

# Standing Like Bamboo

## Medical Benefits of Meditation

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# So What is Meditation?

- ▶ **Meditation** can be defined as a practice where an individual uses a technique, such as focusing their mind on a particular object, thought or activity, to achieve a mentally clear and emotionally calm state
- ▶ Main criteria essential to any meditation practice
  - ▶ a state of mental silence
  - ▶ the use of a defined technique
  - ▶ a self-induced state/mode
  - ▶ a state of psychophysical 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.



# So What is Meditation?

- ▶ From the Latin *meditatio*, from a verb *meditari*, meaning to think, contemplate, devise, or ponder
- ▶ In the Old Testament, *hāgâ* (Hebrew: *הגה* means to sigh or murmur, and also, to meditate). When the Hebrew Bible was translated into Greek, *hāgâ* became the Greek *melete*. The Latin Bible then translated *hāgâ/melete* into *meditatio*
- ▶ *Meditatio* is the second of four steps of *Lectio Divina*, an ancient form of Christian prayer.
- ▶ "Meditation" also refers to the seventh of the eight limbs of Yoga in Patanjali's *Yoga Sutras*, a step called *dhyāna* in Sanskrit
- ▶ Meditation refers to a mental or spiritual *state* that may be attained by such practices, and also refers to the *practice* of that state
- ▶ A technique by which the practitioner attempts to get beyond the reflexive, "thinking" mind (sometimes called "discursive thinking" or "logic") in order to achieve a deeper, more devout, or more relaxed state.
- ▶ To focus one's mind for a period of time or the act of giving your attention to only one thing

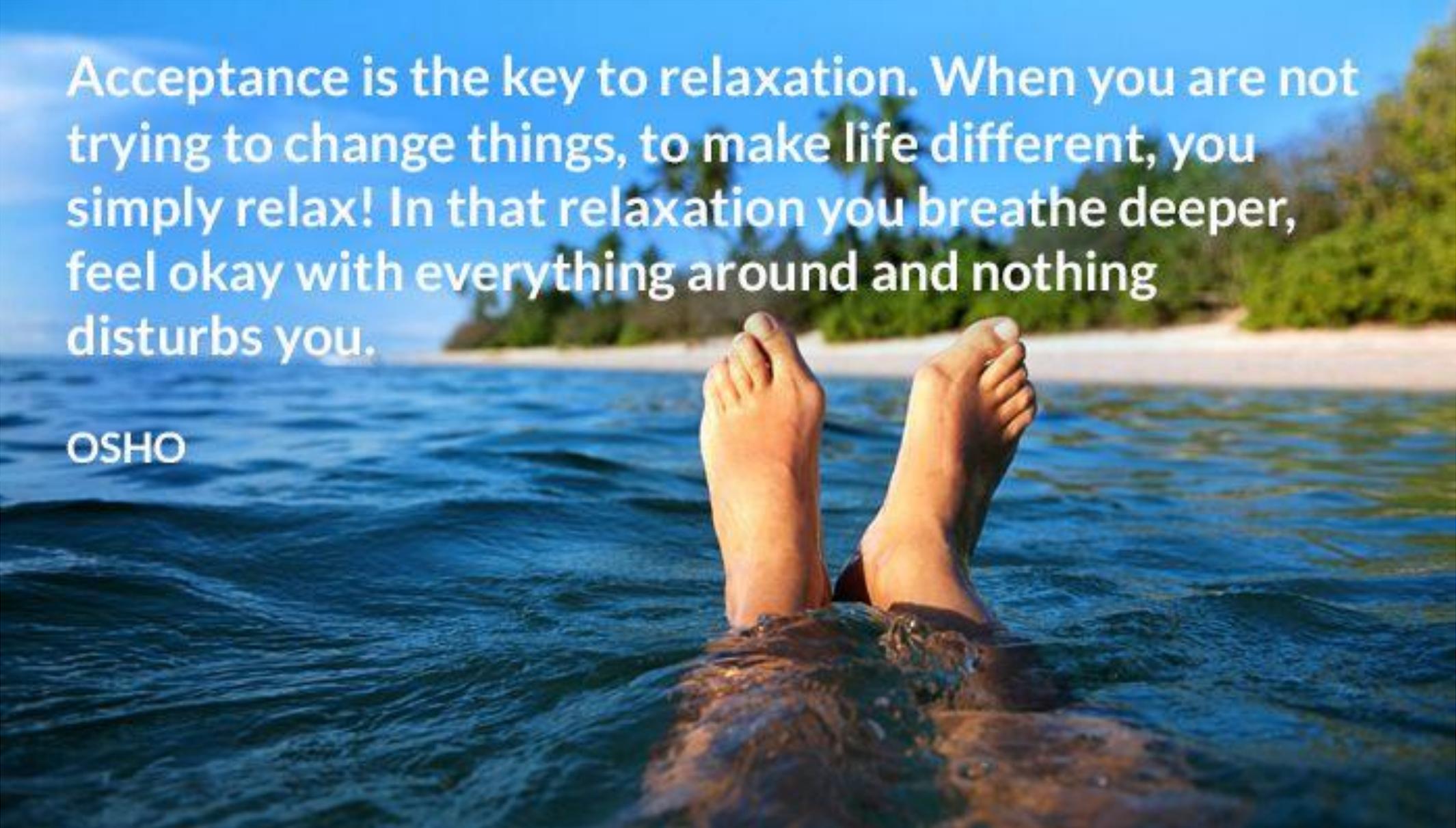


**THE QUIETER YOU  
BECOME, THE MORE  
YOU CAN HEAR.**

**Baba Ram Dass**

# Methods of Meditation

- ▶ **Focused Meditation (Concentrative)**-entails the voluntary focusing of attention on a chosen object, breathing, image, or words.
  - ▶ Breathing Meditation- paying attention to the breath
  - ▶ Single point meditation
  - ▶ Mettā (loving-kindness)-paying attention to an idea or feeling
  - ▶ Transcendental meditation- paying attention to a mantra
- ▶ **Open monitoring meditation (Mindfulness)**- involves non-reactive monitoring of the content of experience from moment to moment.
  - ▶ Mindfulness- Jon Kabat-Zinn, Sam Harris
  - ▶ Shikantaza- Zen Buddhism
- ▶ **No thought meditation**-the practitioner is fully alert, aware, and in control of their faculties but does not experience any unwanted thought activity
  - ▶ In Sahaja yoga spiritual movement, the focus is on thoughts ceasing
  - ▶ Clear light yoga also aims at a state of no mental content
  - ▶ Huineng meditation teaches the no thought (wu nian) state

A photograph of a person's feet sticking out of the water on a tropical beach. The water is a deep blue, and the background shows a sandy beach with lush green trees under a clear blue sky. The text is overlaid on the upper part of the image.

Acceptance is the key to relaxation. When you are not trying to change things, to make life different, you simply relax! In that relaxation you breathe deeper, feel okay with everything around and nothing disturbs you.

OSHO

# Why meditate?

## Psychological Reasons

- Reduce depression, improve mood/happiness
- Reduce stress, improve enjoyment of the moment
- Reduce anxiety (including in the treatment of behavioral/drug addiction)
- Reduce emotional reactivity
- Reduce pain
- Improve attention, clarity, sensitivity
- Improve eating habits, sleep, or body weight
- Improve job performance, creativity, self-actualization
- Improve relationships, empathy, compassion

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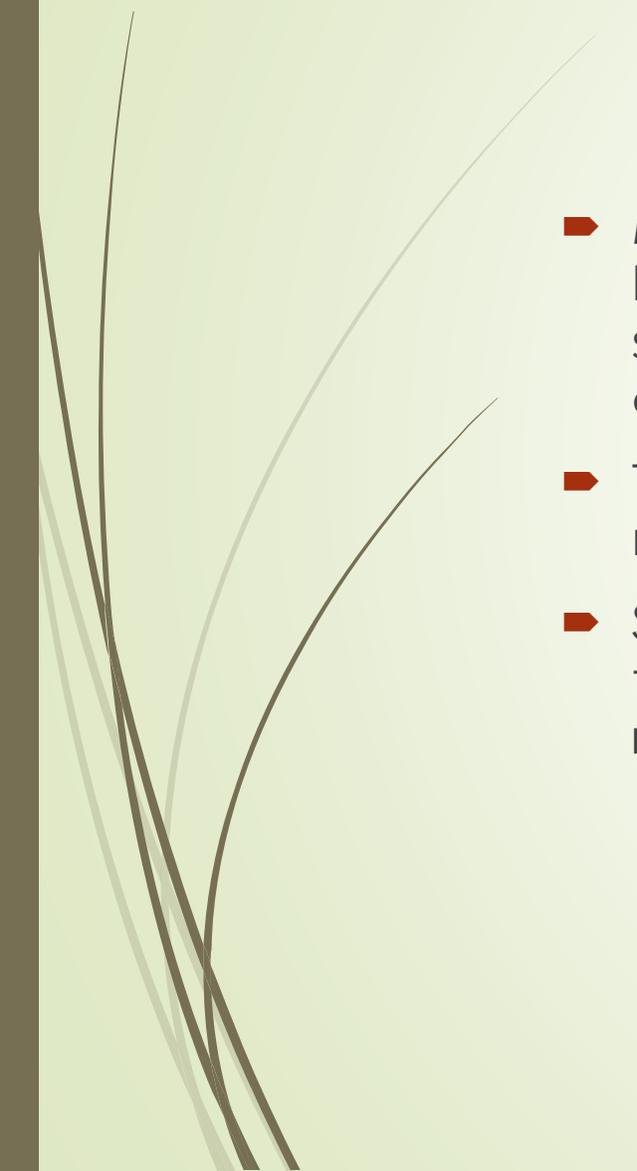
# Why meditate?

## Physiological Reasons

- ▶ Decreased HR
- ▶ Decreased BP
- ▶ Improved recovery times from stressors
- ▶ Decreased beta and increased alpha, delta, and gamma brain activity
- ▶ Enhanced Synchronization of L/R brain
- ▶ Decreased MI and CVA rates
- ▶ Increased longevity
- ▶ Improved lipid profile
- ▶ Decreased metabolic rate
- ▶ Improved respiration/breathing, decreased pulmonary shunt
- ▶ Decreased muscle hypertonicity



# Concerns about Research

- ▶ Mindfulness meditation, in its modern form, is regarded by some to have been "corrupted" for commercial gain by self-help celebrities, and suggested that it encourages narcissistic and self-obsessed mindsets which can be unhealthy.
  - ▶ There has been some reporting of cases where meditating correlated with negative experiences for the meditator
  - ▶ Since the 1930s, hundreds of studies on meditation have been conducted, though the overall quality of meditation research is poor, yielding unreliable results.
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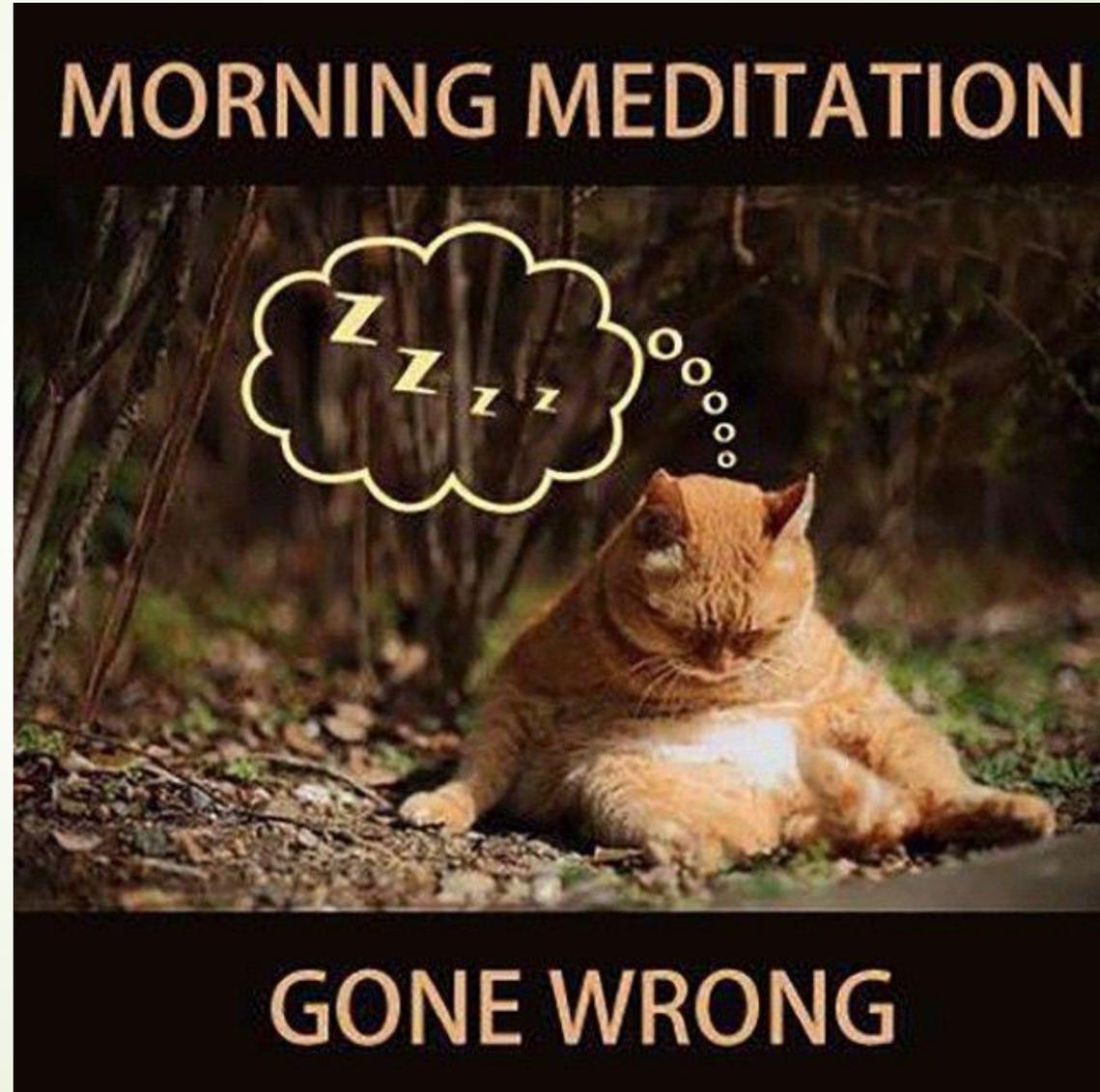




# Just Do It !

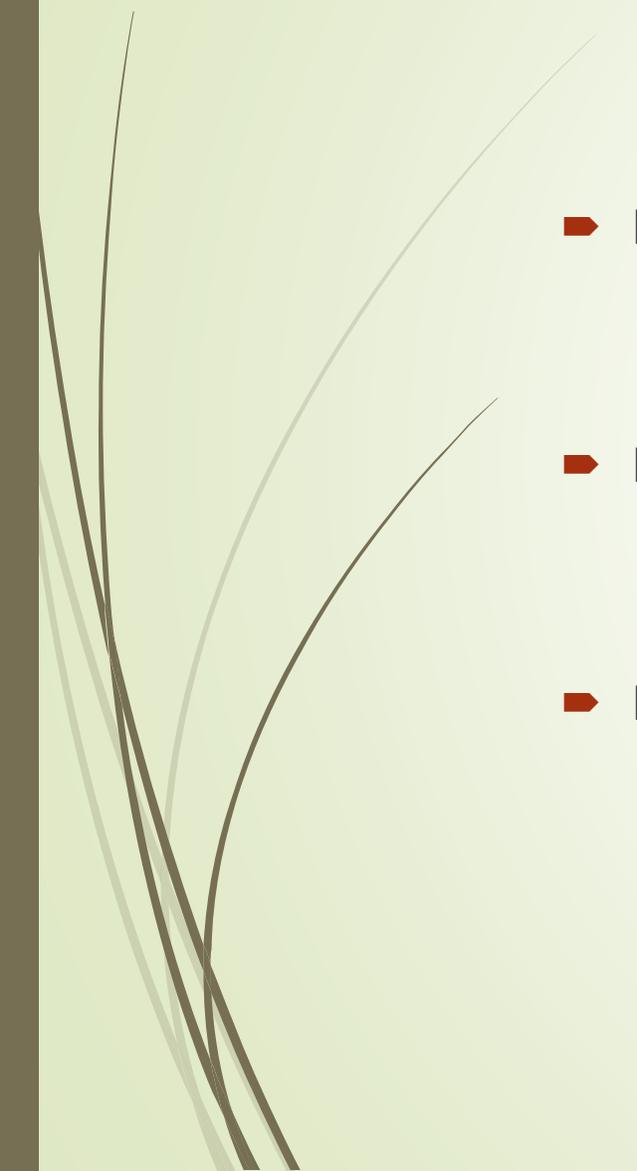
- ▶ Positions
  - ▶ Standing
  - ▶ Sitting
  - ▶ Lying Down
- ▶ Clothing
  - ▶ Loose, comfortable if possible
- ▶ When
  - ▶ AM
  - ▶ PM
  - ▶ Before/After Work
  - ▶ Lunch, Coffee Break
- ▶ Food
  - ▶ Not full, Not hungry

It's OK





# Just Do It !

- Duration
    - Initially short and increasing
    - Quickies vs Longies
  - Location
    - Picking a Spot- Out of the way, Quiet, Medium Light, Fresh Air, Close to Nature?
    - Altar?
  - Discipline
    - Practice!
    - Practice!
    - Practice!
- 

# Creating the Altar



# Simplicity Altar





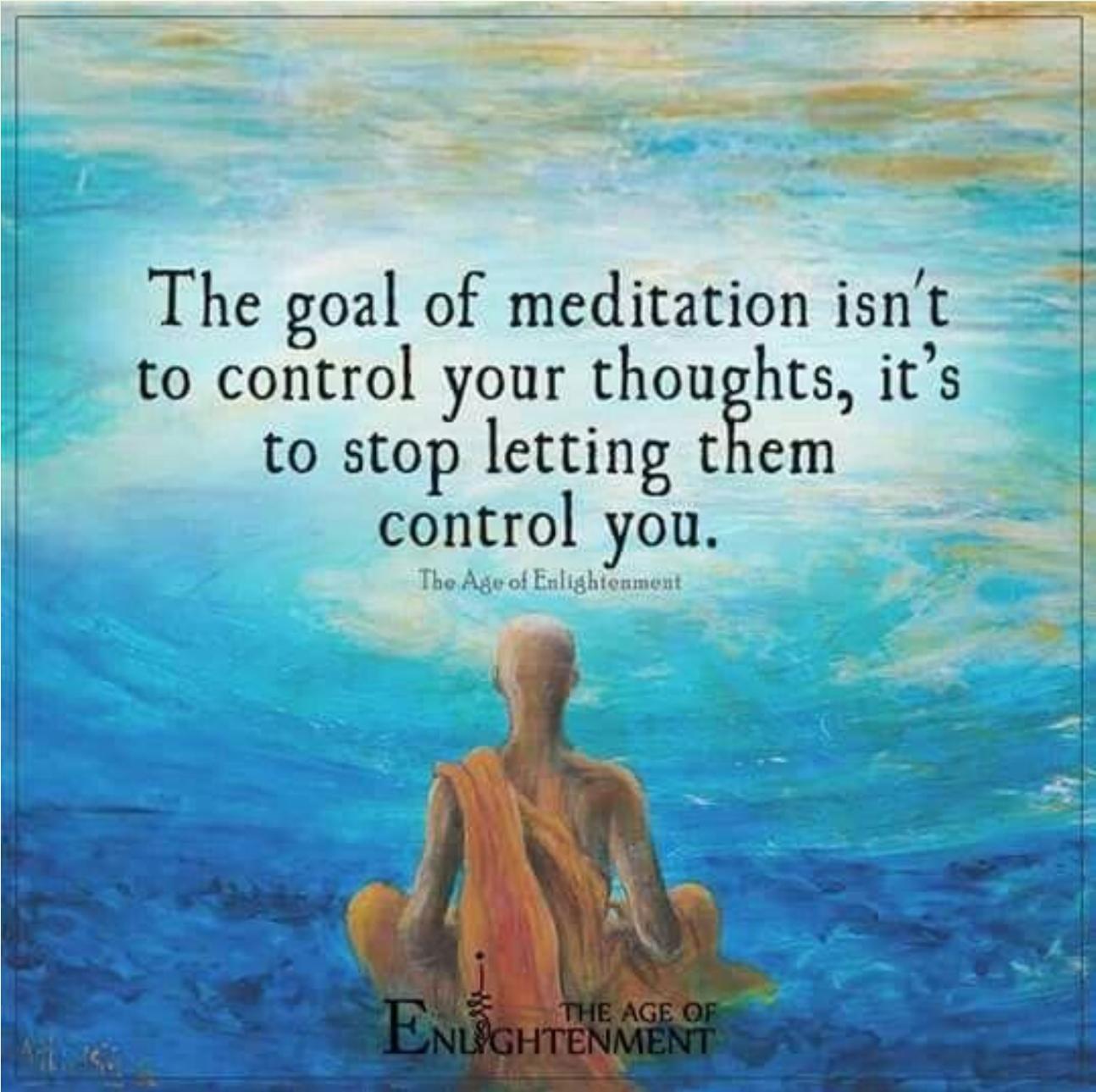
# Mindfulness Meditation

- ▶ Make yourself comfortable. You may loosen shoes, belt clothing. Sit up in chair without using chairback.
- ▶ Sense your body as a whole, including contact with the chair
- ▶ Close your eyes and bring your awareness to your feet. Wiggle your toes, flex your feet, let go of all tension as much as you can, visualize your feet melting, dissolving, sinking, or disappearing into the floor
- ▶ Progressively shift your awareness to your lower legs, your thighs, your hips, your abdomen, your chest, your neck, and allow them to melt, dissolve, sink, or disappear into the floor
- ▶ Let your shoulders, arms, hands do the same
- ▶ Shift attention to your face and your head. Feel the tension melting away as you become heavier and relaxed, melting into the floor
- ▶ Imagine all tension draining away, imagine your breath deepening, and your belly softening



# Mindfulness Meditation

- ▶ Scan your body starting at the head and working backwards back down to your toes
- ▶ If you find any areas of tension or discomfort, breathe into them, allowing them to relax and melt completely
- ▶ Experience your body as complete relaxation, observing without judgement, expanding your perception to all that is around you.
- ▶ Continue expanding without parts or edges or boundaries until you are one with the universe.
- ▶ Hold this state for a few minutes and just observe and accept
- ▶ When you are ready, slowly begin to wiggle your toes, then your fingers, stretch your arms and legs, slowly open your eyes.
- ▶ Observe what you see and note how you feel.

The image features a painting of a person with a shaved head, wearing an orange robe, sitting in a meditative pose on a sandy beach. The background is a vast, textured expanse of blue and turquoise water, suggesting a calm sea or ocean. The overall style is painterly and serene. A quote is centered over the upper part of the painting, and the title 'THE AGE OF ENLIGHTENMENT' is at the bottom.

The goal of meditation isn't  
to control your thoughts, it's  
to stop letting them  
control you.

The Age of Enlightenment

THE AGE OF  
ENLIGHTENMENT

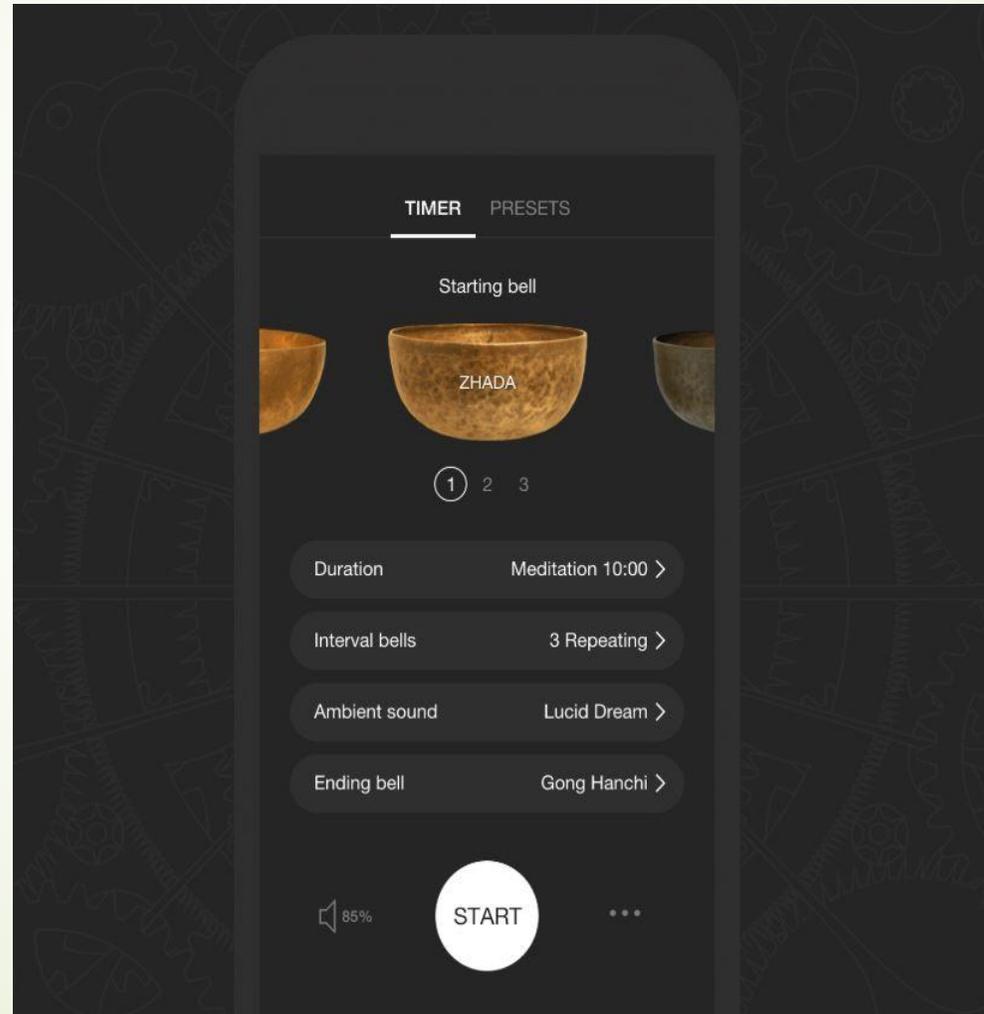


**Serenity**  
is not freedom from the storm  
**but peace**  
amid the storm



# Meditate with Insight Timer

Home to more than 4,750,000 meditators, Insight Timer is rated as the top free meditation app on the Android and IOS stores.



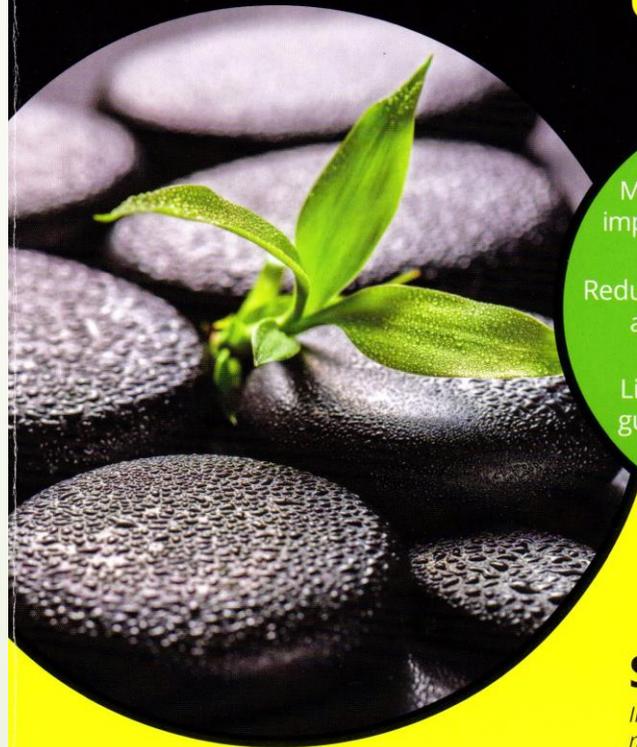
LEARNING MADE EASY



4th Edition

# Meditation

for  
**dummies**<sup>®</sup>  
A Wiley Brand



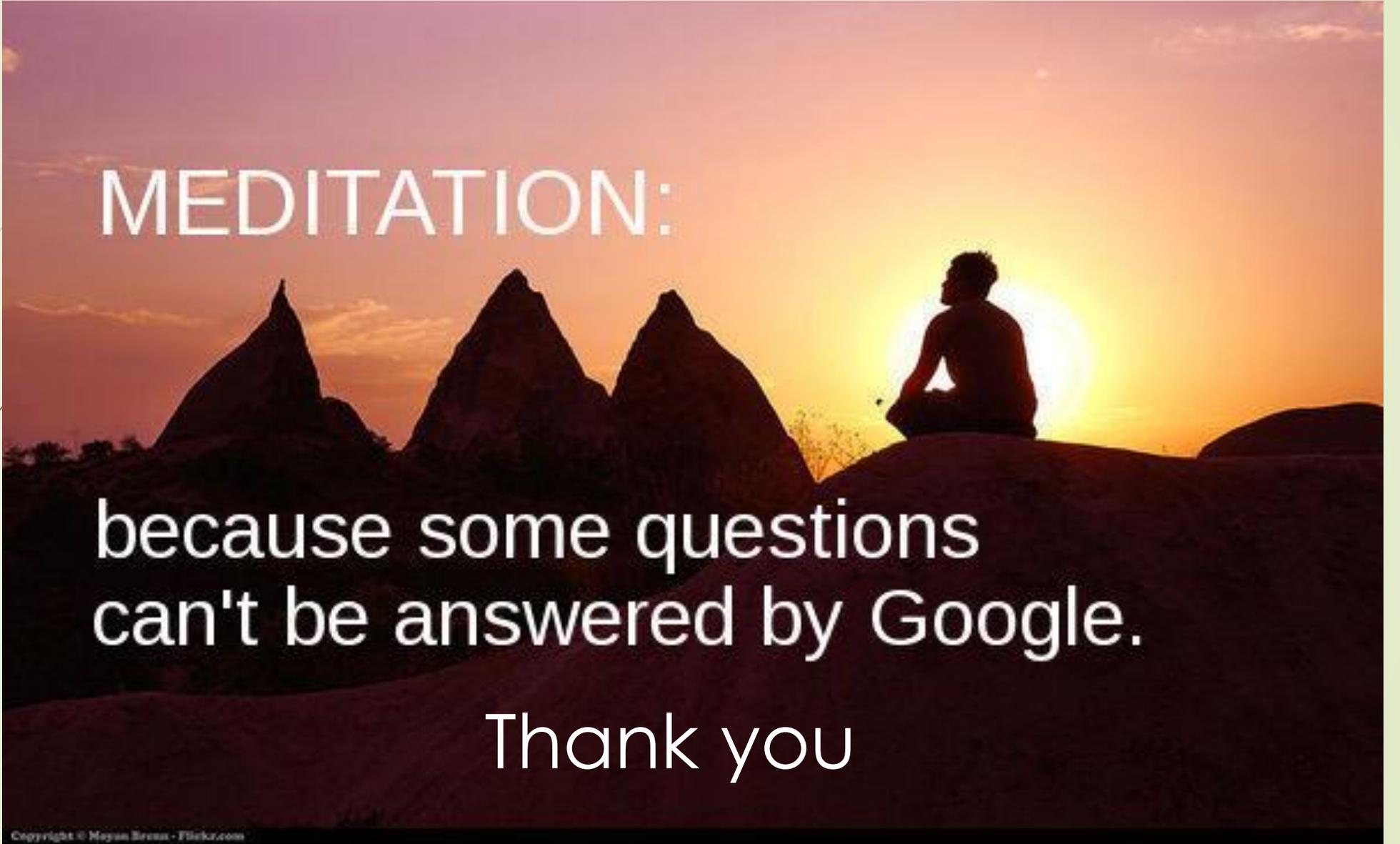
Make meditation the most important activity in your day

Reduce stress, increase energy, and enjoy better health

Listen to over one hour of guided meditations online

**Stephan Bodian**

*Internationally known teacher of mindfulness and spiritual awakening*

A person is shown in silhouette, sitting in a meditative pose on a sand dune. The background features a sunset sky with a bright sun and three pyramids in the distance. The overall scene is peaceful and contemplative.

MEDITATION:

because some questions  
can't be answered by Google.

Thank you