



A NOVEL PRAGMATIC METHOD OF MEDITATION FOR POSITIVE MENTAL HEALTH AND PEACE: A CRITICAL STUDY

SHINDE Y^{1,2*}, VAIDYA B³, GODBOLE M⁴, PAWAR S⁵, CHAUDHARI V⁶ AND
SWAMI N⁷

- 1: Ph.D. (Scholar) Yashwant Ayurvedic College, Post Graduate Training and Ph.D. Research Centre, Kodoli, Kolhapur under M.U.H.S., Nashik, Maharashtra, India
- 2: Associate Professor, Department of Swasthavritta and Yoga, Dr. D. Y. Patil College of Ayurved and Research Centre, Dr. D. Y. Patil Vidyapeeth (Deemed to be University, (DPU), Pimpri, Pune 411018, Maharashtra, India
- 3: Law Officer, Administration Department, Dr. D. Y. Patil College of Ayurved and Research Centre, Dr. D. Y. Patil Vidyapeeth (Deemed to Be University, (DPU), Pimpri, Pune 411018, Maharashtra, India
- 4: Ph.D. Guide in (Ayurveda) Swasthavritta and Yoga, and Dean, Yashwant Ayurvedic College, Post Graduate Training and Ph.D. Research Centre, Kodoli, Kolhapur and Senate Member and Board of Studies Member, MUHS, Nashik, India
- 5: Assistant Professor, Department of Panchakarma, Dr. D. Y. Patil College of Ayurved and Research Centre, Dr. D. Y. Patil Vidyapeeth (Deemed to be University, (DPU), Pimpri, Pune 411018, Maharashtra, India
- 6: Associate Professor, Department of Panchakarma, Dr. D. Y. Patil College of Ayurved and Research Centre, Dr. D. Y. Patil Vidyapeeth (Deemed to be University, (DPU), Pimpri, Pune 411018, Maharashtra, India
- 7: Associate Professor and HOD, Department of Swasthavritta and Yoga, Government Ayurveda College, Osmanabad 413501, Maharashtra, India

*Corresponding Author: Dr. Yogesh. B. Shinde: E Mail: yogesh.ayurved@gmail.com

Received 8th May 2022; Revised 16th June 2022; Accepted 27th Aug. 2022; Available online 1st April 2023

<https://doi.org/10.31032/IJBPAS/2023/12.4.7005>

ABSTRACT

Background:

The current era of advanced technology and cut throat competition and the unstoppable 21st century was suddenly hit hard by the Covid-19 pandemic waves in 2020. It had an extremely devastating effect on the whole mankind especially on human mental health and peace. Surprisingly the sounds of upcoming world War 3 waves may be clubbed with the 4th wave of Covid-19 across the globe by 2023.

In this scenario, this contemporaneous article explores a Novel Idea of a simple pragmatic method of Meditation, inspired from Yoga Science, which includes a tiny dose of meditation practice coupled with small interval of symbolic renunciation in the leap of nature.

AIM:

The idea behind this study was to experience and observe the effects of simple sessions of an experiential meditation method in complete isolation from the daily activities of life.

METHODS:

The unique, and delightful method of meditation prescribed here principally includes

Step 1: Extensive walking in most simple fashion like Sages or Saints.

Step 2: Sitting for the Meditation in the leap of Nature

Step 3: Novel Pragmatic Meditation Technique comprising of slowly mental chanting of a mantra “I am nobody and I have no identity” which zeros the mental crowding of thoughts and pride of achievements residing in the human mind.

A. Self-Experience of Small Pragmatic Meditation Sessions

B. Personalized Observations of the Meditation Technique.

C. Drawing Conclusions based on the Intuition and Contemplation on the Self Experiences and Personalized Observations

OBSERVATIONS AND RESULTS:

This meditation session is to be practiced for 3-4 hours once in a week to get desirable results.

The Authors have undergone 21 Sessions of 3-4 hours of this Meditation Technique on weekends in the Year 2021.

The Intuition and contemplation on the self-experiences lead the authors to draw conclusions and write this article for the benefit of mankind especially for Positive Mental Health and Peace.

Conclusion:

1. The Meditation method recommended in this article is inspired from Yoga Science and it helps in reducing the signs and symptoms of psychological problems and psychiatric disorders especially the Perceived Stress, Anxiety and Depression.
2. This Simple Novel and Pragmatic method of Meditation instantaneously promotes a Positive Mental Health, Energy, Enthusiasm and Peace in the practitioner.
3. This unique method of Meditation is one of the best clinical prescriptions not only to prevent and cure psychological problems and psychiatric disorders but also to promote a positive mental health and peace.
4. Meditation is the Divine Key not only to prevent War Worries and Weakness but also to promote Wisdom Wholesomeness and Wellness.

**Keywords: Novel Idea, Pragmatic Meditation, Positive Mental Health, Mental Peace
Stress, Anxiety, Depression**

INTRODUCTION

The current era of advanced technology and cut throat competition unstoppable 21st century was suddenly hit hard by the Covid-19 pandemic waves 2020. It had extremely devastating effect on the whole mankind especially on the mental health and peace. Surprisingly the sounds of upcoming World War 3 waves may be clubbed with the 4th wave of Covid-19 across the globe by 2023..

Today, the social media and mobile devices are leading causes of psychological and physical issues and also contribute to more serious health conditions, such as depression. The overuse of technology may have a more significant impact on developing children and teenagers [1].

The mushrooming prevalence of such mental illnesses in the society is a critical point of concern to the scientists and researchers of the current era as it ends in suicides, addictions, crimes, accidents etc.

The reason of a stiff cut throat competition witnessed in all facets of life which is eroding the moral values, love and affection could not be eliminated at all. Every individual had to race for survival, food, clothing, shelter, education, and current materialistic needs of the modern technological era like Mobile and Internet etc.

The tendency of unseating others for creating seat for self, compromising with moral values for earning wealth, nepotism, lobbying, etc. is another dark reality of the 21th century. Corrupted Human values result in fall of positive energy in the human beings.

To a certain extent competition is a basic requirement for healthy life and accomplishments. But when the competition takes the ugly form it destroys love, justice and sense of belongingness. We all know that in the House of representatives only one person can become President and others have to follow him.

So, now we have to understand that we have to satisfy ourselves internally with what we have achieved in our life till today. But the ambition travels beyond the normal limits of satisfaction and people resort to committing sins to achieve success.

It takes immense efforts to digest failure and misfortunes than celebrating success. Many people fail to digest failures, misfortunes and become victims of depression, addicts of drugs, commit crimes and suicides, and so on.

The researchers who felt the painful reality of such immense traumatic conditions of the victims of conditions like depression had tried number of medicines like sedatives and tranquilizers etc., various

therapies and counselling but the problem is still an Iceberg and on a state of severe fatal mutation.

World Health Organization (WHO) declared Depression as the theme for the year 2017 with campaign slogan is 'Depression: Let's Talk', and was released on the World Mental Health Day this year 10 October 2016 [2].

In 2019, WHO launched the WHO Special Initiative for Mental Health (2019-2023): Universal Health Coverage for Mental Health to ensure access to quality and affordable care for mental health conditions in 12 priority countries to 100 million more people [3].

Even with such global initiatives by many international health and peace organizations, the invisible iceberg of Mental Ill-health, Ego and Deathless Desires is still immeasurable and is the real cause of Distress, Diseases, Disasters and Destructions including World Wars.

The Yoga and specially Mediation and its various types are still a ray of hope in this scenario but in real sense is very difficult to practice it for all and sundry.

Important point to understand about researches on meditation is that “there are many methodological challenges in meditation research like the mismatches between questions and designs, the variability in meditation types, problems associated with meditation implementation,

individual differences across meditators, and the impossibility of double-blind, placebo-controlled meditation studies. This is because the meditation is a highly personalized and self-experiential practice mentioned in Yoga and Spiritual sciences [4].

In addition, spirituality, peace and meditation can't be disbelieved and rejected if they do not fit in the significance level of materialistic Statistical tests. They may be above them.

In Yoga Science, Meditation has to go hand in hand with renunciation but total renunciation is against the human life. Hence the researchers have tried to prescribe a tiny dosage of meditation coupled with renunciation as a simple method of Meditation.

So, the novel and simple pragmatic method of meditation, inspired from Yoga Science, recommended in this article is found as one of the best prescriptions not only to prevent and cure psychological problems and psychiatric conditions but also to promote a positive mental health and peace.

AIM AND OBJECTIVES:

To promote a positive mental health and peace to prevent the psychological problems and psychiatric conditions in the current era.

OBJECTIVES:

- A. To observe and experience the effects of a simple method of Meditation in the leap of Nature.
- B. To actually live and experience the kind of life lived by the eternal and serene people like Sages or Saints when this world had not yet seen the light of the day of scientific and socialistic revolutions and when there was virtually no competition.

RESEARCH QUESTION:

Whether Meditation is useful in promoting a positive mental health and peace?

HYPOTHESIS:

Meditation is useful in promoting a positive mental health and peace.

RATIONALE I.E. NEED FOR STUDY:

1. References from history and mythology justify that physical wealth is always subject to destruction.
2. The unending desire is a main source of disturbance and desires are to be controlled by feeling of renunciation and practicing meditation regularly with it.
3. The distraction from running behind materialistic pleasures, walking like a very ordinary person with simple attire, brings about simplicity in the human beings.
4. Doctors come across many cases of Stress, anxiety, depression, insomnia, suicides and victims of addiction of

intoxicated Materials caused by great depression.

5. Mental illnesses accompany many other common health problems like Diabetes, High Blood pressures, Cardiac Diseases etc.
6. People do not understand the value of their precious life. They madly pursue their materialistic goals and on failing in which they become victims of depression and addictions and at times they may commit suicide.
7. So, the idea of practical sessions of meditation in the leap of nature was carried out to observe and experience the effects of a simple method of Meditation in this scenario.

METHODOLOGY OF STUDY:**A. SELF-EXPERIENCE OF SMALL PRAGMATIC MEDITATION SESSIONS****B. PERSONALIZED OBSERVATIONS OF THE MEDITATION TECHNIQUE.****C. DRAWING CONCLUSIONS BASED ON THE INTUITION AND CONTEMPLATION ON THE SELF EXPERIENCES AND PERSONALIZED OBSERVATIONS**

1. Authors have undergone 21 Personalized Sessions of Meditation: 3-4 hours of each session on weekends in the Year 2021.

2. On the basis of feelings, Self-experiences rather internal experiences and observations the conclusions were drawn and this distinguished and experiential method of Meditation is prescribed.
3. The Intuition led us to write this article for mentally weak people suffering from various mental illnesses.
4. This Meditation is to be practiced in isolation in the lap of pure nature away from commotion and noise pollution.

THE NOVEL METHOD OF MEDITATION FOR POSITIVE MENTAL HEALTH AND PEACE:

The simple procedure of meditation is as explained as below.

Here the objective of the authors is to skillfully use meditation as medication and not to induce people for renunciation.

To actually experience the benefits of meditation, we need to visit the peaceful, naturally green, forest like places and also walk for it.

Note: This Meditation would not fetch desired results if we do it at home.

A. Step 1 : Walking like Sages or Saints:

- Extensive walking in most simple fashion like Sages or Saints :
- You should go by walking for 5 to 10 Km or as per capacity towards the Meditation Point.
- Walk like Sages or Saints.

- Wear very ordinary clothes. No ornaments. No mobile phone. Very simple approach.
- Just have a feeling that you are proceeding on a move for renunciation. (However, you may not actually proceed towards the one)
- Note: You may not use your car at least for one day.

B. Step 2 : Sitting for the Meditation in the lap of Nature :

Then find a clean and calm quite place to sit for Meditation as per your convenience.

Sit under a Tree in a yard or at a placid place which is away from commotion, on a cotton cloth, with folded legs in a simple convenient style.

C. Step 3 : Novel Pragmatic Meditation Technique

1. Close your eyes.
2. Start cleaning your brain of all thoughts.
3. Think that you have no target, no liability, no asset, no near and dear ones, no property and nothing else.
4. Say the words repeatedly that "I am nobody and I have no identity".
5. Try to enter more and more inner halls of the brain.
6. Take deep and steady inhale, stop as far as you can and exhale steadily. Repeat this process throughout the meditation session.

7. You can change the positions if the continuous sitting disturbs the meditation in process.
8. Tell yourself that the entire world belongs to the Creator and you are just a visitor who has to pass away from this place. You yourself are a creation of the Creator.
9. Note : The creator has no identity. Whatever identities exist today are assigned by the people from era to era as per their intuition.
10. Your senses must be brought back by hunger or thirst and not by any emergency of performing any work.
11. **Immediate Feelings and Experiences :**
 - ✓ You will find for yourself that your mind becomes very calm and your blood pressure is stabilized as a result of improved heart function.
 - ✓ Your brain starts a strong and smooth functioning.
 - ✓ You are full of Positive Energy and Enthusiasm.
 - ✓ You will have a very peaceful sleep in the night.
12. You may stop this process after passage of 3-4 hours.
13. Then you can come back home and maintain the State of meditation throughout rest of the day and night.

DURATION OF 1 MEDITATION SESSION: 1 Session should be of 3-4 hours.

NUMBER OF SESSIONS RECOMMENDED: Such types of sessions must be experienced once in a week.

RECOMMENDED TIME OF MEDITATION: Early Morning, Afternoon Sessions are more effective.

DONS AND DON'TS DURING MEDITATION: Have fruits, milk, and self-made simple vegetarian foods for one day instead of spicy, oily foods, non-vegetarian and junk foods. (This is an integral part of the present meditation approach.)

OBSERVATIONS AND RESULTS:

EFFECTS AND BENEFITS OF NOVEL METHOD OF MEDITATION:

1. This Meditation reduces the palpitations, high blood pressure, stabilizes pulse rate, improves breathing capacity.
2. Blood pressure starts rising because of uneasiness, helplessness and force of performing obligation which is sent to cold storage during this typical session of meditation.
3. Meditation stabilizes the thinking pattern and induces creativity.
4. Meditation improves capacity to concentrate and focus on most

complicated activities we ignore in our busy life.

5. Meditation inculcates habit of deep thinking which in turn is helpful for solving the problems.
6. Meditation improves courage to face challenges by consolidation of mental power.
7. Meditation improves memory power.
8. Meditation improves shine of face and eyes.
9. The life span of those who practice meditation is generally long and it is healthy.
10. Meditation civilizes the human beings. It purifies the mind and heart so as to habituate pure thoughts and pursue pure ideas and perform pure acts.
11. Meditation inculcates kindness which is a basic requirement of existence of all.
12. Meditation teaches those endless desires and ambitions are the very causes of envy, uneasiness, impasse, violence, destruction etc.
13. Meditation teaches simplicity which bestows peace and happiness to our life.
14. Continuing effects of this meditation were Positive Mental Health ad Peace.

DISCUSSION:

1. In Indian mythological literature we usually come across the Sadhoos sitting under huge and dense trees in a typical style (Sitting in Padmasana, with back supported to trunk of tree) with closed

eyes in a state of zero movement. We come across many anecdotes wherein we generally read that the sadhoos used to sit in this position for days or months or sometimes years together without making any kind of body movement. They had long hair and beard. It is a kind of body position wherein stability of highest range is attained. Friends, this position of sadhoos is meditation [5].

2. Friends, we are living in 21st century. Our today's life is in no way parallel to the life that has been described in mythological stories. Today every person has some or the other kinds of aim or dream to be achieved at any cost. Every human being is running behind achieving success in their goals. We are part and parcel of a race from our birth to death. We are always running behind physical achievements and material pleasures. And this race itself has become the cause of our tragedy. We deeply believe that after satisfying our desires by physical achievement and material things we become successful. It is here that we commit a very huge mistake [6].
3. Friends no scientist of the world has ever been successful to create a replica of our real world. We really don't know the secret of this universe. Our universe is nothing but a huge zero as

the shape of earth suggests. We unnecessarily punish ourselves for not being successful in achieving our physical goals in sympathy with the rising age. This is generally because our society attaches respect to the wealth the human being has acquired. And this philosophy has given birth to hundreds of ills. This only has put us in unending race towards infinity and virtually futility. We fail to define correctly what is success? This has given us diabetes, blood pressures, and many other diseases which emerge from our disturbed mind and uneasy heart [7].

4. In general parlance, Meditation is a state of mind and body which denotes absolutely no movement at all. You have to send your thinking, your body actions deep into the Cold Storage for some time. You have to totally forget your name, your caste, your religion, your languages, your properties, your nears and dear ones, your business, your work, your profession, your object, and finally to your own also. You have to create a feeling that your body does not exist at all. No such person carrying your name exists in this universe at all. The entire wealth existing in the universe belongs to the creator of the world [8].
5. Let us see how Meditation has been interpreted :

- 1) Meditation is a practice where an individual uses a technique – such as mindfulness, or focusing the mind on a particular object, thought, or activity – to train attention awareness and achieve a mentally clear and emotionally calm and stable state.
- 2) Meditation is practiced in numerous religious traditions. The earliest records of meditation (dhyana) are found in the ancient Vedic texts known as the Vedas and meditation plays a salient role in the contemplative repertoire of Hinduism and Buddhism. Since the 19th century, Asian meditative techniques have spread to other cultures where they have also found application in non-spiritual contexts, such as business and health [9].
6. Our mind starts thinking when any idea is housed in it. But if there is no idea in the mind, there shall be no thinking, no waves of energy are transferred. You may be alive but the viewer must feel that you are dead, or in subconscious state. This is meditation. You have to retain your body here and engage your mind somewhere in spiritual concept. Meditation can be performed by only acquiring the spiritual thoughts, principles and practicing them.

Because spiritual thoughts only have potential to educate our mind to understand that desires are endless and the very desire is a source of sorrow (Lord Gautam Buddha). [10]

7. Today's achievement is tomorrow's precedent, and day after tomorrow's history. We cannot successfully estimate the life of this solar system, this universe. There were uncountable number of kings, landlords, on this earth all have come and gone. We know the story of King Midas who died on the golden bed with hungry stomach. We know Napoleon Bonaparte who ruled the half of the world but died in the detention (Saint Helena Island) [11].
8. We know Adolf Hitler who tried to establish parallel power centre but had to commit suicide. We have studied the poem describing the plight of broken statue of one-time great warrior and emperor Egyptian king Ramesses, (Ozymandias) by P. B. Shelley [12].
9. All these stories are not just for earning marks and certificates but for drawing inferences and practicing them in our real lives. We have seen many religious theories emerging from different ages. Was any of these having solitary and supreme existence? [13]
10. Similarly, tragedies and problems intervene and disappear. Theories do come and may disappear but the universe remains stable as it is. This kind of stability is a prerequisite of meditation. You must learn to adopt frank and casual approach towards the life whenever you feel that you are sinking under the pressure of tensions [14].
11. You must educate yourself to practice this approach. Many times, your goals are sources of your agonies. You have to send a searching look in to your goals and your abilities. Human beings differ in their abilities. You must learn to design your goals according to your abilities, capabilities, resources. You may repeat your efforts with corrective approach by learning lessons from failures [15].
12. A very good example of the same is Indian traditional game of forming pyramids of human beings to break the Dahihandi (Krishna Janmashtami). If one pyramid is collapsed you must start forming new pyramid immediately instead of crying and lamenting the teammates. The process must go on till either the Dahihandi is broken or you are tired. Do not worry if you have to leave the process because a new team will definitely come forward to break the Dahihandi. Or else, at times the height of Dahihandi can be reduced to suit the capacities of average team if no team succeeds in breaking the

Dahihandi. This is exactly what is required for us to learn that our goals must be capable of reconciling. Do not run behind the task madly. Do smart work. Do not ramp up yourself into depression if you fail somewhere. Inner satisfaction is more important than winning any race. Everyday new heroes are coming in this world. Old ones are slipping down to the track. So be stable, be cool, be focused. Human beings need rhythmic type of life discourse in which extreme highs and lows are avoided and a steady life process advances with a stable mental condition.

13. Meditation is a remedy to stabilize the speed of blood circulating thorough your veins which ultimately controls the pressure of the moving blood. This alone is offering remedy to many diseases.
14. Meditation is capable of providing no disturbance zone to the mind. It fosters the ability to do the work smartly, recognize one's abilities, study any concept from researchers' point of view and finally convince oneself to abandon the wrong path or an objective which will not offer any fulfilment of objects and satisfaction of desires.

KEY MESSAGES FROM THE NOVEL PRAGMATIC METHOD OF MEDITATION

1. Our universe is nothing but a huge zero as the shape of earth suggests.
2. The race for success has become the cause of our tragedy
3. You must learn to adopt frank and casual approach towards the life whenever you feel that you are sinking under the pressure of tensions.
4. Many times, our goals are the sources of our agonies.
5. Learn that our goals must be capable of reconciling.
6. Human beings need rhythmic type of life discourse in which extreme highs and lows are avoided and a steady life process advances with a stable mental condition.
7. Meditation should be practiced with small interval of symbolic renunciation.
8. It is the competition and desire that may breed ill thoughts and virtually ill results.
9. We learn good principles, theories and philosophies, not only to earn marks and degrees but to find inferences and adopt them.

CONCLUSION

1. The Meditation method recommended in this article is inspired from Yoga Science and it helps in reducing the signs and symptoms of psychological problems and psychiatric disorders especially the Perceived Stress, Anxiety and Depression.

2. This Simple Novel and Pragmatic method of Meditation instantaneously promotes a Positive Mental Health, Energy, Enthusiasm and Peace in the practitioner.
3. This unique method of Meditation is one of the best clinical prescriptions not only to prevent and cure psychological problems and psychiatric disorders but also to promote a positive mental health and peace.
4. Meditation is the Divine Key not only to prevent War Worries and Weakness but also to promote Wisdom Wholesomeness and Wellness.

REFERENCES

- [1] <https://www.medicalnewstoday.com/articles/negative-effects-of-technology>
Assessed Date : 25 Feb 2021 Time : 2.30 PM
- [2] <https://www.who.int/news-room/events/detail/2017/04/07/default-calendar/world-health-day-2017>
Assessed Date : 25 March 2021 Time : 3 PM
- [3] https://www.who.int/health-topics/mental-health#tab=tab_1
Assessed Date : April 2022 Time : 9.45 AM
- [4] <https://pubmed.ncbi.nlm.nih.gov/15973854/#:~:text=Among%20the%20challenges%20discussed%20are,%2C%20placebo%2Dcontrolled%20meditation%20studies.>
- Assessed Date : 27 May 2022 Time : 4 PM
- [5] <https://www.artofliving.org/yoga/yoga-poses/lotus-pose-padmasana>
Assessed Date : 21 Jan 2022 Time : 10.00 AM.
- [6] <https://www.quora.com/Lord-Buddha-says-that-desires-are-the-reason-for-sorrows-but-is-it-possible-to-get-rid-of-sorrows>
Assessed Date : 21 Jan 2022 Time : 10.15 AM.
- [7] <https://www.bedtimeshortstories.com/king-midas-and-the-golden-touch>
Assessed Date : 1 Feb 2022 Time : 10.24 AM.
- [8] <https://www.history.com/topics/france/napoleon>
Assessed Date : 2 Feb 2022 Time : 3PM.
- [9] <https://www.history.com/this-day-in-history/adolf-hitler-commits-suicide>
Assessed Date : 17 April 2022 Time : 9.30AM.
- [10] <https://www.poetryfoundation.org/poems/46565/ozymandias> Assessed Date : 17 April 2022 Time : 10.33 AM.
- [11] https://en.wikipedia.org/wiki/Krishna_Janmashtami Assessed Date : 5 May 2022 Time : 2 PM.
- [12] [https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3303565/#:~:text=Meditation%20techniques%20appear%20to%20reduce,systolic%20and%20diastolic%](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3303565/#:~:text=Meditation%20techniques%20appear%20to%20reduce,systolic%20and%20diastolic%20blood)

[20blood%20pressure](#). Assessed Date :
5 May 2022 Time : 3.04 PM.

[13] <https://www.health.harvard.edu/heart-health/meditation-and-a-relaxation-technique-to-lower-blood-pressure>
Assessed Date : 9 May 2022 Time : 5 PM.

[14] <https://www.diabetesselfmanagement.com/managing-diabetes/emotional-health/meditation-diabetes-management/>Assessed Date : 10 May 2022 Time : 9 AM.

[15] <https://en.wikipedia.org/wiki/Meditation> Assessed Date : 9 May 2022 Time : 4.15 PM.