

## “MEDITATION: A Pivot Factor to Start Up A Science Class”

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### -----ABSTRACT-----

**PURPOSE OF DEDICATION:** *The purpose of dedication is to make our mind calm and peaceful. If our mind is peaceful, we will be free from worries and mental discomfort and so we will experience true happiness, but if our mind is not peaceful, we will find it very difficult to be happy, even if we are living in the very best conditions.*

**WHY GUIDED MEDITATION IN THE CLASS ROOM BEFORE BEGINNING A CLASS?** *Guided meditation plays a vital role inside the class room before beginning a lesson. When a teacher starts a lesson, he does many activities like storytelling, singing a song, etc. Instead of telling story to the students, if we do meditation then, it will be very effective. In meditation more students will be involved actively. Meditation enables the students mind to become free, explore their ideas, thoughts and imagination. The students learn to be in touch with the source of love, strength, wisdom inside themselves. WHY TO TEACH MEDITATION IN THE CLASS ROOM? Through meditation the teacher can improve the ability of the students who solve their difficulties. They were able to think process through which was not possible before. Meditation helps students to increase their imagination and problem solving capacities.*

### **HOW TO DO DEDICATION IN THE CLASS ROOM? :**

*There are five steps while we are doing meditation.*

a) *Relaxing the body: Before doing meditation we should relax our body. So we will do some exercises from toe to top of head, in order to relax our whole body.*

b) *Deep breathing: Before doing meditation, we should sit keep our left palm over right palm. Close our eyes with deep breathing.*

c) *Concentration of mind: While doing meditation the students should concentrate their mind at one point, which will enable them to perform as a human being as their thoughts are slowly being transformed into whole-some and positive ones.*

d) *Expansion of mind: The students are directed to think about particular situation which will aid them to enhance their imagination and thoughts.*

e) *Productive activity: The students are instructed to bring attention on body, feel body parts, wriggle their finger, toes, rotate their hand, open their eyes and after that they will do some activities like clapping, story writing, art, etc.*

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Date of Submission: 8 January 2015



Date of Accepted: 25 January 2015  
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### I. INTRODUCTION

Now-a-days, the teachers are directed to do different warm up activities like singing a song, clapping, dancing, etc. before teaching students. All these warm up activities assist students to concentrate on teaching and relaxed themselves. But, according to my opinion if mediation will be implemented as a warm up activity, it will be better for the students.

**WHAT IS MEDIATION:** Meditation is a practice of concentration focus upon a sound, object, visualization, the breath, the movement or attention itself, in order to increase awareness of the present moment, and reduce personal and spiritual growth.

**PURPOSE OF DEDICATION:** The purpose of dedication is to make our mind calm and peaceful. If our mind is peaceful, we will be free from worries and mental discomfort and so we will experience true happiness, but if our mind is not peaceful, we will find it very difficult to be happy, even if we are living in the very best conditions.

**WHY GUIDED MEDITATION IN THE CLASS ROOM BEFORE BEGINNING A CLASS? :** Guided meditation plays a vital role inside the class room before beginning a lesson. When a teacher starts a lesson, he does many activities like storytelling, singing a song, etc. Instead of telling story to the students, if we do meditation then, it will be very effective. In meditation more students will be involved actively. Meditation enables the students mind to become free, explore their ideas, thoughts and imagination. The students learn to be in touch with the source of love, strength, wisdom inside themselves.

**WHY TO TEACH MEDITATION IN THE CLASS ROOM? :**Through meditation the teacher can improve the ability of the students who solve their difficulties. The students who were having the most difficulties with their studies were improving. They were able to think process through which was not possible before. Meditation helps students to increase their imagination and problem solving capacities.

#### **HOW TO DO DEDICATION IN THE CLASS ROOM?**

There are five steps while we are doing meditation.

- a) **Relaxing the body:** Before doing meditation we should relax our body. So we will do some exercises from toe to top of head, in order to relax our whole body.
- b) **Deep breathing:** Before doing meditation, we should sit keep our left palm over right palm. Close our eyes with deep breathing.
- c) **Concentration of mind:** While doing meditation the students should concentrate their mind at one point, which will enable them to perform as a human being as their thoughts are slowly being transformed into whole-some and positive ones.
- d) **Expansion of mind:** The students are directed to think about particular situation which will aid them to enhance their imagination and thoughts.
- e) **Productive activity:** The students are instructed to bring attention on body, feel body parts, wriggle their finger, toes, rotate their hand, open their eyes and after that they will do some activities like clapping, story writing, art, etc.

**THE VOICE OF TEACHER DURING MEDITATION :** The teacher's voice should be slow, relaxed and pausing. He will say the students to let the scene sink in as a result the students can easily visualize and feel the scene. Speaking more and more slowly with a soothing quality, we lead the students to expand their ideas, thoughts, and imaginations and to think over particular situations.

**STUDENTS LEARN TO RELAX BEFORE MEDITATION :** The students imagine that a beautiful water fall of white light flows down on the whole body to relax the body parts. First it flows down over the head shoulder, chest, stomach, leg and feet and relaxed them. Now the students are very peaceful and relaxed.

#### **DIFFERENT TYPES OF MEDITATION**

There are mainly seven types of meditations.

- a) **Lotus meditation:** The teacher will say the students to imagine that, "you are lotus seed, buried beneath a muddy lotus pond. There is mud all around you and you can feel them clearly. Above you, above this muddy pull of dirt, there is sunshine and air. You are not disheartened as you begin your journey towards the surface".
- b) **Moral:** You think that, you are beautiful white lotus flower and your role is to remind people to rise above their sufferings and defilements. Just as you, you are rising above the muddy water and not dirtied by the mud from which you grow.

- c) **Incense meditation:** The teacher will say the students to imagine that, "you are a stick of incense, someone comes along and lights up a match stick. The person puts the little flame to the tip of the incense. Immediately you are burning away".
- d) **Moral:** As you are burning, your body gives up a lovely fragrant smell. This fragrance spreads through the air and brings joy, happiness to the peoples' heart.
- e) **Rainbow meditation:** The teacher will say the students to imagine that, "feel your body becoming lighter and lighter. See all the colours of the rainbow. Feel your body becoming all of the colours of the rainbow".
- f) **Moral:** i) **Red** –You are full of energy and strength.
- g) **Orange** - You are full of happiness and joy.
- h) **Yellow** - You are full of intelligence.
- Green:** You are full of harmony and friendship.  
**Blue:** You are full of peace.  
**Indigo:** You are full of gentleness.  
**Violet:** You are full of beautiful and self-respect.
- i) **Light meditation:** The teacher will say the students to imagine that, "You are a lotus candle. Some one walks towards you and lights your wick. You are now giving out a small glow of orange light, yourself giving out warm orange light".
- j) **Moral:** Warm orange light is like the brightness of wisdom. Your light helps to remind people not to remain in darkness but to bright themselves.
- k) **Joy meditation:** The teacher will say the students to imagine that, "You feel an opening in the top of your head. You feel joy floating in through the opening in the top of your head."
- l) **Moral:** Joy flows to every parts of your body. It spreads beyond your body, everyone in your class room, reaches beyond the class room, spreads whole world. The whole universe is filled with your joy.
- m) **Flower mediation:** The teacher will say the students to imagine that, "You are a beautiful flower. What kind of flower are you? See the colour of your petals. Appreciate that you are now a beautiful flower."  
**Moral:** After one day, the colour of your petals becomes dull. You are no longer sending off a sweet fragrance. Your petals become withered and discolored. You are ugly and faded. All things are constantly going through the change, i.e. impermanent. Every one's body too like your petals. Everyone should keep impermanence in mind and live in the present.
- n) **Water meditation:** The teacher will say the students to imagine that, "You are now pure clean water; someone comes along and gently put you into a small bowl. The person then offers you.
- o) **Moral:** Water is used to clean away dirt. This should was away selfish and unkind thoughts and be clean and pure like water.

## II. CONCLUSION

The teachers are directed to follow all the steps and types of meditations successively throughout the week, before starting a class. By which the students will be sound physically, mentally, socially and morally, i.e. the all round development of students will be possible.

## REFERENCES:

"A book of meditation for children – Moonbeam".