Abstract

Meditation is a technique of achieving harmony between the physical, mental, intellectual and spiritual personalities of man. The technique of meditation where a flow of thoughts is encouraged thus using mind in a natural way. Meditation has number of positive effect on the physiology of human body. The aims of this study to observe the effect of meditation on eye center and throat center (Chakra) Energy and the hemodynamic parameters (blood pressure, blood oxygen content, and body temperature). Data was collected from 26 Meditators from a meditation centre for 9 days and the results are tabulated and analysed before and after meditation to study the effect of meditation on these parameters. This study will help in proving the positive impact of mediation on life and increase consciousness through chakra energy.

References

Effect of meditation on Chakra Energy and Hemodynamic Parameters

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**Index Terms**

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