

**Project Thesis
(Updating...)**

**Mindfulness Meditation
Research & Promotion**

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Spring 2020 - Now
500D

Abstract

In today's rapid technological and economic development period, people's lives have been affected to a large extent due to the diverse changes in the environment and social patterns. The development of the world and society in a positive environment has brought convenience and efficiency to people's lives, but on the negative side, people's hearts cannot be calm, and pressure of varying degrees have appeared. Pressure comes from many sources, such as work, study and family. The emergence of new things prevents people from accepting and digesting them in the first time. When the rhythm of life changes, people's pressure will follow. Some people say that stress may promote a person's progress, but in most cases, stress will only bring more serious harm to people, and even lead to very bad consequences.

Finding a solution to stress is a hot topic in today's society. This is not only reflected in personal behavioral pursuits, but also an important issue that needs to be solved urgently in many large technology and economic companies. People cannot avoid stress, but they can find problems and propose solutions, so as to reduce the impact and persecution caused by stress to a certain extent. Among many age groups, the pressure on young people and students is particularly prominent. Because of the burden of schoolwork, the influence of family, and the responsibilities brought by society, students are invisible to bear the burden outside their own limits.

Emotional change is a common problem for young people and students. This is a typical manifestation of stress, and such stress has always plagued their lives. Many people will try some activities to release their stress, such as fitness exercises, listening to music and singing

songs, or find someone to chat to find resonance. However, many times external behaviors cannot really help them solve the problem of stress, and many of them are only a temporary adjustment method and cannot become a habit of life to completely achieve the effect of reducing stress.

Meditation is both a new vocabulary and a way of self-regulation with a history of thousands of years. The emergence of meditation played an important role in adjusting the lives of both ancient and modern people. Meditation originated from the mystical religion of the East. It has been introduced to the West and has become a scientific method of regulating people's mood and lifestyle. From a niche restricted area to a universal healing therapy, meditation is gradually changing the rhythm and way of people's lives. The research direction of this project is to approve whether mindfulness meditation can really bring positive effects to young people and students, so that their stress can be regulated and released. Through the current user experience method, analyze its pros and cons, design an App, to promote and apply its effective and unique scientific methods, so as to finally achieve the function of relieving stress.

Overview of Meditation Development:

The term meditation originated from ancient Indian spiritual practice. According to some archaeological discoveries in the Indus Valley, the image of someone meditating is carved on the relief 8000 years ago. At that time there was no written word, and knowledge was passed on by word of mouth. The priest class believes that the accuracy of the sacrifice is very closely related to the result, which is destined to require that each link in their sacrifice activities must maintain accuracy. The premise of this accuracy is to maintain a high degree of concentration and perform the sacrifice ceremony. People need to have complex rules and stay focused at all times. To train their concentration, they tried meditation. Meditation had its own practical significance at the time, that is, to improve concentration through meditation, and then to ensure the accuracy of the sacrifice to achieve good weather and good harvest.

Under the influence of Indian Buddhism, the significance of meditation at that time was more in the cognition of teachings and the training of religious sects. Later, under the influence of Hindu sects, meditation gradually spread to China and became associated with Chinese Taoism and Buddhism. People often say that meditation is related to the origin of the universe, which is a mixture of consciousness and energy. The human body is a small universe, and it is not the brain but the underlying consciousness that commands the human body. Eastern mysticism usually regards meditation as a kind of communication between the spirit and the universe and gods, and regards meditation as a way of meditation that can stimulate unlimited power. During the development of ancient China, the idea of meditation existed in Taoism and Confucianism. Their core idea is the unity of nature and man, that is, the sky represents the natural environment of the

universe, and man refers to us as an individual or as a whole. The nature and man are united as one, and unifying as a whole. Such theories prevailed in Eastern countries at that time, and Eastern civilization established the historical status and importance of the unity of nature and man.

With the development of Buddhism in the East, meditation also entered Japan. In the 8th century, the Japanese monk Dozheng opened the country's first meditation hall. In 1227, Japanese priest Dogen practiced zazen, which is a form of zazen in Zen Buddhism. At that time, people practiced meditation in the way of sitting, adjusted their thinking and breathing, and completely entered a realm, thus completely freeing themselves. By the Middle Ages, Jewish meditation also appeared, but most of them surpassed Jewish and Islamic religious ideas. In Christianity, meditation can be traced back to the Byzantine period, between the 10th and 14th centuries. Meditation was introduced into Christian thought. The believers practiced meditation by adjusting the deep breath and being quiet and repeating the holy words and prayers. In the 18th century, meditation officially landed in Western countries. Through the development of Buddhism in Western countries, people gradually realized the meaning and value of meditation. So far, people started their interest and practice in meditation. For example, Siddhartha's book by German poet and novelist Hermann Hesse tells the spiritual journey of self-discovery. Developed in Western countries, meditation has not only focused on religious pursuits, but has gradually developed into a way of self-regulation, initially beginning to use behaviors to reduce stress and relax oneself.

By the middle of the 20th century, meditation had been very common in the West, and scientific research began to continuously enter the field of meditation. Researchers, professors, and scientists are all beginning to study the true effects and benefits of meditation behind people's lives. Religious meditation is unacceptable to Westerners, because the ideological meaning it tells is very mysterious and incomprehensible. People gradually abandon religious thinking, separate meditation, and integrate Western people's realistic ideas and gradually become an acceptable form of expression. Westerners are more pursuing freedom and unrestrained. The development of meditation is especially rapid, and it has gradually become a big trend.

Get rid of the shackles of various cultures and religions, people will ask what exactly is meditation? The term meditation can be divided into two aspects, one aspect is annihilation and elimination, to make it empty and relax oneself. On the other hand, it is perception. Put down the thoughts and worries, adjust to achieve a completely empty state, stay in the current state of nothing, and seek a perception. On the basis of this initial meditation, people pursue a deeper level of perception, also known as mindfulness. The term mindfulness also comes from Buddhism, developed from enlightenment. Mindfulness refers to a method. In meditation practice, people can immerse their whole body and mind in the feeling and experience of the present through the method of concentration. It is a completely calm, undisturbed, and conscious state. The combination of the two becomes mindfulness meditation. Mindfulness meditation is a modification of a state of consciousness and mental process, and it is a reshaping of oneself. Since the 1970s, mindfulness meditation has received more favor and attention from academic and technological fields. Meditation is completely free from the shackles of religion and has become a regulating method in people's lives. Mindfulness meditation is now used in the fields

of psychology, medicine, and school education, and more research directions are becoming the current status of the application of psychology. People cannot completely formally meditate whether it can really be used as medical treatment, but it has played an active role in coping with psychological counseling and stress release experiments.

History and Methodology:

What is Hindu meditation?

There are two different types of Hindu meditation, each with its own focus. In a type of meditation, the practitioner may choose to focus on the objects selected before starting the meditation, such as flowers or stones. The second type of meditation, called mindfulness meditation, means that the practitioner concentrates on his own perception or experience while meditating. There are dozens of forms of Hindu meditation, each of them has its own set of philosophy and techniques, which can be used to help practitioners achieve a state of meditation. The state of meditation should be calm and allow practitioners to focus clearly on themselves and see themselves as the real world, rather than being perceived by the world.

Hindu meditation is usually practiced with yoga. Practitioners engage in one of several forms of yoga to help clear the mind and prepare for meditation. The Indian yoga practitioner finally sought to integrate with his atman and Brahman. Atman represents a person's true self and has nothing to do with events in the world. Brahman is the supreme god of Hinduism, which helps a person to achieve a true meditative state. Those who practice Hindu meditation also recite mantras. These mantras are designed to help practitioners focus on meditation instead of

focusing on any events outside of the body or practitioner's thoughts. Practitioners often repeat the syllable "ohm" or "ahh" to help focus. The person can also visualize the Hindu god of his choice, which can also help the practitioner focus on his meditative state rather than distracting. Practitioners can also use other auxiliary means to help him reach a state of meditation. One such help is to distance yourself from the senses and reduce the possibility of distraction. Controlling one's breathing also helps practitioners seek a meditative state. A person can also focus on a single point of view or thought instead of deviating from it during the entire meditation process to help him isolate other thoughts and external influences.