

Benefits of Meditation (Muraqbah)

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Just as through physical exercises and other practical ways, like good diet and so on, the physical condition of the body can be improved, in the same way through muraqbah, mental activities can be improved as well. We are aware of the fact that thoughts and mental conditions have a strong impact on us. When we are scared, we tremble. Our body feels like a weightless mass on the other hand, vulgar and immoral thoughts leave a person incapable of utilizing his abilities and strength because of a lack of concentration.

Rest is only perceived as lying down, denoting activity in which no energy is used or utilized. However, this description is far from the truth. Many people seem to have peace and tranquility though they may internally be worried and depressed. By having a continuing non-stop flow of thoughts, our energy decreases tremendously. By being overly attached to the web of thoughts, the brain gets tired which results in the waste of stored energy. We all know that mental concentration is a key to good health and that over-worrying weakens the immune system, which results in sickness. This all happens because the waste of energy weakens the immune system and various diseases then attack that person. When a nervous strength gets weaker then the brain becomes slower, memory is affected and weakens.

Due to weak will power, success in life can not be achieved. Life experiences have shown that mental stress eventually leads to diseases and physical ailments. Mental complications directly or indirectly result in heart disease, and gallbladder and kidney stones. Prolonged stress could result in a breakdown of the nervous system. Negative thinking leads to stomach ulcers, hyperacidity (acid reflux) as well as constipation.

To get mental peace most people try those methods that often suspend the consciousness temporarily such as alcohol, drugs, and tranquilizers. These drugs do nothing but create a feeling of self-negation temporarily. These sources not only damage health but also the nervous system and speed up the aging process.

In psychological disorders such as psychosis, life becomes stagnant. Every action has a negative side. The patient feels comfortable in a closed room. He ends all relations and communications with family members. He avoids any contact with other people and becomes insecure. Even in extremely hot weather, the patient tends to sleep with a blanket. Interest in consuming food also declines, and as the consequence the body becomes weak and emaciated.

Schizophrenia

In this state, in influence of the subconscious on the consciousness of the patient increases to such an extent that the patient starts seeing things that are otherwise hidden from the naked eye. Sometimes has sees shadows and other times has sees himself free of physical constraints in the form of a flying shadow. The pressure drawn from this imaginary flying leads some patients to leap from height=rise building. They may start hearing voices as well. The patient confines himself to an imaginary world in which he sees beautiful gardens and sees himself as the center of attention of all the residents of the imaginary garden. However, some times negative feelings take over and the patient starts crying at some dreadful scene. In other words, his senses fluctuate rapidly. Sometimes he becomes a very intelligent, talented, articulate person while at other times he is senseless and his speech becomes incoherent or gibberish.

Mania

When an attack of mental seizures happens to a mental patient whether it starts slowly or instantly it increases the flow of electrical impulses inside the brain, and since there is no outlet the pressure causes the cell walls to be broken and the outlet somehow opens up. Often when the electrical flow inside the cells decreases to a level of zero (neutral) then the patient suddenly becomes free of any thoughts. Although this is not an ailment, when the space is formed inside the main frame of the brain, the electrical flow concentrates on one side of the cells, to a point when these cells lose all memory. When this happens, the patient no matter how hard he tries to remember an event or thing can not do so. On the one hand, the flow increases to a point where the brain stops functioning. On the other hand, the electrical flow between cells becomes so irregular that the patient becomes irrational. Sometimes he claims prophet hood while on other occasions proclaims himself king.

When this condition persists, the patient may become unaware of the need of clothing or food. In some cases, the patient would continue walking endlessly. He even runs but his body never gets tired or fatigued. Sometimes stars endlessly into the space totally engrossed in thoughts. His worldly life becomes inconsistent. The need of rest and luxury goes away as well. His body holds so much a\ energy that he has to be chained for control. The mental patient may keep on talking incoherently. His eyes become shiny and magnetic. Blinking happens very rarely. For psychosis , schizophrenia and mania both major and minor tranquilizers are used which results in the following side effects; dry mouth, weaker eyesight, low blood pressure, weight gain, increase in blood sugar. Some patients also are diagnosed with jaundice. Body temperature rises; Parkinson's disease, paranoia, anxiety, distress and confusion also are common. With that low appetite sometimes the patient becomes bedridden permanently. Other side effects like these could also happen which may send the patient into a deep coma. Minor tranquilizers are used to keep the mind peaceful and calm.

The other negative effects of these medicines are that the patient becomes dependent on them as well. Prolonged use may also necessitate the increase of dosage since after a while the usual dosage fails to be as effective as the original dose. Tranquilizers should never be stopped instantly as this could lead to other serious ailments such as hysteria, insomnia, nausea, body pain, and loss of concentration, to name a few. On the contrary, if the patient is treated with Muraqbah under medical supervision he gets peaceful and calm. In addition, the negative mentality is also weakened by it and the flow of thoughts becomes uniform. Through Muraqbah, the natural link between mind and spirit is enhanced and the man gets new energy from his own spirit. The mental state at that time is different from that of wakefulness or sleep. Hence, the deterioration of nervous system stops and the cell division goes back to a normal rate.

Physically there are two systems work in our body; the Sympathetic and Parasympathetic system. The first mentioned system controls the high blood pressure and the dilation of cornea. The latter system handles lowering blood pressure, lowering of heartbeat and contraction of cornea and movement of matter within the body. This system works without our will or discretion. For example we are bound to inhale and exhale. Even if we hold the breath for a few moments eventually we are forced to breathe anyway. Heartbeat is also beyond our control. That is why these days there are some medical experts and spiritual scientists working to devise a method or exercise through which we would be able to control the functioning of the Parasympathetic system to defend our selves against diseases and ailments and some diseases may even be eliminated altogether. On the basis, scientists have created a system called 'Bio Feed Back' on which research is underway.

Through muraqbah, the parasympathetic system could be controlled at will. Muraqbah bring good changes in the system. The feeling of Muraqbah takes us towards deeper calm and stillness. This state otherwise does not stay with us because the mind never stays on anything for too long. Muraqbah not only increases the will power but physically and psychologically numerous benefits are achieved as well. Experiences and observations have shown that following physical and psychological benefits are achieved by practicing Muraqbah.

- Control of blood pressure.
- Increase in life expectancy.
- Improvement in eyesight (vision)
- Reduction of fat in blood.
- Enhanced creativity.
- Less irritability.
- Improvement in the performance of heart.
- Improvement in hearing.
- Increased immunity.
- End of depression and anxiety.
- Reduction of stress.
- Increase of red blood corpuscles.
- Improved memory.
- Better decision making.
- End of insomnia and deeper sleep.
- End of fear, increase of levity.
- End of doubt.
- After the success of Muraqbah (meditation) a person is set free from the fear of witchcraft, ghosts, and all negative thoughts.
