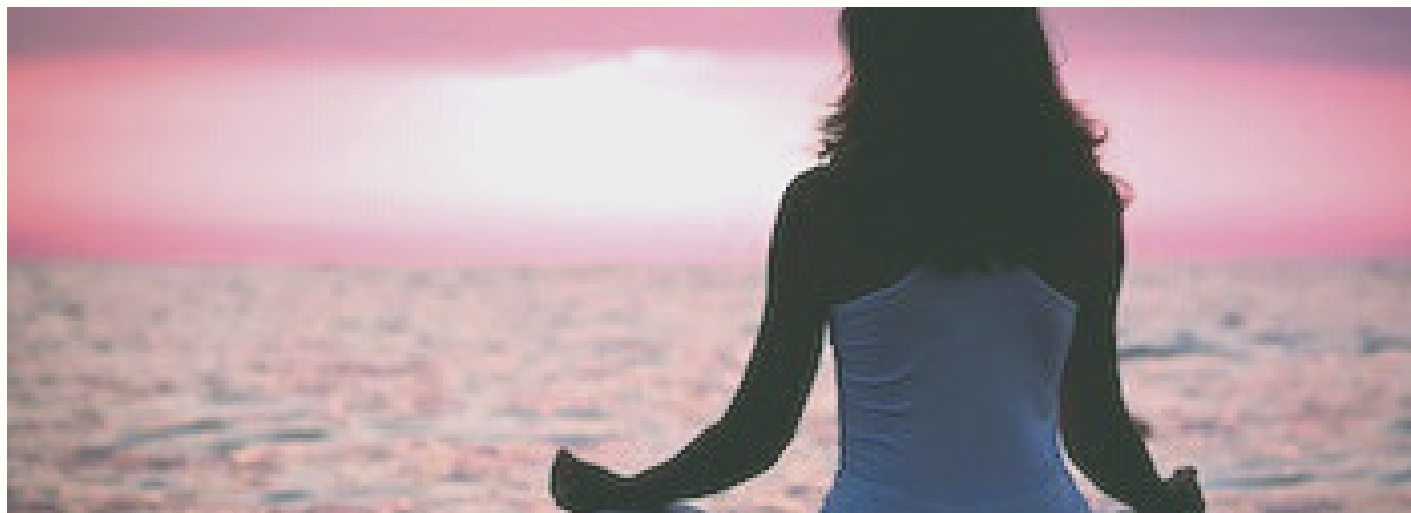




THE 360



A HOLISTIC RESEARCH NEWSLETTER BY SSIAR



3 ways Meditation can make you a better Citizen of Planet Earth

This article is inspired from the blog written by Divya Kanchibhotla Ji.

For centuries meditation has been practiced around the globe by millions of people. These practices help one transform their inner environment.

When one is struggling with their own mind and emotions, they have limited energy. Research shows that we are capable of physically transferring our stress to another person by our hormones leaking through our skin. We also impact others around us with our own mind-set – positive or negative. When one feels calm, happy and peaceful, that is when they can stretch their circle of belonging to others and the society.

Meditation has been an effective practice to increase energy, improve cognition, slow down aging and increase happiness. There are many scientific studies that document the positive effect of meditation on an individual's life, but today we explore how meditation can impact a global issue like Environment Conservation.

Here are the ways meditation helps with environment conservation :

-Meditation makes us more aware : Meditation increases our cognition and perception, not only it creates physical changes in the brain's gray matter, it also allows greater access to areas of brain involved in higher cognition. When we are more aware of our inner environment, we also have a greater awareness of our external environment.

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When we are aware , we are able to see our surroundings in a new light – we are actually able to "see" the state of the world. A small example is when we drive down the roads in India, if we are aware , there is no way that we will not be concerned with the state of plastic consumption and littering on our streets, however , if we are lost in the world of self created or external problems, all the bigger issues are simply invisible.

With a greater sense of internal and external awareness, one is able to “see” the global issues our world is facing today, else the humdrum existence of life is enough to overshadow everything else.

-Meditation develops empathy and connection: Meditation changes the levels of neurochemicals in our brain to increase social bonding and a feeling of connection. It has also been shown to increase empathy. This feeling of connection and social bonding does not restrict itself to family members and friends , but also extends to our community and society. For a mediator, it is easier to extend this connection and bonding to the planet earth and the environment. Many ancient Rishis in India , Native Americans in the USA see the divine

in every aspect of our creation. This empathy and connection allows one to participate and support a global cause.

-Meditation increases creativity and innovation : Meditation makes one creative through many ways. Creativity and innovation dawns when the mind is free from the usual chatter and thought cycles. Meditation calms the mind, reduces the number of thoughts. It also activates that part of our nervous system, which is responsible for “rest and digest”. This nervous system also creates new neural pathways and allows one’s innovation and creativity to surface. Creative solutions and innovative ideas are a must to develop strategies for environment conservation – whether it is discovering viable alternate modes of energy or innovative techniques for farming.

The Art of Living is an example of an organization that empowers individuals with tools to take care of their mind-body complex, increase energy and happiness. Then these individuals are inspired to go out and make a difference in their communities.

A sense of awareness, empathy and connection with our surroundings, and ability to create innovative solutions is a must to solve any global issues our world is facing today.

[Click here to read more.](#)

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DID YOU KNOW?

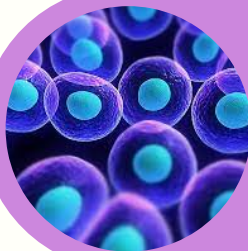
INTERESTING THINGS ABOUT HUMAN BODY



Not only does everyone have unique fingerprints, humans also have unique tongue-prints!



An average brain weighs about three pounds. A newborn brain weighs about 3/4 of a pound only!



A human body contains almost 100 trillion cells!



Your heart beats 100000 times a day!



One quarter of your bones are in your feet!



Being Body Positive

This article is excerpt from a conversation between Dr Somya Ramrakhyani and Ms. Divya Kanchibhotla Ji.

Being body positive means feeling comfortable in one's own skin and loving oneself. It is not only about size, but the skin color, height, amount of hair one has. It is less to do with how one looks & more to do with how one feels about oneself.

This is an excerpt from conversation between Dr. Somya Ramrakhyani (Pediatrician, USA) and Ms. Divya Kanchibhotla (Executive Director, SSIAR). Both of them talked about how social conditioning sets in at a very young age. Social media impacts a lot in body positivity, especially for young boys and girls.

If we don't feel good about ourselves, it creates a lot of damage to our brain also. Feeling bad about oneself can lead to eating disorders, depression or other psychological disorders. If our self esteem is hit again & again and we feel rejected, our brain processes it like a physical injury, so the stress pathways get activated which can lead to further diseases and we actually go on a negative spiral, like a catch 22 situation.

Having a good relationship with our own body is very important for physical and mental health. In the Art Of Living's 'Happiness Course' we talk about acceptance & we say that the real solution to any problem doesn't come from denial nor from passive acceptance like a fatalistic attitude, but when we have active acceptance of a situation. Body positivity fits in that range of active acceptance where we love ourselves and give ourselves constant & good feedback and work towards our goals actively.

Both of them shared that spirituality has helped them a lot in becoming body positive. When we meditate, we connect with our own self and we see our body as a vehicle of the divine who is carrying our soul; and becoming aware that our body constantly serves us; brings positivity, compassion and love towards our body.

According to research on women who meditate at least thrice a week, their relationship with their body improved within 3-4 weeks of starting meditation. Another research says that if they are surrounded by people who constantly complain about their flaws, especially about their body, they also tend to focus more on their own flaws.

What and how we talk to ourselves is also very important. When we are body positive; we feel good about ourselves and we really accept ourselves, we just shine through and look more beautiful, and we automatically radiate outside.

So, know that you are beautiful & perfect and you are here on this planet for some reason; you are here to contribute and love. Love yourself and others around you, meditate, be in company of people who uplift you and focus on non physical attributes like intelligence, creativity, kindness and other talents you have.



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