

Effect of Nada Brahma Meditation on Alpha EEG on college going Students

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Abstract

The number of Anxiety patients is constantly increasing in the developed countries of the world as well as in developing countries including India. The Indian psychologists dwelt upon the problems of mental health since ancient times. This has both from therapeutic and spiritual points of view. The study aimed at finding out the effect of Nandbrahma meditation. It has been observed 25 college students, Garhwal university in the age group of 18 to 25 years wears given osho nadabrahma Meditation for 45 days. The study showed a significant change at the level of Alpha waves in student.

Key words - Nada Brahma meditation, Alfa waves

Introduction

Thus the Hindu psychology developed techniques to remove anxiety, fear, conflict, depression, inferiority complex, aggression ,social maladjustments and intoxication, etc . It suggests ,means to eliminate conflicts and tensions in marriage and in family. It suggests a positive religious philosophy of life. A brief review of Indian techniques to remove these afflictions will be helpful not only to the laymen and women but also to those adept in western psychiatry.

According to Patanjali, the propounded of yoga Sutra, "Success in yoga comes quickly to those who are intensely energetic. In order to gain energy for success we must remove certain physical and mental obstacles that stand in the way, these are sickness, mental laziness, doubt, lack of enthusiasm, sloth craving for some pleasure, false perception, despair caused by failure to concentrate and unsteadiness in concentration. Patanjali emphasizes the set up of a mental attitude which will be helpful in bringing mental peace. We must learn to be happy in the happiness of others, to merciful towards those who are in trouble, glad on the good deeds of others. So the wages of love, friendliness and mercy will win over the physical and mental ills.

Seven Stages of Awareness

The root cause of all ills and suffering is Ignorance. Patanjali points out that after removing the veil of ignorance we come to realize real nature of world and its objects. This is based on the stage of the real knowledge of 'Soul' . In yoga Sutra, there are seven stages for advancing towards the highest and real knowledge as follows:

The Realization – It is the awareness that the source of all spiritual wisdom in inside ourselves, that the kingdom of heaven is within us.

The Cessation of pain – Pain is caused by our attachment to the phenomena of external universe. It ceases on realisation of real self.

Samadhi- It is complete realization of, and union with the Atman. The Atman is experienced as total existence,consciousness and joy where all differentiation is lost.

The state of consciousness following Samadhi – One who has achieved Samadhi for him the external world is known to be merely an appearance.

Freedom from Need of the Mind and Objective World – It is the realization that mind and the objective world have both ended their services.

Freedom from Impressions and Gunas.

Union with Atman – This will be the last state and the yogi will become peaceful and calm, never to feel any more pain. He will know that he is ever blessed, ever perfect and almighty.

Osho Nadabrahma meditation

Osho nadabrahma meditation nadabrahma is an old Tibetan technique which was originally performed in the early hour as of the morning . 25 college students, Garhwal university in the age group of 18 to 25 years wears given osho nadabrahma Meditation for 45 days .It is very simple yet tremendously effective ,because when you chant a mantra or you chant a sound, you body starts vibrating; your brain cells in particular start vibrating.

If done rightly your whole brain becomes tremendously vibrant, and the whole body also. Once the body starts vibrating and your mind is already chanting, they both fall in a tune. There is a harmony-which is ordinarily never there-between the two. Your mind goes on its way, your body continues on its own. The body goes on eating, the mind goes on thinking, the body goes on walking on the road, the mind is moving far away up in the stars. The mind and body never meet-they go on separate pathways and that creates a split.

This basic schizophrenia is created because the body goes in one direction, the mind goes in another direction .And you are the third element-you are neither the body nor the mind, so you are pulled apart by these two. Half of your being is pulled by the body and half of your being is pulled by your mind. so there is great anguish-one feels torn apart.

In a mantra meditation-nadabrahma or any kind of chanting-this is how the mechanism works. When you start chanting a sound- and any sound will do; even 'abracadabra"-if you start resounding inside, the body starts responding .Sooner or later a moment comes when the body and the mind move to gether in the same direction for the first time. when body and mind are both to geather,y ou are free from the body and the mind-you are not torn apart. Than the third element that you are in reality-call it soul, spirit, atma, anything-that third element is at ease because it is not being pulled in different directions.

The body and the mind are so much engrossed in chanting that the soul can slip out of them very easily, unobserved, and can become a witness; it can stand out and look at the whole game that is going on between the mind and the body, It is such a beautiful rhythm that the mind and body never become aware that the soul has slipped out, because they don't allow it so easily, do they? They want to hold on to their possession. Nobody wants to lose his possession. The body wants to dominate the soul and the mind wants to dominate the soul.

This is a very sly way to escape from their grip. They become drunk with the chanting and you slip out! So in the Nadabrahma Meditation , remember this let the body and mind be totally together, but remember that you have to become a witness. Get away from them, easily, slowly, out of the back door, with no fight, with no struggle. They are drinking-you get out, and watch from the outside.

This is the meaning of the English word ecstasy- to stand outside. Stand outside and watch from there and it is tremendously peaceful. It is silence, it is bliss, it is benediction.

This is the whole secret of chanting- that's why chanting has prevailed down the centuries. There has never been a religion that has not used chanting and mantra. But there is a danger also! If you don't get out,if you don't become a witness, there is a danger that you have missed the whole point. If you become drunk with the body and the mind and your soul also becomes drunk, then chanting is an intoxicant. Then it is like a tranquillizer-it will bring you good sleep, that's all .it is a lullaby. Good-nothing wrong with it-but not of any real value either.

So this is the pitfall to be remembered: chanting is so beautiful that one wants to get lost. If you are lost, then this is fine, you enjoyed a rhythm, an inner rhythm, and it was beautiful and you liked it,but it was like a drug-it was like an acid trip. By chanting, by the sound, you created certain drugs in your body.

Chanting creates chemical changes in the body, and those changes are no different from those created by marijuana or LSD. Some day, when research goes deeper into meditation, they are going to find that chanting creates chemical changes, just as fasting also creates chemical changes.

After the seventh or eighth day of fasting, one feels tremendously jubilant, weightless, very glad for no reason, delighted- as if all burdens have disappeared. Your body has created a certain chemical change. I am as much against LSD as I am against fasting. And if chanting is used as a drug, I am against it. So the point to be remembered is that you should not use the sound, the chanting, the mantra as an intoxicant for your being. Let it be an intoxicant for the body and the mind but make sure that you slip out of it before you become intoxicated; you should stand outside and watch. You see the body swaying and you see the mind feeling very, very peaceful and calm and quiet. watch from the outside and be alert like a flame.

If this is not done you will sleep well but nothing more. Than it is a good thing for your health but does nothing for your ultimate growth. So remember to slip out of it. Let the body get drunk, let the mind get drunk, let them fall into a deep love affair with each other, and then slip out of it. Don't stay there any longer, otherwise you will fall asleep .And if one falls asleep,it is not meditation. Meditation means awareness. So remember this!

Nadabrahma Meditation Instructions :

Nadabrahma is an old Tibetan technique, which was originally performed in the early hours of the morning. It can be done at any time of the day, alone or with others, but make sure to have an empty stomach and remain inactive for at least 15 minutes afterwards. The meditation lasts an hour, and there are three stages.

First Stage : 30 minutes

Sit in a relaxed position with eyes closed and lips together. Start humming loudly enough to be heard by others and create a vibration throughout your body. You can visualize a hollow tube or an empty vessel.filled only with the vibrations of the humming. A point will come when the humming continues by itself and you become the listener. There is no special breathing and you can after the pitch or move your body smoothly and slowly if you feel it.

Second stage :15 minutes

The second stage is divided into two 7.30 minute sections. For the first half,move the hands,plams up,in an outward circular motion.Starting at the navel,both hands move forwards and then divide to make two large circles mirroring each other left and right. The movement should be so slow that at

times there will appear to be no movement at all. Feel that you are giving energy outwards to the universe.

After 7.30 minutes turn the hands palms down, and start moving them in the opposite direction. Now the hands will come together towards the navel and divide outwards to the sides of the body. Feel that you are taking energy in. As in the first stage, don't inhibit any soft, slow movements of the rest of your body.

Third stage : 15 minutes

Sit or lie absolutely quiet and still. (Ohho ndabrahma) Draw in air slowly, perform Bhramari Kumbhaka and expel the air gradually. Then there will be (heard) a humming sound like that of a big bee. Listening to this internally aroused humming sound fix the mind on that. Then will ensure Meditation (Samadhi) characterised by the bliss of (the experience) "I am That" .(G.H VII/9-10)

A black bee sucking juice from the flowers does not care for fragrance. Similarly, the mind absorbed in Nada (centrally aroused sound) does not desire (any) objects. .(H.P IV/90) Nada is the snare for capturing the inner deer (mund) (and it) is also the hunter who can kill this captured deer. (H.P IV/94) Nada yoga is allegorized in the Bhagavata."Lord Krishna left his place at midnight and went into a jungle . It was a full moon night of the first month of winter. He began to play the flute. The echo of the flute spread in the calm and undisturbed atmosphere. Music rose from the wild jungle and it was heard by the gopis (cowherd girls). When they heard the sound of the flute. They immediately left their houses and their husbands and forgot all their duties and past life. They ran without consideration to the place where the nada from the flute was emanating. They started dancing about the flute bearer. After some time it so happened that each one found herself dancing with the original Krishna." Krishna represents the higher consciousness and his flute playing is the nada sadhana.

Bio feed back :

Modern Science believes in the therapy of brain waves. These brain waves influence whole of personality. Practice of Meditation as emphasized by yoga is also based on the scientific theory of brain waves. Modern science uses mechanism of bio-feed back theory for controlling the rhythmical functioning of brain waves.

The Electro-Encephalograph (E.E.G) machine is an instrument used for bio-feed back process. It regulates the brain waves. By placing two electrodes, on the scalp of a subject, feeble micro-electric currents of the brain can be

examined easily. If we electronically amplify them and connect them to a cathode-ray oscillograph, coupled with an ink writing device, we can get a record of the electric activity of the brain. An instrument, which gives such a record, is known as Electro-Encephalograph (E.E.G). The E.E.G diagnoses the state of consciousness.

In very deep sleep, there is I wave per second. In sleep there are 1 to 3.5 waves per second. These waves are scientifically known as Delta waves. In slumber or reverie between waking and sleep, dream like images or the time of brilliant, original or revolutionary ideas when there is even access to unconscious the frequency of the waves is 4 to 7 or 8 per second there is II microvoltage and waves are known as Theta waves. In relaxed mental state eyes closed, or passively after minds eyes open, non-critical, non-judging, non-reasoning, dispassionate mind, internally focussed, seeing without noticing, hearing without listening the frequency of the waves is 8 to 13 per second, the voltage is about 60 micro-volts and the scientific name of the waves is Alpha waves. In the state of active attention, focussed outside logical activity, sometimes concentrated, some times not, eyes open, the frequency of the waves is 14 to 30 per second, voltage is irregular, as changing to low, the scientific name of the waves is Beta waves. It has been observed that Alpha waves indicate mental and emotional relaxation. Anxiety tends to decrease Alphas waves.

Results:

Table (1) Showing the pre –post result on the level of Alpha EEG

	Mean	sd	Correlation	“t” value	Significance level
Pre	11.6/sec	4.41	0.74	5.97	0.01
Post	14.9/sec	5.62			

25 college students, Garhwal university in the age group of 18 to 25 years wears given osho nadabrahma Meditation for 45 days revealed positive change in the students as anxiety tends to decrease shown by decrease in Alpha Waves.

Conclusion

Anxiety is a very common disease today, especially in our affluent communities. Its incidence has paralleled the rising affluence of our lifestyle. It is concluded that from over studies that decrease of Anxiety through significantly Nadabrahma Meditation And showed decreases the Alpha Waves of Anxiety level.

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