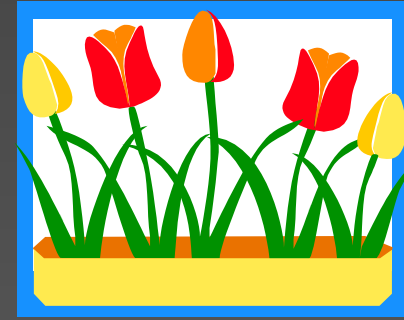
- ◉ Helps to access deep inner resources for healing.
- ◉ Calming the mind so you can be more effective.
- ◉ Helps you make sensible choices under pressure.
- ◉ Helps cope with stress.
- ◉ Helps you to feel better about your body
- ◉ Helps you be more engaged in life.

“You can’t stop the waves (or winds) but you can learn to surf.”

Jon Kabat-Zinn

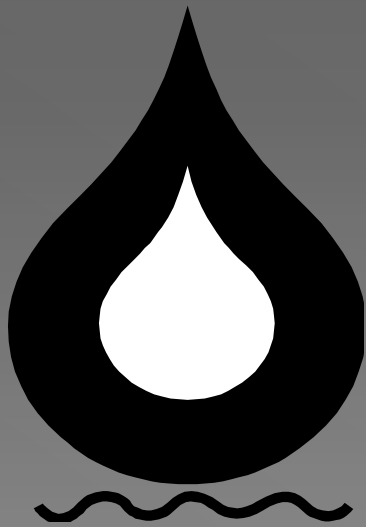


Meditation:



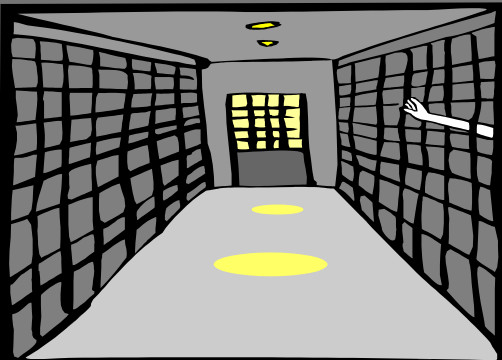
- ◉ Helps us to understand that everything happens for a reason, there are no accidents (coincidences).
- ◉ Helps you practice patience, just like the seasons cannot be hurried, they change on a natural rhythm.

“Do you have the patience to wait until the mud settles and the water is clear?”



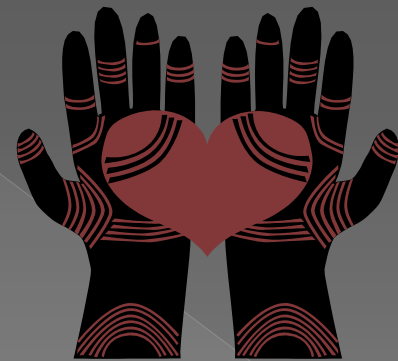
In summary:

- Meditation helps us to become more mindful.
- Mindfulness helps us to focus on one thing at a time.
- Meditation does not try to change our thinking by thinking some more.



In summary continued:

- Thoughts can be narrow and inaccurate. Meditation has tremendous psychological and physiological benefits.



- Meditation can free us.

Thank You..