

## Meditation VS Stress and Anxiety

- According to World Health Organization (WHO), 450 million people worldwide are affected by mental, neurological or behavioural problems at any time.
- About 873,000 people die by suicide every year.
- Mental illnesses are common to all countries and cause immense suffering. People with these disorders are often subjected to social isolation, poor quality of life and increased mortality. These disorders are the cause of staggering economic and social costs.
- One in four patients visiting a health service has at least one mental, neurological or behavioural disorder but most of these disorders are neither diagnosed nor treated.

When we look at today's life style, we are trying to keep up with the rapid changes in the technological world, to be up to date with our competitors, challenging our own ability to the fullest in order to better ourselves - we're pretty much living in a rat race! Each day, when we wake up, our thinking process begins and continues throughout the day with a variety of problem solving activities that we encounter both at work and at home. Some days, we are absolutely exhausted because we are experiencing mental fatigue due to total depletion of our energy supply.

Thinking consumes energy, particularly heavy thinking relating to unresolved problems. The more serious the problem, the more energy will be consumed. Nature provides us with a natural energy recharging system during the night when we sleep. By morning we feel fresh again, but the thinking process will repeat itself and consume our energy all over again. This is fine if we are able to recharge every night, but there are times when the thinking process continues through the night due to unresolved problems and interferes with our sleeping pattern. If the sleeplessness problem persists, it will cause irritation, temper control problems, loss of concentration, loss of appetite, anxiety, stress, tension and many health problems will follow. This means that the natural rechargeable system has become inadequate. Taking sleeping pills is only a temporary remedy, which does not cure the problem and can be addictive in the long run.

Anxiety is the number one emotional problems today. Approximately 75% - 90% of all visits to the doctor are stress and anxiety related. This is the main reason why people miss work, abuse alcohol and use prescription drugs. Yet 70% of people who suffer from anxiety do not get help because it's very difficult for them to admit they have problems.

When you look at the symptoms of anxiety you'll understand why. Most people don't relate symptoms such as insomnia, stomach upsets, diarrhoea, dizziness, low back and neck pain, numbness and tingling sensations of hands and feet to anxiety. They think it is a physically related illness. 50% - 70% of people who suffer from anxiety are mis-diagnosed by their primary physicians simply because they come in with vague symptoms which get

treated with prescription drugs. Many others use alcohol to help them go to sleep, coffee to stay awake during the day and medication for their anxiety problems. They become addicted and do not know how to get out of this cycle, so they finally accept this as a normal way of life. Many have a hard time socializing, making decisions, have a fear of dying, losing breath, fainting, choking, hurting themselves, cry easily, have irrational thoughts of going crazy, or embarrassing themselves in front of other people.

Our fast moving life style is constantly creating stress/anxiety, which in turn triggers the brain to release Adrenaline in the body. This eventually causes illnesses. Stress/Anxiety is powerful enough to burn holes in your stomach and cause ulcers. Anxiety can run in families. Parents with these problems are seven times more likely to have children with anxiety problems. Some anxieties are caused by Bio-Chemical components that are definable and treatable.

Anxiety is a painful state of uneasiness of the mind that, most often, can not just be treated by taking pills. It takes time to learn how to solve this problem. Meditation used to treat a Bio-Chemical imbalance can be more effective than drugs. If we learn how to control the triggers, we can then control the chemical response as well.

There is a co-existence between anxiety and depression. Prolonged anxiety can eventually lead to depression. A major change in life, such as loosing your job, your business or a loved one, can also cause stress/anxiety and depression. Other examples, a job interview, exams to study for, presentations and bidding to prepare for etc, can also create anxiety. In such cases medication can do very little, because medication is not a life coping skill for this kind of emotional problem. Meditation, on the other hand, is a vital tool to cope with life effectively, because it helps you see solutions to problems through awareness that you are creating your own anxiety by over re-acting to situations.

Both positive and negative thinking can be addictive and it is a lot easier to be negative than positive. For example if you have to write down ten negative thoughts you can do it without any effort, but if you have to write down ten positive thoughts you may have to take time to think. Why is that?

It is a sad reality that people, regardless of profession, do not live life fully because of anxiety. They need to know that their problems can be fixed via meditation techniques that can eradicate anxiety and help them get control of their worries and fears in order to become more positive and productive. A little known fact is that problem solving does not necessarily have to be done during the waking hours. With a calmer mind, it can be done while you are asleep.

If your life is limited due to anxiety and depression, if you have a hard time staying focused and making decisions, if you have trouble controlling your temper, if you live in constant fear and worry, if you suffer from

nervousness, panic attacks, rapid heart rate, dizziness and feel like you are losing your mind, you may be one of millions of people suffering from anxiety or depression.

Meditation is not only an excellent way to eradicate stress, tension, anxiety, panic and depression but it also the most natural way to help the body to heal itself from any physical problems. The best thing in life is within all of us - the Power of the Mind. Unseen, yet extremely powerful, the mind can be our best friend or worst enemy, if not correctly trained. Most problems in life are self induced emotionally. Cancer for example is the result of the failure of the body's immune system. Each day our body generates approximately 10 billion new cells to replace the old ones. Among these new cells there are some deformed cells called cancer cells. Usually, the white blood cells or the "T" cells will eat them up if our immune system is working properly. However, once the cancer cells accumulate they form a "Free Radical Group", these FRG will cause alterations and deformities in the new cell's coding system. Therefore, the subsequent new cells are cancer cells. Constant long-term stress, tension, anxiety and depression can cause the adrenal glands to release "adrenaline" and "steroids", hormones that will prohibit the immune system from working properly. Eventually, the white blood cells or the "T" cells will stop functioning and the cancer cells will begin to multiply and lead to malignant growth.

Meditation makes you bright and happy. According to the American Cancer Society meditation can induce the brain to release the hormone "endorphin". This will help to strengthen the immune system to enable it to destroy cancer cells. There are many cases of terminally ill patients who out lived the doctor's forecast of life expectancy, by using deep meditation to heal themselves. Once you understand how the mind works, you can develop it through meditation, providing both physical and mental benefits.

Meditation is an invaluable tool to ensure that we reach our peak potential every day. It is a tool for living and not just for eradicating stress, tension, pressure, anxiety and depression that negatively impact our daily performance. Also meditation improves all our lives including self-healing and the prevention of illnesses.

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