

Meditation

The basic idea generally associated with why people meditate is that during our day we are constantly subjected to sensory input and our minds are always

active in the process of thinking. We read the newspaper, study books, write reports, engage in conversation, solve problems, etc etc. Typically, as we do these normal activities we engage in a constant mental commentary, sort of an inner "The Drama of Me." Usually people aren't fully aware of all the mental thought activity that we are constantly engaged in.

Meditation allows all this activity to settle down, and often results in the mind becoming more peaceful, calm and focused. In essence, meditation allows the awareness to become rejuvenated'.

Meditation can be considered a technique, or practice. It usually involves concentrating on an object, such as a flower, a candle, a sound or word, or the breath. Over time, the number of random thoughts occurring diminishes. More importantly, your attachment to these thoughts, and your identification with them, progressively become less. The meditator may get caught up in a thought pattern, but once he/she becomes aware of this, attention is gently brought back to the object of concentration. Meditation can also be objectless, for example consisting of just sitting.

Experiences during meditation probably vary significantly from one individual to another, or at least if different techniques are involved. Relaxation, increased awareness, mental focus and clarity, and a sense of peace are the most common by-products of meditation. While much has been written about the benefits of meditation, the best attitude is not to have any expectations when practicing. Having a sense of expectation of (positive) results is likely to create unnecessary strain in the practice.

As well, since meditation involves becoming more aware and more sensitive to what is within you, facing unpleasant parts of oneself may well be part of meditation. Regardless of the experience, the meditator should try to be aware of the experience and of any attachment to it.

Failure to experience silence, peace of mind, mental clarity, bliss, or other promoted benefit of meditation is not in itself a sign of incorrect practice or that one can't concentrate properly or concentrate enough to be good at meditation. Whether one experiences peace or bliss is not what is important. What is generally considered important in meditation is that one is regular with their meditation -every day- and that one make a reasonable effort, but not strain, to remain with the object of concentration during the practice. With regular practice one inevitably acquires an increased understanding of and proficiency with the particular meditation technique.

Some people use the formal concentrative meditation as a preliminary step to practicing a mindfulness meditation during the day where one tries to maintain a calm but increased awareness of one's thoughts and actions during the day.

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For some people, meditation is primarily a spiritual practice, and in some cases the meditation practice may be closely tied to the practice of a religion such as, for example, Hinduism or Buddhism

Let's understand meditation :

What is
Meditation |

Meditation Myth |

Originality of
Meditation |
Why Meditate
|
Benefits
of Meditation |

Physical postures of Meditation
|

Purposes and effects of meditation |

Clinical Studies of Meditation |

Meditation and the brain |

Adverse effects of
Meditation

Types of Meditation:

Transcendental
Meditation |

Zen Meditation

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Chakra Meditation

|

Buddhist Meditation

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Vipassana Meditation

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Saurian Meditation

|

Tantric Meditation

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Mantra Meditation

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Sudarshan Kriya Meditation

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Meditation CD or
Meditation Music |

Tai Meditation

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Sufi or

Islamic Meditation |

Christian Meditation

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Zazen Meditation

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Meta Meditation

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Ultra Meditation

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Insight Meditation

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Mindful or Shamatha Meditation

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Osho Meditation

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Reiki Meditation |

Tao Meditation |

Yoga Meditation |

Deep Meditation

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Meditation Enlightenment

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Healing Meditation

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Guided Meditation

Editor's Choice of Books on Meditation