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Effect of meditation on hormone creation and sporting performance

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Abstract

All athletes would consent that energy is a key component to achievement in sport. Food, peaceful sleep, inhalation and meditation are the four foundation of energy. The sum of energy increased from meditation is superior to that from sleep with 20 minutes of meditation equal to 8 hours of deep sleep. Meditation is not just for monks seeking illumination. The athletes can also advantage from the practice. The enhanced awareness, leisure and patience that consequence from meditation assists athletes of all ages shine. The physical working out can helps to acquire the most out of your body; deep meditation acquires the most out of the mind, which a lot of top level athletes believe is much additional significant. Some meditation techniques even engage unite sport training and meditation to achieve higher states of awareness. On a regular basis, meditation can seriously develop your athletic performance by 'tuning' the body to reach your peak at just the right time. Meditation is a mental work out. Daily practice of deep meditation assists more advantageous hormones free during meditation. Meditation increases the construction of hormones similar to HGH [human growth hormone], cortisone, and melatonin. Serotonin etc in the body and these assists the encouraging effect on sporting performances.

Keywords: Meditation, Hormone Creation, Cortisone, melatonin, Serotonin.

Introduction

Meditation is a practice in which an individual trains the mind or induces a mode of consciousness, either to realize some benefit or for the mind to simply acknowledge its content without becoming identified with that content, or as an end in it.

The term meditation refers to a broad variety of practices that includes techniques designed to promote relaxation, build internal energy or life force and develop compassion, love, patience, generosity and forgiveness. A particularly ambitious form of meditation aims at effortlessly sustained single-pointed concentration meant to enable its practitioner to enjoy an indestructible sense of well-being while engaging in any life activity.

The word meditation carries different meanings in different contexts. Meditation has been practiced since antiquity as a component of numerous religious traditions and beliefs. Meditation often involves an internal effort to self-regulate the mind in some way. Meditation is often used to clear the mind and ease many health concerns, such as high blood pressure, depression, and anxiety. It may be done sitting, or in an active way for instance, Buddhist monks involve awareness in their day-to-day activities as a form of mind-training. Prayer or other ritual objects are commonly used during meditation in order to keep track of or remind the practitioner about some aspect of the training.

Meditation may involve generating an emotional state for the purpose of analyzing that state such as anger, hatred, etc. or cultivating a particular mental response to various phenomena, such as compassion. The term "meditation" can refer to the state itself, as well as to practices or techniques employed to cultivate the state. Meditation may also involve repeating a mantra and closing the eyes. The mantra is chosen based on its suitability to the individual mediator. Meditation has a calming effect and directs awareness inward until pure awareness is achieved, described as "being awake inside without being aware of anything except awareness itself." In brief, there are dozens of specific styles of meditation practice, and

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Many different types of activity commonly referred to as meditative practices.

With the hectic pace and demands of modern life, many people feel stressed and over-worked. It often feels like there is just not enough time in the day to get everything done. Our stress and tiredness make us unhappy, impatient and frustrated. It can even affect our health. We are often so busy we feel there is no time to stop and meditate! But meditation actually gives you more time by making your mind calmer and more focused. A simple ten or fifteen minute breathing meditation as explained below can help you to overcome your stress and find some inner peace and balance. Meditation can also help us to understand our own mind. We can learn how to transform our mind from negative to positive, from disturbed to peaceful, from unhappy to happy. Overcoming negative minds and cultivating constructive thoughts is the purpose of the transforming meditations found in the Buddhist tradition. This is a profound spiritual practice you can enjoy throughout the day, not just while seated in meditation.

When you're preparing for an important athletic event, you do everything possible to reach optimum performance. While your physical training can help you get the most out of your body, deep meditation gets the most out of your mind, which many top level athletes feel is much more important.

Some meditation techniques even involve combining sport exercises and meditation to reach higher states of consciousness. So why not combine athletic training and meditation? Make a little meditative prelude to your sporting session by closing your eyes and doing some highly focused breathing.

Exercise while trying to keep your meditative trance the whole time, clearing your mind of all distractions, fully concentrating on perfecting your techniques. When done regularly, meditation can greatly improve your athletic performance by 'tuning' your body to peak at just the right time. Many athletes underestimate themselves and use only fractions of their mind's true potential. When you are at peak awareness, your mind is free of needless concerns and negative emotion, utilizing all of your inner resources optimally. Adding meditation to your life can easily peak your mind's ability to focus, remain stress free, and have instant calm at all times during high pressure moments (during sports as well as during all other areas of your life).

With all the scientific evidence coming out in the past several years, meditation is becoming something that can't be overlooked. As anyone who's ever played a sport knows, the biggest opponent is always inside. Meditation gives you ways to come to terms with this opponent.

It doesn't matter what sport you play, any athlete can benefit from the positive benefits of meditation. Meditation research on athletic performance is still very much in its infancy. However, meditation has been shown to help in other areas that could relate to athletic performance. Every professional coach in the world should be looking at the thousands of studies that have shown the effectiveness of meditation.

All athletes would consent that energy is a key component to achievement in sport. Food, peaceful sleep, inhalation and meditation are the four foundation of energy. The sum of energy increased from meditation is superior to that from sleep with 20 minutes of meditation equal to 8 hours of

deep sleep. Meditation is not just for monks seeking illumination. The athletes can also advantage from the practice. The enhanced awareness, leisure and patience that consequence from meditation assists athletes of all ages shine.

Meditation and Hormone Creation

Meditation boosts Endorphins

Endorphins are a category of neurotransmitters that the body uses as an internal pain killer. These compounds are also responsible for the all-encompassing sense of happiness we sometimes feel. Endorphins are thought to reduce blood pressure and have been linked in the fight against cancer. People who exercise know endorphins well, as they produce what is known as 'runner's high'. These same pleasant feelings are also experienced by people who meditate, and studies show this is due to the higher levels endorphins that meditation elicits.

Meditation boosts your GABA

People who regularly meditate have considerably increased levels of the neurotransmitters GABA. What is GABA and why is it so important? GABA (gamma amino butyric acid) is one of the major inhibitory neurotransmitters in your central nervous system. It's best known for stabilizing mood disorders. Anxiety, tension, insomnia, and epilepsy are believed to be due to the failure to produce adequate levels of GABA. In a study at Yale University, people with panic disorder were found to have 22% less GABA than people without panic disorder. Addicts, including those addicted to alcohol, drugs, tobacco, caffeine, food, gambling, and even shopping, all have one thing in common: not enough GABA. As you can see, GABA is very important.

Meditation boosts your DHEA levels

Meditation provides a dramatic boost in DHEA hormone levels. We now know that low levels of DHEA are strongly associated with the risk of heart attack, diabetes, cancer, osteoporosis, rheumatoid arthritis, obesity, and chronic fatigue. On the positive side, DHEA enhances memory, alleviates depression, and causes a remarkable improvement in a person's sense of psychological and physical well-being. It also provides strong support to your immune system, so much that many scientists are convinced that a deficiency in the DHEA hormone is what contributes to the collapse of our immune systems during old age.

Boost your Melatonin with meditation

Melatonin is a hormone manufactured in the brain by the pineal gland, from the amino acid tryptophan. Levels of melatonin in the blood peak before bedtime and its function is to create restful sleep. Research has also revealed that it is a powerful antioxidant. Stress, however, significantly lowers melatonin levels. People who meditate are able to maintain healthy levels of melatonin by reducing stress and restoring balance. As a result, they sleep more soundly and wake up feeling refreshed each morning.

Meditation boosts Serotonin levels

Meditation also increases the production of serotonin within our brains. Serotonin is a main neurotransmitter and has profound influences over your mood and behavior.

Depleted serotonin levels are directly linked to depression, obesity, insomnia, narcolepsy, sleep apnea, migraine headaches, premenstrual syndrome, and fibromyalgia. In treating anxiety and depression-related disorders, drugs such as Prozac, Paxil, and Zoloft help to restore healthy levels of serotonin.

Meditation boosts your HGH

Deep meditation dramatically boosts levels of human growth hormone (HGH), which your body naturally produces. It stimulated your growth throughout your childhood and sustains your tissues and organs all the way through your life. Starting in your 40s, your pituitary gland, the pea-sized structure at the base of your brain where growth hormone is produced, gradually decreases the amount of HGH it creates. The body's diminishing supply of HGH causes the frailty that comes with aging decreased bone density, decreased muscle mass, increased body fat, weakening heart contractions, poor mood, lack of motivation, and poor exercise capacity. This is why so many people nowadays spend lots of money to take HGH. It's a very important hormone when it comes to our overall health and well-being.

Meditation lowers your levels of cortisone

Cortisone is the one hormone you want less amounts of and meditation is proven to significantly decrease this harmful hormone. Higher and more prolonged levels of Cortisone, an age accelerating hormone, in the bloodstream has been found to have effects such as decreased bone density, elevated blood pressure, suppressed thyroid function, weakened cognitive performance, chronic stress, blood sugar imbalances such as hyperglycemia, decrease in muscle tissue, lowered immunity and inflammatory responses in the body, increased abdominal fat (which is related to many more health problems than fat deposited in other areas of the body), heart attacks, strokes, increased levels of "bad" cholesterol (LDL) and decreased levels of "good" cholesterol (HDL), which lead to other health problems. Too much cortisone is very damaging to your body and meditation can help reduce the risk of its many harmful effects.

Meditation and Sporting Performance

Here are a few reasons why every athlete should consider the practice.

1. It helps you focus.

Your focus will determine if you win or lose a game. When you're at the free throw line, and you're not focused, you may miss the shot. Meditation has been shown to increase states of focus within the brain. Every athlete, no matter what sport they are playing, could work on bettering their focus.

2. It helps you cope with pain.

There's an old cliché around professional athletes that no matter what, they're always dealing with some sort of pain. High endurance sports do a number to your body. Meditation has been shown to help people cope with pain.

3. It helps you deal with fear.

Fears can hijack our minds from the present moment; this can lead to so many errors in sports. Meditation has been shown to help calm the fear center of the brain known

as the amygdale even when you're not meditating. This information alone is worth millions of dollars to a professional athlete.

4. It strengthens your immune system.

An athlete cannot afford to be sick; if they're sick they can't play. Athletes are always looking at various ways to avoid becoming sick, why not trying meditation? Meditation has been shown to strengthen our immune system.

5. It reduces our mind from ruminating.

Ever lose a game, miss the game winning shot? Fail hard? We all do. Sometimes it becomes hard to bounce back; we run obsessive thoughts through our mind. Meditation has been shown to reduce rumination; meditation will essentially help us reset are mind to focus on the present.

6. It makes you resilient.

The greatest athletes in the world are the most resilient; meditation has been shown to help out in this area. Everyone knows you have to fail over and over again until you succeed. Meditation helps you detach yourself from the negative thoughts that keep you from achieving your goals.

7. It reduces stress.

Athletes are always under stress. They pride themselves on the ability to be in a high stress environment.

8. It helps to stabilize emotions.

People with more mindful traits are better able to stabilize their emotions and have better control over their moods. The competitive nature of all athletes causes them to have to deal with a roller coaster of different emotions.

9. It helps with sleep.

One night of lost sleep could lose a championship; quality sleep is one of the most valuable things every athlete should have. Meditation has been shown to improve our quality of sleep.

10. It helps us to see our blind spots.

Athletes train over and over again to perfect their craft. It's one of the reasons why coaches exist; they are able to help you to see your blind spots. Our blinds sports cause us not to perform well, and meditation has been shown to help recognize our blind spots. By recognizing these blind spots, we can work on becoming better.

Conclusion

Meditation is a healthy consider tool for creating advanced athletic performance. Daily practice of deep meditation assists encourages the hormonal behavior in the body. Hormones act as an inhibitor in decreasing the contest fear, anxiety, stress etc, and also act as mechanism in sports performance. Meditation generates stability and tolerates energy to flow more liberally during the mind and body. Concentration is an completely vital part of any sport. It can be significantly improved throughout the use of meditation. Visualization techniques help athletes in all sports it gives athletes the tools to teach the body. It needs to do on the field of the future. Endurance is another characteristic that can be improved through the use of meditation. Every great athlete became great by the way they performed at the end of the game.

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