

Creativity and Meditation

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In the recent times, meditation helps for developing the personal and professional skills of a person. The meditation can be defined as the process of decreasing mental and physical pressure and in case of developing psychological strength of a person, the process of meditating works successively. Apart from this, in the medical profession, the meditation is also used for developing the psychological, neurological and cardiovascular treatment process.

It has been observed that the successful people of the entire world always suggest for practicing meditation. The meditation helps for developing the capability of focusing, helps to grow the patients and also helps to improve the capability of thinking. These three impacts of the meditation are the main key to developing the creative mind. A creative mind contains more efficient grey matter in the brain. Grey matter is the most important part of increasing intelligence. However, a common person is notable for using a total of his grey matter. Meditation triggers those parts and develops the capability of the brain. The research of Xiaoqian Ding (2015) showed that meditation can develop the creativity. The researcher organized a meditation training program for few people and examined their brain and behavior (Ding et al. 2015).

On the other hand, the researcher also examined some common people who do not enlist in the training program. After 30 days of meditation training program, it has been observed that the people who took part in the meditation training have much developed their creative mind than other people. Moreover, the researcher also analyzed the mental and emotional state of those people also and the result showed that they have also recovered their stress and trauma by this meditation. Similarly, Muller (2016), also researched on the application of meditation for developing creativity (Müller, Gerasimova & Ritter, 2016). The research was also performed on some students some was of them was suggested meditation and some of them not. The result of the analysis showed that the impact of the mediation helped for increasing thinking capacity and helped for growing the power of observing and understanding a situation. Apart from this, the author also has stated that meditation helps for psychological and cognitive development of a person.

The recent studies of the psychology and neurology have published that the meditation is the best alternative procedure for sharpening the nerve system. In addition, it is also observed that people who show challenging behavior, practicing meditation could be the best cure for them. The discussion on the meditation and the creativity is not limited within

this zone only. According to Lorenza S. Colzato (2012), the development of the meditation techniques has helped for increasing the cognitive development of a person too (Colzato et al. 2017). The researcher has developed an understanding on the development of the mediation and the researcher showed that the meditation has been a huge trend of the western country and it has developed the analyzing process of psychology and also helps for developing the psychology of the people. The researcher has developed an understanding of the two different processes of meditation, which are; Focused action and open-monitoring. The research helped for drawing a picture regarding the development of *Divergent and Convergent* thinking of human. From the research, it has been observed that the application of FA and OM helps for developing and increasing the creative mind of the person. The researcher has analyzed both procedure of meditation and the result showed that FA meditation helps for analyzing a problem and also helps for preparing an appropriate solution for the problem (Capurso, Fabbro & Crescentini, 2014). This is an example of convergent thinking development. On the other hand, the OM meditation technique helps for developing the creative thinking capability, which helps for increasing the divergent thinking of a person. From the research, it is concluded that FocusAction Meditation process is very much helpful for increasing the stability of the mind.

From the observation of the researcher, it is very much obvious that the impact of the focused action is very much higher in case of development cognitive thing of a person. That is why, for discussion different styles of meditation process, Dominique P. Lippelt (2014), has developed a study on the understanding of different types of meditation and their impact on the creative mind. The researcher has stated that the development of the human brain is very dependent on the meditation process (Lippelt, Hommel, & Colzato, 2014). The meditation helps for developing the cognitive behavior of a person. There are three types of meditation processes, which are; Focused Action meditation, Open Monitoring meditation, and Loving-kindness meditation. These three types of meditation have different impacts on the development of intellectual mind. Apart from this, the researcher has also observed that every human mind has a different structure. However, the meditation technique can help for forming the structure in new structures.

On the other hand, Mel Rhodes has developed an understanding regarding the creativity. The researcher has developed the mix of four ps, which helps for understanding the impact of the different processes on the creativity. According to the author, these four Ps

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of creativity are; Product, People, Process, and Press. The researcher has expanded each of these Ps in depth for developing the understanding regarding the process of being creative. The author has also developed some questions for addressing the four Ps. The first P is the Product, which defines that what is the creativity what is creative. On the other hand, the second P is discussing the process of gaining creativity or the creative thing. Apart from this, another P is the people who make it creative and lastly the circumstances of being creative. The author has stated that these Ps helps for developing the creative thinking and these Ps also helps for developing the creativity. This discussed helps for understanding the path of achieving the creativity. Moreover, the researcher has also developed the understanding regarding the cognitive development of the mind.

On the other hand, Megan S. Wheeler (2015) has developed the understanding regarding the link in between the neurology and the psychological development. The study of this topic helped for developing the literature review on the neuroscience and the psychological development. The study also helped for understanding the modified process of treating the people and also helped for deriving the understanding regarding the process of treating the unstable mind. Apart from this, the study also showed that the impact of the meditation also helps for developing the working function of the brain. The researcher has focused on the development of cognitive control.

Aviva Berkovich also researched on the impact of creativity and meditation. The author stated that meditation helps to reduce anxiety, depression, mood swing, anger etc. Then the fresh mood helps an individual in creativity (Berkovich-Ohana et al. 2017). In that's why meditation helps to increase creativity passively. The author researched that meditation only for 30 minutes per day can help in relaxation. It also builds up the good personality. The author researched that a person can be more emotionally stable with the help of meditation.

In the world of professionalism, there has a great role of creativity. Many researchers have researched about meditation and creativity as there is a link between them. The author, Muller, researched on this topic and stated that meditation increases the cognitive power. The author studied on two groups of students and took them under the umbrella of meditation. The level of concentration was checked after and before of meditation. At the end day of meditation, it was seen that the cognitive power helps to enhance the creativity in meditation. The creative performance that was performed during meditation also helps in creativity. Therefore, it increases the mindfulness or concentration power that can make a creative soul.

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On the other hand, according to Roy Horan stated that there is a neuropsychological action in the connection between meditation and creativity (Horan, 2009). The author researched that the brain mainly follows an action via transcendence and integration. Transcendence is the system to accept information. Integration means to reach the information at the appropriate center of the brain. The two functions are controlled by some receptors that are alpha, gamma, and delta. Meditation effects on the receptors and therefore increases oxygen consumption and highlighted awareness. It reduces the cortical programming that directly affects to increase the creativity. The researcher stated that with proper evidence, with the help of EEG studies.

According to Sharon A. Gutman, there has a neurological reason on the topic of concentration and medication. Meditation improves in the reward system of the brain and by this technique, it increases cognitive power. It also relaxes the mind from psychological stress trauma also. The good of meditation can reduce some neurological problems also such as dementia. Meditation stimulates the nervous system and makes life better, smooth and tension free. It freed the mind from other consumption that can hamper the state of mind and bring concentration and creativity.

According to Frederick Travis, transcendental meditation which helps to focus on transcendence action of the brain increases the capability to accept information (Travis,1979). The author researched that the person who practices the transcendental meditation for 1 month, will get the facility of transcendental action of 5 years. It stimulates the alpha, beta two, beta three receptors in the brain. It also activates cortical portion, the temporal area of the brain and helps to gain more concentration power. The researcher-researched that by meditation some negative factors like ego, anger, jealousy positively diminishes. At the same time, it develops positive characters like humanity, concentration, better cognitive power, creativity. It also keeps a human being well physically and mentally.

Depending on the religious and the traditional view on the meditation, this can be stated that every religion has their own way of practicing meditation. As per the religious view, the practice of meditation helps for developing the concentration of the mind and li also helps for purification of the soul. There are few diversions in between the religious views and the scientific views on the meditation. According to Jill L. Kadar, the practice of meditation is the process of connecting with the lords. Apart from this, the meditation can be defined as the spiritual practice of the soul. On the other hand, Sarah Bowen (2015), research on the

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contrasts between the Buddhist meditation and the non-Buddhist meditation practice. This showed that the Buddhist practice of meditation helps for understanding the process of connecting with the god. On the other hand, the non-Buddhist practice of the meditation is considered as the standard practice of the meditation. Moreover, the research also showed that the development of the meditation practice helps for increasing the religious practice and the completion free mind as well.

On the contrary, according to Li (2017), the meditation is the process of developing the neurological system. The research also has stated that the meditation process helps for developing the brain function (Xinyi, 2017). Moreover, the research is also stating that the meditation also helps for understanding the brain relaxation. Moreover, this research is also containing the information regarding the development of the cognitive brain. The researcher collected data from some participants regarding the application of meditation and the development of the brain function. The research also gathered data from the relevant journals and articles. Moreover, the researcher also collected data from the recent statistical survey and from the graphs to understand the impact of the meditation on the creative development. In addition, the researcher also focused on the development divergent and the convergent thinking of the human. On the other hand, according to Peter J. O Connor (2016), research on the development of the creativity via relaxation (O'Connor, Gardiner & Watson, 2016). The research showed that the relaxation and the meditation program help for developing the capability and functionality of the people.

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