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COMBINED MEDITATION PROTOCOL APPLIED TO ANALOG ASTRONAUTS.

Abstract

This Meditation Protocol combines the application of different resources with analog astronauts during analog space missions in the year 2023, at the Habitat Marte Analog Space Station, in Rio Grande do Norte, Brazil.

To carry out the experience it is necessary: led lights, and for the visualization experiment, to use virtual reality glasses, for chromotherapy; essential oil diffuser for aromatherapy; and headphones, to play the sounds/music with the breathing guide.

The meditation methodology consists of: 1) preparation for the experience, with the insertion of the analog astronaut in this environment, with activation of the led lights, which can have varieties of colors 1.1) In the visualization experiment, the analog astronaut will receive the virtual reality glasses. 2) Presentation of basic guidelines for the activity: stay in a pleasant position, use headphones with a playlist of sounds of nature, and select music. 3) Introducing the aroma into the diffuser, to distribute the scent in the environment. The diffuser will introduce essential oils of lavender, rosemary, basil, wild orange, peppermint and vetiver. 4) Presentation of guidelines for analogue astronauts. 5) At the end, process the perceptions of the experience and possible benefits perceived by the participants.

It is expected that with the operationalization of the protocol: 1. awakening emotions and sensations, through a combination of aromatherapy, color therapy, music therapy and breathing techniques, with the aim of both motivating, calming and de-stressing the crew member. 2. achieve psychological effects, using combined meditation, including chromotherapy, aromatherapy, music therapy and breathing techniques, to instigate emotions and sensations, 3. motivate, calm, de-stress and maintain mental health with precaution and anxiety treatment; 4. sleep aid, productivity and focus.

Concluded that through the use of the senses, it will use the cognitive process, to promote positive psychological effects, which, therefore, will bring physical effects to the analogue astronaut, as well as to the crew.