

**CHINESE MEDITATION PRACTICES OF ZEN MASTERS AND  
ITS IMPACT ON FAR EAST AND SOUTH ASIAN COUNTRIES  
TOWARDS THE RESTORATION OF PEACE AND SERENITY  
WITH SPECIAL FOCUS ON PAKISTANI SOCIETY:  
A VISION TOWARDS EXTREMISM ERADICATION**

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**Abstract:**

*Chinese Zen masters have been very famous in mediation practices to relieve the people from frustration, depression, schizophrenia and many multifaceted obsessive disorders. It is due to these meditative practices that Chinese people have revolutionized their lives in every field and its proof is growing blossomed human resources in the world. This research paper is scholarly attempt to understand how these mediation practices have transformed the Chinese people and how these practices have entered in the Far East countries with special focus on Pakistani communities. No doubt education has been a strong weapon towards the betterment of human beings but it would not be wrong to claim that with advancement of science and technologies, there have been parallel worries, tensions and depressive trends in the world which have brought chaotic situation in the world. In the wave of growing extremism, this research paper will enlighten the minds of scholars with certain tools and techniques to imbibe the true pleasure of being human beings. Ceratin groups in Pakistan have been adopting these meditative practices such as Birma Kumaris, Hindu communities and some Paris people who have brought drastic changes in their lives and they are living their live up to full potential free from worries and depression. In this research, a sample of 50 people has been contacted to know their previous*

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*lives, present lives and the responses from these people have been very positive. The respondents have acknowledged 180 degree turn in their previous and present lives. In this research paper it has been recommended to introduce these mediation practices so that youngsters who are the architect of Pakistani nation should be internally reformed to pace parallel with other Far East countries in socio economic fields.*

**Keywords:** *Zen Master, Meditation, Reformations and Human Resources.*

## **Introduction**

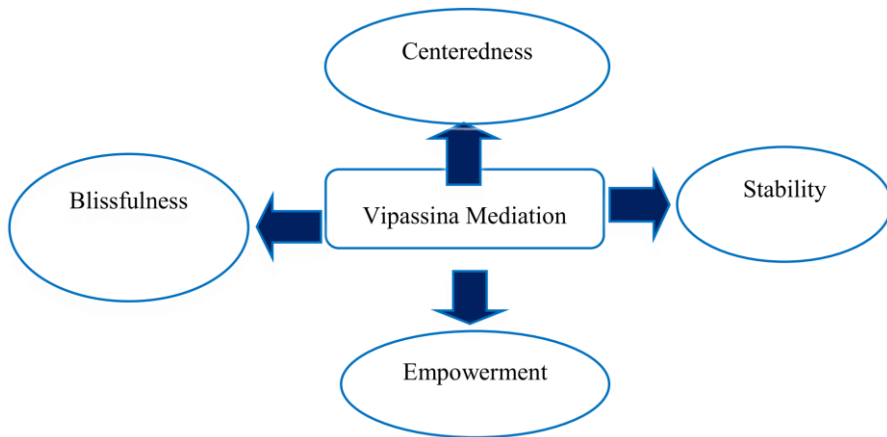
Chinese Zen monks have devised certain meditative practices which liberate the human beings from the vicious circle of negative thought patterns and emotions (Almond, 2014). Among these mediation practices, vipassina meditaion, visualization mediation and present conscious mediations have been main practices of Chinese Zen masters. These meditative practices have very soothing effects in body and mind in which an individual feels himself elevated and liberated from the negative emotions. Through these practices, it has been observed that individuals render their services more efficient than the people who do not practice these meditative practices (Donald, 2009). Now these practices have entered in Far East and South Asian countries such as Japan, Malaysia and Pakistan. In Pakistan, there are certain centers in defense Karachi which are known as Chinese mediation centers where people go for practicing. These people have acknowledged drastic positive results in their lives and they are very much satiated with these Chinese meditation practices. These people are basking in their daily chores of lives and their performance in every walk of life is much satisfactory (Robert, 2000).

Vipassina meditation is the concentration of mind on inhaling and exhaling of breath with no involvement in thought patterns which revolve around the mind every time (John, 2006). Through this

practice, people become self centered and stable with unwavering mind to perform daily life chores. This meditation makes man free from mind games of negative thoughts and feelings. The time for such practices are 20 minutes a day to get rid of from rotten patterns of thoughts (Laenen, 2003)

### 1.1 Effects of Vipissana Mediation

Chinese Vipissana meditation have enriched the people with serenity, calmness and blissfulness. Its effects are shown in following figure 1.



**Figure 1: Effects of Vipassina Mediation in any Society**

The above figure indicates that Chinese Vipissana mediation empowers the psychological system of human beings and the true intrinsic characteristics of bliss, happiness, centeredness and stability arises when one practices this mediation of Zen masters (Kartz, 2001). Today whole the manifestations of world into the form of physical comfort and convenience has came into existence through the creative power of human beings and this creative power of human beings emerge when one is fully centered in oneself which is possible only through these meditation practices (Scholem, 2000). Now people in Far East countries and South Asia have realized that inner peace is the ultimate goal of the human beings (Schimmel, 1999).

### **Problem Statement**

The present era is focused especially towards the betterment of human beings so that they may live peacefully and harmoniously in the world. To achieve this end, we have to focus on the growing meditative patterns which are being adopted to make human beings free from frustration and worries. In this regard, Chinese Zen Monks have received substantial results towards inner transformations.

### **The need of the Present Research.**

The topic is very crucial to study the Chinese peoples' empowerment towards the betterment of the society. Not only Chinese have revolutionized their nation but their dispersion in every walk of life is worth noticing. In order to notice the far reaching effects of Zen monks meditation practices and its influence in Pakistani society, this research carries a certain weight.

### **Research Targets**

- To measure the effects of Chinese Meditative practices on Pakistani people.
- To investigate outputs from people who have been benefitted with these practices.
- To explore the wellbeing of the people who pursue Chinese meditation practices.
- To investigate the peaceful and serene environment of Monk Mediators.

### **Research Tactics**

#### *Research design*

The research has emphasized on qualitative and quantitative tactics. Qualitative information has been gathered from different sources

whereas quantitative data has been collected from different a center who practices these Chinese meditations which are located in Karachi defense, Pakistan.

*Choosing of Respondents*

For quantitative investigation, the people have been selected from Birma Kumari centers Karachi Pakistan. Random sampling of 50 people has been taken to investigate the effects of Chinese Mediations.

*Quantity of Respondents*

A total of 50 respondents have been contacted by the formula to acquire the accurate sample size which is given below.

$$n = \frac{h^2 \times k (1-k)}{t^2}$$

Where:

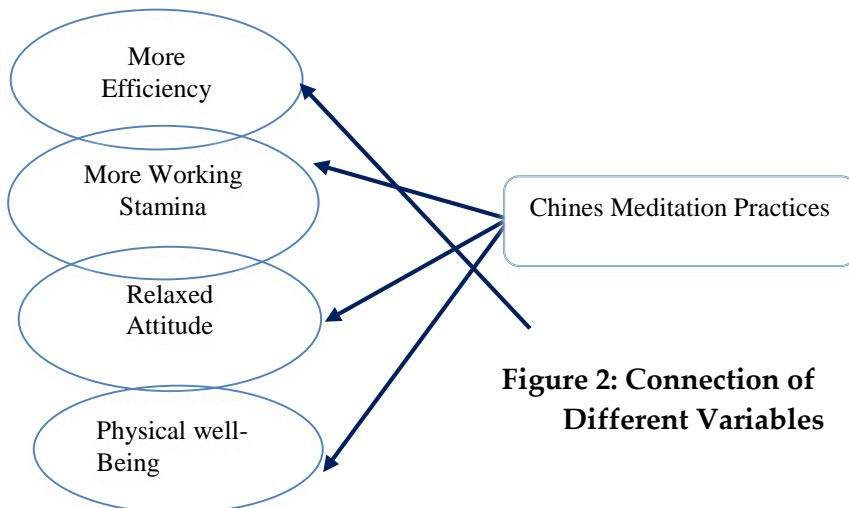
n =Number of respondents

h= 95% confidence level

k= Rate of meditation practices per day

t = 5% error chances

The sample size obtained is 50.



**Figure 2: Connection of Different Variables**

*Kind of Sampling*

In this research, random sampling has been utilized, all the people have been provided equal chances who practices meditation in their daily lives.

*Tactics for Research Verification*

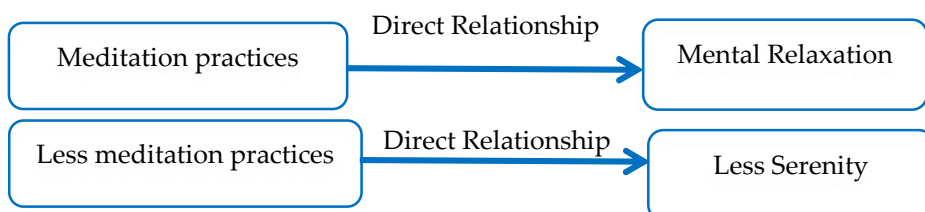
To verify the data (SPSS 17 version and Microsoft Excel) softwares have been used.

*The Research Model.*

The research model reflects the connection of one variable on the other variables hence in the following figures is indicated below.

*Hypothetical factors*

Hypothetical variables are meditation and physical well-being. In the following figure, it can be better indicated as under:



**Figure 3: Meditation and Calmness**

In the above citation, it is shown that the more the practices of meditation, the more will be serenity. The lesser is the of meditation, lesser will be serenity.

**Literature Citation**

Sharon (2011) states that Zen meditation practices have direct impact on the body and mind. These practices make human beings less compulsives and less unconscious thereby man tends to remain in the conscious state of alertness. Through Zen meditation practices, individual reach to the peak of the serenity.

Tolle Echarte (2012) writes that Zen master are very effective people to transform the people to remain in present time rather than making castles in the air. He says through Zen practices people reach from unconscious level to conscious level.

Sarah (2013) emphasizes the meditation practices of the Zen masters as the panacea from all the neurosis and frustrations and he say Zen practices cal liberate the human beings from the quagmire of mental thoughts and through these practices sub-conscious does not affect the conscious mind.

Philip (2014) propounds that man gains his sanity back from insanity when he resorts to Zen mediations practices. He further states that Chinese are very creative people to liberate the people from the vicious circle of negative thought patterns.

Deepak (2015) has deeply envisaged that unconscious state of human subconsciousness has been very stumbling block towards the true bestowed potential of the cosmos. He further explains the individual can regain its true potential of infinite intelligence if he maintains his alignment with his true nature of infinite potentiality through Chinese meditative Zen practices.

Sadhuru (2016) propounds that human intelligent system has been jeopardized owing to repetitive limiting thought patterns and the only way towards the harmonious restoration of subconscious detrimental state is to adopt the Chinese Zen meditative practices.

### **Testing Hypothesis**

- **H<sub>0</sub>**- There is no connection between Zen meditation and serenity
- **H<sub>1</sub>**- Serenity is likely connected with Zen meditation practices.

**Table 1: Case Processing Summary**

	Cases					
	Valid		Missing		Total	
	N	Percent	N	Percent	N	Percent
Serenity * Zen Meditation Practices	50	100.0%	0	.0%	50	100.0%

**Table 2: Serenity \* Zen Meditation Practices Cross tabulation**

		Are you facilitated in social life due to mysticism?			Total
		Mostly	Oftenly	Rarely	
Do you practices Zen Meditation Practices?	Yes	16	5	3	24
	No	4	3	7	14
	Do not know	2	6	4	12
Total		22	14	14	50

**Table 3: Chi-Square Tests**

	Value	Df	Asymp. Sig. (2-sided)
Pearson Chi-Square	217.22	3	.000
Likelihood Ratio	201.44	3	.000
Linear-by-Linear Association	208.65	2	.000
N of Valid Cases	50		



**Table 4: Symmetric Measures**

		Value	Asym p. Std. Error (a)	Approx. T(b)	Approx. Sig.
Nominal by Nominal	Contingency Coefficient	.323			.000
Interval by Interval	Pearson's R	.432	.016	23.43	.000
Ordinal by Ordinal	Spearman Correlation	.453	.0137	25.122	.000
N of Valid Cases		50			

In above table No: 1 , (N ) denotes sample size

### Chi-Square Test and Discussion on Data Analysis

As value of chi-square test is 217.22 and book value of chi-square is 6.27, it means our working hypothesis is acceptable i.e. we conclude Chinese Zen Meditation produces the serenity in body and mind. Moreover, significance level from the SPSS Software has resulted as 0.000 which means there is strongly relationship between the two variables i.e. dependent and independent hypothesis which further strengthens our assumption that Zen meditative practices brings serenity and calmness.

### Conclusion

Statistical analysis show that those people who follow Chinese Zen practices, they are gaining more serenity in their daily lives as compared to those people who do not practices Zen meditations.

People who are completely away from Zen meditations they are less experiencing bliss and serenity in their lives.

Chi-square value shows that there is connection between serenity and Zen meditations

## Recommendations

Zen practices should be introduced in schools, colleges and universities. People should be given awareness regarding the benefits of meditations practices. Parents and Civil societies should encourage their children towards meditations practices. Media should provide their due role towards the benefits of Zen practices.

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