

## RESEARCH ARTICLE

## Mediation for Healthy Environment and Sustainable Development

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Manuscript details:	ABSTRACT
<p>Date of publication 18.10.2014</p> <p>Available online on <a href="http://www.ijlsci.in">http://www.ijlsci.in</a></p> <p>ISSN: 2320-964X (Online) ISSN: 2320-7817 (Print)</p> <p><b>Editor: Dr. Arvind Chavhan</b></p> <p><b>Cite this article as:</b> Rewatkar VK (2014) Mediation for Healthy Environment and Sustainable Development <i>Int. J. of Life Sciences</i>, 2014, Special Issue A2: 204-206.</p> <p><b>Copyright:</b> © Author(s), This is an open access article under the terms of the Creative Commons Attribution-Non-Commercial - No Derives License, which permits use and distribution in any medium, provided the original work is properly cited, the use is non-commercial and no modifications or adaptations are made.</p>	<p>During the past several decades, scientific development has taken place at a staggering rate. However, since the storehouse of nature is limitless, the more we know, the more remains to be known. Today despite of many developments there is much fear, hatred and disharmony between individuals, communities and nations. This has led to the buildup of destructive weapons and the grave possibility of thermonuclear war. All the problems related to outer environment are serious today because our inner environment is polluted totally. If we clean the inner environment, outer environment becomes heaven automatically. Meditation or concentration is a best way for cleaning inner environment. In scientific language, concentration decrease the entropy of the nervous system: when we approach the absolute Kelvin, just as the entropy of matter drops to near zero levels, implies that the neuronal disorder keeps disappearing as we concentrate. Meditation is the process of learning to control mind-the most difficult task on the earth because we have made zero progress in understanding and controlling our mind. The need of sound mental health cannot be overlooked. A man with self-control is the most precious gem that one can offer to society. He is like a diamond among pieces of carbon. But meditation can convert those pieces of carbon into diamonds. Thus meditation or concentration is the only way for making healthy environment. The secret of making outer environment healthy is in our inside. Whenever we want to produce something, we should not depend upon the outside source instead to deep and seek the infinite source through meditation. Meditation means oneness with supreme energy. It is a path to peace prosperity, unity, just unconditional surrender to the Lord (Supreme power)</p> <p><b>Keywords:</b> Meditation, healthy environment, Sustainable development, sadguru, Shaktipat etc.</p> <p><b>INTRODUCTION</b></p> <p>This century is called 'Century of tension'. Due to modernization and mechanization man has become like a machine without mind. To achieve all modern facilities he is running in a rat race and forgetting to look after his health. Tension prone diseases are increasing like high blood pressure, diabetes and myocardial infarction. The most common cause of a weakened immunity in healthy individual is stress and ageing. Stress impedes cell's ability to repair DNA damage. However in last few decades science has become more proof and statistic oriented; and in this process mind was separated from body, without realizing that it is the mind-body complex, which responds together to any situation within or outside in the surrounding. There have been many studies that have shown how we react to stressful events in the setbacks or deadlines at work, conflicts and losses at home.</p>

The need of sound mental health cannot be overlooked. Much remains to be accomplished in the area of both mental and physical health. Many serious diseases still threaten mankind. The basic cause of this problem is that the general levels of conscience, consciousness and other spiritual qualities have not evolved to the same extent that the material side of civilization has. The spiritual evolution through meditation alone is the solution to the problems the society is facing.

### Meditation:

Meditation means oneness with supreme energy. It is a path to peace, prosperity, unity just unconditional surrender to the Lord. When this meditation is done under the able guidance of Sadguru and proper environment it gives true results. It is said that the seers of art of living, by Sadguru of meditation utilize self generated ultra sound energy through Naam Smaran Jap of Siddha Mantra for the power of concentration of mind. The ultrasonic used in Jap meditation cannot be heard by ears as they are totally non audible sound. The frequency of this Ultra sound is 14-35 MHz i.e. 14,000,000-35,000,000. (Figure - 1) concerned individual (doing Naam Jap) feels vibrations in tissues/organs where it is acting.

**Manasik Naam Jap:** It is reciting name of Almighty repeatedly and frequently without movement of tongue and lips. No sound is heard. Repeated recital is done while each breathing i.e. while inspiring and expiring the breath. It is not heard by anybody. It is within the performing person.

Meditating mind while breathing noiselessly and concentration produces Ultra Sonic energy which is distributed to whole body and is being continuously, slowly and steadily processed.

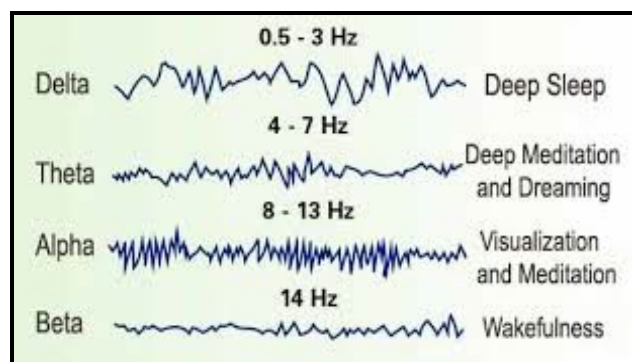


Figure-1 Brain waves pattern

The transmission of this energy from the Sadguru to disciple is called Shaktipat. There are three way of Shaktipat- by Mantra, Sankalpa and Drushti. By this Shaktipat, the dormant kundalini- Adishakti Prime energy is awakened. Once the kundalini is awakened by Siddha Sadguru (who aquire the skill of performing deeds in special way they are with us), all the persons need to do is meditation and Naam Smaran Jap regularly with no pause or long gap; while performing all our daily responsibilities to the best of our ability.

The place of kundalini in our body is at the base of the spinal cord. Also there are 6 chakras in our body along with spinal cord. They are correlated in modern science of medicine as follows

- **Muladhar chakra** near anal opening is called Pelvic plexus.
- **Swadhisthan chakra** near pubic symphysis called Arotic Plexus.
- **Manipur chakra** near umbilicus is called Solar plexus.
- **Anahat chakra** near centre of chest is called as Cardiac Plexus.
- **Vishudha chakra** at neck is called Cervical Plexus.
- **Adnya chakra** at nasion is called as Optic Chiasma or Optic thalamus.
- **Sahartras chakra** is associated with transcendence.

These chakras are linked together with the Sushumna Nadi inside the hallow opening of the spinal cord known as inside the hallow opening of the spinal cord known as shown in Figure-2 **Canalis Centralis**.

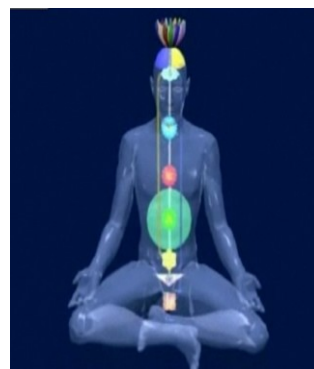


Figure 2: Shushumna nadi (Canalis Centralis)

Through these chakras (plexuses) different nerves come out and they supply to organs like Eyes, Ears, Trachaea, Lungs, Salivary glands, Stomach, Deodenum,

Small and Large intestine, Liver, Spleen, Pancreas, Kidneys and Rectum. We are called healthy when all these organs are working properly. These plexuses which control all these organs are activated by vibrations generated due to ultra sonics produced in Naam Smaran Jap. The energy produced is transmitted to whole body by brain for energizing the whole body.

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## RESULTS

It has been documented in many researches that Meditation reduces mental tension, stress and its all effects, mind can become thoughtless. On EEG (Electro Enephalo Gram) it is seen that Alpha Waves are generated when mind is thoughtless (Figure – 1).

- It also increases natural killer cell count<sup>1</sup>.
- It restores HPA- Axis diurnal rhythm<sup>2</sup>.
- It also reduces side effects of cyto-toxic therapy and increases disease free survival<sup>3</sup>.
- Normally we breath 500 ml air in and 500 ml air out during respiration in deep breathing (in meditation) we can breath 3500 ml air, our vital capacity is 4600 ml<sup>4</sup>.
- Meditating mind control and correct cellular dysfunction it regularizes apoptosis i.e. cell death which happens in every day after about 100-120 days and cells regenerate this tries to keep body fit<sup>5</sup>.
- Meditating mind produces energy which imparts positive energy to whole body. Physical, mental and psychological aspects of the performing individual are taken care of<sup>6</sup>.

## Side Effects

Yes, they include joy, peace, confidence, HEALTH and simple way to find spiritual transformation from Homo Sapiens to Homo *Sapiens Spiritus*.

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