

Navtaj Chandhoke

Meditation

OR

Medication

Have your pick



Meditation or Medication

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By Navtaj Chandhoke

Chapter 1

Have you noticed that our lives have become more complicated than ever before? Let's go back to hundred years ago; life was at a different pace. The majority of people were working for themselves; they will exchange the value for goods, for barter. At that time, the whole world was not wired, and people were living simple but natural life.

Things were tough and medication was not developed as compared to today. Generally speaking, when somebody got sick, the local healers would heal the body by herbs, fruits, vegetables and a change of lifestyle.

One thing for sure, the word "stress" was not discovered. People have to work hard, and live a bit harsh life, but people were happy. At that time, people were more bonding to religion, spirituality and respecting to the elders. That was the lifestyle then. Now, life is chaotic as we all suffer from stress, lack of sleep, and lots of more complicated diseases. Practically, we live in a box, travel in a box, and work in a box. The word "disease" means dis-ease of mind. Unfortunately, most of us have no time for ourselves, or our family, and friends.

An average person on this planet earth will spend a minimum 20 years of life in schooling, spend 40 years working for somebody and live most of their life in less than 10km radius. Depression and anxiety is become so common that people are choosing all kinds of prescribed and illegal drugs to cope up with them.



There are a very small percentage people who practice meditation as a part of their lifestyle. There are lots of people who want to meditate, but they are far away from the true meaning of meditation. For them, they just want to do it as a fancy thing to fit in the society. Most of them are not aware why do they meditate, how to meditate, where to meditate, and how long they should meditate.



Does the meditation has any benefit which are proved ones by the scientists, or otherwise? Does the meditation make you religious? Does the meditation belong to sex or **colt**? The truth is far beyond and is extremely simple.

And meditation is nothing but enjoying your beautiful aloneness. Celebrating yourself; that's what meditation is all about.

Osho

The natural way of meditating is possibly sit on the ground or on the tree, just like Gautam Buddha was enlightened under Modi a tree when he was meditating. The meditation shall be done when the sun hits the planet earth and at a certain degree which is mostly in the time between 1 to 4am in order to have the maximum benefit from meditation. Once you start meditating, all time you may start to feel the differences in every aspect of your life; calm and peace become your allies; while anger, ego and diseases may disappear out of your real life. Peace and harmony become your best friends in your personal life as well as in the society.

Meditation is the dissolution of thoughts in Eternal awareness or Pure consciousness without objectification, knowing without thinking, merging finitude in infinity.

Voltaire

On the other hand, we're all looking for a quick fix. Anytime we get a headache, or any kind of illness we're immediately take the prescribed drugs which have more negative effects than positive. In fact, most of the diseases we have which are not life threatening can all are healed naturally. Nevertheless, as we are

very much into quick fixing, we absorb lots of toxins into the body. But we pay to for the rest of our life suffering from the side effects. Have you ever noticed the sugary drinks have a good taste but they are enormously dangerous? The sugar coded medicine or tablets of pills have the same effects on our body.



Trying to convince drug users drugs are bad is harder than teaching an armless man piano.

Unknown

Being in a line with Mother Nature when we consume natural fruits, vegetables, nuts, and no processed foods, the chances of any disease become more and more rare. Consuming natural water and peaceful minds will keep you away from being insane. The processed foods contain so many chemicals which are extremely dangerous for health. For thousands and thousands of years, people who had mediated have enjoyed a **more healthy life, mind and body**. They might have suffered from diseases, illness, or negative emotional well being; however, they are able to manage their difficulty well and live much longer. The number of prescription of people on this planet earth is so high that the medicine companies are simply looking after their profits for their shareholders and the company rather than people's health or their wealth fare. Even the governments all across this world intend to turn their blind eyes towards the poison pills.

Meditation is a very natural process. **One can transcend in themselves and experience nothing.** Nothing is called "Shoonya" in Sanskrit language. It means zero, nada or nothing. Is it very personal experience and it is as unique as we are. No two people will have the same experience ever. There are several variations of meditation, varies upon the culture, races, spiritual belief, and age. The most anxious method of meditation is the one which brings more peace and calm when it's done in the most natural way.

Meditation... dissolves the mind. It erases itself. Throws the ego out on its big brittle ass.

- Tom Robbins

During the meditation, one can experience relaxing mind and body. The thought process continues in your minds and brain but slowly starts to shut it down. During the meditation, one can experience shallow breathing, and numbness of their mind and body. As the matter of fact, lots of people experience all the body experience. As the matter of fact, either you're awake or asleep, it's almost in between. You experience oneness. Some of us like to meditate with a mantra, which others prefer silence. Some prefer meditate in a group with a chanting and music; while others prefer to dance and shake their body off, then lie down to meditate.

The dilemma of doing mediation on daily basis versus takes a quick pill for the **instant result**. The medicine is important to have but addicting to medicine is a not something a person should do.

However, addicting to meditation is awesome!