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SCIENCE OF MEDITATION AND SOUNDS

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ABSTRACT

The Purpose of this article is to enhance the knowledge of brain functioning and neural connectivity by collaborating ancient practice of meditation and sound of different frequencies.

Keywords: music, frequency, healing, therapeutic healing, mediation, health.

INTRODUCTION

Everything around us is connected, this has been proved beyond by our ancestors and present day science.

Art of connectivity, yoked with the nature/universe or creation is meditation, its a conscious act, a natural course that happens after a through knowledge of equilibrium, dynamicity and body dynamics that is attained after regular practice.

Sounds of different wavelength can arouse different part of brain. Medical science use different pitch sounds that varies between 100,000 and 3500000hz to targe particular unhealthy cells and kill them without disturbing healthy cell in radiation and ionization therapy.

Sound of 40 hz helps brain to focus better. Brain also can re-establish new neural connectivity when given a particular music. Ancient practitioners used sophagio scales for natural healing where in it activated different regions of brain.

174 hz for pain relief, natural anesthetic, emotional well being.

396 hz- let go off guilt feel, turns grief into joy

417 hz –mood shift towards positive one.

528 hz –love sound, as it helps to bring in compassion and self confidence

639 hz- improve communication skills by perfectly balance of tone of voice and emotions that also

help to be more expressive through vocals.

741 intuition, self expression.

852 to connect to deeper part of one self. self realisation

Meditation and brain waves

Beta waves- found in the conscious state where emotions are intact and you are reactive and provocative.

Alpha waves- beginning of composed state, where rhythmicity and brings in calmness and relaxation.

Meditation and integrity

when thought, belief and actions align in same path that is integrity.

Where there is sensation/power in thought there is nothing, senses in that mind start to get synchronicity of nerves system with the frequency of quantum of universe that changes the pattern of brain waves from alpha to theta. That is a stage where the intuitions start to set in.

MATERIAL AND METHOD

A study was conducted on a group of youngsters who suffered the pain pain that has after- effect in one or the other form like withdrawal, agitated state or loss of interest on life

Experimental group consisted of 50 members in different age group from 20 years to 45 years.

Sound used - music of 396 hz, 852hz, 639hz.

This group was given sound therapy with the meditation therapy for 4 months for 1 hour per day.

RESULTS AND DISCUSSION

In initial days hyper reactivity with tendency to skip the session was observed.

After 6 days, a state of natural acceptance of situation was achieved.

In later period there was a natural happiness, active state of mind and body along with the creativity was activated.

CONCLUSION

On medical examination it was proved that patient's level of physical pain, physiological pain and hormone levels were totally balance.

“Everything in a body happens in a rhythm”

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