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Stress Release And Built-Up Fatigue By Transcendental Meditation

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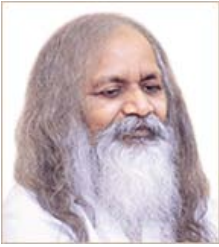
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Stress Release And Built-Up Fatigue By Transcendental Meditation



Transcendental Meditation is a simple but powerful mental technique which allows the mind to transcend, or settle to the deepest state of awareness. It does not involve any mental control, concentration or any active thought process.

Transcendental Meditation was brought to the world by Maharishi Mahesh Yogi 50 years ago and has been learned by five million people.

Inner Peace: A Mind-Body Experience

When your nervous system is less tense, you can react more calmly to problems that arise. It's not enough to affirm yourself to inner peace. You have to experience it in the physiology.

Experience natural calm

By adding the calming experience of Transcendental Meditation to your daily routine, inner peace grows easily. The natural tendency of the mind is to go in the direction of more happiness and peace. When practising Transcendental Meditation, this process happens naturally and automatically.

Add meditation to your daily routine

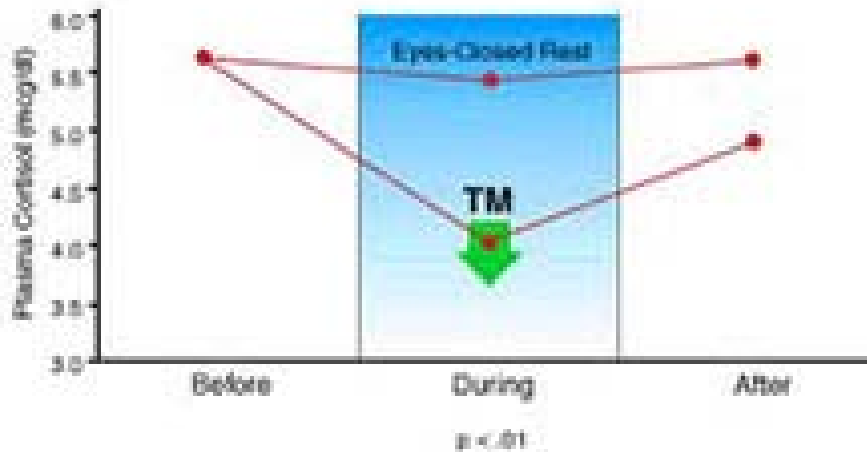
True inner peace is the sense of calm and centredness needed to be effective in today's busy world. In sports, they call it The Zone, where athletes perform at their peak while maintaining a calm, comprehensive point of view. You don't need to retreat to a mountain top to find inner peace. Just practise Transcendental Meditation twice a day.

By adding the calming experience of Transcendental Meditation to your daily routine, inner peace grows. It's similar to dying fabric the old-fashioned way—alternately dipping it in dye and fading it in the sun until it becomes colour fast. In that same way, the alternation of TM and activity quickly produces a state where you are never overshadowed by stressful experiences. No matter what problems arise, you face them with a strong steady state of mind.

Transcendental Meditation Reduces Stress Naturally

Stress is a fact of life - but it doesn't need to be.

Everyone is aware of the negative effects of stress. It decreases performance, harms relationships and creates physical wear and tear. In short, it curtails enjoyment of life. Furthermore it tends to build up in the system over the course of a lifetime. Even a good night's sleep or an extended holiday does not enable us to recover fully.



Hormones and Behavior 1978 10(1):54-60

Creating a balanced outlook

There may or may not be things we can do to reorganise our lives externally in order to help to reduce stress. But whether or not this is an option, internally Transcendental Meditation actually eliminates the effects of stress, physiologically. When practised regularly, this results in a more balanced outlook, more energy, motivation and a deeper appreciation of things.

And the ability to handle stressful situations

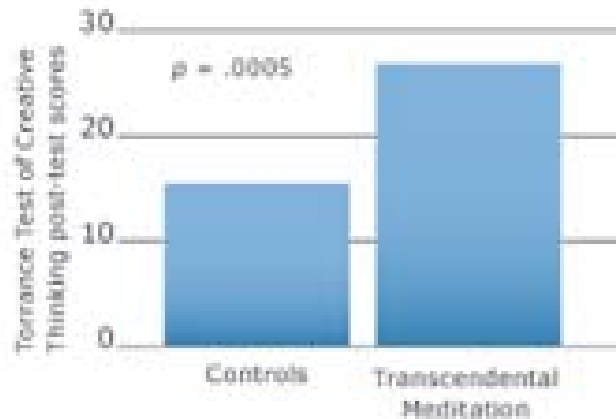
Because each individual is different, the balancing effects of Transcendental Meditation may bring different benefits for different people, such as fewer headaches, improved sleep, increased energy or better relationships. However, one benefit that the majority of people share is that they can generally handle stressful situations better after learning Transcendental Meditation.

Increase intelligence and creativity

Your brain did not come fully assembled at birth. Through the natural processes of maturation and experience, your brain is being created anew at every moment, to support all your thinking, deciding and behaviour. The on-going creation of your brain is a dynamic process.

The experience of restful alertness during Transcendental Meditation creates the optimum condition to unfold your full potential, for maximum intelligence and creativity in a completely effortless way, while preventing the damaging effects of stress on the brain.

Increased creativity



The Journal of Creative Behaviour
1979 13:169–180

The effect of Transcendental Meditation

Individuals who learned Transcendental Meditation showed increased creativity in comparison to controls, as measured by a higher level of pictorial originality when measured after five months of practice. They also showed increased creativity, as measured by higher levels of pictorial flexibility and verbal fluency (not charted).

Transcending is the Basis of Enlightenment

Normally throughout the day, we experience the busy active everyday level of thinking. When we practise Transcendental Meditation we experience a state where the mind is completely silent, yet wide awake.

Transcend means "go beyond", and this is the transcendental state: the mind has gone beyond all activity. This is an experience of the inner Self, which is perfect peace.

Transcending is natural and a universal experience, known to all cultures, however, it occurs rarely and usually by chance. Transcendental Meditation provides a systematic method to transcend that anyone can practise. Without this experience of transcending, we only have access to the constantly changing phase of life. Our thoughts, emotions, plans, memories - everything is constantly changing. No wonder that we may feel increasingly separated and isolated from the non-changing inner quality of life - the Self. People often report that when they learn Transcendental Meditation, they feel more connected, more at one with themselves, more fulfilled and happier.

The desire to know yourself

The desire to know yourself and understand your connection to the universe is natural. For centuries, it has inspired saints and sages to turn within seeking

enlightenment. When most people enquire about Transcendental Meditation, they are looking for the simple, practical everyday benefits that the practice brings. However there are also those who want to learn Transcendental Meditation for reasons which may be difficult to put into words, for self-knowledge, self-awareness, inner peace, spiritual development and enlightenment. All these are equally valid reasons for learning, and are, in a sense, exactly what Transcendental Meditation provides.

Transcendental Meditation provides access to the profound silence of the inner self that is deep inside everyone. With regular practise, the peacefulness and bliss of that inner experience is naturally integrated into daily living leading to an enlightened life with a fully developed heart, mind and soul.

Improving Relationships

Transcendental Meditation contributes to more successful and fulfilling relationships, and increases our ability to give more, in a positive way.

All successful relationships are based on giving. But we can only give what we have. Often by the end of a busy day our reserves of energy are depleted and there is nothing left for friends and family. Relationships inevitably suffer.

Transcendental Meditation reduces stress and tension, a major barrier to good communication and develops a more mature and tolerant personality. TM has also been found to develop broader awareness, greater happiness, and refined feelings and emotions. All these result in a more positive and warm personality capable of enjoying deeper relationships and a richer personal life.

Improve work and personal relationships

A study of executives and workers in the automotive industry found that after three months regular practice of the Transcendental Meditation programme, employees showed improved work and personal relationships, in comparison to controls from the same work.

Take care of yourself first

The few minutes spent every day taking care of ourselves by practising Transcendental Meditation, increases our capacity to respond to the needs of family, friends and colleagues.

Through this simple process of allowing the mind to settle to quieter levels and experience a state of restful alertness where the body is deeply rested and the mind fully alert, deep rooted stress and fatigue are dissolved in a natural way. This unique state produces very high levels of coherence or orderliness in the functioning of the brain, which results in the experience of increased peacefulness, harmony, mental clarity, and the ability to see things in perspective. By adding the

calming experience of the Transcendental Meditation technique to your daily routine, inner peace grows. As a result of the mind being calmer, people report that they feel less stress and pressure at home and work.

It is always true that if we are more positive and open towards others, they reciprocate by becoming more open and positive towards us. In this way, the inner development brought about by Transcendental Meditation is reflected in more rewarding relationships of every type - business, family or social. These individual benefits of Transcendental Meditation have important societal implications too. When individuals become less stressed and use more of their creative potential, they naturally contribute more positively to society.

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Certificate of Article

This is to certify that our Editorial board and Peer review team accepted the Article Under title [Stress Release And Built-Up Fatigue By Transcendental Meditation](#) . Which is submitted by [Dr. Prahladbhai M. Prajapati](#). This Research Article is original and innovative. It is double blind peer re-viewed. This paper is published in [Volume –II, Issue- II \(April-2017 Issue\)](#).

A handwritten signature in blue ink, appearing to read 'ABUJI'.

CHIEF EDITOR

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