

**Секция: Из прошлого – в настоящее! Традиционная и народная медицина**

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Медитация «Прощение-Благодарность» очень полезна в процессе управления стрессом. Этот метод эффективен, помогая людям справиться со стрессом. Они могут более спокойно относиться к проблемам и реагировать на них позитивно. Особенно, когда они могут делать это регулярно. Они могут построить свою жизнь в более позитивной атмосфере.

**Ключевые слова:** стресс, медитация, прощение, благодарность

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**FORGIVENESS-GRATITUDE MEDITATION METHOD FOR**  
**STRESS MANAGEMENT**  
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Forgiveness-Gratitude Meditation is very useful in the stress management process. This method is effective in helping people manage stress. They can deal with problems more calmly and respond positively. Especially when they are able to do it regularly. They can build their lives in a more positive vibe.

**Keywords:** stress, meditation, forgiveness, gratitude

The development of the times has changed human life. Technological development is the main problem in the revolution which has an impact on natural conditions and human life. Changes in life mean that life's demands are increasing, especially with increasingly sophisticated technology which makes it easier for people to connect with each other and access various information. Not all information has a positive impact on humans, living standards also change with the exchange of information.

The majority of people today make their living standards based on other people's lives or based on the standards of the films they watch, so that when they are unable to meet these standards they feel very devastated. The process of meeting established standards of living actually makes people tend to feel stressed. Whether it's stress regarding economic standard expectations, expectations in love, or expectations in personal lifestyle. The identification results show that the main causes of stress are health problems, traumatic death, professional or work-related problems, relationship disputes, and financial losses [1].

Based on the current phenomenon, humans have become spoiled and dependent on existing technological advances, so that their ability to survive when obstacles occur also decreases. Poor conflict management can trigger stress in a person. Electricity and the internet are the main energy sources in today's society. Problems with internet access can also be a significant source of stress for people, especially those of productive age and children.

Stress is a natural condition experienced by humans due to an imbalance between expectations and reality or the presence of situations facing stressors. There are two types of stress that humans can

experience, namely acute stress and chronic stress. Acute stress is stress that lasts a short time. Chronic stress is a stress condition that lasts a long time, this is usually triggered by stressful life conditions or traumatic events or unresolved problems during life.

Stress can also occur when individuals face an unexpected condition, which can occur during brief adjustments to daily conditions. Brief stress experienced by humans can provide an adaptive response, but if it occurs repeatedly and continuously it can have a negative impact on physical and mental health [2]. However, acute stress experienced by a person can also be responded to positively, which is called eustress. Eustress is a condition where individuals respond to stressful conditions as motivation to become more enthusiastic.

In conditions of distress or negative reactions to stress, a person tends to lose enthusiasm and experience physical problems. This makes the individual who experiences it feel even more stressed. Distress conditions make individuals focus too much on the problems they are experiencing, making them tend to complain and lament their negative fate, and often they tend to blame things outside themselves. The adversity they experience makes them forget that there are many things they need to be grateful for with full awareness. They also forget that continuing to blame them actually makes them feel worse and unable to see the positive side of making peace with themselves through forgiveness.

Based on the explanation above, researchers are trying to create a new type of treatment for clients with stressful conditions, namely by returning their awareness to the importance of building self-acceptance through forgiveness-gratitude meditation. This technique is based on the basic reasons humans experience stress conditions which tend to be caused by neglecting themselves and focusing on things outside their control. Individuals' awareness of time changes when they meditate because they are outside of time, namely in a timeless state, so they can focus on their own duration rather than the duration of the (external) world [3].

Meditation is one of the stages in yoga activities, where a person observes the mind continuously so that it requires a person to focus on a focal point to calm the mind [4]. Forgiveness-gratitude meditation invites individuals to try to accept themselves as a whole and see their potentials and try to slowly make peace with everything that has happened in life. Through this meditation, it is hoped that individuals can slowly let go of the trash of anger, disappointment or sadness, and see more positive things in life. This will later help the process of reducing stress, so that they can find more peace in the life they live. This meditation process does not require many tools, but the condition of calm and the individual's willingness to focus really determines its effectiveness.

### **Materials and Methods.**

A qualitative review of the effectiveness of this treatment was carried out on 247 clients in 17 different sessions, 8 individual sessions and 9 classical sessions. Next we asked for testimony from the representatives of each session. For individual sessions, all clients are asked to review and evaluate,

but for classic sessions, only 5 participants in each session will provide reviews and evaluations so that a total of testimonies are obtained from 53 random clients.

Water is one thing that is no less important in this process, because water can help a person weaken anger, feelings of fatigue, and temporomandibular disorders, and even improve working memory [5]. At the beginning of the implementation, we will guide the meditation process that will be carried out. Furthermore, they can do this meditation independently on a regular basis. It would be very good if the forgiveness-gratitude meditation process was done at dawn or right after waking up. This is because at that time the brain tends to be still in a calm condition so there is little chance of resistance. This meditation can also be done before bed.

The stages carried out in this meditation process are as follows: 1) Drink a glass of water. 2) Take the most comfortable upright sitting position. 3) Form the most comfortable situation (for those who are comfortable with closing their eyes, you can try closing them, for those who are comfortable with opening your eyes, you can open your eyes but focus your gaze on your lower abdomen). 4) Inhale deeply through your nose, hold for a moment, exhale slowly through your mouth (do this while focusing on the breathing process). 5) Repeat the breathing process until you feel/see lighter breathing. 6) Cross both hands on your shoulders like doing a butterfly hug. 7) Maybe there will be thoughts that will appear trying to distract your focus, accept these thoughts, don't reject them, but let them come without any response (just ignore them and keep focusing on your breath). 8) Give affirmation of self-acceptance through sentences of forgiveness and gratitude. 9) Slide your palms by placing your thumbs on your jaw and the other part of your neck behind your ears. 10) Slowly lower your palms while stroking towards your shoulders. 11) give a strengthening pat on the shoulder. 12) Slowly release the hug from the shoulders through the upper arms until the palms meet. 13) Do the breathing exercise again and slowly open your eyes again or straighten your head again.

### **Results.**

The meditation that has been carried out gives the results that individuals who carry out forgiveness-gratitude meditation have reduced stress levels and increased self-acceptance. This is shown by evaluations from clients who previously felt heavy breathing, tense shoulders, tight chest, and thoughts that tended to be tired experienced quite significant changes. Clients also say that they feel calmer and more grateful for what they have gone through.

Clients say that after consuming water, they tend to be more focused and calm in receiving directions. 32 clients said that when they started to focus on breathing, their minds tended to go blank, but when hugs started to be given, their feelings began to tend to shake and many bad memories emerged. When they try to accept all the memories that arise without responding to them, they can actually feel a very strong energy, where they feel increasingly connected to themselves. They also said that connecting with themselves could make them realize that they had been wrong in responding to all problems, where they had suppressed or underestimated all their feelings until they just passed,

but it turned out to be firmly embedded in the subconscious so that it had a big influence on the life process they lived.

40 clients stated that they felt like they were going through a journey where they realized that all this time they tended to focus on things outside their control. They also said that it turns out that all this time they tend to be demanding of themselves so that it is difficult for them to enjoy life in peace. They forget to love themselves so they unconsciously always demand love from others and are filled with disappointment.

After a week of regularly doing Forgiveness-Gratitude Meditation, they felt very significant changes, they felt that the lives they lived tended to be more comfortable and they lived their days more productively. They are also able to manage the stressors that arise better, so that they do not have an impact on their emotions as they usually tend to explode.

### **Conclusion.**

From this research process it can be concluded that Forgiveness-Gratitude Meditation is very useful in the stress management process. This method is effective in helping people manage stress. They can deal with problems more calmly and respond positively. Especially when they are able to do it regularly. They can build their lives in a more positive vibe.

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