



OCCURRENCE OF MEDITATION THROUGH THE PERSPECTIVE OF READING HABITUAL

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ABSTRACT

Reading maketh a full man says Francis Bacon, reading is just not a habit for a laureates is more than a kind of addiction, people who finds pleasure in reading believed to have better understanding towards the world and its kind. The state of mind is compressed either to spiritual life or to the life of worldly affairs; every human has to be possessed with either of this, if not their life would be completely dumped with miserable and misfortunes, in some way or the other every human has to find a path for laying peace and happiness inside, in twenty four hours in a day, apart from the resting hours, in common most of the men and women possess only twenty percent of time with peace and happiness the rest is to be said in vain, it's been said in the midst of difficulties lies happiness, so fortunately every human is desperate to find a passage for acquiring inner happiness. There are many programmes available in the market to generate peace within them, but I intend to choose the practice of reading to find inner management by converting into meditation, because I believe meditation plays vital role in managing ones personal attributes. In this paper I present a theory of concept for occurring meditation through the perspective of reading habitual.

Key Words: Reading, Meditation, Inner management.

INTRODUCTION

Meditation is a practice believed to be stained only by sobers or by saints, but nowadays it become more common for common people. The main purpose of meditation is to still the mind, to allow the center of your energy to recycle itself, and to become more in touch with your heart which is the core of your essence as an individual. Through the regular practice of meditation, each person can develop a new exuberance for life and for all the beautiful treasures that are within the easy grasp of your hand. There are many methods of meditation, and there have been countless books written about it describing various forms of meditation throughout

the centuries. Some forms suggest using Mantras (chanting), Mandalas (concentrating on a visual object), breathing techniques and countless other tools in order to enable the mind to release thoughts. As there are many different kinds of people in the world, so there are many different kinds of meditation, and it's beneficial to try each one until you find the one that works for you. In this article I give a method of meditation that can be acquired through reading habitual.

Impersonation of Brain in Meditation

"How the mind is connected to the brain is arguably the greatest unsolved problem in science," Presti says, interrupting my thoughts. He peers through his

half-moon shaped glasses. "We haven't got a clue, yet, how physical processes in the brain give rise to our experiencing a thought."

Although complete understanding of the brain is still a speck on the horizon, the past decade saw a remarkable twist in how we view the relationship between the physical brain of nerve cells and connective tissue and the intangible mind of thought and feeling. Scientists once believed that the adult brain could not grow or change. Now we know that adults do grow new brain cells and that behavior can affect brain development. Evidence is mounting that, like using particular physical exercises to develop certain muscle tissues, people may be able to perform specialized mental exercises to target specific areas of the brain. At least one of these brain-building activities requires no physical motions whatsoever: meditation.

For centuries, Buddhists practiced meditation to consciously improve their mental control over focus and emotion. Scientists now are comparing the brains of meditators and non-meditators to learn whether meditation does affect the brain, as the Buddhists claim. It seems that it does.

Scientists are documenting the claims of meditators and translating the perceived changes into scientific lingo. Where the Buddhist says, "Meditation brings more focus and brain power," the scientist says, "Meditators have increased gamma brain wave activity." Where the Buddhist says, "Meditation provides resistance to stress," the scientist says, "Meditators have increased serotonin levels and decreased cortisol and adrenaline." Where the Buddhist says, "Meditation increases happiness," the scientist says, "Meditators have increased the left to right prefrontal cortex activity ratio." Through using the most modern Western scientific

techniques, scientists are now discovering what ancient Eastern philosophy has maintained for centuries. The mind can control and alter the brain.

During meditation, heartbeat and breathing rates slow down, giving the meditator a sense of relaxation. This is different from sleeping, though, since the mind retains its waking awareness. This state is partially achieved by the release of a chemical that constricts the blood vessels, allowing blood pressure to remain constant even when the heart rate has decreased. This chemical, called arginine vasopressin, also helps new memories form, which may account for meditators' vivid recall of their experiences.

Meditation's changes to the brain also affect the body. Numerous studies have found that people who meditate are physically healthier. They have stronger immune systems and don't get cancer as often. Researchers don't know if meditation causes these effects, but find the connection tantalizing enough to study.

Understanding Meditation in the perspective of Reading

Distinguishing marks of the transcendent self: it is a center and expanse of awareness which is creatively detached from one's personal mind, body, emotions, thoughts, and feelings. It is the view of (Palmer 1917:19) that "extensive reading" is considered as being reading rapidly. The readers read books after books. Its attention is paid to the meaning of the text itself not the language. The purpose of extensive reading is for pleasure and information. Thus, extensive reading is also termed as "supplementary reading". The work of (Palmer 1917:63) notes that "intensive reading" means that the readers take a text, study it line by line, and

refer at very moment to the dictionary about the grammar of the text itself.

To sum up, (Palmer 1964:53) also concludes that both types of the reading are important because the main goal of reading is to comprehend the printed pages.

Intensive Reading is basically a "study" technique for organizing readings which will have to be understood and remembered. One may have good comprehension while reading line-by-line, but remembering is what counts. Intensive Reading is not a careful, single reading, but is a method based on a variety of techniques like scanning, the surveying techniques of planning your purpose, and others.

The most familiar technique and the heart of intensive reading is to read carefully and thoughtfully. Reading here means not only the familiar line-by-line reading, but line-by-line reading that is guided by our purpose and questions. Also be sure and read the material you covered while obtaining an overview

Also remember that with any technique and purpose, the rate of reading is varied, depending upon the difficulty and familiarity of the material. Speed may be reduced by the thought given to organizing the information, but except for this and the time out to summarize, the rate is like any careful line-by-line reading. The rate must be adjusted so that the desired comprehension is taking place.

Synchronization of Meditation and Reading concepts

Meditation concepts	Reading Concepts
1. Looking at you and asking questions.	1. Looking at main ideas versus details.
2. Understanding the	2. Understanding what

actual truth and reality.	is implied versus stated.
3. Making Intellectual.	3. making inferences
4. Looking at the order of various stages of life.	4. looking at the order of information and how it effects the message
5. Identifying the original quality and quantity of human nature.	5. Identifying words that connect one idea to another.
6. Identifying the relationships between the universe and body & soul.	6. Identifying words that indicate change from one section to another.

CONCLUSION

Meditation is one of the purest forms of relaxation and a way for anyone to get connected with his or her inner feelings by enhancing perceptions and maintaining an overall feeling of calm. Meditation can also be an activity that provides the mind with the same feeling and brings a continuous flow of positive emotions: Reading is one of the techniques that attribute Meditation, likewise there are many activities like gardening, artwork, yoga or walking in the moonlight with an mp3 player can always do the trick.

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