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EFFECTS OF DYNAMIC MEDITATION IN INDIAN CONTEXT – AN INTERVENTION STUDY

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ABSTRACT:

Background: Meditation, the world-renowned concept is serving the people over lot many centuries. Irrespective of being the very old technique, the concept of meditation is getting updated over generation around various countries of the world. Osho dynamic meditation is a form of fast, intense and a thorough way to break old, repressed patterns in the body-mind that keep one put away in the past, and to experience the freedom, the witnessing, silence and peace that are hidden. **Aim:** To evaluate the effect of dynamic meditation for 7 days on attention, working memory, anxiety, self-esteem and stress. **Methods:** Rosenberg Self-esteem Scale, Beck Anxiety Inventory, Digit Memory Test, Letter Cancellation Sheet, and Perceived Stress Scale were given to 20 adults. The above tests were administered among the same samples as pre-test, post-test and immediate test after intervention being stopped. The participants were selected using random sampling method. **Results:** The analysis showed that practice of dynamic meditation has resulted in a positive variation in the functioning of memory, self-esteem and attention. It also resulted a decline in level of anxiety and stress among the participants. **Conclusion:** The present study concludes that practice of dynamic meditation among the adults had been found more effective. Hence, dynamic meditation could be opted for the adults with high level of perceived stress or anxiety or adults with low self-esteem. It can be also used among the normal population of adults to improve their memory and their attention.

KEYWORDS: Dynamic meditation, Self-esteem, Memory, Attention, Anxiety and Stress.

INTRODUCTION

Meditation, the world-renowned concept is serving the people over lot many centuries. Irrespective of being the very old technique with a long past, the concept of meditation is getting updated and revised constantly over generations and around various countries of the world. Lot many numbers of researches were done by many popularized researchers in and around India. The term meditation was found in the ancient history of Indian literature and the art of meditation was introduced by the sages and were practiced by wide number of people for the healthy and satisfied life. It is the positive effects and outcomes of this technique, that makes the people to practice the art of meditation over generations. Meditation is the concept which is found to have a positive effect on the needful components of human such as body, mind and the soul.

In simple, meditation is an art as well as the science that trains the body, mind and soul to be calm, clean and quiet. Various research evidences are existing to prove the above-mentioned benefits of the meditation. And still there are multiple number of researches going all around the world because of the effects of meditation which the people experience irrespective of the culture, caste, religion, race.

Even in foreign countries, people appreciate and practice the art of meditation which has its roots from the ancient India.

There are various forms of meditation around the world and the method of practicing differs from one meditation to the another. Only the practice differs but the results are always same for all forms of meditation. It elevates the life of the people in and around the person who is engaging in meditation. Some of the major forms of meditation includes zen meditation, breath awareness meditation, kundalini yoga meditation, mindfulness meditation and many. Out of all these, now came the new form of meditation named as dynamic meditation given by Osho.

RESEARCH EVIDENCES ON EFFECTS OF MEDITATION

Meditation is widely practiced over centuries because of the major benefit that it is found to be more effective and gives a pleasant experience with no much-integrated side effects. It can provide a relief from the stress irrespective of the base or the source of the stress, indifferent from the content. It alleviates the pain of the body, mind and spirit in the work place, family environment and in social surroundings.

Many research evidences are found with respect to the effects of meditation and those include the following More specifically in the clinical area meditation has been shown to be an efficacious means to manage and relieve stress (Benson & Corliss, 2004; Finger & Mayfield Arnold, 2002). Waelde, Thompson and Gallagher-Thompson (2004) have shown that interventions such as meditation and yoga have been reported to manage stress, increase coping skills, reduce depression, anxiety, and increase perceived self-efficacy of caregivers for people with dementia. Meditation can also reduce anger, hostility, and anxiety (Shapiro, et al., 1998). Leung and Singhal (2004) noted that people who practiced qigong meditation for at least once a day for ten years were less neurotic than those people who did not practice qigong. Other reports reveal meditation's significant role in lessening the effects of depression and enhancing functional recovery (e.g., D'Souza & Rodrigo, 2004). MBSR is helpful in the reduction of depression (Kalb, 2004). Bakalar (2004) identifies mind-body techniques as helpful to transform emotional responses to pain, thus reducing the risk that chronic pain sufferers face of developing depression.

Tyre (2004) and Underwood (2004) pinpoint the remedial effects of meditation in reducing stress levels, heart rate, blood pressure, and even staving off heart disease as does the *Harvard Mental Health Letter* (2005), which further identifies therapeutic effects of meditation in relieving discomfort associated with physical conditions such as irritable bowel syndrome and rheumatoid arthritis, helping women overcome eating disorders, enhancing the well-being of cancer treatment patients, and decreasing criminal behaviour in juvenile offenders.

Meditation's known capacity to relieve stress can also result in improved chances of conception for couples. (Domar, 2004) and can make less severe the symptoms of menopause, particularly hot flashes (Ferrari, et al., 2004).

La Torre (2002) also found positive benefits of meditation in the counselling work environment. She stated that Buddhist meditations allowed therapists to listen better, be more open and be attentive to clients. Thus, stated that meditation is must not only for the clients but to the therapist as well.

Data compiled by the Pacific Resources for Education and Learning documented teacher stress and teacher burnout as significant contributors to high rates of teacher attrition and absenteeism from the workplace. This report revealed that teacher stress caused poor morale, job dissatisfaction, lowered productivity, and high medical costs. Meditation, along with other physiological coping strategies, has been used in stress prevention programs. Overall results of meditation combined with other stress reduction techniques included improved peer support, reduced somatic complaints, greater feelings of personal accomplishment, decreased work pressure, and improved job satisfaction, (Brown & Uehara, 1999).

There have been few studies that show the impact of meditation on both clinical and corporate variables.

According to Osho, dynamic meditation is very productive and effective in clinical as well as corporate arenas. For instance, he has found that the concept of dynamic meditation is especially effective for people suffering from insomnia (Osho, 1976) transforming anger to compassion (Osho, 1973), in fragmentation of obsessive traits (Osho, 1973), reducing the nature of violence (Osho, 1977), and depression (Osho, 1990). Osho (1990) goes as far as saying that most of the diseases in body and mind were caused due to repression, once allowed catharses, results in a person to be more natural: "Everybody who has been brought up in our societies needs some methods to vomit anger, sex, greed, jealousies, and envies. You are sitting on a volcano...and the volcano can erupt at any moment! If catharsis is allowed – and that's what Dynamic Meditation is all about – the volcano will disappear. You will become saner". Thus, dynamic meditation brings out all the repressed emotions and let out mind clear.

OSHO DYNAMIC MEDITATION

Meditation when observed from the history was found to involve only very limited physical movements and the so exhibited movements were also found to be smooth, gradual and a form of blending the body to the rest, leaving it in a passive posture. But AacharyaRajenesh, who was popularly known as Osho, had a different view with respect to the approach of meditation. He simply stated meditation as a tendency to remain unoccupied and when we are making out this the energy within ourselves will settle down in the center. Through meditation we get delighted with the present and also with our own being. In layman terms he says that meditation is a totally relaxed state of consciousness where we are not doing anything. This form of meditation was designed by Osho, was based on the scientific evidences observed and evaluated over a period of time and this helps the people to consciously express and experience the repressed feelings and emotions, and it is a technique to learn the knack of watching our own habitual pattern in a new way.

Osho dynamic meditation is a form of fast, intense and a thorough way to break old, repressed patterns in the body-mind that keep one put away in the past, and to experience the freedom, the witnessing, silence and peace that are hidden. In this method of meditation, one needs to be continuously alert, conscious throughout the duration and being aware about whatever we are doing. It recommends the practitioners to observe what is happening as if we are just a spectator, as if the whole thing is happening to somebody else, as if the whole thing is happening in the body and the consciousness is just centered and looking. This witnessing has to be carried in all the three steps of the meditation. And when everything stops in the fourth step, we must become completely inactive, frozen, getting the alertness come to its peak.

INSTRUCTIONS:

The administrating duration of the Osho dynamic meditation is found to be lasting for one hour, involving five step by step stages to be proceeded with. This meditation is found to be done with eyes closed or blind folded if necessary. This meditation could be practiced alone or it can be administered in group also. Performing in group has found to bring out more positive results when compared with individual practice. This meditation is done in a large spacious room such that the individual shall move around freely without any form of disturbance interrupting the meditation.

If your meditation space prevents you from making noise, you can do this silent alternative: rather than throwing out the sounds, let the catharsis in the second stage take place entirely through bodily movements. In the third stage, the sound Hoo! can be hammered silently inside, and the fifth stage can become an expressive dance.

While still the debates on different forms or the different mode of practices of meditation and difficulty in researching meditation continue irrespective of the various available evidences in and around; meditations are increasingly included in the practice of psychotherapy and in treatment of mental illness and also for various other problems being faced by the people (e.g. Finger & Mayfield Arnold, 2002). Such interventions are now being incorporated and introduced in cognitive behaviour

therapy (Harvard Mental Health Letter 2005, D'Souza & Rodrigo, 2004). This study is one such form to study the effect of dynamic meditation in Indian culture.

REVIEW OF LITERATURE

Venica Pookgaman(2007) in his analytic study titled ‘a study of the “dynamic meditation” practice of Luangporteeanjittasubho’ stated that dynamic Meditation is a valuable and effective method, capable of leading some persons quickly to enlightenment and, at the least, leading to greater personal clarity and wisdom, and consequently greater peace of mind. The execution problems and terminological difficulties should not convince anyone from Dynamic Meditation and recommends the practice to the educational and work settings to seek better results by all means.

Anurag Joshi, OP Goyal and VK Gupta (2007) deals with the effects of applied meditation which improves the efficiency, memory power and studying output performance of students revealed that students practising meditation have good control over their emotions and can judge when to dispense their emotions, instead of being swept away by them.

Avni Vyas (2007) studied the effects of seven-day Osho dynamic meditation and found significant positive effects in both clinical and corporate variables for short term and long-term durations. With respect to clinical variables there was a decrease in the anxious-depressive syndrome, somatic complaints, aggressive behaviours and depression. With respect to corporate variables, emotional exhaustion, role overload, psychological strain, physical strain got decreased and cognitive coping ability increased.

Manjushambika Rajagopal, Sanchitha S. Pugazhanthi and Linu Sara George (2012) studied on effectiveness of meditation on subjective wellbeing, anxiety and study habits of undergraduate nursing students and concluded that the meditation is found more effective.

Kamalpreet Kaur (2014) have explained about the stress management through meditation and concluded that organization can implement even some new innovative practice for stress reduction activities like fun Friday, team outing, yoga a meditation social dance, music Annual day, Festival Celebration Award ceremonies important corporate event Annual days or any occasion that requires a professional touch to ensure thing go just the way you planned.

Naved Iqbal, Archana Singh, Sheema Aleem and Samina Bano (2014) studied the effects of dynamic meditation on anxiety and the results indicated that there is a decrease in social anxiety, depression, rumination, state anxiety and increase in self-esteem in adults with social anxiety disorder. On the whole, it was concluded that dynamic meditation is found to control anxiety of the subjects.

Rachna Butola and Renu Chauhan (2014) examined the effectiveness of mindful meditation on attention, short term memory and visual reaction time on normal individual in a population of 230 subjects age group (15-25) and suggested that two weeks of meditation training can enhance the ability to sustain attention, short term memory and visual reaction time on normal individual.

Anju Bansal, Ashish Mittal and Vikas Seth (2016) examined the Osho dynamic meditation's effect on serum cortisol level and to establish that the dynamic meditation has an anti-stress effect, which was ultimately succeeded in the outcomes of the study. It was concluded that dynamic meditation could be recommended for the amelioration of stress and stress related physical and mental disorders.

Naved Iqbal, Archana Singh and Sheema Aleem (2016) have studied the effects of dynamic meditation on mental health and the results explained that meditation help in improving attention and awareness toward our own self and the environment around us, integration of personality, autonomy and environmental mastery.

Srikanth N Jois, R Moulya and Lancy D'Souza (2017) have worked on a research to understand the efficacy of meditation of twin hearts on perceived stress and quality of life among female adolescents. The outcome of the study indicates that there is a significant decrease in the perceived stress levels, a significant increase in the overall QOL were observed and the changes were also seen in the various domains of QOL after meditation practice.

Ms. AsmitaVala, Mrs. Vijaya Nancy Rani and Mr. Jeenath Justin Doss. K (2017) have conducted a study to assess the effectiveness of meditation techniques on stress reduction among college student Harivandana College at Rajkot and revealed that meditation was effective on stress reduction and it is highly recommended for all the college students for cope up with stress and maintain quality of life. Meditation will help them to cope up with stress.

METHODOLOGY

AIM

- ❖ To evaluate the effect of dynamic meditation for 7 days on attention, working memory, anxiety, self-esteem and stress.

OBJECTIVE

- ❖ To evaluate the effect of dynamic meditation for 7days on self-esteem, anxiety and stress.
- ❖ To evaluate the effect of dynamic meditation for 7 days on working memory and attention.

HYPOTHESES

- ❖ There will be a significant difference between the pre-test and post-test scores of the group members engaging in dynamic meditation in the domains of self-esteem, anxiety and stress.
- ❖ There will be a significant difference between the pre-test and post-test scores of the group members engaging in dynamic meditation in the domains of working memory and attention.

SUBJECT:

The present study was done in 18 healthy subjects between the age group of 18 – 25 years of males. The same subjects were chosen as the samples for study group as well as the control group in order to minimize the confounding factors and make the study more reproducible.

INCLUSION CRITERIA:

- ❖ The subjects who were at an age range of 18 – 23 with good physical and mental health were taken for the study.
- ❖ Only males were taken for the study.
- ❖ The subjects who were able to follow the given command were taken for the study.
- ❖ People willing to be a part of the study were taken.

EXCLUSION CRITERIA:

- ❖ The subjects who had any history physical or psychological problems or omitted for the study.
- ❖ People with any physical illness during the course of study were omitted.
- ❖ The people who were well trained in yoga were excluded.
- ❖ Persons with history of respiratory, cardiovascular, renal diseases, and diabetes, psychiatric illness, neurologic illness were excluded.
- ❖ Smoking and alcohol consuming adults were not considered for the study.
- ❖ Unwilling subjects were excluded.

TOOLS:

Tools measuring the domains chosen for the study were as follows:

ROSENBERG SELF-ESTEEM SCALE

Rosenberg Self-esteem Scale was developed by sociologist Dr. Morris Rosenberg, was a 10 – item scale that measures global self-worth by measuring both positive and negative feelings about the self. The scale is believed to be uni-dimensional. All items answered using a 4 – point Likert scale form at ranging from strongly agree to strongly disagree. The scale presents high ratings in reliability areas; internal consistency was 0.77 and minimum coefficient of reproducibility was at least 0.90.

PERCEIVED STRESS SCALE

The perceived stress scale was the most widely used psychological instrument for measuring the perception of stress. It is a 10-item scale with 5 responses such as never, almost never, sometimes, fairly often and very often. The total administration of the test takes about 5 – 10 minutes. Researchers report relatively satisfactory reliability estimates for 0.82.

BECK ANXIETY INVENTORY

Beck Anxiety Inventory was a self-report measure of anxiety with a number of 21 items with the responses such as not at all, mildly but it didn't bother me much, moderately it wasn't pleasant at times and severely it bothered me a lot. The internal consistency for the scale was 0.92, test-retest reliability for the scale was 0.75 and validity for the scale is 0.51.

THE DIGIT MEMORY TEST

Digit memory test was an administrative test measuring the working memory of the subjects developed by Martin Tuner and Jacky Ridsdale. It was administered by the making the subjects to repeat the digits forward and backward. And percentile scores are obtained out of administration.

LETTER CANCELLATION SHEET

Letter cancellation sheet was administered to measure the attention of the subject. It was a time bound test, administered within the limited time.

PROCEDURE:

A total number of 20 subjects of adult age group (18 - 25) were taken for the study. Pre-evaluation has been done by using the Rosenberg Self-esteem Scale, Beck Anxiety Inventory, Digit Memory Test, Letter Cancellation Sheet, and Perceived Stress Scale. These tests were carried out to the subjects for pre and post evaluation. The dynamic meditation sessions were conducted regularly for a period of 7 days at the same time of the day. All the members of the study were requested to gather at the same location, at same time for the whole intervention period. The location occupied for the practice of the dynamic meditation was found to be spacious, more secured and risk-free environment with no disturbance for the participants. Every day, during the session, the subjects were given a brief instruction about the various stages of the dynamic meditation, such as stage of chaotic breath, followed by the stage of cathartic expression, followed by jumping up with "Hoo" sound, followed by getting oneself freeze and finally ending up with a mild dance celebration. The participants were also given a demo at the different stages of dynamic meditation. The members were let free to ask any kind of doubts or clarifications regarding the meditation.

The selected tools were administered for the participants in the study two days before the beginning of the intervention. All the participants completed a "Form for the Day" after completing the practice of dynamic meditation which was comprised of 5 likert type items and also comments section. It comprised of the questions which enquire about the difficulty or ease in performing the dynamic meditation. Once again, the selected tools for the study were administered for the participants in the study on the seventh day of the intervention, after the practice of dynamic meditation. The final test for the participants were done on the twelfth day on the study, which means five days after the termination of the intervention.

RESULTS AND DISCUSSION

Figure 1 Mean Digit Memory Test Scores by Day

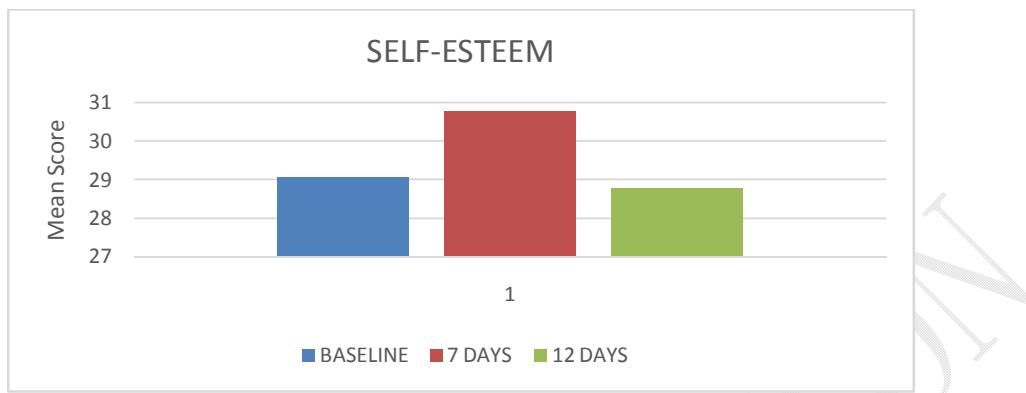


The above bar graph shows the mean scores of the Digit Memory Test at the three levels of test including: baseline test (before the intervention), seventh day test (immediately after the intervention) and twelfth day test (5 days after the termination of intervention). The results show that comparatively, there was an increase in the memory level in the participants after the practise of Osho's Dynamic Meditation. And it was also evident that termination of the meditation practise had resulted in a mild variation in the memory. This result was in accordance with the study of Anurag Joshi, OP Goyal and VK Gupta (2007), who stated that regular practise of meditation improves the memory. The results were also in accordance with Rachna Butola and Renu Chauhan (2014) who stated that two weeks practice meditation can enhance the memory of the normal individual.

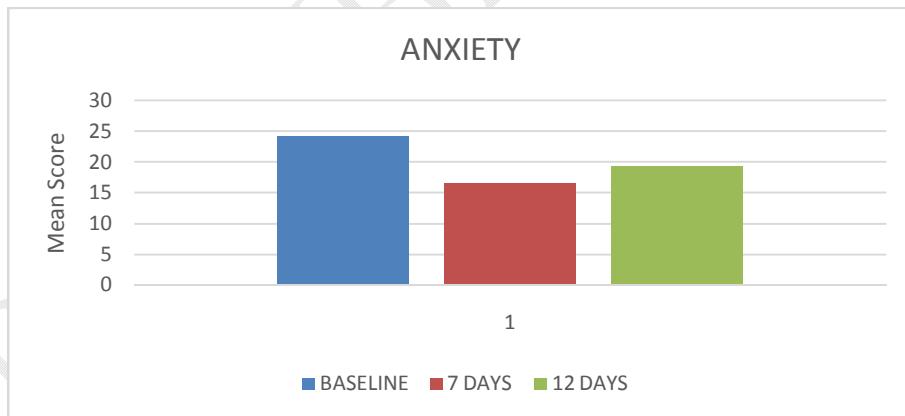
Figure 2 Mean Letter Cancellation Sheet Scores by Day



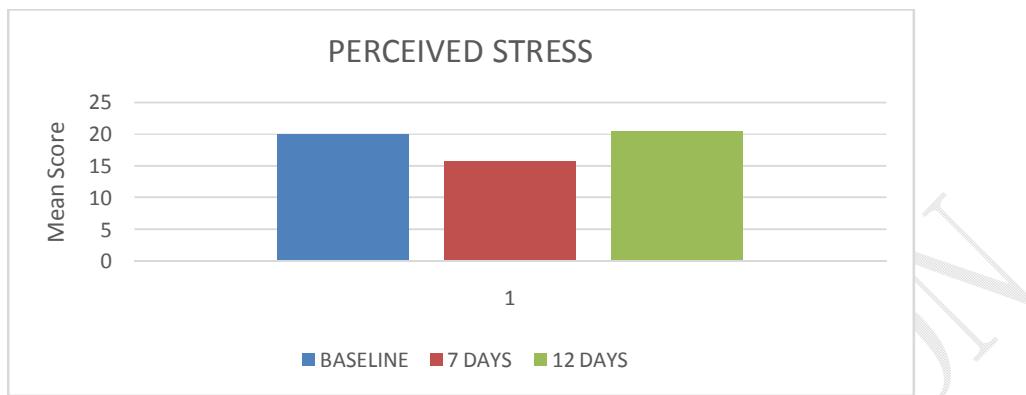
The above graph shows mean scores for letter cancellation test including: baseline test (before the intervention), seventh day test (immediately after the intervention) and twelfth day test (5 days after the termination of intervention). The results show that comparatively, there was an increase in the attention level in the participants after the practise of Osho's Dynamic Meditation. And it was also evident that termination of the meditation practise had resulted in a mild variation in the attention. The results of the study were in accordance with the study conducted by Naved Iqbal, Archana Singh &Sheema Aleem (2016) stated that practise of dynamic meditation improves attention. The results were also in accordance with Rachna Butola and Renu Chauhan (2014) who stated that two weeks practice meditation can enhance the attention of the normal individual.

Figure 3 Mean Rosenberg Self-Esteem Scale Scores by Day

The above graph shows mean scores for Rosenberg Self-Esteem Scale including: baseline test (before the intervention), seventh day test (immediately after the intervention) and twelfth day test (5 days after the termination of intervention). The results show that comparatively, there was an increase in the self-esteem among the participants after the practise of Osho's Dynamic Meditation. And it was also evident that termination of the meditation practise had resulted in an alteration in the self-esteem of the participants. The results of the study were in accordance with the study conducted by Naved Iqbal, Archana Singh, Sheema Aleem and Samina Bano (2014) stated that meditation practise increases self-esteem. The results of the study present study were indirectly related to the study of Naved Iqbal, Archana Singh &Sheema Aleem (2016) stated that practise of dynamic meditation increases the awareness towards own self, serving as a factor to improve the self-esteem.

Figure 4 Mean Beck Anxiety Inventory Scores by Day

The above graph shows mean scores for Beck Anxiety Inventory including: baseline test (before the intervention), seventh day test (immediately after the intervention) and twelfth day test (5 days after the termination of intervention). The results show that comparatively, there was a decrease in the anxiety among the participants after the practise of Osho's Dynamic Meditation. And it was also evident that termination of the meditation practise had resulted in an alteration in the decreased anxiety of the participants. The results of the study were in accordance with the study conducted by Naved Iqbal, Archana Singh, Sheema Aleem and Samina Bano (2014); Manjushambika Rajagopal, Sanchitha S. Pugazhanthi and Linu Sara George (2012) stated that meditation practise decreases anxiety.

Figure 5 Mean Perceived Stress Scale Scores by Day

The above graph shows mean scores for Perceived Stress Scale including: baseline test (before the intervention), seventh day test (immediately after the intervention) and twelfth day test (5 days after the termination of intervention). The results show that there was difference in the perceived stress among the participants of the study who underwent the practise of Osho's Dynamic Meditation. And it was also evident that termination of the meditation practise had resulted in mild alteration in the perceived stress among the participants. The present study scores were found in accordance to the study conducted by Joan H. Hageman, Stanley Krippner, and Ian Wickramasekera (2010); Srikanth N Jois, R Moulya and Lancy D'Souza (2017) indicates that after meditation practise there was a significant decrease in perceived stress.

Table 1 shows the t-Test values of the study

| VARIABLES | | MEAN | STD.DEVIATION | t-value (significance) |
|------------------|-----------|--------|---------------|---------------------------|
| Self-esteem | Base line | 2.28 | 0.461 | -3.688 (0.002) |
| | Day 7 | 2.72 | 0.461 | |
| Attention | Base line | 31.11 | 7.970 | -16.482 (0.001) |
| | Day 7 | 55.72 | 8.498 | |
| Anxiety | Base line | 1.72 | 0.461 | 4.610 (0.001) |
| | Day 7 | 1.17 | 0.383 | |
| Perceived Stress | Base line | 2.11 | 0.583 | 4.123 (0.001) |
| | Day 7 | 1.61 | 0.502 | |
| Memory | Base line | 84.83 | 6.573 | -6.593 (0.001) |
| | Day 7 | 93.083 | 4.5188 | |

The above table shows the t-values of the study indicating that there exists significant difference between the variable such as self-esteem, attention, anxiety, perceived stress and memory. It is evident from the mean values that, comparatively there was an increase in the self-esteem (0.002), attention (0.001) and memory (0.001) among the participants at the baseline and after the intervention for 7 days. The values also indicate that there was a mild decrease and variations in the anxiety (0.001) and perceived stress (0.001). These results were evident to accept the framed hypothesis. There were many research studies supporting the results under each variable and were discussed above.

SUMMARY AND CONCLUSION

It brings out the overview of this study and conclusion. The objective of this study is to evaluate the effect of dynamic meditation for 7days on self-esteem, anxiety, working memory, attention and

stress in the adults. A number of 18 male samples between the age group of 18 – 25 with good health were chosen for the study. Various tools assessing the domains such as self-esteem, memory, attention, perceived stress and anxiety were used for the study. It includes Rosenberg Self-esteem Scale, Beck Anxiety Inventory, Digit Memory Test, Letter Cancellation Sheet, and Perceived Stress Scale. The samples were selected using random sampling method. The samples were informed about the process of data collection and are also informed that the data collected from them will be used for the research purpose alone and also confidentiality will be maintained. The subjects were given questionnaires along with the informed consent forms and the demographic sheets. They were also informed and instructed of not to omit any questions in the questionnaires and also to be regular for the intervention.

FINDINGS OF THE STUDY

- ❖ The findings of the study suggest that there exists a significant difference between the pre-test and post-test scores of the group members engaging in dynamic meditation in the domains of self-esteem, anxiety and stress.
- ❖ There exists a significant difference between the pre-test and post-test scores of the group members engaging in dynamic meditation in the domains of working memory and attention.
- ❖ Practice of dynamic meditation had led to an increase in the memory, attention and self-esteem among the participants.
- ❖ Practice of dynamic meditation had led to a decrease in the anxiety and perceived stress among the participants.

CONCLUSION

The present study concludes that practice of dynamic meditation among the adults had been found more effective in improving the attention, memory and self-esteem and also decreased the individual level of perceived stress and anxiety to an extent. Adult population finds it more interesting and took part enthusiastically than when compared to the other forms of meditation conducted in various researches with a drawback of the participants (especially adults) were not much interested in chanting mantras, maintaining a posture or focusing on one. Hence this form of dynamic meditation could be opted for the adults with high level of perceived stress or anxiety or adults with low self-esteem. It can be also used among the normal population of adults to improve their memory and their attention. The different stages of the dynamic meditation include dynamic physical movements and it helps the individuals to directly or indirectly focus on the self (both internal and external).

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