



The Psychological Healing Effects of Modern Meditation Training

Huizi Tanghe², Xiaoyan Luo², Wanshu Yang², Jun Zhang^{1,2*}

¹School of Business Administration, Tourism College of Zhejiang, China, Hangzhou, 311231.

²College of education, Sehan University, Republic of Korea, Jeollanam-do, 650106.

Article Info

Received: October 19, 2024

Accepted: October 28, 2024

Published: November 06, 2024

***Corresponding author:** Jun Zhang, School of Business Administration, Tourism College of Zhejiang, China, Hangzhou, & College of education, Sehan University Republic of Korea, Jeollanam

Citation: H Tanghe, X Luo, W Yang, J Zhang, (2024). "The Psychological Healing Effects of Modern Meditation Training". *Clinical Research and Clinical Case Reports*, 5(2); DOI:10.61148/2836-2667/CRCCR/87

Copyright: © 2024 Jun Zhang. This is an open access article distributed under the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited.

Abstract:

This study aims to explore the origins, classifications, and psychological healing effects of meditation. As an ancient psychological training method, meditation originally stemmed from the spiritual practices of Buddhism and Taoism and has recently been widely applied in the field of mental health. Research has found that meditation not only improves mental health but also promotes physical well-being by enhancing individuals' self-awareness and psychological resilience, helping them better cope with life's challenges. In modern society, it is crucial for people to learn and master meditation techniques, as they play an important role in maintaining a stable mindset and improving mental health levels.

Keywords: meditation training; psychological healing; sitting meditation; awareness

1 Introduction:

In the information age, rapid information dissemination and the constantly changing social environment have brought immense pressure to people. The popularity of social media exposes individuals to constant evaluation and comparison from others, increasing psychological burdens (Kross et al., 2013). Research indicates that frequent use of social media tools is associated with symptoms of anxiety and depression (Zhang, Liu, Mao, & Wang, 2020). The phenomenon of information overload is becoming increasingly severe, as individuals are overwhelmed by vast amounts of information, making it difficult to make effective decisions and judgments, thus generating stress (Bawden & Robinson, 2009). Additionally, the boundaries between work and life have become blurred due to the rise of remote work and online offices, making it challenging for individuals to balance their work and personal lives (Xing, Li, & Wang, 2023). Finally, issues related to cybersecurity and privacy have exacerbated people's anxiety, as threats of data breaches and cyberattacks lead to concerns about the protection of personal information (Wang, 2024).

The immense pressure has posed threats to both physical and mental health. Chronic psychological stress can lead to various physical health problems. Studies show that sustained stress can trigger cardiovascular diseases, hypertension, and weakened immune system function (Yan & Jiang, 2022). Stress causes the body to release large amounts of stress hormones, such as cortisol, which may be beneficial in the short term but can damage the heart and other organs in the long run (He, 2008). Moreover, stress is closely linked to the onset of psychological disorders such as anxiety and depression. Individuals experiencing high levels of stress are more likely to develop symptoms of anxiety and depression (Hammen, 2005). Stress not only affects emotions but can also lead to cognitive decline, including difficulties in concentration and decision-making (McEwen, 1998).

Additionally, stress is associated with increased suicidal thoughts and behaviors, especially among young people (Nock et al., 2008). In response to stress, individuals may adopt unhealthy coping mechanisms, such as smoking, excessive drinking, or overeating, which further exacerbate physical and mental health issues (Xie, 2009). Therefore, addressing and managing stress is crucial for maintaining physical and mental health.

2 Origins of Meditation Training:

Thousands of years ago, meditation training began to gain popularity in ancient India and China. In India, the Vedas record various techniques and philosophical ideas related to meditation (Chen, 2013). These early meditation practices focused not only on physical health but also emphasized inner peace and the development of self-awareness. In the 6th century BCE, Siddhartha Gautama, the founder of Buddhism, developed systematic meditation methods, viewing meditation as a key pathway to enlightenment and liberation (Li, 2019). During this period, elements of meditation were also present in Taoist practices in China. The Taoist advocacy of "sitting quietly" or "inner observation" aimed to help practitioners achieve harmony with nature (Gunathilake & Upananda, 2014). In modern times, as interest in Eastern philosophies and psychology has increased, meditation training has gradually been introduced to the West and has begun to flourish (Wang, 2003).

3 Classification of Meditation Training:

The earliest form of meditation is seated meditation, which has been widely practiced in the religious and philosophical traditions of India and China. Over time, the forms of meditation have continually evolved and diversified. Today, meditation has developed into various forms, including mindfulness meditation, loving-kindness meditation, focused meditation, and guided meditation. With so many different types available, individuals can choose a form that best suits their needs; despite their differences, the functions of these various forms of meditation often share similar outcomes.

3.1 Focused Meditation:

This form of meditation emphasizes concentrating attention on specific objects, such as the breath, sounds, or visual images. In this practice, participants typically choose a focal point for meditation and continually bring their attention back to this focus during the session. When distracting thoughts arise, practitioners learn to recognize these thoughts with a non-judgmental attitude and redirect their attention back to the original focal point. Through this ongoing practice, focused meditation can enhance an individual's attention, emotional stability, and help reduce stress and anxiety, thereby improving overall mental health (Kabat-Zinn, 2003).

3.2 Mindfulness Meditation:

Mindfulness meditation originates from Buddhist traditions and is a meditation method that focuses on present-moment experiences, aimed at helping individuals cultivate awareness of their thoughts, feelings, and surroundings. This practice encourages people to face

their inner thoughts and emotions with an open and accepting attitude, thereby enhancing self-awareness and reducing anxiety and stress. Mindfulness meditation not only improves concentration but also promotes emotional regulation and mental health, allowing individuals to feel more calm and clear in their daily lives (Shao et al., 2023).

3.3 Guided Meditation:

Guided meditation is a meditation practice led by a guide or through recordings. In this process, the guide uses verbal descriptions to help participants gradually enter a state of relaxation, usually involving deep breathing, body scanning, and imagery guidance. This method is particularly suitable for beginners, as it provides structured steps that enable practitioners to more easily experience the benefits of meditation, such as stress reduction, improved focus, and enhanced emotional stability. Through guidance, participants can explore their inner world more deeply and cultivate self-awareness and inner peace (XXX).

3.4 Moving and Still Meditation:

The principle of moving and still meditation combines meditation with physical movement. In dynamic meditation, practitioners engage in various body postures and movements, such as music, dance, yoga, or tai chi, integrating body movement with breathing to help individuals achieve inner peace and focus in their busy lives (Chopra, 2010; Zhang, 2023). In still meditation, individuals typically remain still, focusing on their breath or bodily sensations. This combination not only enhances concentration and bodily awareness but also effectively alleviates stress and anxiety, improving mental health and becoming an important tool for modern individuals seeking inner balance.

3.5 Loving-Kindness Meditation:

Loving-kindness meditation is a practice focused on cultivating love and compassion, aimed at helping individuals enhance their care and understanding for themselves and others. In this process, individuals often silently repeat phrases of goodwill, sending kindness and blessings to themselves, loved ones, and even strangers or those facing difficulties. Through this approach, loving-kindness meditation can not only reduce self-criticism and anxiety, promoting mental health, but also enhance the sense of connection with others, fostering emotional resonance, allowing individuals to respond more positively to challenges and difficulties in daily life (Germer, 2009).

4 The Psychological Healing Effects of Meditation Training:

In recent years, meditation training has gained widespread attention for its significant psychological healing effects. It promotes mindfulness and inner peace, helping individuals effectively cope with mental issues such as stress, anxiety, and depression (Zainal, Booth, & Huppert, 2013). Research indicates that regular meditation can improve emotional regulation, enhance self-awareness, and reduce the intensity of negative emotions, thereby boosting psychological resilience (Creswell, 2017). Furthermore, meditation can facilitate relaxation responses,

providing a safe internal space that alleviates physical stress responses, contributing to improved sleep quality and enhanced overall well-being (Kabat-Zinn, 2003).

5 Conclusion:

In this study, we explored the positive impacts of meditation training on individuals' lives. The results indicate that meditation not only effectively reduces stress and anxiety but also enhances emotional regulation and psychological resilience. Practitioners can increase their life satisfaction and sense of well-being through continuous practice. Additionally, meditation training helps improve attention and focus, enabling individuals to perform better in daily life and work. Thus, we can infer that in this era of significant social change and increasing pressure, such psychological healing methods will become increasingly popular. Based on these findings, we recommend that individuals learn meditation techniques and incorporate meditation training into their lives to achieve a balanced mind and body.

Funding statement

Not applicable.

References:

- Bawden, D., & Robinson, L. (2009). The dark side of information: Overload, anxiety, and other paradoxes and pathologies. *Journal of Information Science*, 35(2), 180-191. doi:10.1177/0165551508095781
- Creswell, J. D. (2017). Mindfulness interventions. *Annual Review of Psychology*, 68, 491-516. doi: 10.1146/annurev-psych-042716-051139.
- Chen, W. (2013). The flow of healing energy: Webbing Hinduism, Tibetan Buddhism, and Gary Snyder's eco-poetry. *Lingnan University Journal*, 10(1), 23-44.
- Chopra, D. (2010). *The Seven Spiritual Laws of Success: A Practical Guide to the Fulfillment of Your Dreams*. New York: Amber-Allen Publishing.
- Germer, C. K. (2009). *The mindful path to self-compassion: Freeing yourself from destructive thoughts and emotions*. New York: The Guilford Press.
- Gunathilake, M. D., & Upananda, M. (2014). A comparative study of Theravada Buddhism and Taoist meditation (Doctoral dissertation, Zhejiang University).
- He, M. L. (2008). Study on the effects of time pressure on the cardiac autonomic nervous system (Doctoral dissertation, Shanghai Jiao Tong University).
- Hammen, C. (2005). Stress and depression. *Annual Review of Clinical Psychology*, 1, 293-319. doi: 10.1146/annurev.clinpsy.1.102803.143938.
- Kross, E., Adolphs, R., & Mischel, W. (2013). Social rejection shares somatosensory representations with physical pain. *Proceedings of the National Academy of Sciences*, 110(15), 5479-5484. doi:10.1073/pnas.1102693108
- Kabat-Zinn, J. (2003). Mindfulness-based interventions in context: Past, present, and future. *Clinical Psychology: Science and Practice*, 10(2), 144-156. <https://doi.org/10.1093/clipsy/bpg016>
- Li, Y. (2019). The design of jade carving pigs and traditional culture. *Guide to Happy Living*, (51), 246.
- McEwen, B. S. (1998). Protective and damaging effects of stress mediators. *New England Journal of Medicine*, 338(3), 171-179. doi: 10.1056/NEJM199801153380307.
- <https://www.cambridge.org/core/journals/the-british-journal-of-psychiatry/article/crossnational-prevalence-and-risk-factors-for-suicidal-ideation-plans-and-attempts/BDD6458A563389FFE7E5226B7533BE98>
- Shao, H., Ren, G., Ding, X., Shi, M., Li, R., & Li, Y. (2023). The impact of mindfulness meditation on mind-wandering and its underlying mechanisms. *Psychological Science Advances*, 31(12), 2368-2379.
- Wang, L. (2024). The spread of social anxiety and its alleviation from the perspective of online public opinion (Doctoral dissertation, Nanjing University).
- Wang, L. (2003). Meditation: The trendy movement sweeping the West. *Modern Health*, 12, 8-9.
- Xing, Y., Li, L., & Wang, X. (2023). Restructuring and adjustment: The work-family relationship of young employees working from home. *Jiangnan Academic Journal*, 42(3), 14-22.
- Xie, J. (2009). Urban residents' smoking behavior and psychological stress: A correlational study (Doctoral dissertation, Zhejiang University).
- Zhang, Y. (2023). Self-emotion regulation and anxiety alleviation: A study on online psychological counseling for college students during the pandemic prevention period based on art education dissemination practices. *Art and Technology*, 36(8), 5-8.
- Yan, F. H., & Jiang, W. X. (2022). The mechanism and research progress of psychological stress in the formation of hypertension. *Journal Title*, (1), 89-91.
- Zhang, Y. F., Liu, Y. L., Mao, T. T., & Wang, Y. X. (2020). Causal factors and associative pathways of mobile social media users' FOMO in the new media environment. *Library and Information Knowledge*, (4), 66-75.
- Zainal NZ, Booth S, Huppert FA. (2013). The efficacy of mindfulness-based stress reduction on mental health of breast cancer patients: a meta-analysis. *Psychooncology*, 22(7):1457-65. doi: 10.1002/pon.3171.