

Meditation for world peace

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Abstract

People suffer from depression, discouragement, hatred, resentment, fear and anger. And those feelings give birth to more and more violence. Road rage leads to traffic injuries and deaths. Young people either shoot at nobles and instructors or commit suicide. Spouses destroy spouses or parents destroy children or vice versa. Hence, our generation has chosen self-motivated war, assault, and occupation as the principle weapon for creating safety and peace in the world and for establishing democracy. Of course, not everyone is functioning in negativity, but the energy of it surrounds us. We are swimming in the ocean with negativity even if we haven't swallowed it. Those of us walking spiritual paths have a tremendous challenge if we are to counterbalance this negativity. Firstly, we have to overcome any negativity within. Then we can help to transmute the energies permeating the group psyche. How can we overcome destructive emotions (Narrated by Daniel Goleman, New York: Bantam Dell, 2003). It reports on a scientific dialogue between the Dalai Lama, Buddhist scholars, and Western psychologists, neuroscientists, and philosophers. The book is very grounding and encouraging. It provides evidence that meditation definitely effects change, physiologically, emotionally, mentally, and spiritually. For thousands of years spiritual teachers have taught that negative emotions alienate us from other persons and the world around us has advocated meditation as a way to transform emotions and Buddhists have a 2,606-year history of investigating the workings of the mind and learning how to overcome our tendencies towards destructive emotions. Now scientific research and advanced technology have proven the

effectiveness of these techniques. Western emotions tend to be judged good or bad according to their usefulness in structuring social life. Happiness, sadness, love, friendship, forgiveness, gratitude, regret (or remorse for having done something wrong), guilt and shame contribute to better interpersonal relationships, whereas anger, contempt, indignation and fear tend to break down the social fabric. Consequently, the Westerners in the dialogue were inclined to view the following as destructive states of mind: low self-esteem, overconfidence, harboring negative emotions, jealousy and envy, lack of compassion, and inability to have close interpersonal relations. They viewed constructive states of mind as, self-respect, self-esteem (if deserved), feelings of integrity, compassion, benevolence, generosity, seeing the truth, the good, and the right, love and friendship. As you can see, nearly all of these emotions, or states of mind, are directly related to interpersonal relations.

Keywords

Depression, Anxiety, Stress, anger, mental health, psychology, mental disorders

Introduction

All world problems, from military conflicts to domestic conflicts, are caused by violence. Through meditation we will remove the explanation for violence, thus bringing peace to the World.

Any action that's undertaken without inner peace only results in regret. And peace doesn't mean inaction. One has got to use all methodologies to curb terrorism. We've to try it through education and persuasion. Force should be used only nothing else works.

Meditation and SudarshanKriya have transformed the aggression and violence inside people into compassion, love, and care. In these times of war and disease within the world, it's so important that we all meditate a touch bit a day .once we meditate, we nullify those vibrations, thereby creating a more harmonious environment around us.

Every war features a reason. Sometimes wars become unavoidable, like an operation. If there's a wound or a cancerous cell in one's body, the doctor operates. After the operation, it's essential to nurse that part which has been operated. Similarly, after a war; tons must be done to bring peace, love and confidence into hearts and minds of the people.

Can I make the world peaceful?

Don't think, "What can I do?" or that you simply are insignificant, when the planet is during a problem. You too have a task to play. A small homeopathic pill, which features a 1/100th, or 1/1000th potency, makes an impression on a body, which is sixty to seventy kilos! Scientists have discovered that a small change in one place, just like the flapping of a butterfly's wings in South America, may produce an outsized effect during a faraway location, sort of a tornado in Africa, which is named 'Butterfly effect'.

In the same way, every individual — everyone who is breathing, talking, walking, thinking - influences this planet. So we will all radiate peace, good thoughts, good vibrations, good wishes which definitely makes an impression on the earth. Being peaceful during a meditative, prayerful state definitely helps.

The rest in meditation is claimed to be deeper than sleep, and its benefits are manifold. a relaxed mind, good concentration, clarity of perception, improvement in communication, inner strength, and relaxation are all natural results of normal meditation. In today's world of stress and a number of other negative emotions, meditation isn't a luxury, but a necessity. it's key to sustaining happiness and peace of mind.

Conclusion

Peace is the desire of every beating heart. Peace is the hope of every nation, the promise of every politician, the pulse of every religious tradition, the goal of every prayer. Peace is the bold, courageous and ultimate response to the notion that violence provides any viable solution for the conflicts of our world. Peace is calmness and tranquility, a time when there are no wars going on or the state of having no war or conflict. An example of peace is a feeling you have on a quiet Sunday morning as you sit on a deck in the woods and watch the birds. "Peace" is mistaken simply as the absence of some negative force, such as tension or violence.

Biography

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