The current learning strategy on innovative education- meditating

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With the existence of about six billion active minds around the world there are endless amounts of thoughts from all the places on earth.

These studies discuss the strategy of innovative education through modern studies and researches that took place after an increased amount of difficulties, depression and aggression occurred.

The first chapter shows what meditating and pondering is in one's life, whereas meditation is the only language that allows the person to communicate with his inner self, and is considered as the storm that takes away the pressure an daily troubles that the person goes through.

The second chapter is about the aim of meditation and the need for it in our daily life.

The third chapter views the effect of practicing meditation and the person's communication with his natural self, body, mind and soul by practicing it from 5 to 20 minutes daily.

The process of meditation helps the mind to go far away from all kinds of distractions to calm the body, it also gets the person to feel and know his inner consciousness.

The fourth chapter offers ways on how to give and receive the expertise of meditating and pondering.

The fifth chapter shows results where it was concluded that it reduces stress, self-exhaustion, worries, anger and it increases self-stability. Eastern civilizations still use meditation as a curing method.

Key words : meditation, inner consciousness, a method to cure.