



Flute Meditation is A Way of Life

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Abstract:

In our bustling modern world, stress seems to cling to us like a shadow. The deadlines, daily pressures, and life's unpredictability can leave us feeling overwhelmed. A simple act, flute meditation could become refuge from stress and anxiety. There are different techniques to do meditation such as Mantra Meditation, Chakra Meditation, Music Meditation, Mindful Meditation, Zen Meditation, Breathe Awareness Meditation, Focused Meditation etc. but Music Meditation is one of the most simple and effective way of meditation. All over the world, different types of music such as Classical music, Primordial sound, Nature Sound, Instrumental Music are being used by meditation centers, but Indian classical music played with the help of flute is the most soothing music for body, mind and soul. It can genuinely help to manage the relentless waves of stress. Meditation is a way of life and one should do this first thing in the morning. It is one of the best ways to know thyself and stay connected with your eternal essence. Daily practice of meditation increases focus, reduces stress, improves quality of sleep and prevents from many ailments as every cell in the body is filled with more energy and feel satisfied, happy and joyful. It also decreases mental illness, aggressiveness and clears phobias and fears. The tune of flute refreshes the psychology of patient and specifically for a pregnant woman and an aged person as well as helps to concentration of the students for the study. The Scholars of flute meditation research opined that the use of flute makes good concentration, reduce stress & anxiety, feel relax. As such, the impact of flute meditation on human being and society as well.

Keywords: Flute Meditation, Stress, Anxiety, Concentration

Introduction:

Indian Flute is one of the most melodious instruments and many people play flute music while doing meditation especially. The sound of flute makes meditation session more enjoyable and improves the concentration power of the listener and also enhances the experience of meditation. It has been proved that flute music is one of the best music which is recommended by experts due to its soulful tone.

The flute is a musical instrument belonging to the woodwind family, producing sound through a vibrating air column. Early flutes, dating back 50,000 years, have been found

in Germany, showcasing a long history of music. The sound is created by blowing across an edge, like on a bottle, and vibrating the air inside. Flutes, often made of metal, can be horizontally held and played, with the player's breath controlling the pitch and tone. They are a versatile instrument, used in various musical genres and ensembles, often paired with other instruments like the violin or piano. The flute's clear and bright sound, with its distinctive warmth, sets it apart. Flute players can manipulate the pitch by using keys, and breath control also influences the tone and volume. The flute has been featured in religious artwork and literature,

such as in depictions of Krishna in Hindu art. It is a valuable instrument in both classical and contemporary music.

Objective of The Study:

1. To study the effect of Flute meditation on stress & anxiety on medical students
2. To study the effect of Flute meditation on daily lifestyle on medical students

Methodology:

The present study is conducted by adopting the experimental research method. The experimental design is non-equivalent control group design. The experimental design selected for the present study is pre-test and post-test. Researcher studied on medical field students selected from SMBT group of Institutes, Nandi Hills, Nashik. The Researcher selected 20 students randomly as a sample those students attended flute meditation sessions regularly for three months. After three month the researcher conducted feedback of such students through the questionnaire and also compared previous academic result with current result.

Findings & Benefits of The Flute Meditation:

After the study of three months of flute meditation the following findings & benefits are found.

1. **Relaxes Body, Mind and Soul:** Flute Meditation Music helps to still the mind which in turn relaxes the body. Research has shown that only 20 minutes of meditation gives benefits equivalent to 6-7 hours of sleep. Meditation is an easy and natural way of healing the body.
2. **Relaxes the Nervous System & stressed muscles:** Flute Music has the power to reduce negative effect of anxiety, stress and depression as it soothes the nerves. It also slows down heart rate and takes you to a state of deeper than sleep stage and soothes the stressed muscles.
3. **Reduces Stress:** Listening flute music helps in reducing stress. Whenever, one feels stressed for one or the other reason music listening for even for a few minutes can restore your inner peace. It is one of the best way to de-clutter the mind which reduces stress.
4. **Reduces Anxiety and Depression:** Anxiety is one's inability to regulate emotional responses to apprehend threats. Classical Indian Flute music is very helpful in reducing anxiety and also to control depression. Research has found that it is very effective way to treat depression.
5. **Helpful in post-operative healing:** As music has power to relax the brain and the body which is very much helpful in regulating the mood and enhancing the immune system, it also improves the blood flow to the affected area of the body which in turn helps to control pain and patient feels relaxed and process of healing becomes fast.
6. **Therapeutic Effects:** Music is a sanctuary for the soul. Playing the flute offers therapeutic outcomes, from stress relief to improved emotional well-being. It engages our cognitive functions, promoting mental health and a deeper connection with others.
7. **Better Sleep:** Now there are so many of us who wished they could sleep well at night. With all the workload and stress surrounding, it almost becomes impossible to get good sleep. Research has shown the students getting good sleep and feel relaxed as well as fresh.
8. **Studying:** Flute meditation make able to study and focus better while preparing for an exam to students. Not just that, they won't feel burdened or stressed with workload. This

is definitely a great way to improve the cognitive abilities.

9. **Provides A Creative Outlet:** Music is a channel for creativity, and the flute is a vessel of expression. Whether interpreting written music or composing our own, the flute nurtures our innate creativity and fuels innovation as well as helpful in research.
10. **Improves Self Confidence:** The research shows that the benefits of listening to music during meditation are deep and multifaceted, enhancing mental health, especially flute. Listening to flute music during meditation may have a positive impact on self-confidence and overall well-being. Music, especially calming and soothing melodies like those produced by flutes, has the ability to evoke emotions, calm mind, and create a peaceful atmosphere. During meditation, such music may help reduce stress, anxiety, and self-doubt, allowing you to focus inward, gain clarity, and build confidence. The serene tunes

of a flute may promote a sense of inner peace and encourage positive thinking. By calming the mind and reducing negative thoughts, flute music may indirectly contribute to improving self-confidence and general outlook on life, along with boosting happiness levels.

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