

People in this modern materialistic world are prone to suffer from stress, emotional imbalance, anxiety, frustration and anger. It leads to many physical ailments, disturbed relationships and road rage. Many broken homes, accidents and suicides are due to this mental turmoil.

The only panacea for this is "meditation". A simple description of meditation is to sit silently with closed eyes and focus on breathing. It may or may not be accompanied by music. It helps one to connect with deep inner self and raises the level of consciousness.

The 1<sup>st</sup> effort may not be perfect but with regular practice one masters the technique. Then the results start unfolding. It leads to peace of mind, better concentration, clarity of thought and complete relaxation. The situations do not change but it changes our reactions and attitude to these. One learns to be calm and grounded in all circumstances and surrender to divine control. Gratitude takes the place of complaints and love replaces resentments. It is then that circumstances began to change. Life is a beautiful gift of God but one becomes thankful for it only after practising meditation. The result is a calm and serene individual.



~~Title~~ : Meditation: a Panacea to mental ailment

Today People are suffering from mental disturbance that negatively impacts their individual and social life.

In this situation, only meditation can bring them peace and mental stability. Continuous practise of meditation will definitely gives the results. Their negative attitude towards the harsh situations will be replaced with the positive ones.

They started to accept the reality. Meditation will make a person to accept a fact that life is a beautiful gift of God, Resulting a calm person.