

Meditation:

My dictionary tells me the word 'meditation' means '*to focus one's mind for a period of time. This can be done in silence or with the aid of some form of chanting, for religious or spiritual purposes*'. Or it can be simply as a method of relaxation for the mind.

To meditate literally means to think deeply about (something). It means to plan mentally and consider all the options for your life and the events that occur in it.

There are many synonyms for the word meditate. If we list them here you will see that many of us meditate unconsciously in our daily life.

To 'contemplate', means to look thoughtfully at, usually for a long time. To 'ponder' is to think about something carefully, especially before making a decision. And so it goes, for 'cogitate', 'muse', 'reflect', 'deliberate' and 'ruminate'.

I am sure at one time or another you have done one or more of these things to come to a decision about something in your life.

Meditation also helps you to be happier. Meditation can improve your health and bring about more harmonious relationships. It can also bring you success at school or work, in competitive sports and improved fitness.

Most of these results can be brought about by training your brain through thought, seeing the glass half full type of theory.

*Much of how up or down we feel is not about life events but how we cope with it and that can be decided by what we make of it in our head.*

Mental health can be improved by using meditation for relaxation which can then reduce stress. General health problems like high blood pressure will also benefit from meditation methods.

I'm sure there have been times after a hard day at work where you have got upset with something at home, for no reason at all. Our cognitive processes, needed for maintaining harmony and empathy with others just shut down when we are stressed out. Stress relief meditation is used to restore our balance and create harmony in our lives.

There is much evidence that meditation will make a clear thinker who will be smarter and more creative. This will have a big positive result on your work,

study and sports endeavours.

So it is that meditating can be harnessed by you to improve several areas in your life. This will consequently improve your physical and mental health and make you happier in the process.