

What Is Meditation

Meditation

Meditation is a practice in which an individual uses a technique to train attention and awareness and detach from reflexive, "discursive thinking";, achieving...

Effects of meditation

psychological and physiological effects of meditation have been studied. In recent years, studies of meditation have increasingly involved the use of modern...

Prashna Upanishad (section What is meditation, and why meditate? - Fifth Prashna)

particulars. The six questions are about the origin, prana, origin of mind, meditation and spiritual states, nature of the syllable "Om";, and the nature of the...

Samadhi (redirect from Samadhi meditation)

religions, is a state of meditative consciousness. In many such traditions, the cultivation of sam?dhi through various meditation methods is essential...

Mindfulness (redirect from Mindfulness meditation)

element of Buddhist traditions, and the practice is based on ?n?p?nasati, Chan, and Tibetan meditation techniques. Since the 1990s, secular mindfulness...

Meditations

Meditations (Koin? Greek: ?? ??? ?????, romanized: Ta eis heauton, lit. ''Things Unto Himself'') is a series of personal writings by Marcus Aurelius,...

Christian meditation

meditation is a form of prayer in which a structured attempt is made to become aware of and reflect upon the revelations of God. The word meditation comes...

Transcendental Meditation

Transcendental Meditation (TM) is a form of silent meditation developed by Maharishi Mahesh Yogi. The TM technique involves the silent repetition of a...

Panth Maharaj

lineages. What is Knowledge? What is Meditation? And what is Pure Experience? When you have become one with Balmukund, There is neither happiness nor sorrow."...

Meditations on First Philosophy

then tries to establish what can be known for sure. He wrote the meditations as if he had meditated for six days: each meditation refers to the last one...

Buddhist meditation

Buddhist meditation is the practice of meditation in Buddhism. The closest words for meditation in the classical languages of Buddhism are *bhavana* ("mental...

I Am That (section Meditation according to Nisargadatta)

there is a brief description of meditation. Q: What is meditation and what are its uses? M: As long as you are a beginner certain formalized meditations or...

Taoist meditation

Taoist meditation (*daotai*, *taotai*), also spelled Daoist (*daotai*), refers to the traditional meditative practices associated with the Chinese philosophy...

Zazen (redirect from Zen meditation)

Zazen is a meditative discipline that is typically the primary practice of the Zen Buddhist tradition. The generalized Japanese term for meditation is *zazen*...

Samatha-vipassanā (redirect from Insight meditation)

and meditation (*jhanas*) and other path-factors. While *jhanas* has a central role in the Buddhist path, *vipassanā* is rarely mentioned separately, but is usually...

Maitrī (redirect from Meditation on friendliness)

bhavana) is a popular form of Buddhist meditation.: 318–319 It is a part of the four immeasurables in *Brahmavihāra* (divine abidings) meditation.: 278–279 ...

Transcendental Meditation technique

The Transcendental Meditation (TM) technique is that associated with Transcendental Meditation, developed by the Indian spiritual figure Maharishi Mahesh...

Rajneesh (redirect from Rajneesh meditation)

of religious dogma. As a guru, he advocated meditation and taught a unique form called dynamic meditation. Rejecting traditional ascetic practices, he...

Guru Meditation

Guru Meditation is an error notice originally displayed by the Amiga computer when it crashes. It is now also used by Varnish, a software component used...

Jewish meditation

Jewish meditation includes practices of settling the mind, introspection, visualization, emotional insight, contemplation of divine names, or concentration...

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