

“Mind-Brain Development”

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Wholeness Summary:

The effect of meditation on the effect of central nervous system and activity and performance of mind has become an interest for many neurologists and main focus for researchers. As a result, scientists have defined and characterize different meditation techniques and practices using many kinds of scientific devices to technically measure and analyze the brain activity. One of the most common ways of doing this is to use electroencephalography, or EEG (Transcendental Meditation, 2014).

Main Points:

The mental procedures used by various meditators and practitioners are fairly different. Below are the three main types of ‘meditation brain patterns’.

Meditation of concentrating: focused attention : This type of meditation involves a focus of attention (be it a physical object, a word, or a concept) to increase the activity of beta and gamma EEG-waves that show an active and attentive state of consciousness.

Meditation of observing the mind: open monitoring: During this technique, no focus is present. Instead, the meditator observes the contents of one’s experience without judging them. There’s no manipulation, just pure watchful presence. According to a research found on Transcendental meditation website, the activity of slow theta waves increases, which reflects a relaxed state of mind (Transcendental Meditation, 2014).

Meditation of transcending: automatic self-transcendence: The mental procedure transcends itself and culminates in a mental experience of ‘unboundedness’. The more coherent the brain is, the better its parts are able to communicate with each other. The practice of TM turns on the whole brain and makes it function as a holistic unit. Coherence is especially high among frontal alpha waves

What is even more interesting, the overall coherence of brainwaves increases during Transcendental Meditation.

EEG Demonstration:

For the purpose of demonstration, Dr. Fred Travis, asked one of the students to meditate in front of all the attendees and with a band of electrodes fixed to his head.

The change in brain functioning were particularly interesting. As the mind settles into the practice of the Transcendental Meditation technique, brainwaves tend to become rhythmic and orderly. The brain switches almost immediately from an essentially random style of functioning to an integrated state, reflected in coherent EEG patterns. This unique brainwave pattern indicates the various part of the brain are now operating synchronously, reflecting enhanced communication throughout the brain.

During a TM session, the brainwave patterns of someone who started to meditate a few weeks ago are similar to one's who has practiced for decades. In other words, a meditator gets the experience of infinity right away.

The effects of long-time TM practice are seen in the patterns of activity. Experienced meditators are better able to integrate unboundedness into dynamic everyday action.

Reflection: From the video, I was able to understand that Vedic Literature is not a new concept and was first discovered by Indians. Human kind search for ways of fulfillment from the outer nature. However the inner nature of creative intelligence has more significance to attain the desired fulfillment.

The video given by the neurologist Dr, Travis was spectacular. The richness of the content of the video along with the flow and way of his explanation made it so easy for me to understand and visualize how the brain settles effortlessly using transcendental meditation.

I have gained knowledge about different techniques of meditating and what is actually happening in the mind during transcendental meditation. I was really thrilled and full of joy when I physically see the EEG demonstration as it proved me the effect of the transcendental meditation is real and very significant. The effects of long-time TM practice shown in the patterns of activity, has given me the courage and excitement to continuously practice transcendental meditation on a regular basis to see the same effect.

I am very grateful that I have learned this much about Transcendental Meditation. At the beginning, I had a fear of practicing it thinking that it has somehow a religious attachment. However I have come to understand that it is an easy simple and effortless scientific technique. In everyone's personal and professional life, the Vedic literature of creative intelligence and experience to the basics of laws of nature have a significant impact on gaining maximum success. As a computer Science student, Transcendental Meditation will help me to fulfill my desire of being successful and happy in life.

REFERENCES

Transcendental Meditation. (2014, January 6). *Different kinds of meditation, different effects!* Retrieved from Transcendental Meditation: <https://tmhome.com/benefits/different-kinds-of-meditation-differences-in-effects/>