

## LETTER TO EDITOR

# BE SMART WITH MEDITATION

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In a society where humans work 24 hours a day, seven days a week, are portrayed as machines. Though this attitude allows them to be more innovative and financially successful, as well as establish a stable image in society. On the other hand, this approach is hollowing and draining them from within. Being a workaholic has serious consequences, such as being forgetful, dull, making mistakes, losing energy and capacity, and so on. Meditation is the only approach to reducing the effects of a workaholic because it can help us become less susceptible to mistakes.<sup>1</sup>

Meditation is not an easy exercise; it is the skill of learning to get over things that bother us. It also allows us to recall who we truly are, which eventually aids in finding and recognizing ourselves. Though it is a laborious and time-consuming procedure; its impact on our mind and body is long-lasting.<sup>2</sup> Meditation impacts our brain in such a way that aids in the recognition of mistakes, making us smarter and assisting in the process of making better decisions. It not only has the same influence on typical meditators, but it also has an equal impact on non-meditators.<sup>3</sup>

There are several forms of meditation that produce distinct neurocognitive impacts, such as some meditation that requires focusing solely on breathing. Open monitoring meditation is unique among other meditation techniques, since it entails introspective focus and attention to all happenings in the body and mind. As a result, it is useful for meditators in

spotting mistakes. In the process of open-monitoring meditation, a person must sit silently and pay heed to where his thoughts take him without becoming entangled and lost in speculation.<sup>2</sup>

In a study, 200 non-meditators were subjected to an open-monitoring meditation session for 20 minutes, during which an individual's neural activity was recorded and measured through EEG (electroencephalography). Based on enhanced brain activity following meditation, EEG revealed that merely providing them with meditation for 20 minutes boosted their brain's potency to recognize things better and made them less prone to errors.<sup>3</sup>

Because of its efficacy on the human body and mind, meditation has a promising future. However, there is still more scientific interest to reap the importance it can provide and, more vitally, how it functions? It's time to start thinking more critically.

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### CONFLICT OF INTEREST

Authors declare no conflict of interest.  
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