

The Benefits of Meditation for Daily Living

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Abstract

The objectives of academic article, " the Benefits of Meditation for Daily Living", aiming to 1) to explores the methods and benefits of meditation, 2) to reveal meditation can be done through four postures: sitting, walking, standing, and sleeping, with mindfulness monitoring the mind until it calms down, and 3) to show off benefits of meditation include problem-solving, brain strengthening, positive thinking, sleep, optimism, and creativity. Therefore, the benefits of meditation for those who practice it, as it helps to cleanse the mind from unwholesome state and spread unconditioned compassion, and merit for themselves and others. On the other hand, Meditation offers numerous benefits for daily living, enhancing both mental and physical well-being. Regular practice helps reduce stress by lowering cortisol levels, improving emotional balance, and fostering resilience in stressful situations. It also enhances focus and concentration, allowing for better attention management and cognitive performance. Meditation promotes emotional well-being by encouraging self-awareness and reducing symptoms of depression and anxiety. More than this, it improves sleep quality, aids in better self-regulation, and can even boost memory, particularly in older adults. Generally, meditation cultivates a greater sense of peace and balance in everyday life.

Keywords: Benefit of Meditation, Meditation

Introduction

The way people think and live is not the same, they often face different problems that require individuals to find ways to solve all those problems. While Buddhism claims that "life is the cause of problems" because some problems cannot be solved effectively, such as death, despite the efforts to solve, old age death is still Unable to resolve this issue.

In this regard, Buddhism teaches to live with the reality of problems such as old age, disease and death, this is a way of acknowledging the truth of the problem and try to continue to live and move forward. This does not mean that Buddhism expresses pessimism, the fact is to acknowledge the fact that the process of life is only living and going through problems. (เจ้าสิทธิชัยสุภาภรณ์ ภาณุมาศ, 2022 : 30)

The course of life of the world is controlled and guided by the mind, which is the president, the leader, the leader of all actions. If the mind is overwhelmed by greed, anger, and delusion, no matter what the person thinks, says, or does, it is all bad. That is why the Lord Buddha should consider this matter of the mind a lot, otherwise problems may arise at any time due to the uneducated mind. Buddhism has shown many ways to solve this life problem. In it, the Buddha taught the method of controlling the mind through meditation.

In order to understand this meditation, one must first understand the word meditation, because sometimes there can be confusion between meditation and Vipassana, since this meditation is an ancient technique dating back to pre-Buddhist times. Other religions also talk about this meditation, such as Hinduism and other superstitions. Vipassana, on the other hand, exists only in Buddhism, and other religions do not mention Vipassana, meaning that Vipassana is the method of discovery by the Lord Buddha

As the multi-faceted chaos of daily life, social affairs, economics, politics, and the way the world works today, meditation has played a central role between people and the evolution of the universe. Therefore, the Buddhist method of meditation has helped us a lot in balancing human life and scientific work, because in order to maintain balance from external factors (materialism), it is necessary to maintain internal balance (mind).

For this reason, Buddhism often reminds us of the rules of training the mind through the use of two mechanisms: meditation and Vipassana, to partially bind the mind, and the cultivation of intellect through Vipassana, as long as the mind is in a state of mindfulness. Extremely chaotic, as long as the work is not happy and can cause harm to oneself, family, community, society and the world.

The meaning of “Meditation”

The term “Meditation” means mindfulness, calming the mind (Visuddhi Magga, 1956: 84) and delving into other emotions, or in other words, a way to keep the mind in one place for easy self-discovery. In determining the ups and downs of the mind. (Winston and Smalley, 2010 : XXI)

In general, this meditation is not meant to seek to meet the Buddha or any deity, that is, to follow the ups and downs of the mental state, using the breath as a vehicle to observe the phenomena of the path. In addition, it is necessary to observe and monitor breathing in and out,

which only serves to determine the exhale, the exhale, the exhale, while the long or short breaths are left to their natural state. (ไกรภัส, 2022: 37)

Others meaning of Meditation is a practice that involves focusing attention, relaxing breathing, a quiet setting, a comfortable position, and an open attitude. It helps free the mind from stress and worry by focusing on objects, images, mantras, or breathing. Relaxed breathing involves deep, even-paced breathing using the diaphragm muscle to expand the lungs.

A quiet setting is ideal for beginners, while high-stress places can be challenging. A comfortable position is essential for meditation, and an open attitude allows thoughts to pass through without judgment. (Mayo Clinic Staff, 2023)

In order for practicing meditation can be done in various ways, including attending special meditation centers or group classes, practicing on your own, using apps, or building it into your daily routine. Some ways to practice meditation include deep breathing, body scanning, repeating a mantra, walking and meditation, and incorporating meditation into your daily routine. By focusing on these aspects, you can create a healthy and enjoyable meditation practice.

Other meaning relates to meditation is a practice that involves focusing and clearing the mind using mental and physical techniques. It can help relax, reduce anxiety, and improve health, such as quitting tobacco. Modern science has only started studying meditation in detail in recent decades, with advancements in technology. Modern diagnostic and imaging techniques, like EEG and fMRI scans, show that meditation positively affects brain and mental health. (Cleveland Clinic, 2022)

Meditation can be dealing with our issues

Maintaining a balanced mind in the midst of life's troubles is an important point that cannot be overlooked. To be able to find a way out of problems in life, no matter how small or big work or study, it is necessary to meditate, which is a magic medicine that can help reduce stress effectively. The main benefit is that this meditation teaches Buddhism to live in the present, not in the past or the future, but to live fully in the present moment (Winston and Smalley, 2010)

In this sense, many studies have shown the benefits of mindfulness training of the momentary meditation that can help solve some of the problems of daily life as followings: 1) Helping for solving the problems better. 2) Helping for strengthening to the brain. 3) Helping for being person who be able to know oneself better. 4) Helping for increase the result of labor productivity. 5) Helping for thinking in positively. 6) Helping for fighting against some viruses. 7) Helping for getting well sleep at night. 8) Helping for lose weight. 9) Helping for increasing concentration well. Moreover, 10) Helping for giving high ideas and creativity. (Mayo Clinic Staff, 2023; Winston and Smalley, 2010; Black et al., 2015; ၄၀၀၀၀, 2024; Vredevel, 2022)

However, there are various nature of meditation as following: a) The determination of the mind as a form of meditation, b) The suppression of guilt is alive, c) Peace of mind is present, and d)

The nature that is not full of evil and the nature that the mind is free from evil as the norm.
(ประพนธ์ ฐปณีย์, 2010 : 44)

Meditation divided into 3-type as follows:

a) **Khanika samādhi** (momentary concentration), referring to a meditation in which the mind has a single feeling or peace of mind occurs in a row, while not long after it disappears.

b) **Upacāra samādhi** (neighborhood concentration), referring to meditation that has a calm heart, departing from the five revelations, but it is not the feeling of the elementary being. But the feeling of this meditation is the feeling of meditation, the mind that is about to reach **samādhi**.

c) **Appanā samādhi** (absorption), referring to the meditation in which the mind is immersed in the feeling of progress, equanimity, and so on. (Bhadantachariya Buddhaghosa, 1956; ๕๐๐๐๘, 2024)

For furthermore, the meditation is a method of mental development that helps in achieving clearer and deeper insight. It involves focusing on an object to calm the mind down, achieving a level of the momentary concentration, neighborhood concentration, and also absorption. The level of concentration is determined by the refinement of consciousness from moment to moment.

In **khanika samādhi**, the mind unifies for a short time before withdrawing from that peaceful state. As concentration refines, the nature of the tranquil mind experiences differs at each level. The mind can still move within the confines of the concentrated state, but not within the bounds of wholesome mental states. This state is similar to a physical activity, where the mind alternates between a state of calm and mental activity. The mind's movement within the limits of concentration remains within the bounds of wholesome mental states, ensuring that any thinking remains wholesome.

Guildline for Developping a Meditation for Everyday Life to Get the Most Benefit.

Meditation Posturing

Most people think that meditating until you are sitting with your eyes open, your body straight, your eyes closed, your right foot on your left foot, your right hand on your left hand, is called meditation. That is the right thing to do, but meditation does not have to be a one-size-fits-all attitude, it is possible to have all the attitudes and desires of a person who wants to grow. In all four attitudes, we want to adopt any attitude for meditation. It does not matter if you want to sit, walk, stand, or sleep, it is important to have mindfulness, to follow the breath, to go in and out, to know, to know, to know, to know, to know, to know, to know, to know, to know, to know, to know, to know, to know, to know, to know, to know, to know, to know (๕๐๐๐๘, 2024). Determining the attitude of meditation, no matter how easy it is for an individual to do that, but to take a big seat.

Seeking for silent place

For the mind of a person who is meditative, well-kept, has the Dhamma, etc., place is no longer an issue for him. Whether it was the roar of music, the shouting of him, or the sound of other beasts, his heart was not parted. But for those who are just starting out, it is important to find a quiet place to let go of distractions. If you go to meditate near the sound of the trumpet, meditate where people talk, etc., your mind will be captivated by those sounds. (๕๐๐๐๘, 2024). Therefore, it is better to find a quiet place.

Cross-Leg Posturing

In any of the four postures, why sit down? Because sitting can drive away to sloth and torpor, that is, drowsiness, shrinking from the heart. Just like you read a book, if you do not want to fall asleep while reading, sit down to read, do not sleep reading. On the other hand, in sitting with your eyes open, act like a Buddha image with your right foot resting on your left foot, your right hand resting on your left hand, and lean forward with your left and right knees pressed for good balance.

Sitting Posturing

Sitting upright in order to relieve physical pain, because if we sit with our back bent, the weight of the body will press on the middle spine, which causes us to hurt the waist. When the body hurts, the mind also hurts physically. On the other hand, bend your head slightly, lower your eyes, look one meter in front, or lower your eyes 45 degrees. Then start closing your eyes slowly, not forcing them to close or trying to close your eyes.

Be mindful of breath-in and breath-out

Meditation is necessary to meditate in order to keep the mind in the same mood. By observing the air when you go out, you will know that you are removing it, you will know that you are removing it, you have to do this regularly. On the other hand, to exhale, inhale one by one, do not try to exhale. When removing, release the air one by one, so as not to hear the sound of breathing. While growing, if your mind is not in one place, keep thinking, keep seeing the past action, keep popping up, hear the music of the day, stop breathing, and push your tongue against the ceiling of your mouth. Hold on until you can no longer bear to let go, do so, your heart will be frightened and run back into you.

The first thing people start with is low back pain, especially the unbearable heart. This is almost everyone, the important thing is to train gradually, do it every day for a long time, to be proficient, to be able to do it for a long time.

On the other hand, it is important that you have self-discipline if you are determined to meditate for half an hour, even if you cannot stand it. That unbearable comes from an unbearable heart. Do not indulge in laziness, laziness is unwholesome state, because this way you will always become a hindrances of the mind. (๕๐๐๐๘, 2024)

Benefit of Meditation Practices for Human Life and Human to Deceased

. Meditation develops the wisdom for daily life.

The unit of meditation is to calm the mind only, to keep the mind round, and not to fantasize about other emotions. Meditation purifies the mind, frees the mind from all emotional desires, relieves malicious resentment, relieves laziness and doubts in the mind. Meditation does not bring about intellect.

But meditation is the foundation of Vipassana, which is the cause of Vipassana. Meditation as a stepping stone to the perception of the intellect is the intellectual awareness according to the real nature in life. Only the development of Vipassana can bring about wisdom. Meditation is not Vipassana, but meditation is the foundation of Vipassana progress. Meditation does not bring about intellect, but without intellectual meditation it cannot happen. (๕๐๐๐๘, 2024)

Benefit of Meditation practices engaged from Living human to Deceased

At a time when the world is facing countless problems, including war, geopolitical competition in every corner of the globe, as well as economic problems and diseases. The practice of Buddhist meditation is becoming more and more important as it contributes to the balance of body and mind, because this method of mind control (meditation) is a point that cannot be overlooked at the individual, family, society and nation level, and also the universe. For the resurrected, the benefits of training and educating the mind through this meditation mechanism have three main values:

First, a person who has a regular mindfulness, does not live in the past and the future, that is, lives in the present state completely due to the determination of mental ups and downs according to the real nature. Therefore, the work that is done and completed always achieves better results without confusing the work and the mind.

Second, a person with a good control mind, with the wisdom of a messenger, can control all the moments of exhalation and inhalation, because the mind that controls and brings happiness to the individual, family, community and nation as a whole. Not only that, this power may spread to all beings.

Third, you can shake your heart out of debt, which is the main cause of all the problems (suffering) in this world. By training and training the mind well, that is the virtue of beauty, making one calm, free from attachment to perseverance and other evils. (Thera, 1962 : 36 - 49)

In addition, the meditation that takes the breath out as the base feeling is the only way to: a) For the supernatural purity of animals, b) To pay for grief and despair, c) For the extinction of misery and sorrow, and d) To attain the Noble Eightfold Path. (ព្រះតេជព្រះគុណ សីលានន្ទ, 2013 : 76)

In Buddhism, there are many meanings for the dead, but here are some of the blessings for those who have passed away. Residents in Asia, especially in Southeast Asia, have always understood that the souls of those who perform the (death) ritual can know and understand what

their relatives have dedicated to their ancestors. This point is correct because before practicing meditation, the practitioner (the yogi) always meditates regularly and then practices meditation later, because why? Because morality cleanses the body and speech. As for meditation, it cleanses the mind, so these two points cannot be separated from each other.

Such a mechanism has helped the ancestors a lot, because the sharing of the festival means that it creates conditions for other beings to be fortunate enough to receive the festival on their own by giving them the opportunity to approve the festival. Because this festival benefits both the distributor and the recipient.

Moreover, meditation is a practice that requires practice and adaptability. It's important not to judge your meditation style, as it can increase stress. If your mind wanders, return to the focus. There's no right or wrong way, but meditation helps reduce stress and improve overall well-being. Anyway, meditation offers numerous benefits, including emotional well-being, overall health, relaxation, and stress management by providing a sense of calm and balance. Also, the positive impact of mindfulness on psychological well-being and underscores its relevance in therapeutic contexts (Keng et al., 2011)

Based on various source has shown that the practice of meditation, it will get many benefits for daily life, and those are included **reduced stress, improved concentration and focus, enhanced emotional well-being, better sleep, increased self-awareness, lower blood pressure, improved relationships, and enhanced creativity and problem-solving**. Regular meditation helps lower cortisol levels, improves attention and focus, and reduces symptoms of anxiety and depression (Goyal et al., 2014). It also improves sleep quality by reducing stress and calming the mind before bedtime. Meditation also helps individuals become more self-aware, allowing them to observe their thoughts and emotions without reacting impulsively (Zeidan et al., 2010).

When combined with other relaxation techniques, meditation can help reduce blood pressure by promoting relaxation and improving cardiovascular health. Meditation also enhances empathy, compassion, and patience, leading to better communication and stronger interpersonal relationships (Colzato et al., 2012). Finally, meditation improves creativity and problem-solving abilities by quieting the mind and allowing for more divergent thinking. These benefits demonstrate the wide-ranging impact of meditation on mental, emotional, and physical health (Colzato et al., 2012). Moreover, there are many researchers found that the meditation practice will help create what is so-called that the potential of transcendental meditation as a non-pharmacological approach to improving cardiovascular health by reducing stress. (Schneider et al., 2012)

Summary of Meditation offers numerous benefits in daily life is bellows:

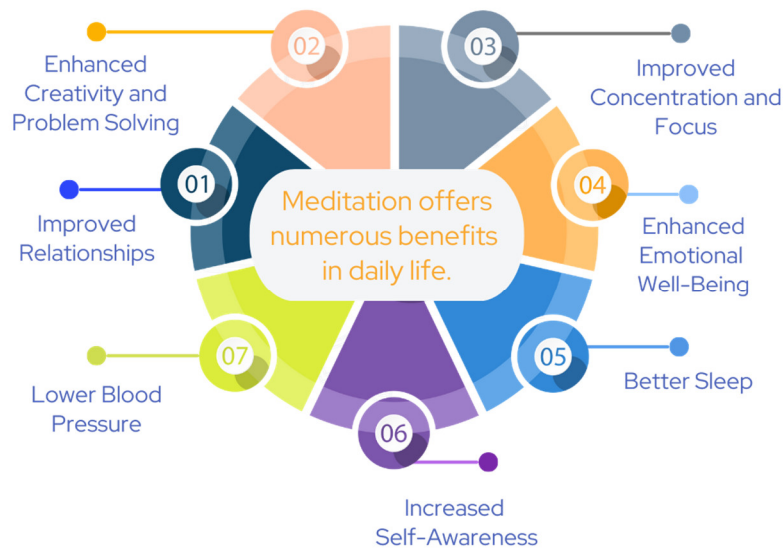


Figure 1 Meditation offers numerous benefits in daily life.

Dedication of merit action with Loving-Kindness after meditation practicing

Apart from the effects of loving-kindness meditation (LKM) on social connectedness in daily life (Hutcherson et al., 2008). Moreover, the distribution of the merit action is done as follows by imagining "Saddhu Saddhu Saddhu" at the end (ព្រះតេជព្រះគុណ សីលានន្ទ, 2013 : 76)

"May all beings approve of this part of the festival that has already been done to build all kinds of happiness."

"May all beings in heaven and on earth, angels and the Almighty
It's amazing to accept this part of the festival."

"Please, relatives and all those people, help keep the Dharma for a long time."

Conclusion

Because the state of mind changes so often and so quickly, Buddhism teaches to train the mind so that it does not become chaotic, because when the mind is not meditative, it can cause a lot of problems for oneself, family, and society. In Buddhism, it is emphasized that the world is controlled and led by the mind as the chief, therefore, the Lord Buddha should think a lot about this mind, and otherwise problems may arise. Up at some point because the mind is not well educated.

This does not mean that Buddhism abandons the body by worrying only about the mind, just that the mind is important because it can control the whole body and body, starting from the mind itself, therefore the mind needs training. More than the body, while the body also needs to be taken care of through various methods, such as food, exercise, etc., because the mind and body are

interdependent, there cannot be any lack in the human body. Therefore, the meditation offers numerous benefits, including emotional well-being, stress management, and overall health. It provides a sense of calm, balance, and helps maintain inner peace. It can also help manage symptoms of certain medical conditions.

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