

Meditation

The only significant state that's real is the one before a single thought occurs; though even that can be illusory at times.

Master Hsuan Hua



Meditation deals with contacting the 'consciousness' within you. Your consciousness by its very nature is peaceful, calm and rejuvenating.

Meditation is a state of no mind.



Meditation is a journey into your true self. Techniques are just simple ways to help you understand your true nature - self. Consciousness is 'Self'.

To meditate properly, you need to relax and lead a simpler and less demanding life. This so physical and mental exhaustion are kept to a minimum. In order to do this, you need to include three aids; **deep breathing, deep relaxation, and deep contraction**. Stress-reduction, relaxation, and better health are a positive outcome, not the goal. The aids are important because the focus of meditation is on the whole being.

Deep breathing ensures an optimum supply of oxygen to all body parts and makes us more energetic throughout the day. Deep relaxation helps us relax every cell in the body, thus helping us to rejuvenate. Deep contraction exercises make our body flexible and fit.

We perform everyday activities in the Beta state of mind. The Alpha state of mind is just below Beta, and meditation happens when you are able to remain in Alpha, the state of absolute calm. Your whole inner being becomes peaceful.

Advantages of Meditating:

It develops insight into the unconscious connections between thoughts, attitudes, perceptions, feelings, body states, and behaviors.

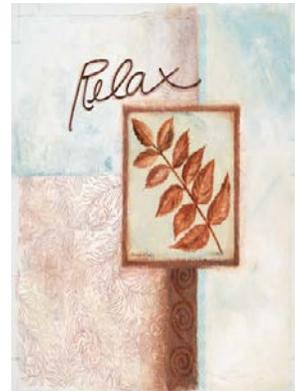
We learn to accept things as they are and be content with what we have. Feelings of jealousy, greed, anger, and anxiety start to disappear.

Meditation increases concentration, self-esteem, spontaneity, creativity, and awareness.

Meditation lowers blood pressure, slows the heart rate, in effect, acts as a 'stress buster'.

Your ability to solve problems will improve, the way you look at life will get better, you will see the larger picture, and you will be able to ignore petty issues.

It is doubtful that you will be able to achieve enlightenment. We are so entangled in day-to-day life that the possibility of getting to a 'desire-less state' is virtually impossible. Not to mention that the mere desire for enlightenment would rule this out.



What Meditation is Not:

Meditation is not concentration. Meditation is just one form of concentration. With Meditation you remain aware of the moment without choosing anything to concentrate upon. Concentration is important for learning meditation, however it is not meditation.



Meditation is not relaxation. When you meditate, relaxation is a natural outcome. Relaxation is not a goal.

Meditation is not a religious practice Meditation is a quality of our existence. When you are aware of your true 'self' and do anything with awareness, it becomes meditation. Meditation is not a ritual, demanding sitting in a specific posture, chanting a mantra, or doing exercise in a particular pose. It takes time and real effort to learn meditation, but once you understand it, it is actually fun.

Meditation is not self-hypnosis. In Meditation we maintain an awareness of here-and-now and stay conscious of the process. In hypnosis, we enter into a state of semi-conscious and are unaware of the moment.

Meditation is not thinking. Meditation transcends thought, and we realize we are more than just our body and mind. We have awareness independent of thoughts. This awareness is what meditation is about.