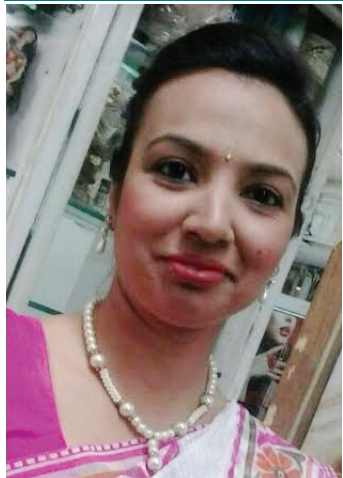




& Much More

Power of Meditation



Dr. Mehzeen Sadiwala

"The more regularly and the more deeply you meditate, the sooner you will find yourself acting from a centre of inner peace."

The term meditation refers to a broad variety of practices that includes techniques designed to promote relaxation, build internal energy or life force (qi, ki, prana, etc.) and develop compassion love, patience, generosity and forgiveness. A particularly ambitious form of meditation aims at effortlessly sustained single-pointed concentration meant to enable its practitioner to enjoy an indestructible sense of well-being while engaging in any life activity.

The word meditation carries different meanings in different contexts. Meditation has been practiced since antiquity as a component of numerous religious traditions and beliefs. Meditation often involves an internal effort to self-regulate the mind in some way. Meditation is often used to clear the mind and ease many health concerns, such as high blood pressure, depression, and anxiety. It may be done sitting, or in an active way—for instance, Buddhist monks involve awareness in their day-to-day activities as a form of mind-training. Prayer beads or other ritual objects are commonly used during meditation in order to keep track of or remind the practitioner about some aspect of the training.

How to Meditate

With the hectic pace and demands of modern life, many peo-

ple feel stressed and over-worked. It often feels like there is just not enough time in the day to get everything done. Our stress and tiredness make us unhappy, impatient and frustrated. It can even affect our health. We are often so busy we feel there is no time to stop and meditate! But meditation actually gives you more time by making your mind calmer and more focused. A simple ten or fifteen minute breathing meditation as explained below can help you to overcome your stress and find some inner peace and balance.

Meditation can also help us to understand our own mind. We can learn how to transform our mind from negative to positive, from disturbed to peaceful, from unhappy to happy. Overcoming negative minds and cultivating constructive thoughts is the purpose of the transforming meditations found in the Buddhist tradition. This is a profound spiritual practice you can enjoy throughout the day, not just while seated in meditation.

Why Learn to Meditate

The purpose of meditation is to make our mind calm and peaceful. If our mind is peaceful, we will be free from worries and mental discomfort, and so we will experience true happiness; but if our mind is not peaceful, we will find it very difficult to be happy, even if we are living in the very best conditions. If we train in meditation, our mind will gradually become more and more peaceful, and we will experience a purer and purer form of happiness. Eventually, we will be able to stay happy all the time, even in the most difficult circumstances.

Usually we find it difficult to control our mind. It seems as if our mind is like a balloon in the wind—blown here and there by external circumstances. If things go well, our mind is happy, but if they go badly, it immediately becomes unhappy. For example, if we get what we want, such as a new possession or a new partner, we become excited and cling to them tightly. However, since we cannot have everything we want, and since we will inevitably be separated from the friends and

possessions we currently enjoy, this mental stickiness, or attachment, serves only to cause us pain. On the other hand, if we do not get what we want, or if we lose something that we like, we become despondent or irritated. For example, if we are forced to work with a colleague whom we dislike, we will probably become irritated and feel aggrieved, with the result that we will be unable to work with him or her efficiently and our time at work will become stressful and unrewarding.

Such fluctuations of mood arise because we are too closely involved in the external situation. We are like a child making a sandcastle who is excited when it is first made, but who becomes upset when it is destroyed by the incoming tide. By training in meditation, we create an inner space and clarity that enables us to control our mind regardless of the external circumstances. Gradually we develop mental equilibrium, a balanced mind that is happy all the time, rather than an unbalanced mind that oscillates between the extremes of excitement and despondency.

If we train in meditation systematically, eventually we will be able to eradicate from our mind the delusions that are the causes of all our problems and suffering. In this way, we will come to experience a permanent inner peace, known as "liberation" or "nirvana". Then, day and night in life after life, we will experience only peace and happiness.

Transforming Meditations

Meditation is a method for acquainting our mind with virtue. The more familiar our mind is with virtue, the calmer and more peaceful it becomes. When our mind is peaceful we are free from worries and mental discomfort, and we experience true happiness. If we train our mind to become peaceful we shall be happy all the time, even in the most adverse conditions, but if our mind is not peaceful, then even if we have the most pleasant external conditions we shall not be happy. Therefore it is important to train our mind through meditation. When our mind is peaceful we are free from worries and mental dis-

comfort, and we experience true happiness.

There are two types of meditation: analytical meditation and placement meditation. When we contemplate the meaning of a Dharma instruction that we have heard or read we are doing analytical meditation. By deeply contemplating the instruction, eventually we reach a conclusion or cause a specific virtuous state of mind to arise. This is the object of placement meditation. Having found our object through analytical meditation, we then concentrate on it single-pointedly for as long as possible to become deeply acquainted with it. This single-pointed concentration is placement meditation. Often, analytical meditation is called simply 'contemplation', and placement meditation simply 'meditation'. Placement meditation depends upon contemplation, and contemplation depends upon listening to or reading Dharma instructions.

Since most of the problems we experience when we are new to meditation come from overstraining at placement meditation, it is important to be moderate and avoid becoming tense from exerting too much pressure. The effort we apply should be relaxed and steady, and whenever we become tired we should rest.

Meditation is the art of focusing 100% of your attention in one area. The practice comes with a myriad of well-publicized health benefits including increased concentration, decreased anxiety, and a general feeling of happiness.

Meditation benefits your brain

Improved mood and working memory - even under stress. Meditation is not an activity designed to take us away from the problems of life; rather it helps us face them with our full capacity. Everybody has to deal with stress at some point. Whether it is work, school, or family life, our ability to deal with circumstances is sometimes pushed to the limit. Dealing with circumstances that seem beyond your control can result in negative mood, anxiety, or chronic stress. New studies have proven that meditation actually improves mood and working

memory; even in times of extreme pressure.

Meditation can help reduce the impact of physical and emotional pain. Chronic physical pain can have a serious impact on your mental health. The negative thinking that can accompany pain leads to stress, which can further exacerbate problems. Fortunately, studies show that meditation can reduce the direct experience of physical pain up to 50%.

Beyond physical pain, chronic pain can have a negative impact on emotional well being. Through meditation people have learned how to respond to pain in a healthier manner. Training the mind allows the opportunity of a choice about how you will experience the present. Learning that you are in control of your response, and training yourself to do so, can have a significant impact on how you experience physical as well as emotional pain.

Getting into a state of flow

The state of flow has been described in many different ways, but generally reflects the same experience. Flow consists of a harmonious state with positive qualities that leads to a joyful state of being. When the characteristics of flow are described its clear how flow is synonymous with a meditative state.

Losing yourself in the activity, intuitively knowing what you're going to do next, reacting spontaneously and purposefully to present circumstances, being unaware of the passage of time and confidence in your ability to face challenges; these are all feelings which accompany a state of flow.

One of my favorite descriptive terms to explain the experience is being "in the zone". Hopefully you've experienced this feeling before. Sometimes it happens spontaneously, while at other times it happens through a great deal of preparation. Maybe you were confident in your ability to complete a project, and things seemed to fall into place. If you play competitive sports, it's possible that your training led you to a high level of performance, and it felt like you were

Although a great number of people try meditation at some point in their lives, a small percentage actually sticks with it for the long-term. This is unfortunate, and a possible reason is that many beginners do not begin with a mindset needed to make the practice sustainable:--

- Meditate with Purpose. Beginners must understand that meditation is an ACTIVE process. The art of focusing your attention to a single point is hard work, and you have to be purposefully engaged!
- Make it a formal practice. You will only get to the next level in meditation by setting aside specific time (preferably two times a day) to be still.
- Pick a specific room in your home to meditate. Make sure it is not the same room where you do work, exercise, or sleep. Place candles and other spiritual paraphernalia in the room to help you feel at ease.
- Make sure you will not be disturbed. One of the biggest mistakes beginners make is not insuring peaceful practice conditions. If you have it in the back of your mind that the phone might ring, your kids might wake, or your coffee pot might whistle than you will not be able to attain a state of deep relaxation.
- Notice small adjustments. For beginning meditators, the slightest physical movements can transform a meditative

practice from one of frustration to one of renewal. These adjustments may be barely noticeable to an observer, but they can mean everything for your practice.

- Do NOT Stress. This may be the most important tip for beginners, and the hardest to implement. No matter what happens during your meditation practice, do not stress about it. This includes being nervous before meditating and angry afterwards. Meditation is what it is, and just do the best you can at the time.
- Be Grateful at the end. Once your practice is through, spend 2-3 minutes feeling appreciative of the opportunity to practice and your mind's ability to focus.
- Meditation is an exercise with numerous benefits. It is proven to be an effective way of enhancing quality of life by improving physical, mental, and emotional well being. Meditation techniques are constantly undergoing scientific scrutiny. Research often provides new insights about the effects of meditation on the mind/body.

guaranteed to win. Improve your powers of empathy. Cultivating compassion can have a profound impact on how we deal with others. Forgiveness and compassion are important for building strong relationships, while at the same time contributing to a positive self-image.

Loving-kindness meditation (also called metta meditation) focuses on building thoughts of compassion for all sentient beings. To begin, we must first have compassion for ourselves; it can then be extended to friends, family and others. Building compassion for ourselves is not a selfish act - in fact it is one of the most unselfish things

you can do. Compassion for the self leads to self-acceptance, even in light of past mistakes. Compassion and forgiveness are interrelated - we cannot begin to forgive others if we cannot first forgive ourselves.

Self-acceptance can lead to much more positive interactions. Understanding someone else's mental and emotional state can help us put their actions in context. When we have knowledge of other people's suffering, we can work to alleviate it. Compassion can ultimately lead to greater happiness for all. Through training we can actually move away from negativity and begin to experience a more joyful state of being.

Children Theater Workshop Concludes with staging two plays

Vilas Janve

(the workshop director & writer of the plays)

A month long theater workshop for children conducted by Martand Foundation concluded on June 16th with staging of two plays 'Man ki Baat' and 'Mohammad bhai ki dushman' at the OTS hall of Central Public School, Udaipur.

The program began with the blessings of Lord Ganesh in the form 'Ganpati Vandana'. The first play titled 'Man ki Baat' displayed intelligence of Beerbal, noble of Akabar the great, over a question with the help of a poor wood cutter and an old lady. Beerbal proved that whatever thoughts we possess about others, the same thoughts are reflected by others to us. Darshita Bhalla as Sutradhar, Austin George as Akabar, Rimjhim Jain as Beerbal, Mohammad Tanzeem as wood cutter and Yamini Chouhan as the old lady impressed audience with their talent.

'Mohammad bhai ki dushman' was a longer play of 45 minutes, but the spectators were so engrossed that they kept on laughing and appreciating young actors and play ended on a happy note. Sutradhar (Yashu Dixit) declared in beginning itself that the play is aimed at eradicating tensions and providing healthy entertainment.

Mohammad bhai (Shubham



Sharma) is a peculiar old man, famously known in the entire village for his decaying pair of Juties (pair of shoes) which he has been using for the last 35 years. After getting final warning from his friend Jumman Miyan (Nishad Pandey), he buys new Juties, but getting rid of old juties becomes a tedious job. Wherever he disposes them off, they come back to him through one or another source, puzzling him and creating funny situations on stage.

The "little" actor's smartly delivered dialogues, and entertained audience with their natural expressions imbuing latent message. Both the popular plays have been staged on different stages, one of which was presented by the inmates from the Central Jail, Udaipur.

The plays were simple and



well understood and enjoyed by the participants. The work of Jovial Sinha as Kirmich bhai and Jugu in evoking laughter besides playing Tabla, Nishad Pandey as Jumman Miyan and for his melodious voice and background score, Bhavyan Khokhawar as Badlu kissan, Harija Pandey as Dhanoo, Ojaswinini Singh and Rashi Rajawat as male thieves (Kalu and Balu) and female security personnel, Himja Pandey as Heera ox and Rani, Mukul Audichya as Moti ox and Lallan Miyan and Yashu Dixit as the narrator was applauded and well appreciated by the audience. Shubham Sharma (recipient of scholarship from

Centre for Cultural Resources and Training) assisted during production, besides playing protagonist with high proficiency.

Deepak Joshi, Pandit Avadh Kishor Pandey and Garima Joshi shared their experience in voice modulation, music and dance during this production oriented workshop.

Dr. Shail Choyal, the chief guest commented 'I was overwhelmed by the presentation of plays. Moreover, the performance of children was full of creative exuberance. I assure parents that experience of theater helps in personality development of children. My hearty congratulations.'

Shri Deepak Joshi, guest of honor said, 'The quality of plays prepared during workshop displays rays of hope for future. It seems that the children have started understanding theatre.'

Mrs Alka Sharma, Director, CPS told 'Theater imbibes many faculties of art right from literature, music, and stage craft to acting. Martand Foundation deserves praise for giving impetus to Children Theater in Udaipur and I wish it should sustain such activity.'

With encouragement from all corners, the Children Theatre in Udaipur shows all hopes for a better future and allows the children to utilize their summer vacations in understanding the nuances of theatre and acting.

200 days of Mayor Udaipur

Udaipur : The corporation has completed 200 days of this board. Mayor claims that the plans during her four big changes will come into the city. The door-to-door garbage Kleksn, mechanized TIT Z c Fire Brigade station and LED concept is the most prominent. Mayer also say. The four plans have been updated. Whose purpose is to benefit the public. Mayor Chandrasinh Kothari 200 days to discuss the Corporation's focus in the coming period will be on the city's infrastructure and development. Its beginning has been made. The expectations of the people of the city, city government, they will be completed in time. The mayor said the city Sundayinkm, hygiene and safety may be at about the level of the corporation to meet her no effort will be Left.

A decision which will not change

Centdray by External Affairs Minister Sushma Swaraj announced after the Passport Office in Udaipur Panchvati Mayor Kothari to the community center was announced for it. Next Panchavati Committee Fijibl Community Centre was not stating its opposition. Two hundred days in Panchavati Hanae Mayor Did they say that the passport office will be opened at the community center. This decision will not change. Group Vokigschool corporation created in the city to promote the Heritage Walk is going to decide one day soon. On this day, residents will be made Vokig Group at the Heritage Walk. Specifically,

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The Band of Next Generation



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