Rejuvenate Your Mind…



The human brain is a very powerful supercomputer, and one of the most complex ones built till date. It can process billions of bits of information every second and can multi multi-task without you even getting a hint about it. But as all computers need proper servicing, de-fragmentation (for memory) etc., so does your mind.

After a long day at work, your mind becomes boggled and perplexed. It is because of certain chemicals depositing in the brain, which hinder neuro-plasticity and neuro-generation (read learning and thinking abilities) You might get confused by me using the the word 'brain' at some points, and 'mind' at others. In layman terms, they may be used interchangeably. But specifically speaking, brain refers to the organ consisting of a complex network of neurons, planted in a bony box called skull. The mind simply refers to 'the brain in action'!

Meditation is an ancient Indian(Vedic) technique of servicing/polishing/refreshing the mind. It has been proven to increase learning and concentration. It de-clutters the mind, so that you can utilize your mind more efficiently and focus on the work at hand, without unnecessarily (or necessarily!) thinking about nonsense that doesen't matter but still keeps your mind occupied all day. Many self proclaimed gurus say that meditation is synonymous to concentration. They would guide you to concentrate on a particular object such as an apple, a pin head, a candle flame etc. You feel good because they direct you to do so. "Breathe in, breathe out. And Relax. And you ARE feeling lighter. And now you ARE feeling fresh and energetic, ready to take over the world. Does that feel good?" And poor disciple in order to feed his ego is compelled to feel good. You just cannot feel bad even if you want to. Because then it would seem absurd and not make any sense. We humans have been hard wired to look for patterns of symmetry and the fit for the missing jig-saw. Ordinary people just want to assume a number and fit in. They don't want to stand out and create waves. But what happens when you perform the same procedure alone at home? I don't know about you, but I feel tensed from the pressure I put on my mind to concentrate on foolish objects.

Here, let me break a myth about the basic tenet of meditation. 'Meditation is not concentration. Meditation is de-concentration' That is how you de-clutter your mind.

Suppose your mind is a basket with your thoughts being the apples in it. You have to turn and empty the basket every now and then, to make space for new, creative thoughts. Only then would you properly achieve a true state of mindfulness. So much for now. Food for thought (if you consider it at all). Much more in the upcoming posts. Thanks for your precious time.

Regards

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