

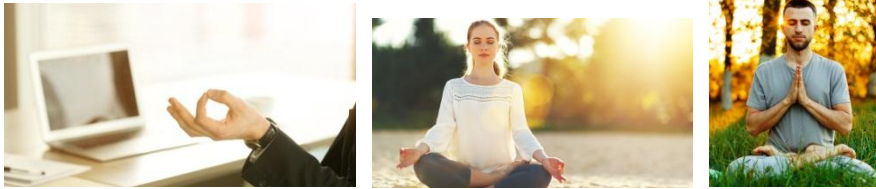
How to meditate on Work Place?

Ven. Dr. Sumedh thero¹, Bijay Veer Singh

Buddhism offers a smorgasbord of different meditation techniques we can practice to achieve everything we could possibly wish for: from developing peace, eliminating our anger, cultivating compassion, to meditations that will bring us to ultimate, ever-lasting happiness and wisdom

Meditation is a way to calm one's mind, and it is an art of well being that its origin is dated back to 2,608 yrs ago. The science behind meditation is to train one's mind to focus on one particular thing at the time which as a result, Concentration and Clarity of the mind is achieved from such practice. This mindful practice promotes mind's well balance. It helps ease stress and very easy to adopt to be an everyday regime even when you are at work, buzzing and dizzily busy with tasks.

Moreover, it is free of charge, free of instruments and free from limited usages.



For people who hardly have some free time to sit and relax, here are some various ways to adopt meditation habits at work that will guarantee you, a glimpse of peacefulness to recharge you restless mind.

1) Breathing Techniques

The Easiest way that can help you feel suddenly relax is to learn the techniques of Mindful Breathing.

Start by observing your own breath. Set 5 - 10 minutes of your day, relax and just focus on **“breathing.”** Observe how you breathe, slow, fast, short or long and etc. Do not stress though. Just breathe; it is not winning a competition. Other useful breathing technique is to fully breathe through your lung or using an Yoga Technique. These techniques help keep your mind focus, and your body will get more oxygen.

¹. vensumedh12@gmail.com

2. Use Meditating Mobile Application

There are many time reminder applications that help you meditate easily such as Omvana, White noise, Bhuddify and etc. Unwinding with these apps during the day helps de-stress, and you will come back from the break refreshed and energized.

3. Put Sign for a Meditation Break on your Desk.

Even machines need some pause to prevent breakdown, why would not you? Find some red circle or red dot to put on your work station. Use it as a reminder to stop being busy, and it is time to take a mini break to be mindful, and stay at the moment, only breathing.

4. Mindful Body Scanning & Peaceful Visualising

Use your imagination in the most practical way for mind and body healing. Visualizing that you are scanning your body. Feel the energy in each part of your body, and be mindful if there are any particular parts that need some extra Tender Loving and Care?

Pay attention to that part, and you will feel more relaxed and happier. Or you can just sit and unwind your mind, visualising serene landscape such as ocean, waterfall, lush garden or etc. This technique is a quick fix, pick me up technique for the tired and gloomy mind.

Setting a habit of taking a pause every long hours of focus work session with these meditation techniques. might surprise you with higher productivity level, as well as your health and well being are promoted.

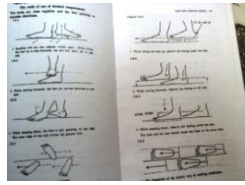
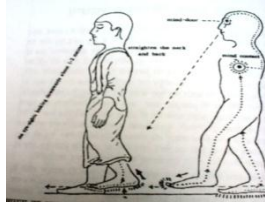
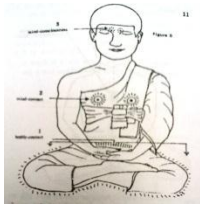
Expressed emotions and adaptive functions

Robert Zajonc, a University of Michigan psychologist, published two reviews in 1989 of the "facial efference theory of emotion", also known as facial feedback theory Adelman and Zajonc (1989) and Zajonc, et al (1989) which Zajonc (1985) first introduced to the scientific literature in an article published in *Science* in 1985. This theory proposes that the facial musculature of mammals can control the temperature of the base of the brain (in particular the hypothalamus) by varying the degree of forward and backward flow through a vascular network (a so-called *rete mirabile*). The theory is based on the idea that increasing the temperature of portions of the hypothalamus can produce aggressive behavior, whereas cooling can produce relaxation. Our emotional language has comparable descriptors, such as "hot-head" and "cool-breezy".

| Expressed emotion | Initial physiological function | Evolved communicative function |
|----------------------------|--|---|
| <u>Fear</u> | Increased visual field and speed of eye movement from widened eyes | Warning of potential threats. Appeasement to aggressor. |
| <u>Surprise</u> | Increased visual field from widened eyes | More research needed |
| <u>Disgust</u> | Constriction of face openings reduce dangerous inhalations | Warning of dangerous foods, behaviors, and ideas |
| <u>Happiness</u> | More research needed | Absence of threat |
| <u>Sadness</u> | More research needed | Vision handicapped by tears to show appeasement. Gain sympathy. |
| <u>Anger</u> | More research needed | Warning of impending threats. Signals dominance. |
| <u>Pride</u> | Increased lung volume in preparation for encountering challengers | Increased social status. |
| <u>Shame/Embarrassment</u> | Reduces and hides vulnerable body areas from potential attacks | Decreased social status. Wish for appeasement. |

It focuses on the deep interconnection between mind and body, which can be experienced directly by disciplined attention to the physical sensations that form the life of the body, and that continuously interconnect and condition the life of the mind. It is this observation-based, self-exploratory journey to the common root of mind and body that dissolves mental impurity, resulting in a balanced mind full of love and compassion. The scientific laws that operate one's thoughts, feelings, judgements and sensations become clear. Through direct experience, the nature of how one grows or regresses, how one produces suffering or frees oneself from suffering is understood. **Life becomes characterized by increased awareness, non-delusion, self-control and peace.**

According to the Buddha's teaching of Dependent Origination, everything, including the psychophysical compound that we call individual, exists only in relation to other beings and things and undergoes constant changes responding and reacting to them. The next section examines the Buddhist perspective on the causes **violence** and ways to prevent violence and realize peace. The last section explores the potentials Buddhist contributions to the peacemaking efforts and the promotion of a culture of peace in today's world. Believing that the **root of violence is located within the mind.**



References

- Adelman, P.K. & Zajonc, R.B. (1989). **"Facial efference and the experience of emotion"**. Annual Review of Psychology. 40: 249–280. [doi:10.1146/annurev.ps.40.020189.001341](https://doi.org/10.1146/annurev.ps.40.020189.001341). PMID 2648977
- Zajonc, R.B.; Murphy, S.T.; Inglehart, M. (1989). **"Feeling and facial efference: Implications for the vascular theory of emotion"**. Psychological Review. 96 (3): 395–416. [doi:10.1037/0033-295X.96.3.395](https://doi.org/10.1037/0033-295X.96.3.395). PMID 2756066.