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MEDITATION

types of meditation

CONCENTRATION MEDITATION

Concentration Meditation and Insight Meditation are usually the two big classifications of meditation and the other methods are often somewhat forcefully put into one of these two categories.

INSIGHT MEDITATION

Vipassana Meditation : 3-10 day silence

CONTEMPLATIONS

Systematic, deep thinking about a given topic.
For example on Impermanence or Suffering (as defined in Buddhism), etc.

CULTIVATING STATES OF MIND

The best known is Loving-Kindness (or Metta) Meditation.
Further: Compassion, Joy, Equanimity, etc...

VISUALIZATIONS

Yoga Nidra

MANTRAS

Meditate on a mantra that you enjoy.

COUNTING

Start on inhale 75, exhale 75 and count until you reach the number 1

BREATH

Meditate on each inhale and exhale. One of the hardest meditations

CHAKRAS

Start at the root chakra and visualize the color ruby red

LIGHT

Meditate on white light coming in through the nostril, lungs on the inhale and white light on the exhale.

SCIENCE OF MEDITATION

meditation & its effects

Meditation is a state of mind in which there are no thoughts coming from the senses. Meditation is to stop the mental activity (mind) in order to allow the Sacred or Self to be discovered. A more psychological definition; a group of techniques that have in common the practice of a stable, non-analytical, non-discursive attention. Nature of the mind reveals itself in the break between thoughts.

Dhyana is the Sanskrit term for meditation, which in the Yoga Sutras refers to both the act of inward contemplation in the broadest sense and more technically to the intermediate state between mere attention to an object *Dharana* and complete absorption in it *Samadhi*.

The earliest known reference to meditation on the Indian subcontinent occurs on one of the seals, A figure seated in the lotus posture, found in the ruins of the pre-Aryan civilizations at Harappa and Mohenjodaro which existed prior to 1500 BC. Most of the orthodox Hindu schools of philosophy derive their meditation techniques from yoga, but superimpose their own theoretical understanding of consciousness onto the results of the practice.

Meditation is also referred to as a spiritual practice in China. Chinese forms of meditation have their origins in the early roots of Taoism which existed long before the codification of Taoism as a formal philosophy during the seventh century, B.C.. However, there is no concrete evidence to prove that meditation first arose in Hindu culture and then spread elsewhere. Thus, for the time being the original meditative traditions in China and India should be considered as separate and indigenous.

To further complicate the issue, analogies between meditative states and trance consciousness suggest that even earlier precursors to the Asian meditative arts can be found in shamanic cultures such as those in Siberia and Africa. As for modern developments, in trying to formulate a definition of meditation, a useful rule of thumb is to consider all meditative techniques to be culturally embedded. This means that any specific technique cannot be understood unless it is considered in the context of some particular spiritual tradition, situated in a specific historical time period, or codified in a specific text according to the philosophy of some particular individual. Thus, to refer to Hindu meditation or Buddhist meditation is not enough, since the cultural traditions from which a particular kind of meditation comes are quite different and even within a single tradition differ in complex ways. The specific name of a school of thought or a teacher or the title of a specific text is often quite important for identifying a particular type of meditation.

Meditation for daily life will enhance your life dramatically. The benefits from meditation for daily life are endless. Many searching for inner peace will be amazed with all the other great benefits that will be received through meditation for daily life. Whether you came across meditation years ago, or it is something that you have only recently encountered, now is the time for you to realize that meditation is something that needs to be in your life!

Meditation for daily life might seem like a bit of a stretch. The thought is often that you don't have the time or the patience, but the key here is that if your life is feeling crowded enough that a fifteen to twenty minute meditation session feels like it would be impossible; you may never have needed a daily meditation practice more. With a small amount of consideration and deliberation, you will soon realize that meditation for daily life isn't a luxury, it's a necessity!

Meditation reduces stress and helps us deal with the constant barrage of sensory input to which we are subjected every day. As we go through our day, we usually have a constant mental commentary running in the background. Contemplation and reflection can help us reduce all this mental activity and bring peace and calmness into our minds. Meditation can help us to rejuvenate our awareness.

Common benefits of meditation include increased awareness, a feeling of relaxation, better mental focus, and greater clarity of mind. These effects have been backed up by scientific studies which show that stress reduction occurs in people who meditate regularly. More and more doctors tell their patients about meditation and recommend it for many stress related illnesses. Even if you don't feel these benefits right away, it's important that you stick with your meditation program. Effects of meditation come in many different forms from the psychological effects of meditation to the physiological effects of meditation. Although there have been many different studies into the effects of meditation it has only been recently that the professionals in the field of science medicine have started to take notice of the positive effects of meditation and to, in some cases, prescribe the use of meditation to patients.

The various effects of meditation are quite extensive in range. Meditation has long been thought to have beneficial spiritual consequences, but recently, science has also backed up claims of physical benefits that are worth the consideration of anyone hoping to begin meditation study. Showing that more and more positive effects of meditation are being found and substantiated as meditation becomes more mainstream. Deliberation and meditative practice have been proven to allow people to change the way their minds work and to obtain different levels of consciousness. Meditation can lower your oxygen consumption and it can even assist in decreasing your respiratory rate, which can help with many different types of lung conditions as well as relaxation. It can also be very

helpful for heart patients as it helps to increase the patient's exercise tolerance, making their muscles and heart stronger.

Using meditation daily can help you to build your immune system as it increases the activity of the natural-killer cells that kills the bacteria and cancer cells and it can also reduce your chances of catching viruses as it lowers your emotional distress. People are under many different types of stress throughout their lives and stress can play a big toll on one's health. Stress can make blood pressure rise and raise the heart rate, which can lead to many different medical issues. With daily meditation you can lower your blood pressure and keep your body running at its best. This will help your body deal with illnesses and injuries as you're less stressed, more refreshed and able to fight off the things that can bring you and your immune system down.

Meditation effects are numerous and benefit all who practice it. From improving your health to improving your mind, meditation effects cover a wide spectrum. Meditation effects are in everyone's best interest. Being able to develop balance in your life is priceless. Meditation can help do exactly that. Controlling your thoughts in the midst of any situation is critical to success in life. No matter how stressful or fast-paced the world is you can learn to choose your thoughts. Once you learn this critical skill, you will be in control. There are even examples from science that support these claims.

One such example comes from monitoring a prominent Yogi master that practiced meditation. He could, at will, control nearly everything in his body. He had increased levels of red blood cells and could even stop his heart from beating for 3 extended periods of time. One who has control over his body and mind will be much healthier than one who does not. Meditation effects include decreased blood pressure, decreased chronic pain, and fewer headaches.

Meditation helps sleep disorders as well. A good night's sleep is so valuable in today's high-pressure society. If you don't sleep, your life suffers as a result. Even if you don't get a full eight hours, engaging in quality sleep is critical. Meditation has also been proven to help with minor depression. Many people suffer from this condition. The effects can be crippling emotionally and physically. Negative thoughts cause negative states of health. It is critical to learn to hold positive thoughts at all times.

BENEFITS of MEDITATION

- 1. INCREASED IMMUNITY:** Relaxation appears to boost immunity in recovering cancer patients. A study at the Ohio State University found that progressive muscular relaxation, when practiced daily, reduced the risk of breast cancer recurrence. In another study at Ohio State, a month of relaxation exercises boosted natural killer cells in the elderly, giving them a greater resistance to tumors and to viruses.
- 2. EMOTIONAL BALANCE:** Emotional balance, means to be free of all the neurotic behaviour that results from the existence of a tortured and traumatized ego. This is very hard to achieve fully, but meditation certainly is the way to cure such neurosis and unhealthy emotional states. As one's consciousness is cleansed of emotionally soaked memories, not only does great freedom abound, but also great balance. As one's responses then are not coloured by the burdens one carries, but are instead true, direct and appropriate.
- 3. INCREASED FERTILITY:** A study at the University of Western Australia found that women are more likely to conceive during periods when they are relaxed rather than stressed. A study at Trakya University, in Turkey, also found that stress reduces sperm count and motility, suggesting relaxation may also boost male fertility.
- 4. RELIEVES IRRITABLE BOWEL SYNDROME:** When patients suffering from irritable bowel syndrome began practicing a relaxation meditation twice daily, their symptoms of bloating, diarrhea and constipation improved significantly. The meditation was so effective the researchers at the State University of New York recommended it as an effective treatment.
- 5. LOWERS BLOOD PRESSURE:** A study at Harvard Medical School found that meditation lowered blood pressure by making the body less responsive to stress hormones, in a similar way to blood pressure-lowering medication. Meanwhile a British Medical Journal report found that patients trained how to relax had significantly lower blood pressure.
- 6. ANTI-INFLAMMATORY:** Stress leads to inflammation, a state linked to heart disease, arthritis, asthma and skin conditions such as psoriasis, say researchers at Emory University in the US. Relaxation can help prevent and treat such symptoms by switching off the stress response. In this way, one study at McGill University in Canada found that meditation clinically improved the symptoms of psoriasis.
- 7. CALMNESS:** The simple difference between those who meditate and those who do not, is that for a meditative mind the thought occurs but is witnessed, while for an ordinary mind, the thought occurs and is the boss. So in both minds, an upsetting thought can occur, but for those who meditate it is just another thought, which is seen as such and is allowed to blossom and die, while in the ordinary mind the thought instigates a storm which rages on and on.