

Unit: 03, Lesson: 04 Fitness

The act of thinking deeply and calmly about something in a state of heightened awareness is known as meditation. It is an approach to train up the mind, similar to the way that fitness is an approach to training the body. Voltaire explains, "Meditation is the dissolution of thoughts in eternal awareness or pure consciousness without objectification, knowing without thinking, merging finitude in infinity."

From the ancient times, meditation has been a part of some religious traditions as a way of achieving the body's release from worldly cares, and creating inner harmony.

Meditation in our time is practiced by people to reduce stress and tension, and improve focus.

There are trainers who help beginners with some exercises such as improved breathing and progressive relaxation. One of the most common approaches to meditation is concentration.

To develop concentration one needs to focus on a single point. Since focusing the mind is challenging, a beginner might meditate for only a few minutes and then work up to longer durations.

Meditation releases anxiety and brings a state of calmness. It increases the thinking ability of human brain so that people have a better control of their emotions. Those who practice meditation can work tirelessly for a longer period of time. Meditation helps improve blood circulation in the brain and other parts of the body. Finally, meditation improves creativity, self-awareness and tolerance.

1. Choose the right answer based on the text you have read.

a) When did people begin practicing meditation first?

i) in the last century ii) recently iii) in the ancient past iv) in the middle ages

b) What is meditation good for?

i) eyes ii) serious thinking iii) developing muscles iv) relaxation

c) What is the text about?

i) contemplation ii) negotiation iii) mental exercise iv) hypnotism

d) How can a person attain control over five senses?

i. practising relaxation ii. self-realization iii. refraining from drugs iv. avoiding bad habits

e) How does improved blood circulation help a human being?

i. It develops the mind. ii. It helps all the organs of the body function properly. iii. It prevents pneumonia. iv. It increases thinking ability.