

EXPLORING AND EXPERIENCING THE STATE OF EUPHORIA

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Abstract: The pursuit of happiness and internal bliss among humans is undergoing a paradigm shift inclined more towards individuality which demands in depth qualitative exploration. Humans engage in activities of interest to attain pleasure and sooth the senses. Many religious Saints, Sufis, scholars, expressionists, meditation practitioners and critics have invested their whole life in exploring inner self to attain peace and personal gratification. They have also transmitted their personal experience to others. The study aims to explore and interlink the human practices to achieve a state of euphoria to evaluate its impact on mind and body in space. The research links the relationship of the affiliated emotions with physical arousal of pleasure and body movements. Research data is collected through in depth interviews and observation in activities of yoga, dance, meditation classes and music events. Analysis of the results describe the peace attaining activities to be similar in its purpose of slowing down the thought process to build relaxation and seek the hidden aspects of spiritual immortality to attain state of euphoria. Leading the research, the study aims to translate the data in a visual form through linking transitory state of mind with phenomenon of plasticity to create finite and infinite generations using a video technique. The study elaborates on elevating positive energies to become a tolerant, calmer and a contented human being to impart optimism into the space and society, making this world a better place to live.

Keywords: Euphoria, video-feedback, experiences, dreams, state, peace

Introduction

We are sometimes in a transitory state in which we are conscious but our mind is engaged in another dimension. In such an ephemeral state of mind often thoughts are derived from within often merging with the external environment or a continuation of the fragments of our memories and past experiences. It can create an experience that builds ecstasy and a feeling that refreshes the senses, often being indulgent in nature. Such a state is often achieved by exploring the realms of the soul through self-exploration and deep thinking. Many great writers, poets, artists, musicians, mediators and religious mentors have spent their intact life in searching for the real inner self and trying to achieve internal bliss. They have transferred the experience to the other people through their work and knowledge. It has helped them in improving the bondage with their inner self leading to contentment with life.

Author (Nussbaum, 2005, pp.179-80) elaborates on Aristotle's philosophy of happiness who defines it as a thing which above everything else and we choose it for itself, not considering to choose anything else. Happiness is all about leading a content and active life. Comparing it with the Mill's perspective of happiness who identifies it with pleasures. Its activity includes virtue and self-dignity. The argument continues with Aristotle and Wordsworth stand on pained virtue which brings happiness, is explained with an example of a warrior who is in "imperfect state of world's arrangements" but is still happy as he is executing his chosen plan of life. Whereas Mill considers that warrior unhappy as he is sacrificing his pleasures for the sake of others happiness.

Happiness is perceived and visualized in different perspectives. Paul Coelho's "Zahir" is an incredible which is when obtained makes us forget everything else or it is something that we dream to attain and belong as it brings to us the perfect joy. The writer summarized through the story and put forward the message that the true internal

happiness is attained by exploring our own self and searching for the depth of soul. That is particularly forgetting “Zahir” and finding the real self. (Costa, 2006)

The concept and search of perfect happiness:

Surely happiness or bliss is something which is pleasurable and people desire to attain it. So explaining the perfect happiness the author explains “Since perfect happiness requires that we pursue what is intrinsically good, it is natural to ask whether or not it requires moral perfection” he further explains that moral perfection is not necessary to achieve perfect happiness. It is more or less the desire to achieve satisfaction, peace and relaxation. (Mathew, 2012)

Searching and accommodating into the state of bliss has become important in this globalized world. The falling economies, prevailing health issues and diseases, poverty, environmental degradation, pressures of the social media, developing technologies and mental depressions have become detrimental to peaceful living which has evolved the need of rethinking of finding happiness. (Helliwell, Layard and Sachs, 2012) Leading from the religious figures many practices and places have been established to promote contentment with life. It can be reflected in many forms like music, meditation, reading, writing, dancing, observing, imagination, thinking and any other activity that attracts the mind towards deeper realization and maintain peace to give pleasure.

Religions:

Happiness is presumed as a central issue in the major religions. According to it, a man struggles all his life to achieve happiness. The Jewish scripture says “You should take pleasure in all the things, the spiritual things, the familial relationships, material things, enjoy the life.” In contrast in Catholics the idea of happiness is different than mere enjoyment and perfect happiness can only be attained after death. Whereas Islam and Buddhism emphasize on adopting an ethical path mixed with enlightenment and enrichment of soul that can lead to the perfect happiness. (UNRIC, 2012) Buddha the founder of the Buddhism meditated all his life to achieve the state of “Nirvana” which has been described as a state of calm or composure in which passions and the sorrows accumulating from it are becalmed. (Harvey, 2004, pp 3-4) Similarly, in Islam, there are three mediums of attaining the internal bliss. These are: Dhikr (Remembrance), Muraqabah (Contemplation of Scripture) and Tafakkur (Contemplation of Nature) all these practices deviate a mind to a much higher level of logical thinking combined with exploring the right path to stay peaceful. Many Sufis and saints have been successful in attaining these states. (Turabi, E. 2011. pp.1-3). as according to Muslim scholars “true enrichment doesn’t come through processing of a lot of wealth but true enrichment is the enrichment of the soul” For Buddhists happiness is an inner feeling and a mental state. In Hinduism that are four aims of life: Artha, Kama, dharma, and Moksha. Whereas Moksha means the search of ultimate happiness. (UNRIC, 2012) Similarly ‘OM’ in Hindu religion means allowing your inner light to guide you. The concept of OM revolves around swiping all the worldly thoughts to remove distraction of mind to create vigour in the body. It develops a connection of the soul with the body. (Gurjar, Ladhaki, Thakare, 2009, pp. 363).

Yoga and meditation:

Many yoga classes have now been established due to increase in its demand by general public. The NHS (<http://www.nhs.uk>) states: “Most studies suggest that yoga is a safe and effective way to increase physical activity, especially strength, flexibility and balance” it is also good for the patients of arthritis and prevents falls. It is also one activity that demands relaxation and concentration of mind.

Of all the leisure activities of modern society, some individuals may still feel a fundamental need for silence, inner peace, and a moment of reflection. Similarly, meditation can reduce stress and help us relax; but, it can also give us a lot more. The benefits include reduced stress, health benefits, controlling thoughts, detachment,

happiness and peace of mind, concentration, enhanced creativity and spontaneity with discovering the true purpose of life. (Cheung, 2012).

Dance and Music:

Similarly dance and music also cast a smoothening effect on body and mind helping to relax and live a balanced life. The benefit of dancing is not only restricted to increased exercise but also is a useful participation in an art form. Moreover it is routed in technique and giving the opportunity for a creative outlet. (Langer, K.S. 1974. pp. 260)

According to Ludwig Van Beethoven (1770-1827)

“Music is a higher revelation than all wisdom and philosophy. Music can change the world.” (Chang, L. 2006, pp. 518)

Some archaeologists believe that music and dance are the preceded language. The history states that even in the Roman and Greek era music had an impact on the human brain. More interestingly healing and sound were considered as scared science but with the passage of time in 18th century, healing became part of medicine while sound was considered part of the entertainment. In the modern world every culture has a history of music. (Music for health services, 2011)

Emotions:

Love: It is believed that one experiences the feeling of love; emotions are felt both in our brain and body. It can bring happiness along with health benefits. It arouses the motivation and enhances imagination illustrating the softer part of one's personality. Neurotransmitters like dopamine and epinephrine are responsible for the elation that is brought by the feeling of love. Meanwhile serotonin which is makes us feel happy drops down when one is love. The study has proved that love impacts the immune system. Danish college students found that those who were in love were healthier and usually had low activity in natural killer cells whereas those whose love was unrequited suffered from colds and sore throats thus their immune systems having an increased activity to fight for those diseases. (Hammond, 2005, pp 291)

Hope:

Similarly some would not consider hope as an emotion because it does not have a particular facial expression. But hope certainly changes the way we think and maintain our attitudes. It is an emotion that demands fulfilment, yields desires and preaches to be patient and contented. (Hammond, 2005, pp 348-350)

Imagination, words and poetry:

The author quotes the painter Paul Klee as he describes the instant of the creation of an art piece. “The eye of the artist concentrates on his pencil, the pencil moves and the line dreams” (Zinder, 2002, pp. 9)

The whole process of picking up the pencil and concentrating on the point and then allowing the line to dream to create the work of art “requires an infinitely delicate balance between technique and inspiration, control and release, containment and freedom, consciousness and unconsciousness” states the author in his book “Body voice imagination”. Maintaining natural balance in the thought process is essential to attain the state which is personal and can lead to the feeling of ecstasy. The example is like a soap bubble which if push too hard is burst and if not pushed remains still but it demands the application of sufficient pressure and energy so that it follows the path requires delicacy, strength, concentration and determination. (Zinder, 2002, pp. 9-10)

There are many activities that lead the mind to the state which is natural and one acquires the internal pleasure and happiness. These include dance, music, singing, poetry, imagination, observation, meditation and any other activity which is enjoyable to an individual as each having their own personal preferences. Any individual involved in these practices is not enforced but willingly throws himself in to the immersive feel of the moment which is followed by the transition of mind to the less conscious. It is believed that these activities release positive energies and elate emotions thus facilitating the mind to relax and attain inner peace. Many individuals are now involved into these activities on personal basis. Nowadays many free training classes are held that train the people to attain the appropriate body position to fully avail the benefit of the activity. Similarly, according to the view of Zinder (2002, pp.3) “An untrained body is like an unturned musical instrument its sounding box is filled with a confusing and ugly jangle of useless noise that prevents the true melody from being heard”.

Relationship of body and mind in space

The human mind interacts with the body causing movements and forms in space. This interaction of mind and body enables the mind to relax and attain a state where there is a transition of logical thinking amalgamated with the inner exploration for bliss. The author Vera Maletic (1928, pp 175) explains the spatial relationship and order of movement with space harmony considering the theories of the dance theorist Rudolf Laban who believes that;

“There is no limit to the possibilities of the study and practice of choretics. It penetrates every human action and reaction, since all actions and reactions spring from movement within us”

According to many psychologists it is believed that we are using very small percentage of our brain whereas training brain to support our physical and mental health is also essential for our spiritual growth. It is about ascending the mental capacities over the higher levels of consciousness. It puts us in the control of the happiness or unhappiness by the choices and decisions that we make in life. As the researchers believe that;

“There is no limit to how far you can go; there is no limit to what you can do because there is no limit to the power of mind” (Mind-body-spirit-411, 2012)

A good health is defined when mind and body are in balance. Any disease is caused due to the invasion of the external environmental forces into our bodies. It also affects the mind allowing the manifestation of the disturbance into our bodies. The body position also influences the state of mind. (Mind-body-spirit-411, 2012. Human body is made up of fluids (water, blood and lymph) the adult body is made up of 60% of water. Hence when muscles are relaxed and stretched we experience the energetic flow in our body. The emphasis on the circular, spiral and wave movements awakens the fluidity of the body stretching the joints, muscles meridians and the connective tissues in a rhythmic way. As authors Schleip and Muller (2012, pp. 472-73) explain the fluid body and our associated movements, our breathing explores our internal landscape and let the body teach us where it needs to open. Participants rapidly increase their sensitivity to the subtle energy circulating within and outside self. The whole body mind conditioning is to broaden the realms of our perceptions and initiate us into transformation and flexibility.

Space:

The author quotes from the Rudolf Laban notion of the reach space; the kinesphere: “the human body is completely oriented toward itself. It stands free in space. Its only resource, if we can call it that, is its environment, the spatial sphere which surrounds it, and into which it can reach with its limbs” (Maletic, 1928, pp. 59)

Laban introduced three diagrams illustrating human body in three systems of orientation. These orientations are based on the space the body movement creates around itself. First is called octahedron (figure1) which is the six

dimensional directions of high, low, left, right, backwards and forwards. The second (figure 2) is called cube as it forms eight diagonal directions which form the corners of the cube. Third (figure 3) is called the three dimensional planes which form the twelve diametric directions. Three planes are horizontal, vertical and the sagittal. A spatial path which links two or more directions creates various shapes such as straight, curved, rounded and twisted ones. (Maletic, 1928, pp. 61)

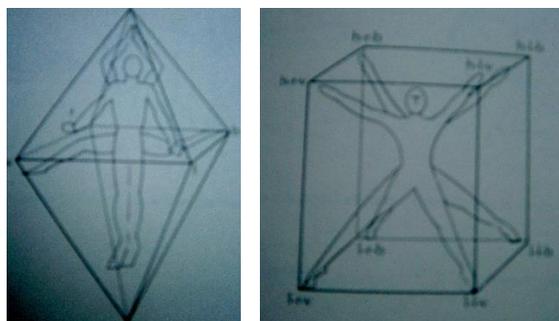


Figure 1 Octahedron Figure 2 Cube



Figure 3 Three dimensional plane.

Aim of study:

The study aims to investigate the self-exploration and contemplation practices of individuals from different ethnic, cultural and religious backgrounds to achieve one state of peace or happiness to find a relationship between body and mind in space. The prime objectives of the study include incorporating the qualitative in depth findings to create a medium of display, thus translating the output in an experiential form to create impact on the individuals receiving the research.

The purpose of the study is to deliver the experience which is easy for a mind to envision helping individuals to relate to themselves to build tranquility. It aims to inculcate confidence in self-exploration and belief. The research aims to demonstrate the optimism offered by life and our purpose of discovering the hidden aspects of spiritual immortality to stay blissful and contented with our true inner self.

Methodology

Participants:

The study included individuals participating in activities of religion, yoga, dance, meditation classes and music events in the city of Manchester, United Kingdom. The organizations included in research were Saint Mathews Church Hall, Crumpsall for participants in yoga (n=20), Dance house theatre for participants in belle dancing (n=15), Friends meeting house for participants in Sahaja meditation and world music and meditation event (n=25) and Brahma kumaries Centre of Meditation for participants in Raja yoga meditation (n=25). Along with that street buskers (n=4) were also involved in the research. Participants were both tutors and students in different activities with their age group ranging from 20 to 72 years old. Activity of yoga observed more elderly people whereas there were only female participants in the activity of belle dancing. One consistent attribute of the participants was their residence in the same city for more than 5 years. In the sample thirty participants were

university students (male, n=12; female, n=18) twenty were retired (male, n=14; female, n=6) nine housewives and thirty were working (male, n=19; female, n=11)

Procedure:

The study followed the constructivist/interpretive paradigm in which observations and in depth qualitative interviews were conducted among the study participants using Charmaz grounded theory (Charmaz and Belgrave, 2012, pp.347). The recording was done in a video camera from the beginning to the end of each activity. A validated observatory checklist was formulated to capture the details of the aspirations, body movements and experiences of the participants. This was followed by in depth interviews. Participants were asked open ended questions related to their views on a particular activity and how it is linked with pursuit of happiness. They were asked to share their experiences and purpose of opting a particular activity to explain their association and personal development.

Analysis:

Thematic analysis was done keeping interview as the unit of analysis. To explore the factors and determinants of activities, thought processes, internal motivations and beliefs etc, initial codes were generated in a systematic fashion. Codes were used to create “big ideas” (or themes) from each interview. Descriptive analysis regarding each theme was performed along with related data. (Saldana, J. 2013. Pp. 58-68). A subset of transcripts was also double coded by the qualified volunteer researchers who were not involved in formulating codes. Disagreements and insights were discussed and alternative interpretations were incorporated in the analysis. Finally, interview transcripts were indexed and mapped on the basis of recurring major themes with corresponding sub-themes. (Girbich, 2013 pp.260-63) The visual data was used to make an abstract film using a video feedback technique. A background narration was developed which was the symbolic summary of the gathered data. All of the movements and elements were depicted that were observed in the research activities.

Ethical consideration:

A general introduction to research design, interviewing skills, gaining trust and adherence to ethical boundaries were discussed. Special permissions were taken from the participants while recording activities. The tutors gave video interviews and provided with valuable assistance in further reference materials.

Results

The recorded data was transcribed and categories were established to derive themes from the information collected. The higher level categories that emerged from the interview process are:

- All activities were working towards slowing down the thought process
- Music, light and ambience was used/created to attain the state of peace
- Music, body movements, voice and sounds were used to elevate positive energy
- All activities focused on increasing concentration and building relaxation
- The tutors and participants are in search of inner self
- The pursuit to discover the hidden aspects of spiritual immortality
- Selfless efforts to improve self and impart happiness

From the higher level categories, following important themes were developed, “healthy body and mind” “inner peace” “impact of music and voice” and “inner contentment and happiness”

Healthy mind and body:

Yoga has positions that act upon various joints which are not touched during regular exercise hence increasing the flexibility. It is the only activity that messages the internal organs in a thorough manner. The stimulation of the organs helps the body to stay away from diseases. (Health and yoga, 2012)

A yoga class is held on every Tuesday in Saint Mathew's church hall (Crumpsall, Manchester) which is free to the general public. The tutor "Mr George" teaches some yoga techniques that can, not only relax mind but also lead to a healthy physical body. It mainly involves stretching of body parts in different directions for a certain time to regulate the flow of blood. As seen in figure 4, People who attended the yoga class were mostly elderly people with physical health problems such as pain in joints.

According to Mr George:

"It's a very good service to the local community helping them relax and keeping healthy body and mind"



Figure 4 Saint Mathews church hall, 2012

According to one of the participant in Yoga class:

"I am an old person and this class helps me relieve my joint pains. It is effective plus I get some time off for myself"

While an elderly woman stated:

"My fingers are changing shape. I am diagnosed with arthritis. I feel tired and weak from inside, George (tutor) has taught me some movements to help me to deal with this terrible pain"

Dance is sometimes defined as

"any patterned, rhythmic movement in space and time" but a broader definition of dance which refuses to distinguish between the humanly and non-humanly bodies describes dance as "the movements of waves or orbits of the heavenly bodies" according to the imitation and expression theory dance is an art as it involves human actions and passions reflecting expressions and emotions. (Copeland and Cohen, 1983, pp. 2-4)

Belle dancing was attended in the Dance House theatre of Manchester. (Figure 5) It is exclusive for females only. It is held every Wednesday for an hour at the entrance charge of £5 only. The number of participants varies every week as it is a non-follow up class. The tutor was teaching Egyptian style belle dancing, she states:

"One of the biggest benefit of dancing is the release of gorgeous epinephrine that we get through physical movement combining that with the emotional aspect to put in the music of pattern and shape"



Figure 5 Belle Dancing, Dance house theatre Manchester

She believes that dancing is not just jumping up in down, the use of muscles makes us release stresses and stay happy. In the view of one participant

“I forget worries for one hour, it is a happy exercise”

While the others stated

“It makes me feel energetic and healthy”

“I dance and feel good maybe I will lose some weight too

Inner Peace:

Meditation is a gradual process that starts with deep concentration and progresses into a state of inner peace. It is a complex practice which often leads an individual in seeking a way to relax one’s mind. (Easwaran, 1991, pp. 8-18)

The weekly class of Sahaja meditation which is organized at Friends meeting house, Manchester, every Thursday was attended. It is free for the general public and is supervised by the specialist tutors who have been practicing meditation for years. The tutor, Raj Roy, who has been practicing Sahaja yoga for the past 30 years, explained Sahaja meditation as “Chakar” based yoga meditation (Figure 6) which is founded by Shri Mataji Nirmala Devi who elevated the different channels in the body through meditation. She states:

“Raising meditation is such an important element as it able us to stay in a balance state and a calmer state. That is good for our health and our sense of joy and wellbeing. It not only benefits us but also people around us”



Figure 6 Chakar based Sahaja meditation, Friends meeting house, Manchester, 2012

The tutor helped people to meditate by building arches and tying knots around and above the body to retain the positive energy into the body thus preventing the negative energy to invade into the body and mind, keeping the thought process aligned.

According to the participant of Sahaja Meditation:

“For me it works well as a tool to find myself and to relax. At the end of session I feel internally revived”

Raja yoga meditation is different than Sahaja meditation as it does not requires any physical movement or building arches. It’s all about relaxing mind through closed eyes to create thoughts that can progress to the transition of state of mind where inner vision of real self is explored.

Rachel, (Figure 7) who has been involved in the print and media for the Brahma kumaries Centre for meditation, Manchester, has been practicing Raja yoga for the last 7 years. She shared her experience that Raja yoga has helped her recognize her spiritual self. She says:

“Raja yoga is not about dulling my mind or forcing my mind, it’s about treating my mind like I treat a child, I want that child to do the best and I would want my mind to do good.”



Figure 7 Racheal. Brahama Kumaries Centre of Meditation, Manchester. 2012

The participants also find Raja yoga as a medium to blissful thinking and an optimistic approach towards their daily routine. One of the participant states:

“I want to work for which can help me. I use meditation to slow down my thought to see the goodness in myself and other people. It’s all about lovely feelings of peace, I am just going to allow myself to go into the depth of it”

Similarly, Mo (Figure 8) has dedicated her life to Raja yoga and has accommodated herself voluntarily at Brahma Kumaries Centre in Manchester. According to her “it is to achieve oasis of calm, settling from stress outside and getting in touch with inner self, teaching to live our lives in a spiritual, enriched way, tapping into strength of inner self, it’s all about finding the inner happiness and maintaining the internal peace”



Figure 8 Mo, Brahma Kumaries Centre of meditation, 2012

Impact of Music and Voice:

A group activity which involves meditation and concentration into deeper sphere of the mind forms the basic fundamentals of the activity at friends meeting house, Manchester. Friends meeting house organized a ‘World music and meditation event’ which attracted a considerable number of participants which was held on 22nd July 2012. It was organized by young individuals who united together to promote meditation that leads to inner peace and happiness, they believe meditation opens up a mind making one more creative and thoughtful. As members of the meditation team (Figure 9) remarked about the event:

“We have come together through meditation, it is something that is not our job, it is something that we feel and we want to give to the other people. We make them experience the same experience that we are feeling”



Figure 9 Members of world meditation event, friends meeting house, Manchester. 2012

They incorporated music with Sahaja meditation techniques. The prime focus was helping the participants to meditate provoking soft solitude and then enticing excitement through music. This was achieved initially by playing Indian Raags which is a kind of combination of slow and fast vocals with music with a soothing effect on the senses. To warm up the event, the organizer, Daniel Firth, (Figure 10) played the flute to help begin meditation by saying: “Try to pay attention inside yourself, hold your hands on your lap and try to keep your mind as peaceful as you can”



Figure 10 Daniel Firth, Friends meeting house, Manchester. 2012

The group then experimented with slow and fast music. The basic aim of using slow music was to elevate the left channel of the body to relax the mind. Furthermore, it also provided the medium to think positively among the participants. Fast music was then amalgamated with slow beats to arouse enthusiasm, thus elevating the right channel. It created an urge to actively involve the mind to provoke activity. Participants stated:

“Something fresh and new has touched my body from inside, I enjoyed this event”

“The classical music was good... I enjoyed instruments and relaxation”

“Positivity is what I can say I felt”

“I work from morning to evening every day. I have a messed up life but I enjoy this stuff it relaxes me for some time, a little peace is something we all need. Oh and I love music and this blend was effective”

‘A world mediation hour’ was observed in all Brahma kumaries centres of meditation over the world on 15th of July 2012. Suman Karla, (Figure 11) the meditation practitioner from oxford conducted the event in Manchester. The hour time that is fixed is between 6.30 p.m. to 7.30 p.m. The similar time is coordinated at every center of Brahma Kumaries around the world to meditate. Meditation is carried out through narration supported by music and echoes in voice. Participants meditate by practicing raja yoga through closed eyes. It establishes a peace ring by collecting positive energies across the globe as many minds are thinking positively and building peace at the same time.



Figure 11 Suman Karla, Brahma Kumaries centre of Meditation, 2012

The narration explains the importance of inner light (OM) as it says:

“I sent the peace message, and now I turn my attention inwards to the place where my thinking belong, a place close to my brain, that is my forehead and I imagine in the centre of my forehead is the tiny beam that resembles a little star that little star is light radiating life”

The event was organized to promote peace of mind and soul. It gave the message of peace to make every part of the body comfortable. It focused on imparting relaxation to arms, legs, shoulder, neck and spine and knees. The purpose to relax the body is to slow down the thought process to make the mind comfortable, thus enabling it to follow the transition and visualize blissful thoughts to attain pleasure through positive thinking.

Inner contentment and happiness:

Street dancing is a free style dancing practice to attract audiences for display of talent. It is analysed that people perform activities of interest to gain inner contentment and happiness irrespective of specialized places.

A street dancer (Figure 12) who danced for long hours with a smile was interviewed and according to him “Dancing makes me feel happy, movements come from within me. I was this small (raising his hands few inches above ground) when I started dancing. These luxury movements they come to me like a gift. They ask my hand and feet to move in a different directions”



Figure 12 Piccadilly gardens, Manchester, 2012

Similarly according to a street singer, (Figure 13) stated:

“I am trying to give a Short positive influx into the conventional daily routine of the people who were passing by. Yes I do this to earn some money as well but u can’t stand for hours to sing and catch attention on every song until and unless it is not coming from your heart”



Figure 13: Market Street, Manchester, 2012

The actors' imagination can only be perceived in performance when it is made present by the actor's body in space. Hence Zinder (2002, pp. 5) quotes from "the open door" by Peter Brook;

"Since what frightens people most of all today is speaking, one must begin neither with words, nor ideas but with the body. A free body is where it all lives or die"

A performing artist Dr Syed Abbas was interviewed and according to him acting brings the inner contentment out of him. He states:

"There is meaning in every aspect of life. Some just live through the pages of life and some breathe every word written in it. That is exactly how I felt enacting the given script. There was joy, sorrow, satisfaction, freedom and a feeling of versatility..."

Discussion & Conclusion

The journey of self-discovery and attainment of inner peace in the human life is complex and transcends from one state of mind to another. Different practices whether in the form of creative art, meditation exercises, musical and physical interventions, religious rituals, poetic indulgence and much more serve as a pathway to enlightenment, self-belief, romanticism, hope, internal bliss, self-appreciation and discovery. (Coon, Mitterer, 2016, pp. 168)

The mind frames are set in a complexion fashion of different individuals which seldom work in coordination and mostly vary in preferences in seeking pleasure and a sense of satisfaction. The observations and findings suggest the variances in the different practices adopted by different segments of the society. On the contrary, the main ideology remained the same behind such activities. The ideology was mostly pertaining to seeking happiness and attaining a state of harmony with the mind and the soul.

In research study it was high lightened that seeking happiness is the central issue of all the religions. Jewish believe in seeking pleasure in present life where Buddhism and Islam preaches to attain happiness after death. In contrary to both the Hindu religion preaches to become immortal in seek of internal bliss. (UNRIC, 2012)

Human emotions impact the mind thus causing change in various body reactions. The emotion of joy is short lived but breathes in the optimism and recollects the pleasant memories from the past. Similarly emotion of love begins with elation arouses motivation and enhances imagination with changing attitudes towards others. (Hammond, 2005, pp 348-350) Whereas hope demands fulfilments by yielding desires and preaches to be patient and contented. Our relationship of mind and body in space depends on the intensity of these emotions. (Hammond, 2005, pp 356)

The research aimed to approach, observe and investigate free training sessions (yoga, dance meditations, music) held in Manchester which are supervised by individuals who have dedicated their lives in absorbing and

imparting internal peace. It was analysed, Rhythmic movement of dance, the nostalgic essence of singing, and the spiritual enlightenment attained through these meditation and yoga releases the stress, helping a mind to reside in the immediate present. The participants showed much gratification and content to these services provided by the community. All participants experienced a positive impact of these activities to reduce levels of stress and achieve a calmer state of mind.

It is extracted through the results of the study, there is a strong relationship of the mind with the body in relation to sensations regarded as pleasurable that provoke a state of internal bliss. All activities used different body movements and ambiances to help the participants relax and discover the internal bliss. As author (Maletic, 1928, pp. 59-60) explains the human brain can be trained to ascend the mental capacities over higher levels of consciousness. The body and mind conditioning is to broaden the horizons of our perceptions as it initiates the physical form to transform and be flexible.

The research study reflects back to demonstrate the idea of 'infinite mirrors reflecting infinite mirrors' where Arthur Koestler (1978) writes in his book "Janus: Summing Up" describing a Buddhist concept. "Try it yourself. You'll see that the 'I' cannot truly be found. You'll try to fool yourself by describing characteristics, or beliefs, or behaviours, likes and dislikes. But those are not you"

The research used filming (recording) of the various activities of dance, yoga, meditation events, singing and religious practices held in groups or at individual levels. The key message was mainly carried forward by the research observations and its practical implementation through reproducing the results of the data in an abstract experiential film. It aims to impart the motivation to ponder more to our inner selves than just living the conventional roles defined by the society.

The body movements, ambience and interviews were recorded for further implementation of research to create its display. Findings were then formulated into a narration which was the symbolic summary of the gathered data. The narration symbolized and summed up the experiences and emotions of the participants of the activities through the voice of an imaginary character.

The participants' transitory state of mind was linked with the phenomenon of the brain plasticity which can be defined as "The phenomenon of change and learning in the adult brain." MedicineNet.com (<http://www.medicinenet.com>). The ascending of human brain to higher level of consciousness was demonstrated through finite and infinite generations created through the technique of video feedback (Cuellar, 2011). It helped in demonstrating the concept of absorption into the state of bliss. Such a technique was adopted to reflect the transitional states of the human mind in the quest for a state of internal bliss and self-indulgence yielding euphoric sensations. As author, Pallasmaa (2014, pp.14) states;

"The invention of the perspectival representation made the eye the centre point of the perceptual world as well as of the concept of the self. Perspectival representation turned out to be the symbolic representation of the form; one that only describes but also conditions perception"

The problems faced were to film the ongoing activities which were personal to participants. These activities require a personal space and in meditation centres, music schools and religious places people were not comfortable in being filmed. It made them conscious of what they were practicing, disallowing them to fully absorb in the activity. However, when the purpose of research was narrated to the participants they agreed and helped further through providing references. The researcher participated along with the others participants in various activities of meditation, yoga, dance etc. to make the participants less cognisant of being filmed and also to gain the experience of research observations.

Every human has the right to self-discovery and self-appreciation. The more we explore our inner selves the better we can communicate and coordinate with the outside world. The harmony with the inner self and relaxation of the mind is fundamental for a healthy living. The journey of self-discovery sets oneself free from the entanglement of conventional thoughts and invokes a realization of the Euphoria'.

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