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Meditation, a practice rooted in ancient traditions, has found a prominent place in our fast-paced modern world. As we grapple with daily stresses, the art of stilling the mind offers a respite, a moment of inner peace. While its origins trace back to spiritual disciplines in the East, today, people globally appreciate meditation for its vast health and
wellness benefits. Whether you're seeking mental clarity, emotional balance, or a deeper sense of purpose, meditation can be your guide. Through this article, we'll explore its definitions, benefits, techniques, and the diverse types it encompasses. Meditation is both an ancient and contemporary tool, focused on cultivating awareness and fostering
inner calm. At its core, meditation is the intentional act of directing one's attention, often to a specific point of focus, such as the breath, a mantra, or an object [1]. It's not about eliminating thoughts but rather observing them without judgment. By doing so, practitioners learn to detach from habitual patterns of thinking and reacting, granting them at the breath, a mantra, or an object [1]. It's not about eliminating thoughts but rather observing them at the breath, a mantra, or an object [1]. It's not about eliminating thoughts but rather observing them at the breath, a mantra, or an object [1]. It's not about eliminating thoughts but rather observing them at the breath 
sense of tranquility and clarity. Contrary to common misconceptions, meditation doesn't demand an empty mind but embraces the ebb and flow of thoughts. Over time, regular practice can lead to heightened self-awareness and a deeper connection to the present moment. In essence, meditation is a bridge to holistic well-being, grounding individuals
in the here and now. The practice of meditation has transcended time, appealing to individuals across different cultures and eras. This traditional practice of meditation has transcended time, appealing to individuals across different cultures and eras. This traditional practice of meditation has transcended time, appealing to individuals across different cultures and eras. This traditional practice of meditation has transcended time, appealing to individuals across different cultures and eras. This traditional practice of meditation has transcended time, appealing to individuals across different cultures and eras. This traditional practice of meditation has transcended time, appealing to individuals across different cultures and eras. This traditional practice of meditation has transcended time, appealing to individuals across different cultures and eras. This traditional practice of meditation has transcended time, appealing to individuals across different cultures and eras. This traditional practice of meditation has transcended time, appealing to the distance of the
of blood vessels and a reduction in blood pressure [2]. This especially benefits hypertensive individuals, potentially decreasing the risk of heart disease and stroke. Enhances immune function: By reducing stress-related chemicals in the body and promoting the production of health-enhancing compounds, meditation fortifies the body's defense
mechanisms. This means fewer illnesses and faster recovery times. Reduces the aging process: Some studies suggest that meditation can increase the length of telomeres, the protective caps at the end of chromosomes [3]. Longer telomeres are associated with longevity, potentially granting meditators a longer, healthier life. Reduces stress and
anxiety: Meditation equips individuals to handle stress more effectively. By focusing on the present moment and allowing thoughts to flow without judgment, practitioners often experience enhanced concentration and a heightened attention span. This is
particularly useful in our distraction-laden world, improving efficiency in both personal and professional spheres. Enhances creativity: By quieting the constant chatter of the mind, meditation often spur creative insights. Elevates mood:
Meditation stimulates the production of neurotransmitters [4] such as serotonin and dopamine, both associated with happiness. This can lead to an improved mood and a more positive outlook on life. Stabilizes emotions: Through consistent practice, one becomes more attuned to emotional triggers and reactions. This self-awareness fosters emotional
equilibrium, allowing for more balanced reactions to life's events. Develops positive traits: Meditation nurtures patience, compassion, and gratitude. As individuals become more present and content, they naturally develop a more optimistic view of the world and their place within it. Deepens self-awareness: Meditation encourages introspection,
allowing practitioners to dive deeper into their thoughts, feelings, and beliefs. This self-exploration fosters a profound understanding of one's true nature and desires. Connects to a Higher Purpose: While not religious in nature, meditation can be a spiritual practice for many. It can connect individuals to a sense of universal unity or a higher power,
filling life with purpose and meaning. Enhances intuition: As the mind becomes more still and clear, many meditators report a heightened sense of intuition. This can guide decision-making, leading to choices more aligned with one's highest good. Meditation, though simple in its essence, offers a spectrum of benefits that touch every aspect of human
existence. From tangible health advantages to the subtler gifts of emotional balance and spiritual insight, the practice holds the potential to transform lives. Whether you're seeking physical rejuvenation, mental clarity, emotional balance and spiritual connection, meditation, with its multifaceted benefits, stands as a beacon of holistic health and well
being in our modern world. Meditation, with its universal appeal, has birthed a variety of techniques and approaches throughout history. Different cultures and traditions have contributed to a rich tapestry of practices, each with its unique method and purpose. Here's a comprehensive look at some popular types of meditation: Originating from
Buddhist teachings [5], mindfulness meditation is among the most popular practices in the West. It encourages being present and observation without judgment. Definition: Mindfulness meditation emphasizes awareness of our thoughts, emotions, and senses in the present moment. It teaches acceptance and observation without
trying to change or judge anything. Techniques and practice: Generally, practitioners begin by focusing on their breath. When the mind wanders, which it inevitably will, gently redirecting it to the present moment is key. Over time, this fosters a deep sense of connection with the current moment, cultivating a peaceful mind. TM, introduced in the mind.
20th century, has garnered a vast following, including numerous celebrities and professionals. Definition: Transcendental Meditation is a specific form of mantra meditation. It aims to transcend eyes for 20 minutes, twice a
day, while silently repeating a specific mantra. This mantra, usually given by a trained TM teacher, helps the practitioner settle into a profound state of relaxation and awareness. Often, newcomers to meditation find guided practices particularly accessible. These meditations, led by a trained practitioner or teacher, guide listeners into a state of deep
relaxation. Definition: In guided meditation, practitioners listen to a narrator or teacher guide them through a visualization or journey. The guide may paint a serene natural setting or walk listeners through audio recordings. Following relaxations. Techniques and practice: This meditation can be experienced in group settings or through audio recordings.
the guide's voice and imagery, practitioners immerse themselves in the experience, achieving a relaxed and focused state. A practice rooted in Buddhist traditions, Metta meditation is about developing feelings of compassion, love, and
goodwill. It begins with oneself and gradually extends this benevolent feeling to friends, acquaintances, and even perceived enemies. Techniques and practice: Starting with self-affirming phrases like "May I be happy, may I be safe," practitioners then direct these positive affirmations toward others, fostering a sense of universal love and
interconnectedness.5. Body scan or progressive relaxation. Body scan meditation involves focusing attention on different parts of the body, from toes to head. It recognizes and releases tension, leading to physical relaxation and
mental calm. Techniques and practice: Lying down or seated, practitioners mentally scan their bodies, noting sensations, discomfort, or tension. This heightened body awareness often leads to relaxation, as individuals consciously release accumulated tension. Each type serves a unique purpose, catering to various needs and preferences. Whether
seeking a moment of relaxation, a deeper spiritual connection, or tools for personal development, there's likely a meditation technique that aligns with those goals. Experimentation and exploration are key. After all, meditation, in all its forms, is a journey inward, a sacred path to self-awareness, inner peace, and holistic well-being. While the types of
meditation are vast and varied, the techniques that underpin these practices form the foundation upon which all meditation techniques that cater to a diverse range of needs and preferences: A foundational
technique, this approach requires practitioners to hone their attention on a specific point of focus, allowing other thoughts to drift away. Focused attention involves directing one's awareness to a particular object, sound, or sensation, helping the mind to anchor and avoid unnecessary wandering. Common points of focus include the breath, a candle
flame, or the sound of a bell. When distractions arise, gently bringing the mind back to the chosen point of focus cultivates concentration and mindfulness. 2. Body awareness meditation promotes a conscious
recognition of bodily sensations, movements, and overall physical presence. Starting from the feet and moving upwards, practitioners mentally 'check-in' with each body, enhancing physical mindfulness. A technique that uses the
mind's eye to transport practitioners to peaceful or meaningful settings. Visualization meditation involves imagining a scene, place, or event that evokes tranquility, happiness, or inspiration. It's about using the mind's creative power to foster feelings of calm and contentment. Whether imagining a serene beach, a majestic mountain, or a radiant light
enveloping the body, this technique helps to elicit feelings associated with the visualized scene, providing both relaxation and motivation. Originating from ancient spiritual traditions, using mantras can be a powerful tool for meditation. This technique involves repeating a word, phrase, or sound, either aloud or silently. The repetition of the mantra
serves to focus the mind and deepen meditation. Common mantras include "Om," "Peace," or other meaningful phrases. The repetition acts as an anchor, drawing the mind away from distractions and into a state of deep concentration and calm. Contrary to the popular belief that meditation requires stillness, movement meditations offer a dynamic
approach. Movement meditation combines physical movement with mindfulness. It's not just about moving, but moving with intention and awareness. Practices like Tai Chi, Qigong, and walking meditation fall under this category. The mindful movements, paired with deep breathing, create a flowing synergy between body and mind. Incorporating these
techniques into your meditation routine can elevate the experience, making it more profound and beneficial. While certain techniques and noting how each feels, practitioners can tailor their meditation practice to fit their unique
needs and preferences. Above all, patience and consistency are vital. As with any skill, mastery in meditation is a journey, and these techniques serve as valuable tools to guide and enrich the practice. These myths can deter
newcomers or mislead current practitioners. Here, we address and debunk some of the most common meditation myths: Myth: To meditate correctly, one must empty the mind of all thoughts. Truth: Meditation isn't about eliminating all thoughts but observing them without attachment. It's natural for the mind to think; the key is not to get entangled in
those thoughts, but to let them flow. Myth: Only long, drawn-out meditation sessions offer any real benefits. Truth: Even short periods of meditation, like 5 to 10 minutes daily, can positively affect the mind and body. Consistency matters more than duration. Myth: Meditation is solely a religious or spiritual practice tied to specific beliefs. Truth:
Meditation has roots in various religious traditions, but many contemporary practices are secular. Meditation techniques of religious beliefs. Myth: There's only one correct way to meditate, and if you're not doing it wrong. Truth: There are countless meditation techniques
and practices. The best method is the one that resonates with you and fits your needs. Myth: Meditation is a form of escapism, a way to disconnect from the challenges of the real world. Truth: On the contrary, meditation helps individuals connect from the challenges with
clarity and resilience. Myth: Meditation is only for the spiritually inclined, the elderly, or those without busy professionals to students, anyone can integrate meditation into their daily routine. 7. You must sit in a specific posture to meditate Myth
Effective meditation can only happen when seated in a specific posture, like the lotus position. Truth: While specific postures can aid concentration and energy flow, the most important thing is to be comfortable. You can meditate sitting on a chair, lying down, or even walking. Stepping into the world of meditation can feel daunting for newcomers.
Despite its simplicity, the sheer amount of information, techniques, and advice available can be overwhelming. However, meditation, at its core, is a personal journey. Here are some straightforward tips to help beginners start this transformative practice: Don't aim for long sessions immediately. Start with just a few minutes each day and gradually
increase the time as you become more comfortable. Beginning with manageable chunks can help ensure that meditation, you build a physical reminder to practice and a space
that begins to hold calm energy. Reflect on why you want to meditate. Is it for relaxation, focus, self-awareness, or something else? By knowing your 'why,' you can tailor your practice to meet your needs and stay motivated. Utilize apps, videos, or audio recordings that provide step-by-step guidance for meditation sessions. These tools can be beneficial
at the beginning when you're unsure of how to navigate the process by yourself. It's more beneficial to meditate for shorter durations consistently than to do lengthy sessions sporadically. The daily practice routine, even if short, helps cultivate the habit and deepen the meditation experience over time. If your mind wanders during meditation, which it
likely will, gently guide it back without judgment. The practice isn't about achieving a 'perfect' state but observing and learning from whatever arises. Focus on deep, rhythmic breathing. It can serve as an anchor for your attention. The breath is a constant, grounding element that can be especially helpful for beginners as a focal point. Don't feel
confined to one method or technique. Experiment with various styles to find what resonates with you. Everyone is unique, and what works for one individual might not work for another. The journey of discovery is part of the process. Engaging with a community can provide support, guidance, and a structured environment to practice. Learning with
others can offer additional motivation, share insights, and foster a sense of belonging. Read books, attend workshops, or listen to lectures about meditation, you can approach the practice with more depth and clarity. Meditation has
found a contemporary resonance with countless individuals seeking solace, clarity, and inner growth in today's fast-paced world. As we've explored its definitions, benefits, varied types, and techniques, and addressed some common misconceptions, it's evident that meditation offers a universal appeal. For beginners embarking on this journey, the
path might seem intricate, but it's one of profound personal discovery. By approaching it with an open heart, patience, and genuine curiosity, one can tap into the myriad benefits meditation promises, forging a deeper connection with oneself and the world around. Meditation is a practice that involves focusing the mind and eliminating external
distractions to achieve a heightened state of awareness and inner calm. It is used for relaxation, stress reduction, self-awareness, and spiritual growth, among other mental and physical health benefits. Meditation is important nowadays because it offers a respite from the constant distractions and stresses of modern life, promoting mental clarity and
emotional well-being. Additionally, it helps individuals cultivate mindfulness, improving their overall quality of life and resilience in the face of challenges. Meditation can enhance your life by improving mental clarity, reducing stress, and fostering a deeper sense of self-awareness and emotional balance. Over time, consistent practice can boost
resilience, improve focus, and elevate overall well-being. Yes, meditation has been shown to be an effective tool in reducing symptoms of anxiety by promoting relaxation and helping individuals break the cycle of chronic rumination. Regular practice can lead to increased mindfulness and a greater ability to manage and respond to stressful situations.
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such as publicity, privacy, or moral rights may limit how you use the material. What is meditation? Is it worthwhile to practice it? What are the benefits of meditation? These are legitimate questions that
need answers. Let's start with the definition of meditation. Join the Inner Awakening Weekly Lessons Membership A good understanding of a term helps us practice it better. Table of contents: How can we define meditation? Meditation? Meditation is a technique for calming down the mind's nonstop activity
and experiencing inner peace. It is a technique for freeing your mind. A method for relaxing the body and reducing stress and anxiety. It is a way that helps in going deep within and experiencing a sense of higher awareness. It is a way to sharpen the mind and focus
Meditation means reflecting and contemplating. It is a path to spiritual awakening and enlightenment. Here are a few more definitions of meditation "It is a practice where an individual uses a technique - such as mindfulness, or focusing the mind
on a particular object, thought, or activity - to train attention and awareness, and achieve a mentally clear and emotionally calm and stable state." Merriam Webster dictionary definition of a mantra) for the purpose of reaching a heightened level of
spiritual awareness." Cambridge dictionary definition of meditation: "The act of giving your attention to only one thing, either as a religious activity or as a way of becoming calm and relaxed." Meditation definition definition definition according to Collins dictionary: "Meditation is the act of remaining in a silent and calm state for a period of time, as part of a religious
training, or so that you are more able to deal with the problems of everyday life." People often ask: Is meditating suitable only for people living a certain religion? Can a busy person meditate? Below, you will find answers to these
questions and a few more definitions. Here are a few clarifications about the meaning of meditation and why it's recommended to practice it. 1. RelaxationIt is a technique for relaxing the body, calming down the restlessness of the mind, releasing stress and worries, and gaining calmness and inner happiness. Its practice leads to peace of mind and to
higher awareness and understanding of yourself, your life, and the world. 2. Focused attention inwards, away from the external world. In its higher form, it aims to empty the mind of thoughts and enjoy inner peace, calmness, and bliss. 3. It is an inner
activityMeditative practice is an inner activity that does not require making changes in your external life to practice it. You also do not need to follow any particular religion, be a member of a certain group, wear special clothes, or lead a particular lifestyle. 4. It is a way of lifeIt is more than just a technique that you may practice once or twice a day
Its effects go beyond the time you sit down to meditate and affect your whole day. Gradually, peace, happiness, clarity of vision, and thinking will become habitual. 5. Spiritual awakeningConstant practice transforms the consciousness and can lead to spiritual awakening and enlightenment. 6. Expansion of awarenessIt is a way to expand your
awareness beyond the ego and become aware of your Inner Self and Oneness with the Universe. This practice is suitable for everyone, young and old, no matter where they live and what they do. You can live in an ashram. Some people who
do not know what meditation is regard it as an excuse to be lazy or run away from duties and responsibilities. They believe that it is an impracticable and contemplate, you need dedication, motivation, and some mental effort. Meditating is a most
valuable and rewarding activity. It sharpens your mind, expands the mind, and makes you more efficient and energetic. Regular practice creates a state of inner peace and happiness, and removes stress, worries, and remov
Inner Peace and Awareness. You don't need to be a monk or hermit, live in seclusion or an ashram, to meditate every day. During meditation, the mind often wanders away, and the meditator has to be constantly vigilant, bringing the attention back, over
and again. This, of course, involves some effort initially, but as you gain proficiency, less effort will be necessary. There are many types of meditation. Some involve visualization and others require focusing on the act of inhaling and exhaling, the candle
flame or on a specific geometric shape. There are many other forms of meditation, such as transcendental meditation, guided meditation and mindfulness. There are also Buddhist traditions that offer a few methods. Some techniques aim to silence the mind so you become aware of the inner self within. All the techniques of meditation include
concentration. This means focusing the attention on a single subject, thought, or activity, and not allowing it to wander away to other thoughts and emotions or anywhere else. Don't worry if you cannot focus and pay attention. With practice, this skill would improve. Nowadays, this topic is becoming popular with all types of people, including people
Useful Skills You Need Everyone can meditate. However, a certain degree of concentration ability, self-discipline, willpower and perseverance would be most helpful. These skills would make everything easier. You can develop these skills would be most necessary to the sexual degree of these skills would be most necessary to the sexual degree of these skills would make everything easier. You can develop these skills would be most necessary to the sexual degree of these skills would be most necessary to the sexual degree of these skills would be most necessary to the sexual degree of the sexua
helpful in your life. You might wonder what meditation's benefits are, and whether it is worth your time and efforts. Regular practice leads to a positive mindset and more calmness and happiness. You also gain the ability to deal calmly and effectively with problems difficulties, daily task sand daily affairs of life. Another most important gain is the
your ability to control your mind, focus it, and calm it down. When you learn to meditate, you free the mind of unnecessary distractions, unnecessary thinking, and nonstop chatter. This leads to tranquility, mental clarity, and to a sense of bliss. It makes your mind become calm. A practice that reduces the endless chatter of your mind. It improves your
focus. When the mind wanders away, you learn to bring it back. Meditation helps you understand yourself, other people, and the world around you. It makes you a happier and more positive person. Becoming a more tolerant and understanding person. Gaining
search. Here is a list of a few techniques which you might like to learn about and to practice: Mantra Meditation How to Practice Self-Inquiry Practicing "Who Am I" Meditation of mind is a sign of its weakness; by constant meditation
it gains strength."- Sri Ramana Maharshi "The inner experience of meditation can be had without any kind of forced discipline. The outer trappings - how one sits, breathes, dresses, and so forth - are irrelevant."- Deepak Chopra You might also like reading meditation quotes. Enjoy sharper detail, more accurate color, lifelike lighting, believable
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Russe (Flickr.com, cc-by)Non-Medium Subscribers can access this full article here. "I have tried meditating, but I couldn't really get into it." I HEARD the quote above, or something like it, from relatives at two recent family get-togethers. I have also seen similar comments on Facebook spiritual groups, along with a lot of suggestions on how to
 meditate.Part~1~ (this article) is an Introduction & OverviewWhat is Meditation? — [1.1] The Goals of Meditation — [1.2] The 3 Forms & 9 Types of MeditateExamples of Some Popular Meditation Practices (links to YouTube) — [2.1] Vipassana Buddhist
Meditation — [2.2] Guided Nonduality Meditation — [2.3] Christian Centering PrayerMy Meditation Practices Category: Meditation for Students and Families Today's kids lead extremely hectic lifestyles. Their days are filled with school, family and social obligations, sensory overload, and internal and external pressures. This can lead to a surplus of
hard-to-handle situations that culminate in conditions such as stress, depression and Attention Deficit Disorders (ADD). Guided meditations for children's meditation will help make your kids' childhood years calmer and happier, ask yourself if
meditation is a beneficial and important part of your life. Wouldn't it be great if you'd discovered it earlier? The same goes for your kids - introduce them to sitting and see what happens. Children's meditation is primarily focused on consciously exploring the senses, developing focus, and discovering the calm within. Think of children's meditation as a
tool for building self-awareness, confidence and self-esteem. Studies on guided meditation for children demonstrated that "giving children mindfulness attention training in combination with opportunities to
practice optimism, gratitude, perspective-taking, and kindness to others can not only improve cognitive skills but also lead to significant increases in social and emotional competence and well-being in the real-world setting of regular elementary classrooms." In another study, experts from the University of California Los Angeles worked with second
and third graders. They measured the impact of 30-minute student meditation sessions conducted twice a week during eight weeks. The results were remarkable: the kids who meditated obtained significantly higher grades on tests that required attention, memory and focus. Their behavior also clearly improved. A similar study conducted in the San
Francisco Unified School District followed 3,000+ children enrolled in a transcendental meditation program aimed at promoting relaxation and insights. The results were equally convincing: kids' math test scores improved dramatically, as did their overall academic performance. There were also fewer expulsions, suspensions and dropouts.
Meditation for toddlers What about toddlers? Can they meditate too? Hmmm... sounds like a trick question. But what we have observed time and again is that toddlers can join their parents, teachers or caregivers and sit quietly with them for a few minutes of mindful quiet time. Led by an adult, they can learn breathing techniques that include the
famous "breathe deeply three times before I react" method. Meditation can help toddlers begin to recognize and manage their emotions. Of course, getting kids to sit still and be serenely quiet is a huge accomplishment (ask any parent!). That's why it's important to keep these sessions agreeably short and to complement them with some exchange
time or tie in with a story. Benefits of children's meditation For kids held in the thrall of social media, video games, the internet and other modern technologies, multitasking is the norm. Like grown-ups, kids have to juggle activities that are mentally, physically and emotionally draining. Meditation gives children a little bit of technology-free space and
teaches them to focus, making it easier and more pleasant for them to address problems and complete projects. Healthy emotional development and self-esteem Children live in a competitive world these days. They learn to have dreams, ambitions and aspirations from a very tender age. In school, kids deemed as "have-nots" are bullied and laughed
at. Consequently, some kids experience trauma that slowly develops into negative emotions such as depression. Guided meditation for children brings out
positive feelings of security and inner stability. Mindful kids also develop self-esteem, joy and inner peace - qualities that naturally lead to empathy and compassion in their interactions with others. But even the most idyllic childhood has its share of fears, loss and insecurities; working through them is part of growing up. By helping children discover
that their emotions come and go like stormy weather and aren't anything to be afraid of, mindfulness meditation gives kids are faced with stressful and challenging situations that can affect their physical health and general well-being. Between our
competitive society, demands for better grades, the allure and availability of drugs and the need for a supportive social network, there are all sorts of issues that can take a toll on children and inhibit performance. Luckily, guided meditation for kids helps them manage tensions and focus their energy on the things that matter most. Kids who have
confidence in their ability to handle themselves in a wide variety of situations are happier, perform better in class and thrive socially as well. Introduce the kids in your life to meditation yourself is the best example
you can set for your children. They will learn by osmosis. About the Author: Mindworks Team Reviewed by Psychology Today Staff Meditation is a mental exercise that trains attention and awareness. Its purpose is often to curb reactivity to one's negative thoughts and feelings, which, though they may be disturbing and hijack attention
from moment to moment, are invariably fleeting. It's impossible for us to make our thoughts disappear; often, the more we try to suppress them, the louder they become. But practicing meditation can help clear away the mind's chatter. Studies show that meditating even for as little as 10 minutes increases the brain's alpha waves (associated with
relaxation) and decreases anxiety and depression. Why should I try meditation? Meditation has been shown to increase focus, reduce stress, and promote calmness. It can also help people grounded in experiencing the
present. It may be particularly effective when the meditator has social support, such as in a structured group setting or with the help of a friend or family member. What types of meditation should I try? In mindfulness meditation, one turns their attention to a single point of reference, such as one's breath or bodily sensations, or a word or phrase
known as a mantra. The practice has been shown to decrease distraction and rumination, make negative automatic thoughts seem easier to let go of, and promote greater enjoyment of the present moment. Loving-kindness meditation directs one's focus toward developing feelings of goodwill, kindness, and warmth for others. It can help boost
empathy and compassion, and curb charged responses to negative thoughts. How does meditation improve physical and emotional health? Meditation acts on areas of the brain that modulate the autonomic nervous system, which governs such functions as digestion and blood pressure—functions heavily affected by chronic stress. Through its
physiological effects, meditation has been found to effectively counter heart disease, chronic pain, and other conditions. It is also valuable in improving emotion regulation has been found to effectively counter heart disease, chronic pain, and other conditions. It is also valuable in improving emotion regulation. What do people misunderstand about meditating? Meditation doesn't require someone to get rid of all their thoughts, which isn't even possible. While meditating can be relaxing,
is also physically and mentally demanding to train oneself to focus differently. People tend to think of meditating, but the truth is that there is no wrong way to meditate—just trying can bring about positive changes. Is
meditation recommended for people with mental health concerns? For people who struggle with emotional regulation generally, or with specific psychiatric diagnoses, meditation helps to provide an emotional buffer, giving an individual time to
reflect before succumbing to negativity or acting impulsively. As a result, meditation has become a common prescription for mental health conditions. article continues after advertisement Most forms of meditation are meant to decrease distractibility and promote focus on and enjoyment of the present moment. Like many forms of meditation,
requires that one turn attention to a single point of reference. It can involve focusing on the breath, on bodily sensations, or on a word or phrase, known as a mantra. Successful meditate? It's common for a person's thoughts to wander during
meditation, especially when they are first starting out. Trying to stop thinking completely is futile and often serves to intensify unwanted thoughts. Instead, the key is to notice when the mind wanders and bring one's attention gently back to the meditation practice. How long do you have to meditate to see results? Meditation involves a heightened
focus on the present moment that can be disorienting at first. Many beginners start with short sessions of three to five minutes each and gradually increase the time they see results practicing just 10 minutes every day. What if a
person has trouble sitting still while meditations, movement meditations, and even meditation while performing everyday activities.
Meditation can and should be individualized to benefit the meditator. Could Meditation Reverse Brain Aging? Neurodegenerative diseases are an increasing challenge for older populations. Studies show that meditation can keep our minds agile and vibrant as we approach old age. The Mystery of Effortless Creativity Why do the best ideas and
creative works seem to come effortlessly? The key to spontaneous creativity is relaxation, which opens our minds to inspiration. Recent discoveries about how the brain works have shifted focus to brain networks, offering potential new hope for people addicted to substances. Studies suggest that certain types of prayer for oneself while living with
brain injury may help improve perception of one's situation and outcome. Orgasming with a partner is different than orgasming through masturbation. Here are the skills you need. What if your gut feeling wasn't just emotion, but real intelligence? Discover how intuition works through your body and mind. What if your gut feeling wasn't just emotion
but real intelligence? Discover how intuition works through your body and mind. Neuroscience-backed strategies to be a better listener and compassionate communicator. Distractions in meditation can be frustrating, but you don't need to get in a lather about losing attention. Distractions in meditation can be frustrating,
but you don't need to get in a lather about losing attention. Contemplative traditions and modern psychology show how sustainable compassion emerges from a relational field of support that instills an infinitely secure base. The Architect of Your Happiness We believe achieving our goals will make us happy, but the real power lies within our mindset
Here's what the science shows, as well as how to make your mind your greatest asset. We believe achieving our goals will make us happy, but the real power lies within our mindset. Here's what the science shows, as well as how to make your mind your greatest asset. Find a Mindfulness-Based (MBCT) Therapist Get the help you need from a therapist
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development. It offers a pathway to inner peace, clarity of mind, and connection to the present moment. Whether you're a curious newcomer or seeking to deepen your existing practice, learning more about meditation—its history, purpose, traditions, styles, and characteristics—can empower you to harness its full potential. Disclosure: This post may
meditation originated from the ancient yogic practice of Dhyana in India, which dates back to around 1500 BCE. Meditation is a mental exercise that involves focusing one's mind on a particular object, thought, or activity to achieve a state of mental exercise that involves focusing one's mind on a particular object, thought, or activity to achieve a state of mental exercise that involves focusing one's mind on a particular object, thought, or activity to achieve a state of mental exercise that involves focusing one's mind on a particular object, thought, or activity to achieve a state of mental exercise that involves focusing one's mind on a particular object, thought, or activity to achieve a state of mental exercise that involves focusing one's mind on a particular object, thought, or activity to achieve a state of mental exercise that involves focusing one's mind on a particular object, thought, or activity to achieve a state of mental exercise that involves focusing one's mind on a particular object, thought, or activity to achieve a state of mental exercise that involves focusing one's mind on a particular object, thought, or activity to achieve a state of mental exercise that involves focusing one's mind on a particular object, thought, or activity to achieve a state of mental exercise that involves focusing one's mind on a particular object.
various cultures and religions have embraced for thousands of years, with different traditions and techniques emerging over time. The term "meditation" serves as an umbrella under which many practices coexist, each offering unique approaches to mental training and altered states of consciousness. In modern culture, the term often encompasses
practices aimed at enhancing attention, calmness, or compassion without clear boundaries. During meditation, you typically sit quietly in a comfortable position, close your eyes, and focus on a single object like your breath, a mantra, or a visual object while letting go of distracting thoughts. This practice helps quiet your mind, go beyond ordinary
thoughts, and attain a deep inner peace. This meditative state prepares you for Samadhi, a state of unity with the object of your meditation. Purpose of meditation is to establish a connection with one's deep inner Self. This deep inner Self is described as non-changing pure consciousness, which witnesses the activities of the activit
the inner faculty—comprising the mind, intellect, ego, and Chitta (the storehouse of memories and impressions). The process of meditation aims to move beyond the outer realm of the inner faculty and eventually reach the deep inner Self. It is believed that by connecting with this deep inner Self, one can
experience inner peace and bliss, leading to the removal of accumulated stresses and overall improvement in health. The Yoga Sutras of Patanjali outlines an eight-limbed path that leads to this state of connection with the deep inner Self through the practice of ethical guidelines, sensory withdrawal, concentration, and meditation. This eight-limbed
path is a structured and systematic approach to guide individuals towards self-realization and spiritual enlightenment. History of meditation can be traced back to the Vedas, ancient scriptures from India dating
around 1500 BCE. In these foundational yogic texts, meditation is described as a means of connecting with the divine and achieving spiritual enlightenment. In the 8th century BCE, the teachings of the Buddha introduced meditation under through meditation under through meditation as a central practice in Buddha himself is said to have attained enlightenment through meditation under through meditation as a central practice in Buddha himself is said to have attained enlightenment through meditation under through meditation under through meditation as a central practice in Buddha himself is said to have attained enlightenment.
the Bodhi tree after studying with yogic masters for many years. In the 8th century CE, the Indian sage Patanjali codified the practice of meditation in his Yoga Sutras, outlining a systematic approach to achieving mental and spiritual discipline through meditation techniques traveled across the world thanks to Indian and Chinese
traders on the Silk Road. They eventually reached the Middle East and Europe. In the 20th century, meditation became popular in the West as a way to reduce stress and enhance overall well-being. Scientists and researchers have since studied meditation extensively, uncovering many physical and mental health benefits linked to regular
practice. Traditions of meditation Meditation is a practice that transcends cultural and religious boundaries, with various traditions and techniques were created in the context of spiritual and religious practices, most types of meditation can be approached as a secular practice—or a
workout for your brain—that can benefit anyone, regardless of their beliefs or background. Yoga includes meditation as the seventh limb of Patanjali's eightfold path. Dhyana is a deep state of sustained concentration and focus, where the fluctuations of mental thoughts become still and clear in preparation for achieving Moksha, or liberation. Jainism
practices Samayika, a form of meditation that aims to free the soul. It involves reflecting on universal friendship and the importance of being present. Buddhism introduces a rich tapestry of meditation techniques, including Vipassana (insight) and Samatha (calm abiding), guiding practitioners toward nirvana or enlightenment. Sikhism speaks to the
importance of meditating on God's name as a pathway to living a life filled with grace and purpose. Taoism promotes meditation as a way to harmonize with the fundamental nature of the universe, known as the Tao. Sufi mystics use techniques such as Zikr (remembrance of God) and Muraqaba (deep contemplation) to deepen their spiritual connection
and achieve a state of inner peace. Even in Abrahamic religions, meditative practices are present. In Christianity, contemplative practices hitbodedut, a form of spiritual meditation that encourages a personal connection to the divine.
Islam includes a meditative dimension in Salah, involving reciting God's names and attributes to purify the heart. Styles of Meditation meditation cater to different needs and preferences, allowing practitioners to find a
method that resonates with their journey toward mindfulness and enlightenment. Classifications categorize meditation methods broadly into focused (concentrative) and open monitoring (mindfulness) practices. Focused techniques involve intense concentration on specific objects like breath or mantras. On the other hand, open monitoring includes
observing all mental events without any judgment or attachment. Moreover, diverse typologies further classify meditation approaches based on their nature—concentrative (focused attention), generative (developing qualities like compassion), receptive (open monitoring), and reflective (contemplation). These classifications reflect the rich tapestry of
meditative practices aimed at achieving different outcomes within individuals' spiritual or personal growth journeys. By exploring these diverse forms of meditation, individuals can discover a practice that aligns with their path toward inner peace and spiritual growth. Concentration: Focused Attention Meditation Focused attention meditation involves
pinpointing your mind on a single reference point, such as your breath or a specific object. This technique helps train your mind, enhance concentration, reduce distractions, and gradually lead to a profound state of tranquility and focus. It is a valuable tool for beginners and experienced practitioners alike. Observation: Open Monitoring
MeditationOpen monitoring meditation involves observing aspects of your experience without reacting or becoming attached. This practice develops your ability in your mind. Awareness: The Practice of Continuous Awareness Continuous awareness
meditation aims to cultivate a heightened state of mindfulness and presence in every moment throughout your day. It involves paying attention to your thoughts, emotions, and sensations without getting caught up in them, leading to a more peaceful and fulfilling existence. Generative: Loving Kindness and Compassion Generative meditation focuses on
investigation of certain themes, questions, or concepts. This practice can lead to insights and a deeper understanding of yourself and the world around you. Samatha (calm abiding) and Vipassana (insight). Samatha focuses on calming the mind and
developing concentration, serving as a foundation for Vipassana, which entails profound insight into the nature of reality. Together, these mindfulness practices lead to a deeper understanding and enlightenment experience. Mantras
have spiritual significance and are believed to have a calming and transformative effect on the mind. By focusing on the sound of the mantra, either silently repeating it in your mind or chanting it aloud, you can quiet the chatter of your thoughts and distractions. Movement meditation Movement meditation incorporates physical movement into your
practice, such as walking meditation, yoga, tai chi, or qigong. This style combines the benefits of mindfulness with physical activity, allowing you to cultivate a sense of presence and awareness in motion. For example, walking meditation involves walking meditation, yoga, tai chi, or qigong. This style combines the benefits of mindfulness with physical activity, allowing you to cultivate a sense of presence and awareness in motion. For example, walking meditation involves walking meditation involves walking meditation involves walking meditation.
 yoga combines breath work, physical postures, awareness, and meditation to promote relaxation, flexibility, and overall well-being. Characteristics that define the essence of the practice. By incorporating these elements based on you
preferences and chosen meditation technique, you can create a practice that nurtures your physical health, and increases your overall quality of life. Individual Practice to suit your preferences and goals. This personalization leads to a variety of
experiences. Several key elements influence your meditation experience, such as whether you choose to keep your eyes closed or open, opt for bodily stillness or movement, select a specific posture, and use supporting aids. Eyes Closed or open, opt for bodily stillness or movement, select a specific posture, and use supporting aids.
what feels comfortable for you. Closing your eyes can help minimize distractions from the outside world, allowing you to focus inward and concentrate better. Some traditions, like Zen Buddhism, suggest meditating with slightly open eyes, softly focusing on a fixed point or object. This approach helps you stay alert and connected to your surroundings
while in a meditative state. Bodily Stillness and Movement. Practices like Qigong, Tai Chi, and walking meditation combine mindful movements with breath awareness and specific breathing patterns. These techniques enhance the flow of energy (Qi or
prana) in your body, promoting physical and mental balance. On the other hand, stillness-focused practices cultivate deep relaxation, concentration, and inner peace by minimizing external distractions and bodily movement. Posture in MeditationThe posture you choose during meditation is essential for staying focused and comfortable. You can sit
cross-legged on the floor, on a chair with your feet flat, lie down, or even stand. The key is to find a posture that keeps you alert and maintains a straight spine for easy breathing. Supporting AidsMany practitioners use supporting aids to enrich their meditation practice. Cushions or benches can provide comfort and help you maintain proper posture
during seated meditation. Prayer beads are utilized in some traditions to count mantras or prayers, aiding concentration. Additionally, incense, bells, and calming music can create a peaceful atmosphere. Apps and guided audio meditations offer structured support for those seeking guidance. Common Misunderstandings There are several common
misunderstandings that can deter individuals from trying it or committing to a regular meditation practice. By understanding the MindOne prevalent misunderstanding is that meditation requires the complete emptying of the mind or
achieving a state of total thoughtlessness. The aim is to cultivate awareness and presence, acknowledging thoughts and emotions while gently guiding the focus back to the point of concentration, such as deep breaths or a mantra. Only for Religious or Spiritual PeopleWhile meditation does form a core part of many spiritual traditions, the benefits of
meditation—such as reduced stress, improved concentration, and enhanced well-being—are universal and backed by scientific research. Meditation is often be practiced in a purely secular way, focusing on its psychological and physiological benefits without any religious or spiritual connotations. Needs Hours of Commitment DailyYou might think that
you need to dedicate hours every day to meditation, but even just 10-20 minutes can make a big difference. Consistency is more important than duration, so fitting short meditation with the expectation of immediate.
transformative effects. While some individuals may experience notable changes in stress levels or mood shortly after beginning their practice, meditation often yields its most profound benefits over time. Regular, sustained practice, meditation often yields its most profound benefits over time. Therefore,
practitioners need to temper their expectations and view meditation as a gradual growth process rather than a quick fix for life's challenges. Flexibility in Posture their expectations and view meditation as a gradual growth process rather than a quick fix for life's challenges. Flexibility in Posture than a quick fix for life's challenges.
discomfort can distract from the meditative process and hinder the experience. Experimenting with various positions to discover what works best for one's body and practice of meditation while lying down may provide a more constructive and
enjoyable experience. The fundamental goal is to ensure the body does not become a distraction but rather supports a focused, serene mind. Beyond this. Regular meditation can enhance cognitive functions like memory,
attention, and creativity. While meditation is widely known for its positive psychophysical effects, neglecting proper technique may occasionally lead to adverse effects, including heightened anxiety or focus disruption. It also bolsters mental health by improving empathy, resilience, and emotional regulation, fostering a greater sense of harmony within
oneself and in relationships with others. Furthermore, meditation can be a gateway to exploring deeper philosophical or spiritual questions, enriching about meditation is that its ultimate goal is to reach a specific state, such
as enlightenment or a profound mystical experience. The essence of meditation lies in cultivating a mindful awareness of the present moment-fully engaging with the here and now, observing one's thoughts and feelings without judgment. It's Complicated Many people hesitate to try meditation, believing it requires special knowledge, training, or even
a guru to guide the way. This perception can make meditation seem inaccessible or daunting to the uninitiated. In reality, the basics of meditation are quite straightforward and can be practised by anyone, regardless of their background or experience. Numerous resources, including apps, online tutorials, and community classes, offer simple, step-by-
step instructions for beginners to start their meditation journey. The simplicity of starting with just a few minutes of meditation. You Must Be Calm to StartThe belief that one needs to be naturally calm or find a perfectly serene setting to begin meditating is
widespread and misleading. Many think they must already be in tranquility to meditate successfully, but this is not the case. Meditation is a powerful tool intended to cultivate calmness, not a practice reserved for those who are already peaceful. It is designed to bring tranquility to the mind, especially when it is turbulent. Whether one is experiencing
stress, agitation, or simply a busy mind, meditation can serve as a pathway to achieving a state of calm. Not Suitable for Active MindsA common misconception is that meditation can serve as a pathway to achieving a state of calm. Not Suitable for Active MindsA common misconception is that meditation can serve as a pathway to achieving a state of calm. Not Suitable for Active MindsA common misconception is that meditation can serve as a pathway to achieving a state of calm. Not Suitable for Active MindsA common misconception is that meditation can serve as a pathway to achieving a state of calm. Not Suitable for Active MindsA common misconception is that meditation can serve as a pathway to achieving a state of calm. Not Suitable for Active MindsA common misconception is that meditation can serve as a pathway to achieving a state of calm. Not Suitable for Active MindsA common misconception is that meditation can serve as a pathway to achieving a state of calm. Not Suitable for Active MindsA common misconception is that meditation can serve as a pathway to achieve misconception is that meditation can serve as a pathway to achieve misconception is that meditation can serve as a pathway to achieve misconception is that meditation can serve as a pathway to achieve misconception is that meditation can serve as a pathway to achieve misconception is that meditation can serve as a pathway to achieve misconception is that meditation can serve misconception is that meditation can serve misconception and the serve misconception can be a serve misconception of the serve misconception is that meditation can serve misconception and the serve misconception can be a serve misconception of the serve misconception can be a serve misconception of the serve misconception can be a serve misconception of the serve misconception can be a serve misconception of the serve misconception can be a serve misconception of the serve misconception can be a serve misconception of the serve misconception can be a serve misconception of the serve
program is especially beneficial for those who find their minds frequently racing or overwhelmed with thoughts. The daily practice offers techniques for observing thoughts without attachment and gradually learning to manage mental activity. This can be particularly liberating for individuals struggling with anxiety or constant mental chatter,
providing them with tools to establish a more peaceful and focused state of mind. Final thoughts by understanding the history, purpose, traditions, styles, and characteristics of meditation, you can appreciate the profound impact it can have on your daily life. Meditation is not just a practice; it is a way of life that can lead us to greater self-awareness
inner peace, and spiritual growth. From improving your sleep guality and reducing stress to boosting your overall well-being and enhancing your focus and productivity, the positive effects of meditation offers a multitude of benefits for both the mind and body. As you embark on your journey, remember that there is no right or wrong way to meditate.
Whether you choose to practice mindfulness, loving-kindness, transcendental meditation, or any other techniques to train attention and awareness This article is about the induction of specific modes or states of consciousness. For other uses,
see Meditation (disambiguation). Not to be confused with mediation or medication. Various depictions of meditation (clockwise starting at the top left): the Hindu Swami Vivekananda, the Buddhist monk Hsuan Hua, Taoist Baduanjin qigong, Siddhar Agastyar, Chan monk Bodhidharma, and social reformer Narayana Guru Meditation is a practice in
which an individual uses a technique to train attention and awareness and detach from reflexive, "discursive thinking", [note 1] achieving a mentally clear and emotionally classified into focused (or concentrative) and open
monitoring methods. Focused methods involve attention to specific objects like breath or mantras, while open monitoring includes mindfulness and awareness of mental events. Meditation is practiced in numerous religious traditions, though it is also practiced in numerous religious traditions, though it is also practiced in numerous religious traditions, though it is also practiced in numerous religious traditions, though it is also practiced in numerous religious traditions, though it is also practiced in numerous religious traditions, though it is also practiced in numerous religious traditions, though it is also practiced in numerous religious traditions, though it is also practiced in numerous religious traditions.
records of meditation (dhyana) are found in the Upanishads, and meditation plays a salient role in the contemplative repertoire of Jainism, Buddhism and Hinduism. [5] Meditation-like techniques are also known in Judaism, Christianity and Islam, in the context of remembrance of and prayer and devotion to God. Asian meditative techniques have
spread to other cultures where they have found application in non-spiritual contexts, such as business and health, Meditation may significantly reduce stress, fear, anxiety, depression, and pain, [6] and enhance peace, perception, [7] self-concept, and well-being, [8][9][10] Research is ongoing to better understand the effects of meditation on health
(psychological, neurological, and cardiovascular) and other areas. The English term meditation is derived from Old French meditation, in turn from Latin meditation, the use of the term meditatio as part of a formal, stepwise process of meditation
goes back to at least the 12th-century monk Guigo II,[12][13] before which the Greek word theoria was used for the same purpose. Apart from its historical usage, the term meditation was introduced as a translation for Eastern spiritual practices, referred to as dhyāna in Hinduism, Buddhism, and Jainism, which comes from the Sanskrit root dhyai,
meaning to contemplate or meditate.[14][15][16] The Greek word theoria actually derives from the same root.[17] The term "meditation" in English may also refer to practices from Islamic Sufism,[18] or other traditions such as Jewish Kabbalah and Christian Hesychasm.[19] Meditation has proven difficult to define as it covers a wide range of
dissimilar practices in different traditions and cultures.[note 3] In popular usage, the word "meditative practice" are often used imprecisely to designate practices found across many cultures.[19][22] These can include almost anything that is claimed to train the attention of mind or to teach calmness or compassion.[23]
There remains no definition of necessary and sufficient criteria for meditation that has achieved widespread acceptance within the modern scientific community. Some of the difficulty in precisely defining meditation has been in recognizing the particularities of the many various traditions; [24] and theories and practice can differ within a tradition. [25]
Taylor noted that even within a faith such as "Hindu" or "Buddhist", schools and individual teachers may teach distinct types of meditation. [26] Ornstein noted that "Most techniques of meditation do not exist as solitary practices but are only artificially separable from an entire system of practice and belief." [27] For instance, while monks meditate as
part of their everyday lives, they also engage in the codified rules and live together in monasteries in specific cultural settings that go along with their meditative practices. Dictionaries give both the original Latin meaning of "think[ing] deeply about (something)", as well as the popular usages of "focusing one's mind for a period of time", [web 2] "the
act of giving your attention to only one thing, either as a religious activity or as a way of becoming calm and relaxed", [web 3] and "to engage in mental exercise (such as concentrating on one's breathing or repetition of a mantra) for the purpose of reaching a heightened level of spiritual awareness." [web 1] In modern psychological research,
meditation has been defined and characterized in various ways. Many of these emphasize the role of attention[19][28][29][30] and characterize the practice of meditation-process itself ("logical relaxation"), [note 2] to achieve a deeper, more devout, or more
relaxed state. Bond et al. (2009) identified criteria for defining a practice as meditation "for use in a comprehensive systematic review of the therapeutic use of meditation the state of meditation and the state of meditation are relaxed state. Bond et al. (2009) identified criteria for defining a practice as meditation for use in a comprehensive systematic review of the therapeutic use of meditation for use in a comprehensive systematic review of the therapeutic use of meditation for use in a comprehensive systematic review of the therapeutic use of meditation for use in a comprehensive systematic review of the therapeutic use of meditation for use in a comprehensive systematic review of the therapeutic use of meditation for use in a comprehensive systematic review of the therapeutic use of meditation for use in a comprehensive systematic review of the therapeutic use of meditation for use in a comprehensive systematic review of the therapeutic use of meditation for use in a comprehensive systematic review of the therapeutic use of meditation for use in a comprehensive systematic review of the therapeutic use of meditation for use in a comprehensive systematic review of the therapeutic use of meditation for use in a comprehensive systematic review of the therapeutic use of the comprehensive systematic review of the therapeutic use of the comprehensive systematic review of the comprehensive systema
of meditation[note 4]: three main criteria ... as essential to any meditation practice: the use of a defined technique, logic relaxation, the use of a self-focus skill or anchor, the presence of a state of suspension of logical
thought processes, a religious/spiritual/philosophical context, or a state of mental silence.[21] ... It is plausible that meditation is best thought of concepts."[32] Several other definitions of meditation have been used by influential modern
reviews of research on meditation across multiple traditions:[note 5] Walsh & Shapiro (2006): "Meditation refers to a family of self-regulation practices that focus on training attention and development and/or specific
capacities such as calm, clarity, and concentration [1] Cahn & Polich (2006): "Meditation is used to describe practices that self-regulate the body and mind, thereby affecting mental events by engaging a specific attentional set.... regulation of attention is the central commonality across the many divergent methods [2] Jevning et al. (1992): "We define
meditation... as a stylized mental technique... repetitively practiced for the purpose of attaining a subjective experience that is frequently described as very restful, silent, and of heightened alertness, often characterized as blissful"[3] Goleman (1988): "the need for the meditator to retrain his attention, whether through concentration or mindfulness,
is the single invariant ingredient in... every meditation system"[4] In the West, meditation techniques have often been classified in two broad categories, which in actual practice are often combined: focused (or concentrative) meditation and open monitoring (or mindfulness) meditation:[35] Direction of mental attention... A practitioner can focus
intensively on one particular object (so-called concentrative meditation), or both specific focal points and the field of awareness (so-called mindfulness meditation), or both specific focal points and the field of awareness (so-called mindfulness meditation), or both specific focal points and the field of awareness (so-called mindfulness meditation), or both specific focal points and the field of awareness (so-called mindfulness meditation), or both specific focal points and the field of awareness (so-called mindfulness meditation), or both specific focal points and the field of awareness (so-called mindfulness meditation), or both specific focal points and the field of awareness (so-called mindfulness meditation), or both specific focal points and the field of awareness (so-called mindfulness meditation).
mantra (such as in transcendental meditation), and single point meditation.[37][38] Open monitoring methods include mindfulness, shikantaza and other awareness states.[39] Another typology divides meditation approaches into concentrative, generative, receptive and reflective practices:[40][41] concentrative: focused attention, including breath
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meditation, TM, and visualizations; generative: developing qualities like loving kindness and compassion; receptive: open monitoring; reflective: systematic investigation, contemplation. The Buddhist tradition often divides meditative practice into samatha, or calm abiding,[42][43] and vipassana, insight. Mindfulness of breathing, a form of focused attention, calms down the mind; this calmed mind can then investigate the nature of reality,[44][45][46] by monitoring the fleeting and ever-changing constituents of experience, by reflective investigation, or by "turning back the radiance," focusing awareness itself and discerning the true nature of mind as awareness itself. Matko and

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Sedlmeier (2019) "call into question the common division into 'focused attention' and 'open-monitoring' practices." They argue for "two orthogonal dimensions along which meditation techniques: "mindful observation, body-centered
meditation, visual concentration, contemplation, affect-centered meditation, and meditation, and meditation with movement."[47] Jonathan Shear argues that transcendental meditation is an "automatic self-transcending" technique, different from focused attention and open monitoring. In this kind of practice, "there is no attempt to sustain any
particular condition at all. Practices of this kind, once started up again later if appropriate. "[note 6] Yet, Shear also states that "automatic self-transcending" also applies to the way other techniques such as from Zen and Qigong are practiced by experienced
meditators "once they had become effortless and automatic through years of practice." [48] Young children practicing meditation in a Peruvian school Main article: Meditative postures such as padmasana (full-lotus, half-lotus), cross-legged sitting, seiza, and kneeling positions are popular meditative postures in Hinduism,
Buddhism and Jainism, [49] although other postures such as sitting, supine (lying), and standing are also used. Meditation is also sometimes done while walking, known as shavasana. [50][51] A 2018 pilot study scientifically compared the stability offered by
three common meditation supports—a zafu cushion, a meditation bench, and a chair. The study found that the zafu provided the most stability against side-to-side body sway, while also concluding that chairs and benches are suitable alternatives for beginners, with chairs being specifically recommended for people with back pain or difficulty getting
up from a low seated position. [52] The Transcendental Meditation technique recommends practice of 20 minutes twice per day. [53] Some technique suggest less time, [44] especially when starting meditation, [54] and Richard Davidson has quoted research shows
improvement in meditation time with simple oral and video training.[56] Some meditators practice for much longer,[57][58] particularly when on a course or retreat.[59] Some meditators find practice best in the hours before dawn.[60] Some religions have traditions of using prayer beads as tools in devotional meditation.[61][62][63] Most prayer
beads and Christian rosaries consist of pearls or beads linked together by a thread. [61][62] The Roman Catholic rosary is a string of beads containing five sets with ten small beads. Eastern and Oriental Orthodox have traditions of using prayer ropes called Comboschini or Meqetaria as an aid to prayerful meditation. The Hindu japa mala has 108
beads. The figure 108 in itself having spiritual significance as the energy of the sounds equivalates to Om,[5][64] as well as those used in Gaudiya Vaishnavism, there are 108 human passions that impede
enlightenment.[67] Each bead is counted once as a person recites a mantra until the person has gone all the way around the mala.[66] The Muslim misbaha has 99 beads. There is also quite a variance when it comes to materials used for beads. Beads made from seeds of rudraksha trees are considered sacred by devotees of Shiva, while followers of the followers of th
Vishnu revere the wood that comes from the Tulsi plant, also known as Holy Basil.[68] The Buddhist literature has many stories of Enlightenment being attained through disciples being struck by their masters. T. Griffith Foulk recounts how the encouragement stick was an integral part of the Zen practice when he trained: In the Rinzai monastery
where I trained in the mid-1970s, according to an unspoken etiquette, monks who were sitting earnestly and well were shown respect by being hit vigorously and often; those known as laggards were ignored by the hall monitor or given little taps if they requested to be hit. Nobody asked about the 'meaning' of the stick, nobody explained, and nobody
ever complained about its use.[69] Neuroscientist and long-time meditator Richard Davidson has expressed the view that having a narrative can help the maintenance of daily practice. For instance, he himself prostrates to the teachings, and meditates "not primarily for my benefit, but for the benefit of others".[55] Studies suggest the potential of
psychedelics, such as psilocybin and DMT, to enhance meditative training.[70][71][72] Walking meditation is a fundamental technique in Theravada and Zen traditions. It involves walking slowly and mindfully in a straight path or circle, focusing attention on each step, the movement of the feet, the breath, and bodily sensations. It is often used in
 alternation with sitting meditation during retreats and daily practice to integrate mindfulness into bodily movement. [73] Man meditating in a garden setting (19th century) The history of meditation is intimately bound up with the religious context within which it was practiced. [74] Rossano suggested that the emergence of the capacity for focused
attention, an element of many methods of meditation, may have contributed to the latest phases of human biological evolution. [75] Some of the earliest references to meditation, as well as proto-Samkhya, are found in the Upanishads and the
Mahabharata (including the Bhagavad Gita).[78][79] According to Gavin Flood, the earlier Brihadaranyaka Upanishad is describing meditation when it states that "Having become calm and concentrated, one perceives the self (Atman) within oneself" (BU 4.4.23).[80] Main article: Hindu meditation See also: Yoga A statue of Patañjali practicing dhyana
in the Padma-asana at Patanjali Yogpeeth There are many schools and styles of meditation within Hinduism. [80] In pre-modern and traditional Hinduism, Yoga and Dhyana are practised to recognize 'pure awareness', or 'pure consciousness', undisturbed by the workings of the mind, as one's eternal self. In Advaita Vedanta jivatman, individual self, is
recognized as illusory, and in Reality identical with the omnipresent and non-dual Atman-Brahman. In the dualistic Yoga school and Samkhya, the Self is called Purusha, a pure consciousness undisturbed by Prakriti, 'nature'. Depending on the tradition, the liberative event is named moksha, vimukti or kaivalya.[81] One of the most influential texts of
classical Hindu Yoga is Patañjali's Yoga sutras (c. 400 CE), a text associated with Yoga and Samkhya and influenced by Buddhism, [note 7] which outlines eight limbs, "include ethical discipline (yamas), rules (niyamas), physical postures (āsanas), and breath
control (prāṇāyama). The fifth, withdrawal from the senses (pratyāhāra), transitions into the "inner limbs" that are one-pointedness of mind (dhāraṇā), meditation of Hatha Yoga (forceful yoga) compendiums like the Hatha Yoga Pradipika, the
development of Bhakti yoga as a major form of meditation, and Tantra. Another important Hindu yoga text is the Yoga Yajnavalkya, which makes use of Hatha Yoga and Vedanta Philosophy.[85] The Bhagavata Purana emphasizes that mantra meditation is a key practice for achieving liberation; practitioners can achieve a direct vision of the divine. The
text integrates both Vedic and tantric elements, where mantras are not only seen as sacred sounds but as embodiment of the deity. This approach reflects a shift from the impersonal meditation on the sound-form of Brahman (Om) in the Upanishads to a personal, devotional focus on Krishna in the Bhagavata Purana. [86] Lord Mahavir attaining
omniscience in shukla dhyana, the highest level of meditation Main article: Jain meditation Main article: Jain meditation in Jainism aims to reach and to remain in the pure state of soul which is believed to be pure consciousness, beyond
any attachment or aversion. The practitioner strives to be just a knower-seer (gyata-drashta). Jain meditation can be broadly categorized into Dharma dhyana is discriminating knowledge (bheda-vijñāna) of the tattvas (truths or fundamental principles), while shukla dhyana is meditation proper. Jainism uses
meditation techniques such as pindāstha-dhyāna, padāstha-dhyāna, rūpāstha-dhyāna, rūpāstha-dhyāna, rūpāstha-dhyāna, and savīrya-dhyāna, and savīrya-dhyāna, one focuses on a mantra,[88] a combination of core letters or words on deity or themes. Jain followers practice mantra regularly by chanting loudly or silently in mind.[88] The meditation technique of
contemplation includes agnya vichāya, in which one contemplates on seven facts - life and non-life, the inflow, bondage, stoppage and removal of karmas, and the final accomplishment of liberation. In apaya vichāya, one reflects on the
eight causes or basic types of karma. In sansathan vichāya, one thinks about the vastness of the universe and the loneliness of the soul.[88] Bodhidharma practicing zazen Main article: Buddhist meditation as part of the path toward awakening and nirvana.[note 8] The closest words for meditation in the classical
languages of Buddhism are bhāvanā ("development"), and the core practices of body contemplations (repulsiveness and cemetery contemplations) and anapanasati (mindfulness of in-and-out breathing)[note 9] culminating in jhāna/dhyāna or samādhi.[note 10] While most classical and contemporary Buddhist meditation guides are school-specific,[note 10] while most classical and contemporary Buddhist meditation guides are school-specific,[note 10] while most classical and contemporary Buddhist meditation guides are school-specific,[note 10] while most classical and contemporary Buddhist meditation guides are school-specific,[note 10] while most classical and contemporary Buddhist meditation guides are school-specific,[note 10] while most classical and contemporary Buddhist meditation guides are school-specific,[note 10] while most classical and contemporary Buddhist meditation guides are school-specific, [note 10] while most classical and contemporary Buddhist meditation guides are school-specific, [note 10] while most classical and contemporary Buddhist meditation guides are school-specific, [note 10] while most classical and contemporary Buddhist meditation guides are school-specific, [note 10] while most classical and contemporary Buddhist meditation guides are school-specific, [note 10] while most classical and contemporary Buddhist meditation guides are school-specific guides.
11] the root meditative practices of various body recollections and breath meditation have been preserved and transmitted in almost all Buddhist traditions, through oral teacher-student transmissions. These ancient practices are supplemented with various distinct
interpretations of, and developments in, these practices. The Theravada tradition stresses the development of samatha and vipassana, postulating over fifty methods for developing concentration based on the Visuddhimagga. The Tibetan tradition incorporated
Sarvastivada and Tantric practices, wedded with Madhyamaka philosophy, and developed thousands of visualization meditations. [note 13] The Zen tradition. Sitting meditation, known as zazen, is a central part of Zen practice.
Downplaying the "petty complexities" of satipatthana and the body-recollections[90][91] (but maintaining the awareness of immanent death), the early Chan-tradition developed the notions or practices of wu nian ("no thought, no fixation on thought, such as one's own views, experiences, and knowledge")[92][93] and fēi sīliàng (非思量, Japanese:
hishiryō, "nonthinking");[94] and kanxin ("observing the mind")[95] and shou-i pu i (守一不移, "maintaining the one without wavering,"[96] turning the attention from the objects of experience, to the nature of mind, the perceiving subject itself, which is equated with Buddha-nature.[97] The Silk Road transmission of Buddhism introduced Buddhist
meditation to other Asian countries, reaching China in the 2nd century CE,[98] and Japan in the 6th century CE,[98] and Japan in the wider world, due to the influence of Buddhist meditation techniques have become popular in the wider world, due to the influence of Buddhist meditation techniques have become popular in the wider world, due to the influence of Buddhist meditation techniques have become popular in the wider world, due to the influence of Buddhist meditation techniques have become popular in the wider world, due to the influence of Buddhist meditation techniques have become popular in the wider world, due to the influence of Buddhist meditation techniques have become popular in the wider world, due to the influence of Buddhist meditation techniques have become popular in the wider world, due to the influence of Buddhist meditation techniques have become popular in the wider world, due to the influence of Buddhist meditation techniques have become popular in the wider world.
non-Buddhists taking-up meditative practices. The modernized concept of mindfulness (based on the Buddhist term sati) and related meditative practices have in turn led to mindfulness based therapies. [100] Dhyana, while often presented as a form of focused attention or concentration, as in Buddhagosa's Theravada classic the Visuddhimagga ("Path
of purification", 5th c. CE), according to a number of contemporary scholars and scholar-practitioners, it is actually a description of the breath, without trying to regulate it. The same description, in a different formula, can be found in
the bojjhanga, the "seven factors of awakening," and may therefore refer to the core program of early Buddhist bhavana.[101] According to Vetter, dhyana seems to be a natural development from the sense-restraint and moral constrictions prescribed by the Buddhist tradition.[102][103] The Buddha identified two paramount mental qualities that
arise from wholesome meditative practice or bhavana, namely samatha ("calm," "serenity" "tranquility") and vipassana (insight, and dhyana came to be understood as concentration, [104][105] samatha and vipassana were understood as two distinct meditative techniques
In this understanding, samatha steadies, composes, unifies and concentrates the mind, while vipassana enables one to see, explore and discern "formations" (conditioned phenomena based on the five aggregates). [note 14] According to this understanding, which is central to Theravada orthodoxy but also plays a role in Tibetan Buddhism, through the
meditative development of serenity, one is able to weaken the obscuring hindrances and bring the mind to a collected, pliant, and still state (samadhi). This quality of mind that can "clearly see" (vi-passana) the nature of phenomena. What exactly is to be seen
varies within the Buddhist traditions. In Theravada, all phenomena are to be seen as impermanent, suffering, not-self and empty. When this happens, one develops dispassion (viraga) for all phenomena are to be seen as impermanent, suffering, not-self and empty. When this happens, one develops dispassion (viraga) for all phenomena are to be seen as impermanent, suffering through the
meditative development of insight that one gains liberation. [106] Main article: Nām Japō In Sikhism, simran (meditation is futile. When Sikhs meditate, they aim to feel God's presence and emerge in the divine light. [108] It is only God's
divine will or order that allows a devotee to desire to begin to meditate.[109] Nām japnā involves focusing one's attention on the names or great attributes of God.[110] Main article: Taoist meditation from The Secret of the Golden Flower Taoist meditation has meditation from The Secret of the Golden Flower Taoist meditation has meditation from The Secret of the Golden Flower Taoist meditation from The Secret of the Golden Flower Taoist meditation has meditation from The Secret of the Golden Flower Taoist meditation from The Secret of the Golden Flower Taoist meditation from The Secret of the Golden Flower Taoist meditation from The Secret of the Golden Flower Taoist meditation from The Secret of the Golden Flower Taoist meditation from The Secret of the Golden Flower Taoist meditation from The Secret of the Golden Flower Taoist meditation from The Secret of the Golden Flower Taoist meditation from The Secret of the Golden Flower Taoist meditation from The Secret of the Golden Flower Taoist meditation from The Secret of the Golden Flower Taoist meditation from The Secret of the Golden Flower Taoist meditation from The Secret of the Golden Flower Taoist meditation from The Secret of the Golden Flower Taoist meditation from The Secret of the Golden Flower Taoist meditation from The Secret of the Golden Flower Taoist meditation from The Secret of the Golden Flower Taoist meditation from The Secret of the Golden Flower Taoist meditation from The Secret of the Golden Flower Taoist meditation from The Secret of the Golden Flower Taoist meditation from The Secret of the Golden Flower Taoist meditation from The Secret of the Golden Flower Taoist meditation from The Secret of the Golden Flower Taoist meditation from The Secret of the Golden Flower Taoist meditation from The Secret of the Golden Flower Taoist meditation from The Secret of the Golden Flower Taoist meditation from The Secret of the Golden Flower Taoist meditation from The Secret of the Golden Flower Taoist meditation from The Golden Flower Taoist meditati
developed techniques including concentration, visualization, qi cultivation, qi cultivation, contemplation, and mindfulness meditative practices of Chinese Buddhism that then spread through the rest of east Asia from around the 5th century. Traditional
Chinese medicine and the Chinese martial arts were influenced and influences of Taoist meditation. [citation needed] Livia Kohn distinguishes three basic types of Taoist meditation. [citation needed] Livia Kohn distinguishes three basic types of Taoist meditation. [111] Ding 定 (literally means "decide; settle; stabilize") refers to "deep concentration", "insight", and "visualization", or "perfect
absorption". Guan 觀 (lit. 'watch; observe; view') meditation seeks to merge and attain unity with the Dao. It was developed by Tang dynasty (618-907) Taoist masters based upon the Tiantai Buddhist practice of Vipassanā "insight" or "wisdom" meditation. Cun 存 (lit. 'exist; be present; survive') has a sense of "to cause to exist; to make present" in the
meditation techniques popularized by the Taoist Shangqing and Lingbao Schools. A meditator visualizes or actualizes solar and lunar essences, lights, and deities within their body, which supposedly results in health and longevity, even xian 仙/仚/僊, "immortality".[citation needed] The Guanzi essay (late 4th century BCE) Neiye "Inward training" is thealth and longevity, even xian 仙/仚/僊, "immortality".[citation needed] The Guanzi essay (late 4th century BCE) Neiye "Inward training" is thealth and longevity, even xian 仙/仚/僊, "immortality".[citation needed] The Guanzi essay (late 4th century BCE) Neiye "Inward training" is thealth and longevity, even xian 仙/仚/ি僊, "immortality".[citation needed] The Guanzi essay (late 4th century BCE) Neiye "Inward training" is thealth and longevity, even xian և lon
oldest received writing on the subject of gi cultivation and breath-control meditation techniques.[112] For instance, "When you relax your mind and let go of it, when you relax your wital breath and expand it, when you relax your mind and let go of it, when you relax your wital breath and expand it, when you relax your mind and let go of it, when you relax your mind and let go of it, when you relax your mind and let go of it, when you relax your mind and let go of it, when you relax your mind and let go of it, when you relax your mind and let go of it, when you relax your mind and let go of it, when you relax your mind and let go of it, when you relax your mind and let go of it, when you relax your mind and let go of it, when you relax your mind and let go of it, when you relax your mind and let go of it, when you relax your mind and let go of it, when you relax your mind and let go of it, when you relax your mind and let go of it, when you relax your mind and let go of it, when you relax your mind and let go of it, when you relax your mind and let go of it, when you relax your mind and let go of it, when you relax your mind and let go of it, when you relax your mind and let go of it, when you relax your mind and let go of it, when you relax your mind and let go of it, when you relax your mind and let go of it, when you relax your mind and let go of it.
vital breath": Your thoughts and deeds seem heavenly."[113] The Taoist Zhuangzi (c. 3rd century BCE) records zuowang or "sitting forgetting" meditation. Confucius asked his disciple Yan Hui to explain what "sit and forget" means: "I slough off my limbs and trunk, dim my intelligence, depart from my form, leave knowledge behind, and become
identical with the Transformational Thoroughfare."[114] Taoist meditation practices are central to Chinese martial arts, especially the qi-related neijia "internal m
alchemy"), and tai chi ("great ultimate boxing"), which is thought of as moving meditation in qigong and zuochan ("seated meditation"),[46] versus "stillness in movement" referring to a state of meditative calm in tai chi forms. Also the
"לשוח" unification or middle road forms such as Wuxingheqidao that seeks the unification of internal alchemical forms.[citation needed]` Main article: Jewish meditation Judaism has made use of meditative practices for thousands of years.[115][116] For instance, in the Torah, the patriarch Isaac is described as going "לשוח"
(lasuach) in the field - a term understood by all commentators as some type of meditative practice (Genesis 24:63).[117] Similarly, there are indications throughout the Tanakh (the Hebrew Bible) that the prophets meditation: hagâ (Hebrew: הנה), to sigh or murmur, but also to
meditate, and sîḥâ (Hebrew: שיחה), to muse, or rehearse in one's mind.[119] Classical Jewish texts espouse a wide range of meditative practices, often associated with the cultivation of kavanah or intention. The first layer of rabbinic law, the Mishnah, describes ancient sages "waiting" for an hour before their prayers, "in order to direct their hearts to
the Omnipresent One" (Mishnah Berakhot 5:1). Other early rabbinic texts include instructions for visualizing the Divine Presence (B. Talmud Sanhedrin 22a) and breathing with conscious gratitude for every breath (Genesis Rabba 14:9).[120] One of the best-known types of meditation in early Jewish mysticism was the work of the Merkabah, from the
root /R-K-B/ meaning "chariot" (of God).[119] Some meditative field of study.[121][122][123] Kabbalah, and some Jews have described Kabbalah as an inherently meditative field of study.[121][122][123] Kabbalistic meditation often involves the mental visualization of the supernal realms. Aryeh Kaplan has argued that the ultimate purpose of
Kabbalistic meditation is to understand and cleave to the Divine.[119] Meditation has been of interest to a wide variety of modern Jews. In modern Jews. In modern Jews. In modern Jews to the Divine.[119] Meditation has been of interest to a wide variety of modern Jews. In modern Jews.
especially the Hasidic method of Rabbi Nachman of Breslav. The word derives from the Hebrew word "boded" (בודד), meaning the state of being alone.[124] Another Hasidic system is the analytical reflective process of making
oneself understand a mystical concept well, that follows and internalises its study in Hasidic writings. The Musar Movement, founded by Rabbi Israel Salanter in the middle of the nineteenth-century, emphasized meditative practices of introspection and visualization that could help to improve moral character.[126] Conservative rabbi Alan Lew has
emphasized meditation playing an important role in the process of teshuvah (repentance).[127][128] Jewish Buddhist styles of meditation one finds Him."[130] Main article: Christian meditation Christian meditation is a term for a
form of prayer in which a structured attempt is made to get in touch with and deliberately reflect upon the revelations of God.[131] In the Roman Empire, by 20 BCE Philo of Alexandria had written on some form of "spiritual exercises" involving attention (prosoche) and concentration[132] and by the 3rd century Plotinus had developed meditative
techniques. The word meditation comes from the Latin word meditatum, which means to "concentrate" or "to ponder". Monk Guigo II introduced this terminology for the first time in the 12th century AD. Christian meditation is the process of deliberately focusing on specific thoughts (e.g. a biblical scene involving Jesus and the Virgin Mary) and
reflecting on their meaning in the context of the love of God.[133] Christian meditation is sometimes taken to mean the middle level in a broad three-stage characterization of prayer: it then involves more reflection than first level vocal prayer, but is more structured than the multiple layers of contemplation in Christianity.[134] Between the 10th and
14th centuries, hesychasm was developed, particularly on Mount Athos in Greece, and involves the repetition of the Jesus prayer.[135] Interactions with Indians or the Sufis may have influenced the Eastern Christian meditation contrasts with most other approaches in
that it does not involve the repetition of any phrase or action and requires no specific posture. Western Christian meditation progressed from the 6th century practice of Bible reading among Benedictine monks called Lectio Divina, i.e. divine reading. Its four formal steps as a "ladder" were defined by the monk Guigo II in the 12th century with the
Latin terms lectio, meditatio, oratio, and contemplatio (i.e. read, ponder, pray, contemplate). Western Christian meditation was further developed by saints such as Ignatius of Loyola and Teresa of Avila in the 16th century.[137][138][139][140] On 28 April 2021, Pope Francis, in an address to the General Audience, said that meditation is a need for
everyone.[141][142] He noted that the term "meditation" has had many meanings throughout history, and that "the ancients used to say that the organ of prayer is the heart."[143][144] "The gentle repetition of its prayers makes it an excellent
means to moving into deeper meditation. It gives us an opportunity to open ourselves to God's word, to refine our interior gaze by turning our minds to the life of Christ. The first principle is that meditation is learned through practice.
meditation. The meditator learns to hear an interior voice, the voice of God.[145] Similarly, the chotki of the Eastern Orthodox denomination, the Wreath of Christian prayer and meditation.[146][147] According to Edmund P. Clowney, Christian
meditation contrasts with Eastern forms of meditation as radically as the portrayal of God the Father in the Bible contrasts with depictions of Krishna or Brahman in Indian teachings.[148] Unlike some Eastern styles, most styles of Christian meditation do not rely on the repeated use of mantras, and yet are also intended to stimulate thought and
deepen meaning. Christian meditation aims to heighten the personal relationship based on the love of God that marks Christian meditation aims to heighten the personal relationship based on the New
Age the Vatican announced that the "Church avoids any concept that is close to those of the New Age".[152][153][154] Whirling dervishes Main article: Muragabah See also: Sufism, Sama (Sufism), and Dhikr § Sufi view Dhikr (zikr) is a type of meditation within Islam, meaning remembering and mentioning God, which involves the repetition of the 99
Names of God since the 8th or 9th century. [155][156] It is interpreted in different meditative techniques in Sufism or Islamic mysticism. [155][156] This became one of the essential elements of Sufism as it was systematized traditionally. It is juxtaposed with fikr (thinking) which leads to knowledge. [157] By the 12th century, the practice of Sufism
included specific meditative techniques, and its followers practiced breathing controls and the repetition of holy words.[158] Sufism uses a meditative procedure like Buddhist concentration, involving high-intensity and sharply focused introspection. In the Oveyssi-Shahmaghsoudi Sufi order, for example, muraqabah takes the form of tamarkoz,
 "concentration" in Persian.[159] Tafakkur or tadabbur in Sufism literally means reflection upon the universe: this is considered to permit access to a form of cognitive and emotional development that can emanate only from the higher level, i.e. from God. The sensation of receiving divine inspiration awakens and liberates both heart and intellect,
permitting such inner growth that the apparently mundane actually takes on the guality of the infinite. Muslim teachings embrace life as a test of one's submission to God. [160] Dervishes of certain Sufi orders practice whirling, a form of physically active meditation. [161] In the teachings of the Bahá'í Faith, which derives from an Islamic context but is
 universalist in orientation, meditation is a primary tool for spiritual development, [162] involving reflection on the words of God. [163] While prayer and meditation is seen as a communion with one's self where
one focuses on the divine.[163] In Bahá'í teachings the purpose of meditation is to strengthen one's soul more susceptible to their potentially transformative power,[163] more receptive to the need for both prayer and meditation to bring about and maintain a spiritual communion with God.[165]
Bahá'u'lláh, the founder of the religion, never specified any particular form of meditation, and thus each person is free to choose their own form.[162] However, he did state that Bahá'ís should read a passage of the Bahá'í writings twice a day, once in the morning, and once in the evening, and meditate on it. He also encouraged people to reflect on
increased travel and communication among cultures worldwide. Most prominent has been the transmission of Asian-derived practices to the West. In addition, interest in some Western-based meditative practices to the West. In addition, interest in some Western-based meditative practices to the West. In addition, interest in some Western-based meditative practices to the West. In addition, interest in some Western-based meditative practices to the West. In addition, interest in some Western-based meditative practices to the West. In addition, interest in some Western-based meditative practices to the West. In addition, interest in some Western-based meditative practices to the West. In addition, interest in some Western-based meditative practices to the West. In addition, interest in some Western-based meditation had been the transmission of Asian-derived practices to the West. In addition, interest in some Western-based meditative practices to the West. In addition, interest in some Western-based meditative practices to the West. In addition, interest in some Western-based meditative practices to the West. In addition, interest in some Western-based meditative practices to the West. In addition, interest in some Western-based meditative practices to the West. In addition, interest in some Western-based meditative practices to the West. In addition, interest in t
begun "seeping into American popular culture even before the American Revolution through the various sects of European occult Christianity",[169] and such ideas "came pouring in [to America] during the era of the transcendentalists, especially between the 1840s and the 1880s." [169] The following decades saw further spread of these ideas to
America: The World Parliament of Religions, held in Chicago in 1893, was the landmark event that increased Western awareness of meditation. This was the first time that Western audiences on American soil received Asian spiritual teachings from Asians themselves. Thereafter, Swami Vivekananda [...] [founded] various Vedanta ashrams [...]
Anagarika Dharmapala lectured at Harvard on Theravada Buddhist meditation in 1904; Abdul Baha [...] [toured] the US teaching the principles of Bahai [sic], and Soyen Shaku toured in 1907 teaching Zen.[170] Meditating in Madison Square Park, New York City More recently, in the 1960s, another surge in Western interest in meditative practices
began. The rise of communist political power in Asia led to many Asian spiritual forms of meditation, secular forms of meditation have taken root. Rather than focusing on spiritual growth, secular meditation emphasizes stress reduction, relaxation and
self-improvement. [172] [173] The 2012 US National Health Interview Survey of 34,525 subjects found that 8% of US adults used meditation use among workers was 10% (up from 8% in 2002). [176] Mantra meditation, with the use of a japa
mala and especially with focus on the Hare Krishna maha-mantra, is a central practice of the Gaudiya Vaishnava faith tradition and the International Society for Krishna Mission, Vedanta Society, Divine Light Mission,
Chinmaya Mission, Osho, Sahaja Yoga, Transcendental Meditation, Oneness University, Brahma Kumaris, Vihangam Yoga and Heartfulness Meditation (Sahaj Marg). [citation needed] Part of a series on Esotericism Key concepts Western esot
theology Mysticism Occult Tantra Thelema Theosophy Traditionalism Rites Astral projection Body of light Divination Exorcism Initiation Exorcism In
Rosicrucianism Tariqa Typhonian Order UR List of magical organizations Notable figures Ibn Arabi Blavatsky Böhme Burckhardt Crowley Dee Dionysius Evola Faivre Guénon Gurdjieff Hall Hermes Trismegistus Jung Kremmerz Lavey Lévi Mathers Nasr Oldmeadow Papus Paracelsus Pythagoras Schuon Steiner Waite Related topics Anthroposophy
Esoteric Hitlerism Gnosticism vte New Age meditations are often influenced by Eastern philosophy, mysticism, yoga, Hinduism and Buddhism, yet may contain some degree of Western influence. In the West, meditation found its mainstream roots through the social revolution of the 1960s and 1970s, when many of the youth of the day rebelled against
traditional religion as a reaction against what some perceived as the failure of Christianity to provide spiritual and ethical guidance.[177] New Age meditation as practised by the early hippies is regarded for its techniques of blanking out the mind and releasing oneself from conscious thinking. This is often aided by repetitive chanting of a mantra, or
focusing on an object.[178] New Age meditation evolved into a range of purposes and practices, from serenity and balance to access to other realms of consciousness to the concentration of energy in group meditation to the supreme goal of samadhi, as in the ancient yogic practice of meditation.[179] Further information: Yoga nidra Guided
 meditation is a form of meditation which uses a number of different techniques to achieve or enhance the meditative state. It may be through the use of imagery, music, and other techniques.[180] The session can be either in person, via media[181]
comprising music or verbal instruction, or a combination of both.[182][183] The most common form is a combination music and receptive music therapy, guided imagery, relaxation, mindfulness, and journaling.[184][185][186] Because of the different combinations used under the one term, it can be difficult to attribute positive or
negative outcomes to any of the various techniques. Furthermore, the term is frequently used interchangeably with "guided meditation cannot be understood as a
single technique but rather multiple techniques that are integral to its practice.[184][187][188][189] Guided meditation as an aggregate or synthesis of techniques includes meditation music, receptive music therapeutic benefits
when employed as an adjunct to primary strategies.[citation needed] Benefits include lower levels of stress,[190] reducing asthmatic episodes,[191] physical pain,[192] insomnia,[193] episodic anger,[194] negative or irrational thinking,[195] and anxiety, as well as improving coping skills,[196] focus,[197] and a general feeling of well-being.[198][199]
Main article: Effects of meditation Research on the processes and effects of meditation is a subfield of neurological responses during meditation. [200] Concerns have been raised on the quality of
meditation research,[9][201][202] including the particular characteristics of individuals who tend to participate.[203] Meditation lowers heart rate, oxygen consumption, breathing frequency, stress hormones, lactate levels, and sympathetic nervous system activity (associated with the fight-or-flight response), along with a modest decline in blood
pressure.[204][205] However, those who have meditated for two or three years were found to already have low blood pressure. During sleep for example, oxygen consumption decreases around 8 percent over four or five hours.[206] For
meditators who have practiced for years, breath rate can drop to three or four breaths per minute and "brain waves slow from the usual beta (seen in normal relaxation) to much slower delta and theta waves".[207] Studies demonstrate that meditation has a moderate effect to reduce pain.[9] There is insufficient
evidence for any effect of meditation on positive mood, attention, eating habits, sleep, or body weight.[9] Luberto er all (2017), in a systematic review and meta-analysis of the effects on self-reported and observable outcomes
concluding that such practices can "improve positive prosocial emotions and behaviors".[208][unreliable medical source?] However, a meta-review published on Scientific Reports showed that the evidence is very weak and "that the effects of meditation on compassion were only significant when compared to passive control groups suggests that other
forms of active interventions (like watching a nature video) might produce similar outcomes to meditation has also been found to support the development of psychological resilience. Regular practice can help individuals manage chronic stress, trauma, and emotional challenges by fostering greater emotional regulation, reducing
rumination, and enhancing adaptive coping strategies.[210] Main article: Adverse effects and limits of meditation and mindfulness Throughout East Asia the detrimental and undesirable effects of incorrect meditation and mindfulness Throughout East Asia the detrimental and undesirable effects and limits of meditation and mindfulness Throughout East Asia the detrimental and undesirable effects of incorrect meditation and mindfulness Throughout East Asia the detrimental and undesirable effects of incorrect meditation and mindfulness Throughout East Asia the detrimental and undesirable effects of incorrect meditation and mindfulness Throughout East Asia the detrimental and undesirable effects of incorrect meditation and mindfulness Throughout East Asia the detrimental and undesirable effects of incorrect meditation and mindfulness Throughout East Asia the detrimental and undesirable effects of incorrect meditation and mindfulness Throughout East Asia the detrimental and undesirable effects of incorrect meditation and mindfulness Throughout East Asia the detrimental and undesirable effects of incorrect meditation and mindfulness Throughout East Asia th
intentional and manual treatments have been prescribed from the past to present day for what is diagnosed as zouhuorumo (Chinese: 走火入魔).[211][212] Meditation may induce "challenging"[web 4][213][214] and "unwanted"[214] experiences, and adverse effects to physical and mental health.[212] Some of these experiences and effects are
documented in the contemplative traditions, [213] but can be quite perplexing and burdensome when the outcomes of meditation are expected to result in more advantageous and beneficial health outcomes than detrimental ones. By extension this problem is compounded with little or no support or explanatory framework publicly for novice or laity
that is easily accessible for a practitioner to know when it is advisable to seek professional advice on the adverse symptomatology that may arise in this field of self-cultivation adverse effects are in people with a history of anxiety of an
and depression.[215] Other adverse psychological symptoms may include narcissistic, sociopathic behaviour and depersonalization[215] or altered sense of self or the world,[214] distorted emotions or thoughts, a mild form of psychosis including auditory and visual hallucinations. In extreme cases in patients with underlying undiagnosed or historical
emotional conditions there have been instances of self-harm.[215][216][217] According to Schlosser et al. (2019), "preliminary findings suggest that their occurrence is highly dependent on a complex interaction of contextual factors."[214] For instance, meditation-related psychosis has been linked to sleep deprivation, [218] preceding mental
dispositions,[218][216] and meditation without sufficient social support or any explanatory framework. However, according to Farias et al. (2020), "minor adverse effects have been observed in individuals with no previous history of mental health problems"[215][216] Farias et al. (2020) further note that "it is also possible that participants
predisposed to heightened levels of anxiety and depression are more likely to begin or maintain a meditation practice to manage their symptoms."[219] According to Farias et al. (2020) there is a prevalence of 8.3% adverse effects, "similar to those reported for psychotherapy practice in general."[215] Schlosser et al. (2019) reported that of 1,232
regular meditators with at least two months of meditation experience, about a quarter reported having had particularly unpleasant meditation practice. [214] Meditators with high levels of repetitive negative thinking and those who only engage in deconstructive
meditation (vipassana/insight meditation) were more likely to report unpleasant side effects.[214] The appraisal of the experiences may be determined by the framework used to interpret these experiences may be determined by the framework used to interpret these experiences.
experiences," and "found weak evidence that female participants were less likely to have unpleasant meditation-related experiences are constitutive elements of meditation are
mentioned in traditional sources, and some may be considered to be an expected part of the process. [220][221] According to Salguero, Problematic experiences such as strange sensations, unexplained pains, psychological instability, undesired hallucinations, sexual anomalies, uncontrollable behaviors, demonic possession, suicidality, and so forth
seem to be quite well-known and well-documented across traditions. [221] The Visuddhimagga mentions various unpleasant stages, and possible "unwholesome or frightening visions" are mentioned in Practical Insight Meditation: Basic and Progressive Stages, and possible "unwholesome or frightening visions" are mentioned in Practical Insight Meditation: Basic and Progressive Stages, and possible "unwholesome or frightening visions" are mentioned in Practical Insight Meditation: Basic and Progressive Stages, and possible "unwholesome or frightening visions" are mentioned in Practical Insight Meditation: Basic and Progressive Stages, and possible "unwholesome or frightening visions" are mentioned in Practical Insight Meditation: Basic and Progressive Stages, and possible "unwholesome or frightening visions" are mentioned in Practical Insight Meditation: Basic and Progressive Stages, and possible "unwholesome or frightening visions" are mentioned in Practical Insight Meditation: Basic and Progressive Stages, and possible "unwholesome or frightening visions" are mentioned in Practical Insight Meditation: Basic and Progressive Stages, and possible "unwholesome or frightening visions" are mentioned in Practical Insight Meditation: Basic and Progressive Stages, and possible "unwholesome or frightening visions" are mentioned in Practical Insight Meditation in Pract
mention makyō, Zen sickness (Chinese and Japanese: 禪病; pinyin: Chánbìng; rōmaji: Zenbyō)[web 4] and related difficulties, such as zouhuorumo (走火入魔; 'fire possession'), and mojing (魔境; 'demonic states').[221] Traditional sources also precribe cures against these experiences,[222] for example Hakuin Ekaku's treatment of Zen-sickness.[citation
needed] Both the soundness of the scientific foundations of mindfulness, and the desirability of its social effects, have been questioned. [223][224][225] Hafenbrack et al. (2022), in a study on mindfulness with 1400 participants, found that focused-breathing meditation can dampen the relationship between transgressions and the desire to engage
in reparative prosocial behaviors. [227] Poullin et al. (2021) found that mindfulness can increase the trait of selfishness. The study, consisting of two interrelated parts and totaling 691 participants, found that a mindfulness induction, compared to a control condition, led to decreased prosocial behavior. This effect was moderated by self-construals
such that people with relatively independent self-construals became more so. In the western world where independent self-construals became more so. In the western world where independent self-construals became more so. In the western world where independent self-construals became more so. In the western world where independent self-construals became more so. In the western world where independent self-construals became more so. In the western world where independent self-construals became more so. In the western world where independent self-construals became more so. In the western world where independent self-construals became more so. In the western world where independent self-construals became more so. In the western world where independent self-construals became more so. In the western world where independent self-construals became more so. In the western world where independent self-construals became more so. In the western world where independent self-construals became more so. In the western world where independent self-construals became more so. In the western world where independent self-construals became more so. In the western world where independent self-construals became more so. In the western world where independent self-construals became more so. In the western world where independent self-construals became more self-construals became 
meditations socially problematic effects imply that it can be contraindicated to use meditation as a tool to handle acute personal conflicts or relationships, or even fewer
relationships".[229] See also: Analytic psychology and Psychoanalysis Carl Jung (1875-1961) was an early western explorer of eastern religious practices. [230][231] He clearly advocated ways to increase the conscious awareness of an individual. Yet he expressed some caution concerning a westerner's direct immersion in eastern practices without.
some prior appreciation of the differing spiritual and cultural contexts. [232] [233] Erich Fromm (1900-1980) later explored spiritual practices of the east. [234] See also: Mindfulness-based spiritual practices of the east. [234] See also: Mindfulness-based spiritual practices of the east. [232] [233] Erich Fromm (1900-1980) later explored spiritual practices of the east. [234] See also: Mindfulness-based spiritual practices of the east. [234] See also: Mindfulness-based spiritual practices of the east. [235] [237] Erich Fromm (1900-1980) later explored spiritual practices of the east. [238] Erich Fromm (1900-1980) later explored spiritual practices of the east. [238] [238] Erich Fromm (1900-1980) later explored spiritual practices of the east. [238] [238] Erich Fromm (1900-1980) later explored spiritual practices of the east. [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] [238] 
psychiatry have developed meditation techniques for numerous psychological conditions. [235] Mindfulness practice is employed in psychology to alleviate mental and physical conditions, such as affecting the endocrine system therefore reducing depression, and helping to alleviate stress, and anxiety. [9][236][237][238] Mindfulness is also used as a
 form of interventional therapy in the treatment of addiction including drug addiction, although the quantity and quality of evidence based research has been poor. [202] The US National Center for Complementary and Integrative Health states that "Meditation and mindfulness practices may have a variety of health benefits and may help people
 improve the quality of their lives. Recent studies have investigated if meditation or mindfulness helps people manage anxiety, stress, depression, pain, or symptoms related to withdrawal from nicotine, alcohol, or opioids." However, the NCCIC goes on to caution that, "results from the studies have been difficult to analyze and may have been
interpreted too optimistically."[240] A 2014 review found that practice of mindfulness meditation for two to six months by people undergoing long-term psychiatric or medical therapy could produce moderate improvements in pain management, anxiety, depression.[241] In 2017, the American Heart Association issued a scientific statement that
meditation may be a reasonable adjunct practice and intervention to help reduce the risk of cardiovascular diseases, with the qualification needs to be better defined in higher-quality clinical research of these disorders. [242] Recent findings have also found evidence of meditation affecting migraines in adults. Mindfulness meditation needs to be better defined in higher-quality clinical research of these disorders.
may allow for a decrease in migraine episodes, and a drop in migraine medication usage. [243] Early low-quality and low- quantity evidence indicates that the mechanism of meditation may help with irritable bowel syndrome, [244] [10] insomnia, [244] cognitive decline in the elderly, [245] and post-traumatic stress disorder. [246][247] Sitting in silence,
body scan meditation and concentrating on breathing was shown in a 2016 review to moderately decrease symptoms of PTSD and depression in war veterans and creating resilience to stresses in active service. [248][249] Researchers have found that participating in mindfulness meditation can aid insomnia patients by improving sleep quality and
total wake time.[250] Mindfulness meditation is a supportive therapy that aides in the treatment for patients diagnosed with insomnia.[251] As of 2016 around a quarter of U.S. employers were using stress
reduction initiatives.[252][253] The goal was to help reduce stress and improve reactions to stress. Aetna now offers its program to its customers. Google also implements mindfulness, offering more than a dozen meditation courses, with the most prominent one, "Search Inside Yourself", having been implemented since 2007.[253] General Mills offers its program to its customers.
the Mindful Leadership Program Series, a course which uses a combination of mindfulness meditation, yoga and dialogue with the intention of developing the mind's capacity to pay attention. [253] Many military organizations around the world have found meditation and mindfulness practice can support a range of benefits related to combat, including
support for mental health, mental clarity, focus and stress control. [254] A review of 15 peer-reviewed studies of youth meditation in schools indicated transcendental meditation on academic achievement. [255]
Evidence has also shown possible improvement to stress, cognitive performance in school taught meditation. [256] Positive effects on emotion regulation, stress and anxiety can also be seen in students in university and nursing.
disciplines, including the Transcendental Meditation technique and Tibetan Buddhism. In 1975, Benson published a book titled The Relaxation Response where he outlined his own version of meditation for relaxation for 
Meditation (CSM).[260] In Norway, another sound-based method called Acem Meditation developed a psychology of meditation and has been used by many researchers since the 1950s in an effort to enter deeper states of mind.[262][263] Altered state of consciousness Autogenic
training Ego death Flow Four foundations of mindfulness Hypnosis Immanence Mechanisms of mindfulness Mushin (mental state) Narrative identity Psychology of religion Sensory deprivation Tukdam ^ a b An influential definition by Shapiro (1982) states that "meditation refers to a family of techniques which have in common
a conscious attempt to focus attempt to focus attempt not to dwell on discursive, ruminating thought" (p. 6, italics in original). The term "discursive thought" (p. 6, italics in original). The term "discursive thought" (p. 6, italics in original).
studied different traditions of meditation agreed that an "essential" component of meditation agreed that agreed t
experts regarded this feature as an "essential" component of meditation; none of them regarded it as merely "important but not essential" (p. 234, Table 4). (This same result is presented in Table B1 in Ospina et al. 2007, p. 281). This does not mean that all meditation seeks to take a person beyond all thought processes, only those processes that are
sometimes referred to as "discursive" or "logical" (see Shapiro 1982/1984; Bond et al. 2009; Appendix B, pp. 279-82 in Ospina et al. (2007)). ^ In 1971, Claudio Naranjo noted that "The word 'meditation' has been used to designate a variety of practices that differ enough from one another so that we may find trouble defining what meditation is."[20] Appendix B, pp. 279-82 in Ospina et al. (2007).
2009 study noted a "persistent lack of consensus in the literature" and a "seeming intractability of defining meditation record of research on the therapeutic use of meditation, their knowledge of and training in traditional or clinically developed meditation techniques, and their affiliation
with universities and research centers. Each member had specific expertise and training in at least one of the following meditation, relaxation response, mindfulness-based stress reduction, and vipassana meditation response, mindfulness-based stress reduction response reduction response reduction response reduction response reduction reductio
... a method of eliciting and refining group judgments to address complex problems with a high level of uncertainty" (Bond et al. 2009, p. 131). ^ Regarding influential reviews encompassing multiple methods of meditation: Walsh & Shapiro (2006), Cahn & Polich (2006), and Jevning, Wallace & Beidebach (1992), are cited >80 times in PsycINFO
Number of citations in PsycINFO: 254 for Walsh & Shapiro, 2006 (26 August 2018); 561 for Cahn & Polich, 2006 (26 August 2018); 83 for Jevning et al. (1992) (26 August 2018); 83 for Jevning et al. (1992) (26 August 2018); 83 for Jevning et al. (1992) (26 August 2018); 84 for Jevning et al. (1992) (27 August 2018); 84 for Jevning et al. (1992) (27 August 2018); 85 for Jevning et al. (1992) (28 August 2018); 85 for Jevning et al. (1992) (28 August 2018); 85 for Jevning et al. (1992) (28 August 2018); 85 for Jevning et al. (1992) (28 August 2018); 85 for Jevning et al. (1992) (28 August 2018); 85 for Jevning et al. (1992) (28 August 2018); 86 for Jevning et al. (1992) (28 August 2018); 86 for Jevning et al. (1992) (28 August 2018); 86 for Jevning et al. (1992) (28 August 2018); 87 for Jevning et al. (1992) (28 August 2018); 87 for Jevning et al. (1992) (28 August 2018); 88 for Jevning et al. (1992) (28 August 2018); 88 for Jevning et al. (1992) (28 August 2018); 88 for Jevning et al. (1992) (28 August 2018); 89 for Jevning et al. (1992) (28 August 2018); 80 for Jevning et al. (1992) (28 August 2018); 80 for Jevning et al. (1992) (28 August 2018); 80 for Jevning et al. (1992) (28 August 2018); 80 for Jevning et al. (1992) (28 August 2018); 80 for Jevning et al. (1992) (28 August 2018); 80 for Jevning et al. (1992) (28 August 2018); 80 for Jevning et al. (1992) (28 August 2018); 80 for Jevning et al. (1992) (28 August 2018); 80 for Jevning et al. (1992) (28 August 2018); 80 for Jevning et al. (1992) (28 August 2018); 80 for Jevning et al. (1992) (28 August 2018); 80 for Jevning et al. (1992) (28 August 2018); 80 for Jevning et al. (1992) (28 August 2018); 80 for Jevning et al. (1992) (28 August 2018); 80 for Jevning et al. (1992) (28 August 2018); 80 for Jevning et al. (1992) (28 August 2018); 80 for Jevning et al. (1992) (28 August 2018); 80 for Jevning et al. (1992) (28 August 2018); 80 for Jevning et al. (1992) (28 August 2018); 80 for Jevning et al. (1992) (28 August 2018); 80 for Jevning et al. (1992) (28 August
meditative experience.[34] Citation and edition counts are as of August 2018 and September 2018 respectively. According to Shear, Focused Attention, Open Monitoring and Automatic Self-Transcending were likely to be associated with (γ and β)13, θ, and α1 EEG bands, respectively. According to Larson 2008, pp. 43-45, from Abhidharma
Buddhism's idea of nirodhasamadhi the Yoga Sutras adopt the pursuit of an altered state of awareness. However, unlike Buddhism, which avoids stating whether self and soul exist, Yoga is physicalist and realist, like Samkhya, believing that each individual has a self and soul. [82] Karel Werner writes, "Patanjali's system is unthinkable without
Buddhism. As far as its terminology goes there is much in the Yoga Sutras that reminds us of Buddhist formulations from the Pali Canon and even more so from the Pali Canon and even more so from the Sarvastivada Abhidharma and from Sautrantika."[83] See also D. Wujastyk (2018), Some Problematic Yoga Sutras and their Buddhist Background, in: P. Maas et al., Yoga in
Transformation. Historical and Contemporary Perspectives on a Global Phenomenon, Vienna University Press; and Pradeep P. Gokhale (2020), The Yoga System, Routledge. ^ For instance, Kamalashila (2003, p. 4), states that Buddhist meditation "includes any method of
meditation that has Enlightenment as its ultimate aim." Likewise, Bodhi (1999) writes: "To arrive at the experiential realization of the truths it is necessary to take up the practice of meditation.... At the climax of such contemplation the mental eye ... shifts its focus to the unconditioned state, Nibbana...." A similar although in some ways slightly
broader definition is provided by:[89] "Meditation - general term for a multitude of religious practices, often quite different in method, but all having the same goal: to bring the consciousness of the practitioner to a state in which he can come to an experience of 'awakening,' 'liberation,' 'enlightenment.'" Kamalashila (2003) further allows that some
Buddhist meditations are "of a more preparatory nature" (p. 4). ^ The Pāli and Sanskrit word bhāvanā literally means "development" as in "mental development" as in "mental development
Canon, in "The Greater Exhortation to Rahula" (Maha-Rahulovada Sutta, MN 62), Ven. Sariputta tells Ven. Rahula (in Pali, based on VRI, n.d.): ānāpānassatim, rāhula, bhāvanam bhāvehi. Thānissaro Bhikkhu (2006). "Maha-Rahulovada Sutta: The Greater Exhortation to Rahula" (MN 62)". Archived from the original on 1 February 2021. Retrieved 16
12 April 2010. Retrieved 16 February 2011.; as well as Kapleau (1989, p. 385) for the derivation of the word "zen" from Sanskrit "dhyāna". Pāli Text Society Secretary Rupert Gethin, in describing the activities of wandering ascetics contemporaneous with the Buddha, wrote: There is the cultivation of meditative and contemplative techniques aimed at
producing what might, for the lack of a suitable technical term in English, be referred to as "altered states of consciousness". In the technical vocabulary of Indian religious texts such states of consciousness was generally
regarded as bringing the practitioner to deeper knowledge and experience of the nature of the world. (Gethin 1998, p. 10) ^ Examples of contemporary school-specific classics include: from the Zen tradition, Kapleau (1989). ^ Goldstein (2003) writes that, in regard to the Satipatthana Sutta, "there are
more than fifty different practices outlined in this Sutta. The meditations that derive from these foundations of mindfulness are called vipassana..., and in one form or another - and by whatever name - are found in all the major Buddhist traditions" (p. 92). A Regarding Tibetan visualizations, Kamalashila (2003), writes: "The Tara meditation ... is one
example out of thousands of subjects for visualization meditation, each one arising out of some meditator's visionary experience of enlightened gualities, seen in the form of Buddhas and Bodhisattvas" (p. 227). These definitions of samatha and vipassana are based on the "Four Kinds of Persons Sutta" (AN 4.94). This article's text is primarily based
on Bodhi (2005, pp. 269-70, 440 n. 13). See also Thanissaro Bhikkhu (1998d). "Samadhi Sutta: Concentration (Tranquillity and Insight) (AN 4.94)". Archived from the original on 13 October 2018. Retrieved 16 February 2011.. ^ a b Walsh & Shapiro 2006, pp. 228-229. ^ a b Cahn & Polich 2006, p. 180. ^ a b Jevning, Wallace & Beidebach 1992,
p. 415. ^ a b Goleman 1988, p. 107. ^ a b Dhavamony, Mariasusai (1982). Classical Hinduism. Università Gregoriana Editrice. p. 243. ISBN 978-88-7652-482-0. Archived from the original on 17 March 2023. Retrieved 27 October 2020. ^ Hölzel, Britta K.; Lazar, Sara W.; Gard, Tim; Schuman-Olivier, Zev; Vago, David R.; Ott, Ulrich (November 2011).
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published was 499-551 proof was 497-550). Archived 3 March 2012 at the Wayback Machine ^ "John Dunne's speech". Archived from the original on 20 November 2012. ^ Taylor 1999, p. 2. ^ Naranjo & Ornstein 1972, p. 143. ^ Walsh & Shapiro 2006. ^ Cahn & Polich 2006. ^ Jevning, Wallace & Beidebach 1992. ^ Rappe, Sara (2000). Reading
neoplatonism: Non-discursive thinking in the texts of plotinus, proclus, and damascius. Cambridge; New York: Cambridge University Press. ISBN 978-0-521-65158-5. Sond et al. 2009, p. 135: "It is plausible that meditation is best thought of as a natural category of techniques best captured by 'family resemblances' (Wittgenstein, 1968) or by the
related 'prototype' model of concepts (Rosch, 1973; Rosch & Mervin, 1975).". ^ worldcat.org: Daniel Goleman, The warieties of meditative experience Archived 2018-09-06 at the Wayback Machine ^ Lutz,
Antoine; Slagter, Heleen A.; Dunne, John D.; Davidson, Richard J. (April 2008). "Attention regulation and monitoring in meditation". Trends in Cognitive Sciences. 12 (4): 163-69. doi:10.1016/j.tics.2008.01.005. PMC 2693206. PMID 18329323. The term 'meditation' refers to a broad variety of practices...In order to narrow the explanandum to a more
tractable scope, this article uses Buddhist contemplative techniques, and their clinical secular derivatives as a paradigmatic framework (see e.g., 9,10 or 7,9 for reviews including other types of techniques, such as Yoga and Transcendental Meditation). Among the wide range of practices within the Buddhist tradition, we will further narrow this review
to two common styles of meditation, FA and OM (see box 1-box 2), that are often combined, whether in a single session or over the course of practitioner's training. These styles are found with some variation in several meditation, entails voluntary
focusing attention on a chosen object in a sustained fashion. The second style, OM meditation, involves non-reactively monitoring the content of experience from moment to moment, primarily as a means to recognize the nature of emotional and cognitive patterns. A Bond et al. 2009, p. 130: "The differences and similarities among these techniques is
often explained in the Western meditation literature in terms of the direction of mental attention (Koshikawa & Ichii, 1996; Naranjo, 1971; Orenstein, 1971): A practitioner can focus intensively on one particular object (so-called concentrative meditation), or both
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The Purana describes it as Sati's inward focus during distress, and Vivasvan's quest for truth about his family. It also emphasizes introspective reflection for spiritual worship. In Vedanta, self-meditation centers on the Vaishvanara-Self for spiritual inquiry and expanding one's wealth and progeny. Nyaya suggests contemplation across traditions. Synonyms: Self-reflection, Introspection, Self-contemplation, Self-examination, Mindfulness, Self-awareness, Inner contemplation, Contemplation, Inner peace, Soul-searching In Dutch: Zelfmeditatio; In Spanish: Automeditación; In German: Selbstmeditation in Hinduism encompasses introspective practices aimed at uncovering truth, spiritual worship, and realization of the Vaishvanara-Self. This inward focus fosters inquiry and transcends physical existence, emphasizing a quality-less contemplation of the Vaishvanara-Self. This inward focus fosters inquiry and transcends physical existence, emphasizing a quality-less contemplation of the Vaishvanara-Self. This inward focus fosters inquiry and transcends physical existence, emphasizing a quality-less contemplation of the Vaishvanara-Self. spiritual worship within the Pavitrarohana rite.[1] Vedanta Books From: Chandogya Upanishad (Shankara Bhashya) (1) The practice of focusing on the Self, specifically the Vaishvanara-Self mentioned in the text.[3] (3) Self meditation refers to the practice of focusing on the Vaishvanara-Self to attain a state of expansiveness in wealth and progeny.[4] Self-meditation in Jain Yoga literature, promoting self-awareness and inner peace through focused meditation practices. Meditation is a practice that involves focusing or clearing your mind using a combination of mental and physical techniques. Depending on the type of meditation you choose, you can meditate to relax, reduce anxiety and stress, and more. Some people even use meditation to help them improve their health, such as using it to help adapt to the challenges of quitting tobacco products. The practice of meditation is thousands of years old, and different forms come from around the world. But modern technology. On the outside, someone who's understanding of meditation have only been possible thanks to modern technology. On the outside, someone who's understanding of meditation have only been possible thanks to modern technology. meditating might not seem to be doing anything other than breating a sound or phrase over and over. Inside their brain, however, it's an entirely different story. Modern diagnostic and imaging (fMRI) scans, show that meditation can positively affect your brain and mental health. Is meditation a religious practice? Yes and no. Meditation has foundations in ancient philosophies and several world religious practice? Yes and no. Meditation have their origins in ancient philosophies and several world religious practice? Yes and no. Meditation have their origins in ancient philosophies and several world religious practice? Buddhism (which is considered both a philosophy and a religion, especially depending on the nation of origin). Theravadan meditation is more common in Southeast Asia, especially in India and Thailand. Zen Buddhist meditation originated in China, and different forms of it eventually evolved elsewhere, such as Japanese Zen Buddhist meditation Tibetan Buddhist tantric meditation comes from the former nation of Tibet, now an autonomous region of China. Christian: Contemplation, which is when you focus intently on a question, idea, religious concept or deity, is a common practice in Christianity. Praying is often classified as meditation, especially when it takes this form. Guided: This nonreligious form of meditation can happen with several people or one-on-one. It's a common technique in counseling, therapy and group support settings. Osho: This form of meditation, also known as "dynamic meditation", comes from India and has its roots in Hinduism. Breathing exercises are deliberate and forceful. Sufi: Sufism is a branch of Islam, and meditation is a common practice among people who follow it. Taoist: Like Buddhism, Taoism is also considered a religion and philosophy. It originated in China and is best known through the writings of its founder, Laozi (also spelled "Lao Tzu" or "Lao-Tze"). Transcendental: This form of meditation comes from India. It involves using mantras, which are phrases or words people focus on and repeat aloud or in their minds. Yoga: This is a physical form of meditate? There's no one correct way to meditate. That's because meditation can take many different forms. Experts have analyzed meditation practices and found that some common processes happen across different meditation. This is sometimes called self-scanning. Doing this involves concentrating on a question or some kind of contradiction without letting your mind wander. Emotion-centered meditation. This kind of meditation has you focus on a specific emotion. For example, focusing on how to be kind to others or on what makes you happy in your life. Mantra meditation involves repeating (either aloud or in your head) and focusing on a specific phrase or sound. Meditation with movement. This type of meditation can involve focusing on what you observe around you. Mindfulness meditation. This form of meditation is about staying aware of what's happening at the moment rather than letting your mind wander and worrying about the past or future. It can also involve a similar approach as body-centered meditation, using what you feel throughout your body as a foundation for your awareness of the world around you. Visual-based meditation, using what you feel throughout your body as a foundation for your awareness of the world around you. 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What exactly does meditation do? In general, people who meditate are more likely to see the following benefits: Decreased symptoms of anxiety, depression or post-traumatic stress disorder (PTSD). Improved ability to think, concentrate and solve problems. Better ability to adapt to and overcome emotional problems Because mental health has a strong impact on the health of your body, those benefits also often bring improvements in how well you sleep, high blood pressure and health care providers can see how meditation affects your brain. However, to understand some of these changes, it helps to know a little about brain structure. In your brain, you have billions of neurons, which are cells that use electrical and chemical signals to each other. One neurons, which are cells that use electrical and chemical signals to each other. brain. Those networks form different areas of your brain, which have different jobs and specialties. Multiple research studies have found that people who meditate regularly have certain differences in their brain structure. Those changes usually involve brain tissue that's denser or certain areas of the brain that are larger than expected, which is a sign that the neurons there have more connections to each other and the connections are stronger. The affected areas of the brain are usually those that manage or control your senses (vision, hearing, etc.), your ability to think and concentrate, and your ability to process emotions. That means the brains of people who meditate regularly are healthier and less likely to show age-related loss of function. They also have a stronger ability to deal with and process negative emotions like fear, anger and grief. How do I start daily meditation? With so many different types of meditation? With so many different types of meditation to choose from, it can feel daunting to know which one you're going to like best or will be most helpful for you. Fortunately, there are plenty of ways to narrow it down. Research. Learning about the different types of meditation is a good first step to choosing one. You can do that research in books from a local library or bookstore or online from many sources. Cleveland Clinic's Health Essentials page has dozens of articles that can offer tips, information and other resources. to help you choose. Talk to your healthcare provider. Your primary care provider or a mental health provider are both great sources of information on meditation. They can help you know or people with similar interests online, plenty of people know about and practice meditation. If you don't know anyone directly, websites and social platforms like YouTube or Reddit may be a good place to start. There are even smartphone apps that can help you meditate. Once you find a type of meditation to try, the following tips can help: Learn what you like. Some people prefer meditating in the morning and others at night. Pick whichever time works best for you! Make the time. Set aside time in your day for meditation and make it a part of your routine. Regular meditation is the key to getting the greatest benefits out of this practice. Set the surroundings. Meditation is best in a place that's quiet, calming and comfortable. Some forms of meditation involve sitting up, and others involve lying down. Some even require walking, so you may want to find a park or hiking trail that you like. Don't be afraid to ask for help. If meditation doesn't come easily, you're certainly not alone. Explore resources, either in person or online, and ask for guidance. There are plenty of people who are passionate about meditation who can offer input. You may even find a meditation instructor or class near you. By Charlie Huntington, M.A., Ph.D. Candidate Meditation as good for you as you've heard? *This page may include affiliate links; that means we earn from qualifying purchases of products. In the summer of 2022, I spent ten days in silent meditation at a retreat center in Delaware. Outside, it was muggy and hot and I barely wanted to move. Inside, everything was even stiller. We sat in silence for as many as twelve hours a day, focused on obeying the simple instructions our teachers had provided. I observed my breathing, and the sensations that passed through my entire body, for hours at a time. My legs cramped up, my back hurt, and my mind—well, my mind rebelled. It hated having nothing to work on. As participants in the retreat, we had surrendered our phones and computers, our books and journals. Food was prepared for us and being in the (blissfully air-conditioned) meditation spaces was our only purpose each day. Deprived of all my usual activities, I was incredibly disoriented. And just as the retreat came to an end, I began to appreciate its impact. In those hours of meditation, I had watched more negative thoughts and feelings come—and go—than ever before in my life. I lived through moments of surrender to stillness, leading to a deep sense of peace. I understood the impermanence of every moment and experience in life. Even without a regular meditation practice in my life today, those lessons stick with me. As I understand it, many, if not most, people have a complex and difficult relationship with meditation —but they stick with it because of the benefits for the rest of their daily lives. Let's look at what the science says about the power of meditation. Before reading on, if you're a therapist, coach, or wellness entrepreneur, be sure to grab our free Wellness Business Growth eBook to get expert tips and free resources that will help you grow your business exponentially. Are You a Therapist, Coach, or Wellness Entrepreneur?
Save hundreds of hours of time
Boost your credibility
Deliver high-impact content Meditation can refer to any number of approaches to becoming more aware of one's present-moment experience (Ospina et al., 2007). Often this involves some degree of relaxation into one's body and out of the nonstop stream of thoughts that typically constitutes the soundtrack of our lives. In meditation, one usually becomes something of an observer, trying to get distance from one's experiences. Whether one is experiences whether one is experienced through the constitutes the soundtrack of our lives. In meditation, one usually becomes something of an observer, trying to get distance from one's experienced through the constitutes the soundtrack of our lives. In meditation, one usually becomes something of an observer, trying to get distance from one's experienced through the constitutes the soundtrack of our lives. meditation, the goal is to become more present and more aware: aware of what thoughts and feelings are surfacing, aware of how one's body is alive and alert to the world. This is often experienced by meditators as an altered state of consciousness (Ospina et al., 2007). Meditation often has a religious context or origin, but it can be practiced without any religious grounding or inspiration. In modern-day settings, many people aiming to experience increased wellness see meditation as we understand it began as a religious practice undertaken by followers of the Buddha, wherein the goal was to recognize the impermanence of all experiences and the importance of surrendering attachment to those experiences (Hickey, 2008). Ideally, one became so detached from trying to hold on to desires and dreams, as well as resisting painful moments, that one reached a state of absolute liberation, happiness, and inner peace. Most meditators today have a less lofty goal: They just want more separation from their thoughts and feelings and more access to peaceful experience. In its contemporary and Western form, meditation is generally understood to be a process of concentrating on the breath and inner sensations while also consciously distancing oneself from thoughts and feelings—especially the negative ones that we normally get stuck on (Hickey, 2008). When our minds get quieter, we know ourselves on a deeper level and we experience more freedom from anxiety and psychological pain in general. The benefits of meditation for one's mental health are a somewhat contested topic. One review of the research found that while meditation improves our mental well-being, at least in the West, it is often recommended as an adjunctive treatment, or something that supplements the primary treatment case for meditation's positive impacts on mental health. Specifically, Goyal and colleagues (2014) found evidence for moderate improvements in anxiety, depression, and experiences of pain in general, simply as a result of engaging in mindfulness meditation programs. They noted that mindfulness meditation did not distinguish itself as better or worse than other therapies for depression and anxiety. The research findings may underestimate the benefits of a more in-depth or long-term practice. Martin and colleagues (2023) found that it was people who experienced a more persistent sense of self-transcendence—an important goal of meditation—who showed the strongest psychological benefits from their meditation practices. If we're being really nitpicky about how research works, some of the traits that make people dedicated and persistent meditators are probably also responsible for them experiencing better outcomes than less persistent meditators. Think about it: If you have the ability to stay committed to a practice like this, you are probably demonstrating that level of determination or willpower in other areas of your life too. Other areas of our lives can be more directly and powerfully impacted by meditation. For example, another study found that the more people meditate, the more compassion they demonstrate when responding to others (Condon et al., 2013). Why might this be? When we experience the de-stressing effects of meditation, when we become more relaxed and less reactive to the world, we are probably better able to see beyond ourselves and care about what's happening to the people around us (Hussain & Bhushan, 2010). It is important to note also that research on meditation has considered many different kinds of meditation, with the practices involved having different effects on their practices, more attention is needed from psychologists to figure out which particular aspects of meditation are most helpful. The types of meditation range from techniques developed millenia ago to those being honed and refined as you read this (Ospina et al., 2007). Some, such as transcendental meditation, use a single mantra, repeated again and again, to attempt to transcend one's typical thoughts and attentional patterns. Vipassana meditation—the kind taught at the retreat I attended in 2022—focuses on awareness of the impermanence of all things. Still other approaches, such as mindfulness-based stress reduction (MBSR), see present-moment awareness and acceptance as the main goal. One way to differentiate among these types is to consider them as focused on achieving nirvana but rather on becoming more mindful of the present moment A loving-kindness meditation, by contrast, tries to focus the mind on positive thoughts and feelings. And something like yoga, which can also be considered a meditative practice, combines concentration and mindfulness to bring us into our bodies as much as possible. Some people meditate with the explicit goal of increasing their gratitude in the moment. This approach has been associated with many positive psychological outcomes (Hofmann et al., 2011), including in people with diagnoses as varied as posttraumatic stress disorder, social anxiety, depression, and chronic pain. Often, but not always, these meditations are explicitly referred to as gratitude meditations or loving-kindness meditations. Most meditative practices involve minimal movement, but some, such as yoga and meditation walks, incorporate deliberate bodily movements that are thought to increase awareness (Srisoongnern et al., 2021). In particular, walking meditations may have positive effects on our nervous systems; as we slowly and deliberately move through the world, peacefully noticing our experiences, we may become less stressed out and more grounded. Nearly all types of meditation involve a component of focusing on the experiences, we may become less stressed out and more grounded. Nearly all types of meditation involve a component of focusing on the experiences, we may become less stressed out and more grounded. Nearly all types of meditation involve a component of focusing on the experience of breathing or intentionally breathing in a certain way (Brown & Gerbarg, 2009). impact each other. By breathing slowly and deeply, or by focusing on the sensations of the breath, meditators quiet their minds. Just as importantly, they anchor themselves in the present moment, because their breathing is happening right now. You cannot be truly focused on your breathing and be absent from the present moment at the same time. Some of the techniques or types of meditation are about intentionally focusing on fostering positive feelings toward oneself, other people, and often the whole world. They are often more strongly guided than other meditations might be, with the meditation teacher providing instructions somewhat regularly about how to think. These kinds of mindfulness-based meditations have been shown to increase the amount of positive thoughts and feelings that people have, leading psychologists to suggest that they may be especially helpful in treating mental health disorders that feature a surplus of negative emotions and not enough positivity (Hofmann et al., 2011). There is some overlap between visualization techniques and meditation techniques are not very meditative, and many meditation techniques are about disengaging from thoughts rather than visualizing specific things. That said, in more directive or quided meditation, one may be instructed to maintain one's focus on the image of a desired or beloved object or person. There is preliminary data to suggest that these techniques can be used together to promote better mental health (Margolin et al., 2011). Meditation and yoga are often used in the same interventions, or completed in sequence, in order to deepen one's experience of mindfulness. For example, one might begin with yoga to more fully engage the entire body before settling into a meditation that is meant to slow things down while also capitalizing on this increased awareness. At least one intervention study conducted with college students suggests there may be health benefits to doing both at the same time (Lemay et al., 2019). "Meditation is not a way of making your mind quiet. It is a way of entering into the quiet that is already there—buried under the 50,000 thoughts the average person thinks every day." — Deepak Chopra "One way to look at meditation is as a kind of intrapsychic technology that's been developed over thousands of years by traditions that know a lot about the mind/body connection." — Jon Kabat-Zinn "Meditation provides a way of learning how to let go. As we sit, the self we've been trying to construct and make into a nice, neat package continues to unravel." — John Welwood"When you begin to meditate you may notice changes right away. Or nothing much may seem to change continues to unravel." — John Welwood"When you begin to meditate you may notice changes right away. own voice and not let it drown in the noise of others." — Charlotte Eriksson"Feelings come and go like clouds in a windy sky. Conscious breathing is my anchor." — Thich Nhat Hanh Want to learn more? Check out these articles: If you'd like to keep learning more, here are a few books that you might be interested in. Your initial attempts at meditation do not have to be very intensive for you to experience some benefits. If you are curious about meditation, I recommend getting started by just dipping your toe in. A 5-minute meditation like the one at the link below is a good place to start. Please know that people have all kinds of initial experiences with meditation. Some people feel better, some feel worse, and some feel no difference at all, at least at first. With patience, though, we can all experience some of the benefits of meditation. Brown, R. P., & Gerbarg, P. L. (2009). Yoga breathing, meditation, and longevity. Annals of the New York Academy of Sciences, 1172(1), 54-62. Chiesa, A., & Malinowski, P. (2011). Mindfulness-based approaches: Are they all the same? Journal of Clinical Psychology, 67(4), 404-424. Condon, P., Desbordes, G., Miller, W. B., & DeSteno, D. (2013). 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And while there are times when we need to be productive and driven, there are also times when we need to connect with our inner self and be aware of what is happening in the here and now. Self-reflection meditation gives us insight into our thoughts, feelings, values and beliefs for what they really are. Why is meditation reflection important? The Buddha discouraged his followers from continuously rehashing the past or fantasizing about the future. Instead, he urged them to mindfully focus on the present. Developing a mindful brain helps us remain grounded in the present moment. Our interest in distractions and sensual pleasures naturally wanes when we've discovered the fullness and freedom of now. 4 benefits of meditation reflection Self-reflection prompts some individuals to question their entire belief system. It also allows them to reevaluate their principles and core values in a non-judgmental manner. Every person has a preset value system that serves them as a guide through life. However, people don't always keep to the script - sometimes they veer off course and go astray. That's why self-reflection is so important. It gives people the chance to look back and identify the areas where they've deviated. Boosts utilization of talent We're all endowed with a set of gifts and talents. But what's the use of these gifts if we don't use them? Life is so busy that we barely find the time to figure ourselves out and discover our strengths, talents and abilities. Self-reflection meditation gives us the ability to pursue these gifts and see where they lead. Helps us become a positive influence We all want to do more good than harm and to be positive role models for those close to us. Sadly, one heedless action can erase all the good we've built. It only takes a single match to burn down an entire forest. Even though we might put a lot of effort into building a positive legacy, our reputation can easily be destroyed. Cultivating a mindful, reflective brain helps us keep our words and actions in check. Keeps us keep sight of the future Meditation reflection also helps us recall the short- and long-term goals we've set for ourselves. We all have a role to play in shaping our destiny. Taking some time to sit and think about the future helps us make appropriate decisions that are compatible with our purpose. Self-reflection isn't a difficult undertaking: all that's required is developing a mindful brain and the ability to "sit quietly in a room alone." Note that mindful reflection or reflective meditation is not the same thing as mindfulness meditation. When we reflect, we are deliberately setting aside some time to think about our past actions, current priorities and future goals. If we want to accomplish this reflection with purpose and clarity, the mental quietude acquired thanks to our regular mindfulness practice is invaluable. Mindfulness teaches us that the thoughts, emotions and sensations that arise in the mindstream come and go, and we are under no obligation to react to them. This partnership of non-judgmental personal self awareness and the ability to maintain focus gives us the space for such potentially beneficial reflections. Reflective meditation is a beneficial exercise that helps meditators ascertain their strengths and priorities with lucidity and precision. About the Author: Bart Mendel and Mindworks Team Category: Mindfulness and Awareness | Types of Meditation "All of humanity's problems stem from man's inability to sit quietly in a room alone." These pithy words were spoken by the French philosopher Blaise Pascal in the 17th century. We often become so swept up by our dreams, ambitions and regrets that we lose the ability for quiet reflection And while there are times when we need to be productive and driven, there are also times when we need to connect with our inner self and be aware of what is happening in the here and now. Self-reflection meditation gives us insight into our thoughts and aspirations. The more thorough the process of self-reflection, the better we recognize our thoughts, feelings, values and beliefs for what they really are. Why is meditation reflection important? The Buddha discouraged his followers from continuously rehashing the past or fantasizing about the future. Instead, he urged them to mindfully focus on the present. Developing a mindful brain helps us remain grounded in the present moment. 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When we reflect, we are deliberately setting aside some time to think about our past actions, current priorities and future goals. If we want to accomplish this reflection with purpose and clarity, the mental quietude acquired thanks to our regular mindfulness practice is invaluable. Mindfulness teaches us that the thoughts, emotions and clarity, the mental quietude acquired thanks to our regular mindfulness practice is invaluable. sensations that arise in the mindstream come and go, and we are under no obligation to react to them. This partnership of non-judgmental personal self awareness and the ability to maintain focus gives us the space for such potentially beneficial reflections. Reflective meditation is a beneficial exercise that helps meditators ascertain their strengths and priorities with lucidity and precision. About the Author: Bart Mendel and Mindworks Team Meditation is a state of conscious awareness, leading to a happier, healthier you. With its numerous benefits, find out what it means to meditate and start your journey today! What is Meditation? Meditation? Meditation is a practice that has been around for thousands of years, yet its importance still resonates with us today. But what it means to truly be mindful. A State of Conscious Awareness Imagine being fully present in the moment, without distraction or mental chatter. This is what meditation aims to achieve - a state of conscious awareness where you're intimately connected with your thoughts, emotions, and surroundings. It's a liberating experience that allows you to transcend the boundaries of the physical world and access a deeper reality. Meditation is not just about clearing your mind, although that's a significant part of the process. It's also about cultivating awareness, which means becoming more attuned to your inner self and the world around you. As you practice meditation, you'll start to notice subtle shifts in your perception, allowing you to respond to life's challenges with greater clarity and compassion. Definition of Meditation In its most basic form, meditation is a state of being that allows us to tap into our consciousness and awareness. But what does that even mean? Let's break it down. Mindfulness of the Present Moment Imagine you're sitting by a peaceful lake on a summer day. The sun is shining, the water is calm, and the surrounding trees are swaying gently in the breeze. As you sit there, take a deep breath in, and notice the sensation of the warmth of the sun on your skin, the softness of the grass beneath your feet, and the sound of the warmth of the sun on your skin, the softness of the grass beneath your feet, and the sound of the warmth of the sun on your skin, the softness of the grass beneath your feet, and the sound of the warmth of the sun on your skin, the softness of the grass beneath your feet, and the sound of the warmth of the sun on your skin, the softness of the grass beneath your feet, and the sound of the warmth of the sun on your skin, the softness of the grass beneath your feet, and the softness of the grass beneath your feet, and the softness of the grass beneath your feet, and the softness of the grass beneath your feet, and the softness of the grass beneath your feet, and the softness of the grass beneath your feet, and the softness of the grass beneath your feet, and the softness of the grass beneath your feet, and the softness of the grass beneath your feet, and the softness of the grass beneath your feet, and the softness of the grass beneath your feet, and the softness of the grass beneath your feet, and the softness of the grass beneath your feet, and that allows us to connect with the world around us, without judgment or distraction. Focused Attention and Awareness Meditation is also a practice that requires focused attention and awareness. It's about training our minds to concentrate on the present moment, without getting sidetracked by our thoughts, emotions, or worries. Think of it like trying to focus on a single droplet of water on the surface of the lake. As our attention wavers, the droplet breaks apart, and we can gaze into its depths. Meditation is often misunderstood as a far-out, esoteric practice, reserved for monks and yogis living in Himalayan caves. But in reality, meditation is a simple yet powerful tool that anyone can use to transform their daily lives. So, what's the purpose of meditation? Reducing Stress and Anxiety When our minds are constantly bombarded with stimuli, it's no wonder we feel overwhelmed and stressed out. Meditation helps to calm the stormy waters of our minds, reducing the anxiety and stress that can wreak havoc on our well-being. By dedicating just a few minutes each day to mindfulness, you can learn to quiet the chatter in your head and find a sense of inner peace. Improving Mental Clarity and Focus We've all been there - struggling to concentrate on a task, only to find our minds wandering off into a tangent-filled free-for-all. Meditation helps to improve mental clarity and focus by training your brain to stay present and attentive. Regular practice can even lead to increased productivity, as you find yourself more adept at tackling tasks and staying on track. Enhancing Emotional Well-being Meditation isn't just a tool for calming the mind it's also a powerful way to cultivate emotional well-being. By becoming more aware of your thoughts and emotions, you can develop a greater sense of self-compassion, leading to increased happiness and fulfillment. Whether you're dealing with the aftermath of a breakup, struggling with anxiety, or simply looking for a sense of calm in a chaotic world, meditation offers a safe and supportive space to explore your emotions and find inner peace. Benefits of Meditation ===== Embracing meditation, exploring the ways in which it can enhance our self-awareness, mental health, and overall well-being. Increased Self-Awareness By consistently practicing meditation, we can develop a deeper understanding of ourselves, our thoughts, emotions, and behaviors. This increased self-awareness can help us identify and challenge our patterns and habits, leading to greater emotional intelligence and a more authentic sense of self. As we cultivate greater self-awareness, we become more attuned to our thoughts and emotions, allowing us to recognize and acknowledge our strengths and areas for improvement, leading to increased confidence and personal growth. Improved Mental Health and Well-being Meditation has been shown to have a positive impact on mental health, reducing symptoms of anxiety and depression while promoting overall well-being. By training our minds to focus on the present moment, we can reduce rumination and worry, and cultivate a sense of calm and inner peace. Meditation has also been linked to improved sleep quality, boosted mood, and enhanced relationships. By prioritizing our mental health and well-being, we can experience greater resilience and adaptability in the face of life's challenges. Enhanced Creativity and Productivity In addition to its mental health benefits, meditation can also have a profound impact on our creativity and productivity. By cultivating mindfulness and focus, we can tap into our inner sources of inspiration and innovation. Meditation can help us clear mental clutter, allowing us to approach problems and tasks with a fresh and open mind. Regular practice can also enhance our problem-solving skills, enabling us to approach challenges with greater clarity and confidence. David - Accountant Thank you so much for the Journey to Liberation. I am very excited. Love your website and teachers...meditation has already changed my life. Forever grateful! Smriti - College Professor I started Mindworks courses 4 months ago and have not missed a single day! It has really made a big difference—but in a very subtle way—to my life. Quentin - Army Veteran The 9 Level Path to Transformation was amazing and helped me build a strong, consistent meditation foundation and I loved the whole journey. The program has helped me build a strong, consistent meditation foundation and I loved the whole journey. The program has helped me build a strong, consistent meditation foundation and I loved the whole journey. Retired I am enjoying my Mindworks Journey tremendously and know it I taking me in a wonderful new direction. It feels like I am on a pilgrimage to rediscover my true self. YOU MAY LIKE TO KNOW What is the meaning of self liberation? Self-liberation?

potential, what Mahayana Buddhists would refer to as your Buddha nature. This Buddha nature is always present, but crowded out by afflicted thoughts and emotions or unskillful behaviors and habits. By cultivating merit and wisdom, we can free ourselves from harmful behavior and the mistaken beliefs that keep our true nature from shining through. What does it mean to be selfless? To be selfless doesn't mean we cease to be, it means we recognize equality and the interconnectedness between self and other. Selflessness means we can go about our lives without

automatically reacting to the world and living like everything is all about us. What an enormous relief! This is how selflessness can lead to happiness. What is the fundamental difference between mahayana and hinayana? Buddhism is generally divided into 2 major philosophical schools, the older hinayana and the newer mahayana and hinayana? Buddhism is generally divided into 2 major philosophical schools, the older hinayana and the newer mahayana and hinayana? Buddhism is generally divided into 2 major philosophical schools, the older hinayana and hinayana? differ in how one defines a Buddha and highly realized beings and how one understanding of vicarious joy and equanimity, as well as different understandings of the 10 perfections. For Mahayana Buddhists, everyone has equal potential to become a Buddha. Buddha-nature is not discussed by Hinayana Buddhists. What are the 2 accumulations in Buddhism? Buddhism? Buddhism? Buddhisms are merit and wisdom is the absolute best approach for making progress on the spiritual path and developing spiritual realization. Merit is the accumulation of positive actions

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carried out through our body, speech, and mind. Wisdom is seeing clearly now things really are. Wisdom nelps us behave meritoriously, while meritorious behavior makes wisdom more likely to flourish

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