

Utility of Transcendental Meditation in Human Life: An Analysis

Shyam Sunder Pal

Department of Yoga

Indira Gandhi National Tribal University, Amarkantak, Madhya Pradesh

Abstract :

Meditative meditation is an experience similar to love, pleasure, and happiness or the expression of different types of experiences and feelings of the mind. Transcendental meditation, an important type of meditation is a process by which the harmony between mind and body is established and it takes us to that level where our mind directly interacts with the source of thoughts. In 1957, H.H. Maharishi Mahesh Yogi emphasized the process of transcendental meditation to the world, which was simple, natural, and effortless, through which each person can develop the creative power of higher states of consciousness and also implied that the higher states of consciousness are the only solution of all problems. Through his messages, Maharishi Ji asserted that when people will start the regular practice of transcendental meditation their life will be led to improvement in health, success, development in intelligence, and improvement in family life. The present paper attempts to focus on the quality and benefits of transcendental meditation based on the messages of Maharishi Mahesh Yogi.

Keywords: *Meditation, Consciousness, Transcendental meditation, Rig-Veda, Psychotherapy*

Introduction:

According to Maharishi Mahesh Yogi, the process of transcendental meditation is *karmic* and certified by scientific research (Yogi, 2009). Through its practice, when the mind reaches the source of thoughts from the subtlest of thoughts to the subtle star, then it starts to know the unlimited realization, pure intelligence, self, and absolute truth from within which the laws of nature all the individual life. The source of thoughts is the field of pure intellect, which is also known as transcendental consciousness or in other words consciousness. We experience hundreds of thoughts daily, but this idea arises from where? This reason or source is inside us and is responsible for all these thoughts and their actions. Since our all thoughts are nourished by some degree of creativity and power,

infinite intelligence is the source of thoughts and power. These are the sources of thought or the distinguishing qualities of transcendental consciousness.

We can say that transcendental meditation is a mental process. By which we reach that star of transcendental consciousness where we are able to get this field of infinite action power and creativity and intelligence. As a result, we become more intelligent creative, and powerful in our daily life.

Three states of transcendental consciousness :

- (1) Awakening state: When both our mind and body remain active.
- (2) Dream state: The public mind and body remain partially functional.

(3) Sleep state: When the mind and body remain in a state of rest instead of functioning.

Transcendental meditation is as much an ancient technique as *Rig-Veda*. The earliest record of human experience, misfortune bash meditation, and various types of yoga have misguided the people from the gross star and misused it in the past. Maharishi Mahesh Yogi Ji revived this knowledge by bringing this method of meditation of the ancient era in scientific and systematic form in front of us in pure form, making it more effective and universal.

The technique of transcendental meditation :

He presented this method to the whole world and countless people benefited from practicing it. In the technique of transcendental meditation, we set the mind to a state where thoughts do not disturb it. When our mind is not disturbed by any thought, then it becomes positioned in the zone of complete peace and relaxation. Initially, when a person starts practicing meditation, then experiences in this state of mind last for one or two minutes, slowly one gets to experience it for two hours after practice. When the mind reaches the star of transcendental consciousness, then we experience complete bliss in our conscience. This is the stage when we begin to imbue ourselves with infinite action, creativity, and intelligence which is already in our conscience and this is also the purpose of transcendental meditation (Yogi, 2009). This meditation is the only one that keeps the body under control along with the mind and the senses, the hopeless and the uncollected yogi alone, staying in a secluded place and constantly keeping the soul in the divine. In Dharana, the mere thought by which the mind is engaged in the goal when that Vritti continues to emerge with the same

flow in such a way that no other Vritti comes in the middle, then it is called Dhyana (Maharaj, 2013)

The usefulness of Transcendental Meditation: The above Transcendental Meditation technique is very useful in relieving stress and depression, which can be understood from the following facts:

(1) Explaining the process of meditation, Swami Niranjanananda Saraswati writes, "Meditation is related to the mind and its different states. Meditation is not practiced to achieve inner peace and higher experiences but is practiced to see and understand oneself. Understanding the self which is dark, meditation is a science in itself, psychology or self-science. This self-science is used in various methods of meditation" (Saraswati, 2011).

In this regard, the first scientific research work done by American Dr. Keith Wallace on meditation is remarkable. They have assumed that the practitioner's mind remains fully alert while practicing the practice of timeless meditation, while the body goes into a deep state through intense rest and sleep. Such measures change the deep relaxation and approach used for psychotherapy, leading to positive thinking necessary for mental health.

(2) There is relaxation through sleep, but it is not able to extract the hidden body in the subconscious. Transcendental meditation is very useful for this. Transcendental meditation enhances psychological adaptability, which gives us the ability to struggle in every difficult situation while understanding reality.

(3) in many scientific experiments, various experiments were done on the human body, based on the results of which, it was accepted that outside meditation reduces "stress and anxiety".

(4) "Reduction in anxiety and insomnia" is its other psychiatric effect which is extremely useful in antidote psychotherapy. In addition to this,

psychoactiveness, harmony, proper balance, pleasure and self-feeling are its other psychiatric effects. All these actions generate an optimistic ideology and unique confidence in the person. Due to this, the brain becomes healthy by relieving stress and depression (Bhatt, 2019).

(5) It is believed that in a normal state a person exercises only 5 to 15 percent of his mental capacity, which can be used positively from 85 to 95 percent by practicing meditation outside. If it is practiced for 15 to 20 minutes per day, mental development results in the following mental benefits - increase in ability to learn, speed of problem-solving, educational ability, productivity, work capacity, job satisfaction, etc. (Yogi, 2009).

(6) Personal and social benefits such as sweetness and harmony in mutual relationships also derive from the practice of transcendental meditation. In the modern era, due to family fragmentation and social evils, the mental state of the person is also being adversely affected. In such a situation, due to these negative effects, people are suffering from mental ill-health. If continuous meditation is practiced, a person can attain mental health and be completely free from psychopaths. Apart from providing complete relaxation to the nervous institution, it also reduces physical, mental, and social adaptation while reducing stress and anxiety levels (Singh, 2001).

Conclusion:

In conclusion, it can be said that through outgoing meditation, possibility, freedom, simplicity, full inner reflexes, abundant orderliness, infinite speed of prosperity, ultimate knowledge organization, strength, growth, self-dependence, infinite creativity, unity harmony, balance, enjoyment, Psychological benefits such as self-perception and maturity can be achieved.

In summary, it can be said that transcendental meditation provides physical relaxation and mental reflexes. By doing this, the person gets mental health by doing conceptual analysis. Thus, from a practical point of view, this practice can prove useful for mental therapy.

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