

# MEDITATION

FOR

# PEACE



**A GUIDE FOR DISCOVERING THE JOYS OF MEDITATION  
TO ACHIEVE PEACE AND CALMNESS**

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# Foreword

Now that you have “Meditation for Peace - A Guide for Discovering the Joys of Meditation to Achieve Peace and Calmness” eBook in front of you. As I am a great follower of the thought that one should accept the valuable thing wherever he finds it, I have tried to use the same approach in this eBook. I have compiled this book with great zeal by assembling the thoughts and researches of different scholars and writers. So, when you read this book, you will see different perspectives of different people regarding meditation.

Whether or not we are aware of it, people are involved in practicing meditation for a longer period of time. Meditation is basically the process of bringing peace and calmness in life, but most of the people have misconceptions about the procedures of meditation. Meditation doesn't mean that you will have to sit for 4 to 5 hours, compromising other essential everyday jobs. So, I hope that, this book will help you in breaking some of the odd misconceptions regarding meditation. If you are able to break your misconceptions through this book, you will be able to get full advantage from different techniques of meditation.

Many of you may not be aware of this and we are actually involved in meditation in one way or another.

So, I welcome you all to the surprising world of Meditation, and I hope that, you will find it significance reading.

## ***Meditation for Peace***

A Guide for Discovering the Joys of Meditation to Achieve Peace and Calmness

# Chapter 1:

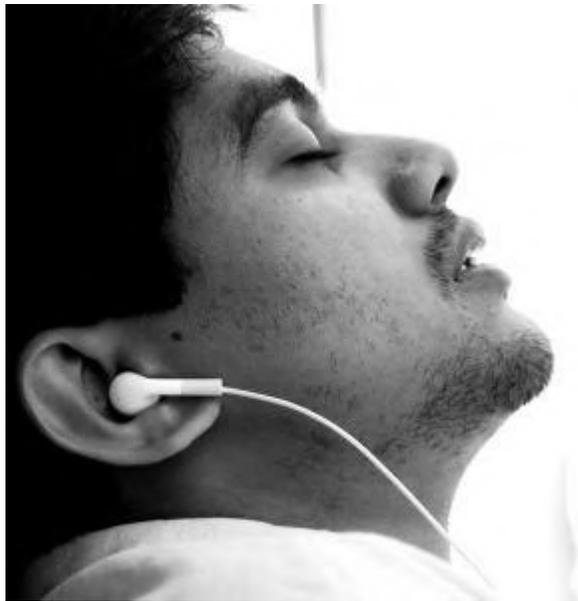
## *Understanding Meditation*

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People often practice Meditation in their lives, consciously or unconsciously. It has been observed that Meditation carries different meaning for different people. Meditation as a mind power tends to concentrate on one thing to accomplish certain goals.

In this chapter, we will learn

- ❖ Definitions of Meditation
- ❖ Origin of Meditation
- ❖ Historical Perspectives of Meditation



# **The Basics**

## **❖ Definitions of Meditation**

### **Overview**

I have already discussed that meditation is a subjective thing. There are various definitions and explanations of Meditation. People use different techniques to achieve different goals through Meditation. History remains unable to locate the person, who first started Meditation to attain self integrity and peace of mind. I will start chapter with the definitions of Meditations.

### **Word's History**

The word “Meditation” roots back to a Latin word “Meditation”. The word “Meditation” means to think, to think about something or to consider something. Later, people started using this word with reference to spiritual practices followed by Eastern world. Buddhists use word “dhyana” which is equivalent to meditation. Meditation is basically the word, which is used in modern English. Previously, it was used with different names. Now, it has been confirmed that meditation is equivalent to the Christian term “Contemplation” in its meaning and perspectives.

### **Various Definitions of Meditation**

There is not any single definition of meditation. Several personalities have elaborated the meanings of meditation with their own perspectives.

We will look at some widely used definitions of meditation:

- ✓ Some scholars define meditation as steady thought and consideration. This is the most basic and quite open definition of meditation. This definition presents only one thing that one has to think about something, but this definition does not tell on which object one should concentrate? Usually teachers ask students to concentrate on their studies. Is it really meditation?
- ✓ According to second type of definition, meditation is a pious religious or spiritual thought. This definition also limits the meaning of meditation by connecting it to only religious thoughts. Other thoughts and ideas are discarded in this way.
- ✓ Meditation is a process of continuously thinking upon a specific idea, verse or object. This concentration is equivalent to the process in which cattle chews cud endlessly.
- ✓ Some definitions consider day dreaming as meditation, but there is much controversy exists in taking it as meditation. Day dreaming cannot be called as meditation, because it is usually a conscious process. Moreover, it does not give the same spiritual and healing effects which are attached with meditation.

Overall, meditation is an internal practice of a person which takes several forms. It mainly changes the mind of an individual, which brings peace to the mind and gives relief from mental stresses.

## **Origin of Meditation**

Finding the origin of meditation may be quite difficult. Meditation is deep rooted in Asia, and countries like China, India and Japan are practicing it for thousands of years. Tribes in South India had developed Tantric Meditation about 15 thousand years back. Tantric meditation was in common use

those days. So, we can put forward that concept of meditation emerged from Asia and took various forms in all over the world. Other views about the origin of meditation claims that it originated from the human being's curiosity for the purpose of men, purpose of the universe and to find God by looking inside the self to realize the nature and its existence.

## **Historical Perspectives of Meditation**

All historians have consensus over the points that, meditation has evolved during unknown ancient times and that; it was not practiced in such a way in which it is practiced today. Taoists started practicing meditation during 500 to 600 BC. Buddhists also started using meditation in the same era. In history, Buddha is one of the greatest promoters of meditation. He was the one to teach meditation in Asia during 500 BC. Buddha has introduced the basic forms of meditation, and all the world adapted and transformed these meditation techniques according to their needs and purposes.

Important point to note here is that, Eastern countries were the origin of meditation and getting relief through various meditation techniques. West had adapted this culture from East. During 20<sup>th</sup> century, Western researchers conducted researches on meditation and came to know about its physical and psychological benefits. Since then, they are using meditation as a wide spread practice in their culture. Western population widely practiced meditation for peace of mind and to get relief from daily life stresses. Nowadays, a downfall has been observed in practices of meditation, and reason is lack of time.

# Chapter 2:

## *Learning Meditation*

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First chapter has well developed your understanding of meditation. The root of the technique lies in how you are meditating. Are you following all the steps correctly or not? If you want to take full advantage of meditation, you will need to follow the techniques as much as you are capable of. I have devised this chapter to bring the knowledge of meditation tips, which one can follow to take maximum benefits from meditation. In this chapter, we will learn:

- ❖ Things to consider while starting meditation
- ❖ Things that one should not be worried about



## **Things to consider while starting meditation**

### **Overview**

Meditation will be made more effective if one follows certain things before starting it. Learning how to meditate is an important aspect, if you do not want to spoil your practice. There are certain things, which you need to ignore to avoid devastation. So in short, there are some do's and don'ts of the meditation, which one should follow to make meditation more effective. Now, I will discuss these things separately.

There are certain things that you should follow during meditation. These things are as follow:

**Create a Calm Environment:** The foremost important thing is to create an environment which is free of disturbances. Make sure that nobody is going to disturb you during meditation. If you have some fixed responsibilities at home, try to wind up them first. Moreover, while going for meditation, inform all family not to disturb you for some time. Choose a place where there will be no noise and distortion.

**Comfortable Sitting Positions:** It is not compulsory to use any specific sitting positions. Sit in a position in which you feel comfortable. You can use yoga cushions as well.

**Comfortable Clothing:** Choose the clothes in which you feel most comfortable. Simple clothing will distract your attention less than any other superior clothing.

**Deep Breathing:** While starting meditation, you should try to breath deeply and relaxing. Concentrate on your breath, and feel as it is coming from your abdomen.

**Relaxing your Body:** Try to relax your body. Start from one part of body and extend this practice to other parts.

**Develop your Concentration:** Try to concentrate on a single thing. You may also concentrate on dim lights of your room. The cause is that, your mind should not be wandering here and there during meditation.

### **Things that one should not be worried about**

There are certain things in meditation, which should not be taken as burden. These things also have the potential to spoil your meditation practice. So, there are certain things to consider and also certain things to ignore during meditation session. These things are as follow.

#### **One should “Own” their Experiences:**

The first important thing is that, you should be impressed by any other’s personal experience. Sometimes, people have had bad experience with something, but you find it good during your own confrontation. In the same way, sometimes others have good experience with something, but you do not find that thing up to certain extent, during your own experience. So the root is that, every person sees the world through his own glasses, and their needs may be different from your needs, that make their experiences different. During meditation do not bother, what others experienced during their meditation practices. Concentrate on your own self and experiences. At the

same time, try to take as much benefit from your meditation practice as you can.

### **Remember that “Meditation is Meditation”:**

Sometimes, it happens that people, who become conscious about meditation, cannot take benefited from it. For example, a person who is conscious about the couch, on which he has to sit for meditation, and his clothing, he will not be able to concentrate on meditation. One should remember that there is no set standard criterion for practicing meditation and one should do in which he feels comfortable. The purpose of meditation is to bring calm and peace to the mind, not to make you more unfocused by immaterial things.

### **Gradual Processing:**

One should not jump to higher level of concentration in an inch of time. Everyone takes time to bringing concentration in meditation so, be patient.

### **Each Meditation Session is Unique:**

Every meditation session gives you new experience with different level of peace and concentration. Don't expect that all sessions will be equivalent in terms of their outcomes.

### **Make Best of your Meditation Session:**

Don't worry about what is happening and what will you get after your meditation session. Just enjoy it as much as you can, to get the full benefits out of it and don't take burden on yourself.

So, these are all the things, which one should take into account for a better and lively experience of meditation session.

# Chapter 3:

## *Hindrances in the Way of Meditation and their Solutions*

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It has been observed that, along with its positive impact, starting meditation may not be an easy task. Some people report high levels of negativity after initial sessions of meditation. Sometimes, physiological and psychological changes are quite uncomfortable for people to adopt during meditation.

This is the time period, when people want to quit their meditation practices. Once averted, they are less likely to experience the meditation sessions over again. So, where there is a will, there is a way. Experts have also suggested many solutions for such kind of hindrances so; one can enjoy his journey on the road of meditation.

In this chapter, we will learn about

- ❖ Hindrances that one can Face during Meditation
- ❖ Solutions for Hindrances during Meditation



# **Hindrances that one can Face during Meditation**

## **Overview**

Nothing in this world is without effort. When we want to attain our goals, we face many hindrances and obstacles in our way. Spirit and will power must be used to remove these obstacles from your way, or to mold these hurdles in your favor. Sometimes, people are hyperactive and anxious in nature. Some anxious people withdraw because of their negative attributes whereas; some people use their negative energies to gain positive goals, and use their hyperactivity and anxiousness in creativity.

Meditation is the process of attaining peace in life. If you will withdraw in face of hurdles, you will not be able to attain your goals (peace and harmony).

I will now start with the hindrances which can come in the way of meditation.

### **Habitual Distraction of Mind:**

It is the habit of our mind that it keeps on thinking the things that are desirable for him. Most of us, day dream for some time in a day so, mind does not change its habits of distraction during initial sessions. Our mind wants pleasure seeking, and it becomes difficult for it to calm down and concentrate on one object.

### **Ill Feelings:**

People may confront with bad feeling during their meditation sessions. These feelings can be due to the new physical postures because; body is not used to for such positions.

Sometimes, it happens that while developing concentration during meditation, we begin to concentrate on undesirable people and things. These things make us to leave our meditation session.

### **Restlessness:**

Restlessness or unsteadiness is the thing that comes during meditation sessions when we are trying to concentrate our mind on one thing. This type of concentration produces a large amount of mental energy. This mental energy then converts itself into physical energies. By doing this, it becomes very difficult for a beginner to even preserve his posture during session.

### **Slothfulness:**

It is another thing which works as a barrier during meditation session. Slothfulness refers to fatigue or slowness. Many things can induce this tiredness in you, for example, a long hectic day. When you will start meditation after a hectic day, or with many tensions in mind, you will not be able to concentrate in meditation. So, it is important to free your mind before practicing meditation. Another thing is that, when people start meditation session after a long hectic day, they find much pleasure in sitting and emptying their minds. So, instead of focused their minds for more complex practice, they choose to leave their sessions or go to sleep.

### **Indecisiveness:**

It can be harmful during meditation session. Try to convince yourself before indulging in meditation. If you don't think that it will help you in any way then be sure that, it is not going to help you. If you are not convinced with the power of meditation, you will find it less enjoyable, and it will be more likely that you quit it at early stage.

### **Solutions for Hindrances during Meditation**

We have discussed five major obstacles that can prevent any person from attaining goals during meditation. Many people believe that there is no problem which exists without solution on this earth. So, experts have suggested some solutions for these sorts of problems.

The important thing for getting solution for your problem is your awareness for your problem. One should know that what kind of problem he is experiencing. Only in this way, one will be able to find correct solution of the problem.

These solutions are as follow.

#### **Solution for Habitual Distraction of Mind:**

As we have seen that different desires can divert us during meditation session, one can bring his attention back to meditation. Experts suggest that in such a situation, a person should concentrate on his breathing. This could help in concentrating on meditation steadily and unconsciously.

#### **Solution for Ill Feelings:**

Being kind is the perfect solution for eliminating ill feelings. Whenever feelings of hatred and aggressive comes in your

mind, try to calm down yourself, take a break and try to change ill feelings with healthy feelings. You need to think about the pleasant things during this procedure. The best and practical thing is to be kind with you. Kindness with your own self is essential, because ill feelings are most damaging for your own mind and health. Once you begin to take care of yourself, you will not destroy yourself with negative feelings, and it will also produce positivity in your attitude.

### **Solution for Restlessness:**

One can eliminate the feelings of restlessness through concentrating on lower parts of the body. One should notice the breaths are coming into abdomen. This deep breathing will develop one's concentration slowly. Another thing which one should adopt during restlessness is self instruction. Saying "calm down" with every breath can be helpful, as well. This self instruction has great importance in Psychology, where clinicians teach self instruction to individuals with anxiety in order to slow them down.

### **Solution for Slothfulness:**

Illumination or bright light is the best solution for the problem of slothfulness or tiredness. Experts have recommended that one should focus on senses coming from your upper part of the body, if he wants to reduce tiredness. Another thing is that, one should concentrate on any bright object, if feeling tired. If you want to close your eyes, there should be enough light in the room that you can feel even with closed eyes. Otherwise, one should conduct meditation session with open eyes, because dark or dim light produces depression in individuals.

**Solution for Doubts:**

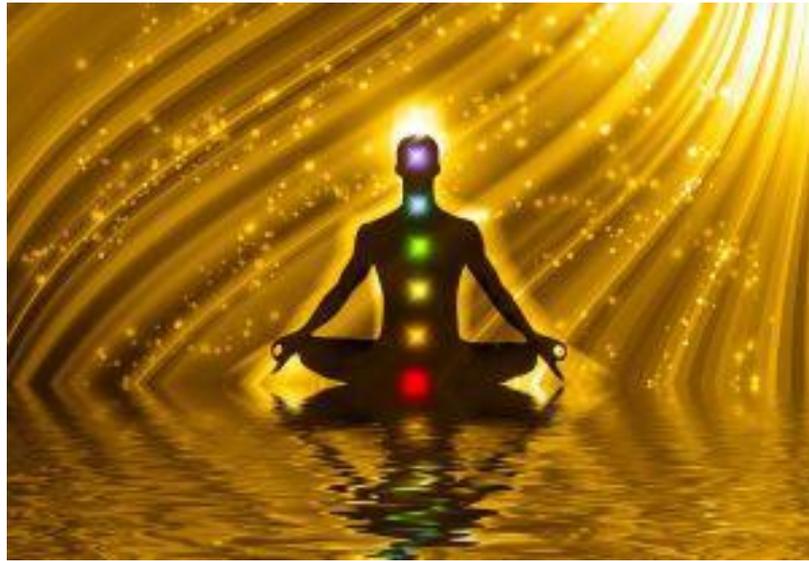
The best thing to eliminate a doubt is to enhance your knowledge about the issue. If you are fully aware with the effects of meditation, then you will be less doubtful about its effects. Another thing to reduce doubts is to experience doubted thing. Be dedicated to meditation for some sessions, and you need to carry on with that further, if you find it useful.

**Other techniques:**

There are some other techniques that one can try during meditation. I will discuss all of them briefly.

- ✓ Reflection: sometimes, it is useful to concentrate on obstacles and their outcomes. Minor obstacles will be lightening away through this method.
- ✓ Detachment: If one comes to know about an obstacle, one should stop there for some time. One should let these situations go. Hopefully, these momentary situations will pass away soon. One should not practice detachment during the condition of tardiness otherwise, the person will become more tired than before the exercise session.
- ✓ Suppression: If obstruction is firm, and previously prescribed methods are not working over it then, one should try to push them softly. In this way, they will not be able to disturb you for a longer period of time.
- ✓ Winding up session: If you find that no method is useful for breaking your barrier, then you should wisely wind up the session and realize that your mental condition is not

compatible with meditation that time. Don't think that all your effort during session has come to nothing, because there is a series of sessions during meditation, and experiences during the current session will give confidence for the upcoming sessions to be taken effectively.



# Chapter 4:

## *Impacts of Meditation (Bringing Peace in Life)*

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After reading first three chapters, I hope that you have learned a lot about meditation process. Till now, I was talking about the things, which were essential for developing your understanding with the subject. In the current chapter, I will discuss the various benefits which one can attain through meditation. The root of the meditation process lies in its effects. People practice meditation with the mind that meditation will bring peace, harmony, relief from stress and other positive changes in their lives. No doubt, it is the core true purpose of meditation.

In this chapter, we will learn about the following effects of meditation, in detail.

- ❖ Curing Insomnia through Meditation
- ❖ Gaining Relaxation
- ❖ Weight Loss through Meditation
- ❖ Stress Reduction
- ❖ Meditation for Worst Smoking Habits
- ❖ Healing through Meditation
- ❖ Managing ADD (Attention Deficit Disorder) through meditation

# **What Can Happen**

## **Overview**

In this technological era of hustle and bustle, human beings have no time to spend on themselves, so that to explore their inner selves. People even do not have enough time to consult their physicians when they become sick. People usually consider Meditation as a long and time consuming process. One should be clear about the fact that meditation has variety of types and methods, which one can follow easily.

Now, we know that meditation started from Eastern region while, Western region had adapted it from East. When one culture adapts something from other culture, it does not simply pick up the thing and implement on its people.

There is a lengthy procedure of cultural adaptation. That is why, when West adapted meditation from East, they took a great deal of time in conducting researches to investigate its effectiveness. Moreover, when meditation moved from culture to culture, it kept on changing its forms time by time. Every group added or subtracted methods according to their needs. So, it is not difficult for anyone to get relax by ten minutes meditation practice.

## **Curing Lack of Sleep through Meditation**

Meditation practices can be made helpful in treating lack of sleep (insomnia). It has been observed that meditation affects the root causes of insomnia, instead of eliminating the obvious symptoms. Meditation cures insomnia through relief from stress. Mental stress during the day prevents an individual from

sound sleep. The purpose of meditation is to eliminate such stresses. In this way, meditation contributes to sound and deep sleep. A person can get several other benefits by taking proper sleep. It has been observed that interpersonal relationships of an individual can get better after healthy sleep. Insomnia produces irritability in an individual, and he remains unable to show positive feelings for others. In this way, curing insomnia using meditation can sketch several other positives on the life of an individual.

### **Gaining Relaxation**

Meditation plays an immense role in providing relaxation to an individual. A single meditation session can be equivalent to full night sleep. In this way, people who do not discover enough time to sleep for certain reasons can be benefited from meditation.

Meditation is helpful in lowering down blood pressure. It reduces stress, which reduces probability of heart attacks. In this era of hustle and bustle, everyone is concentrating on achieving numerous goals in daily life, which is producing burden.

Meditation induces self worth and confidence in individuals, and they take life's hurdles as challenges to overcome. Meditation induces patience in an individual. This patience enables an individual to tolerate obstacles in occupational and personal life.

## **Weight Loss through Meditation**

There are several reasons for gaining weight. Some people are habitual of eating under hectic situation. After taking meditation session regularly, they don't feel desire for food. Imagination techniques are also helpful, if one uses these techniques along with casual meditation sessions.

These techniques involve perceiving oneself as a smart person. Scholars believe that a person has potential to transform himself into the personality, which he thinks that he should be like that. Once a person makes a self image which is better than current personality, he tends to struggle for that new image consciously and unconsciously, as well.

## **Stress Reduction**

Stress reduction is the greatest benefit that an individual can get from meditation practices. Meditation reduces level of stress and brings peace and harmony in an individual's life. If a person remains in stress continuously, then he can suffer from many physiological problems such as, heart attack and ulcers. Continuous stress weakens our immune system, and any disease can affect body easily. In this way, meditation is like a blessing to get rid of stress throughout natural way, without using medication.

## **Meditation for Worst Smoking Habits**

Smoking is a reaction of stress. When a person becomes incapable of tolerating stress, this stress breaks his defense mechanisms. In this way, an individual tries to manage his

stress through harmful ways and smoking is one of those ways to release tension. If we control the underlying stress somehow, we will be able to control the resulting effects. Furthermore, long meditation sessions produce tolerance in individuals; this thing can be helpful in tolerating the desire for tobacco.

### **Healing through Meditation**

Empirical researches show that meditation plays an important role in healing of different psychological and physiological disorders. It's quite helpful in treating psychological trauma, anxiety, stress, depression, hypertension and insomnia. It also affects physiological processes such as, increases strength, maintains blood pressure, enhance concentration, develops self self-confidence and reduces panic attack.

### **Managing ADD (Attention Deficit Disorder) through meditation**

Empirical researches show that practicing meditation can be helpful for people suffering from Attention Deficit Disorder and attention Deficit Hyperactive Disorder. Brain images have shown brain impairments in people with ADD and ADHD. Transcendental meditation produces balance through balancing neurotransmitters in brain. This balance reduces the symptoms of hyperactivity, impulsivity and deficiencies in attention.

# Chapter 5:

## *Transcendental Meditation (Joy of Meditation)*

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Transcendental Meditation is one of the well known and widely practiced types of meditation. This is the root of meditation that if you learn the proper ways of meditation, you will gain delight from your meditation practices.

Whenever anyone talks about the joys of meditation, it means that the person is talking about different types of meditation. These are types of meditation because these practices persuade peace, accord and relief from stress in an individual. In this chapter, we will try to understand that how these different meditation techniques are effective in daily life, and how they bring joy in an individual's life. In this chapter, we will learn the following things.

- ❖ Introduction to Transcendental Meditation
- ❖ Difference of Transcendental Meditation and other types of Meditation
- ❖ Benefits of Transcendental Meditation

# **The Joy of It**

## **Overview**

Transcendental Meditation is one of the types of Meditation practices. This is actually the type, which has received much attention. Researchers have conducted many researches to settle down the effects of Transcendental Meditation. It has been observed that even 20 to 30 minutes of transcendental meditation can bring relief from stress. Moreover, there are many other benefits of transcendental meditation, which I will discuss later in this chapter.

## **Introduction to Transcendental Meditation**

Transcendental meditation is the type of meditation that is little bit different from other types of meditation. It can tempt many positive effects in your personality, if you practice it two times in a day. It is considered as less time consuming, and one has to spend 20 minutes for one session of Transcendental Meditation.

This is the technique, which a person performs easily with closed eyes. There are different things about Transcendental Meditation which needs to be considered and which a person must know.

I will discuss these things one by one. Maharishi introduced transcendental meditation 50 years ago. In the way, India is the origin of this technique. After this, Indians are transferring this valuable technique from generation to generation. They have developed proper teaching institutes for transcendental meditation.

- ✓ This is the simplest techniques of all. One has not to put a large amount of energy in it. It has to be practiced with closed eyes.
- ✓ One can learn Transcendental Meditation with slight effort. Practicing it is quite delightful.
- ✓ In our earlier chapters, we had learned about the hindrances, which block the way to get benefits from meditation. The best thing about Transcendental Meditation technique is that it does not require any belief. Anyone who is practicing it without belief over it can get benefits from it.
- ✓ Transcendental Meditation helps in increasing the activity of the brain, and several researches have confirmed these findings. This technique helps in enhancing intelligence, creativity, problem solving and decision making.
- ✓ Transcendental Meditation technique is just taken it as a technique for making health better. This does not change your life style.
- ✓ Transcendental practice helps in controlling stress and blood pressure. This preservation reduces risk for stress, hypertension, high levels of cholesterol and heart attacks.
- ✓ This technique is only one of its kinds. It plays a considerable role in self development of an individual. This is the thing which is not present in other techniques.
- ✓ There are expert teachers for teaching transcendental technique. These teachers take follow up of their teachings, as well. In this way, a person can learn and practice it again and again to get maximum benefit out of this technique.

The main concept while teaching transcendental technique is to get access to the inner world of silence. This inner world exists in every individual. In this hustle and bustle of life, reaching this calm world helps individuals to realize their inner energies.

When a person reaches this inner world of calmness, his brain works with greater integrity and produces better results. There is a large population all over the world, who is practicing transcendental meditation to purify their lives. This is why, this technique has become one of the widely used techniques of meditation.

### **Difference of Transcendental Meditation and other types of Meditation**

There are several differences between transcendental meditation technique and other types of meditation techniques. The first important point is that, all other techniques instruct the individuals to think upon something. All techniques teach development of concentration to achieve certain goals. On the other hand, to some extent the transcendental meditation allows the control of mind with concentration.

The other major difference is that, other techniques of meditation work on surface level like, concentration on thought or breath. Transcendental technique, on the other hand, directs an individual towards the deep inner state of calmness, which enhances overall level of awareness of an individual. By reaching this innermost peaceful state, it eventually brings positive effects in the personality of an individual.

## **Benefits of Transcendental Meditation**

There are several benefits of transcendental meditation. This is the only type of meditation which has received researcher's attention. According to one rough calculation, six hundred researches have been benefited on the effects of transcendental meditation. Now, I will discuss different benefits of transcendental meditation.

### **Increased Activity of Brain:**

It has been observed that, transcendental meditation helps prefrontal cortex to connect with other parts of the brain. This thing helps to enhance the overall activity level of the brain. Moreover, prefrontal cortex is involved in executive functions of the brain such as, decision making and problem solving. So, higher level of connections from other parts of brain enhances its activity level.

### **Decrease in Stress:**

If someone practices transcendental meditation daily, it declines the activity of Sympathetic nervous System. In turn, sympathetic nervous system expands the blood vessels and reduces the amount of stress hormones such as, adrenaline hormones. In this way, transcendental meditation helps in reducing stress of an individual. Once, a person gets rid of stress, there are a few chances for him to be affected by heart attack, hypertension and stroke.

### **Workplace Performance:**

As we have seen how transcendental meditation affects the major regions of our brain, this enhancement of brain's

performance also enhance performance of an individual at workplace. Better intelligence, decision making and problem solving abilities make people to perform well in their jobs. By using meditation practices, individuals make a habit to remain peaceful and passive even under stressful situations, which enable them to meet challenges during job.

### **Better Performance at Schools:**

It has been observed that meditation practices at school level increases the level of happiness and eagerness in children. Meditation helps students to reduce their studies related concern and hopelessness.

Meditation also helps children with the education of disabilities to improve their performance. Through meditation, they are better able to concentrate on their minds. Moreover, transcendental meditation increases the brain activity and executive functions of brain, as well, which helps to reduce the symptoms of learning disabilities.

### **Promoting Peace in Society:**

Transcendental meditation has got the potential to change the society in a positive way. If people practice this meditation technique in groups, it can produce better results for them. Such as a green forest cannot be green until, every tree in that forest will be green. In this way, a society can never become a peaceful society until; every individual is feeling peace from inside the self.

### **Maintaining Focus:**

It helps in building and maintaining focus of an individual. A person cannot focus or concentrate on anything, when there are several things in his mind. Transcendental meditation helps the individual to reduce his distraction and develop concentration. In this way, people build potential to focus on their goals.

### **Better Relationships:**

Transcendental meditation softens the heart of an individual, as well. It induces patience in an individual and, helps him to treat everyone kindly. This kind of attitude increases the popularity of the individual among his family members, friends and colleagues.



# Chapter 6:

## *Slow Walking Meditation (Joy of Meditation)*

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Most of us hold the idea in their minds that, meditation is all about sitting idle at one place and concentrating on a single thought or object. The purpose of including this chapter is to make clear the different concepts of meditation, which people are practicing around the world.

Through this chapter, you will know another exciting practice of meditation. Purpose of meditation is to bring peace and pleasure in your life. Meditation can bring this peace in your life even when you are walking.

In this chapter, we will learn about the following topics.

- ❖ Introduction to Walking Meditation
- ❖ How you will prepare for Walking Meditation?
- ❖ Practicing Walking Meditation

# **Slow Walking**

## **Overview**

Different communities are practicing meditation at a large scale, nowadays. As, meditation is a great source to relief stress so, people have invented varieties of meditation techniques. These techniques make use of meditation easier. Slow walking Meditation is one of the examples of such easygoing techniques.

## **Introduction to Slow Walking Meditation**

Walking Meditation had gained attractiveness after Buddhist's practices. Actually, they were dedicated people, who did not want to break their concentration even during their journey. It was another problem that, they had to travel faraway places on foot. In this way, only a sitting posture for meditation was sometimes not convenient. Walking meditation brings a message that, one can get peace everywhere.

You can meditate in different walking speeds. There is another type of walking meditation which involves walking at your speed. We will concentrate on walking at a slow speed in our discussion. So, what we have to do when are going to start this type of meditation.

The most important thing while starting this method is to slow down your speed. The second important thing is to; place your foot slowly on the ground. The technique here is to; match the breaths with your walk. For example, you will place you foot on the ground while taking breaths. The purpose of carrying out this technique is bringing

compatibility among inner physiological processes with focus on walk.

### **How you will prepare for Walking Meditation?**

So the important thing is that, how you will prepare for walking meditation? This is quite simple thing to learn. The first thing is that, you will need to choose a flat ground to walk. Ups and downs during walk can produce difficulty in focusing your attention.

First stand in a way that, both of your feet are close to each other. Don't start walk rapidly. You have to bring your concentration towards your body parts before starting walk. Take deep breaths and try to feel different sensations of your body. This practice will help you to connect to your own self. Note your current feelings and emotions. Purpose of such awareness is not to try to change any of the states rather to make you aware of your bodily sensations and spiritual state. Awareness is the first thing to take care of, if you want to bring a change in something.

### **Practicing Walking Meditation**

The next step after preparation for walking meditation is to actually practice it. The most important thing is that you will exhale and inhale your breath with every step.

There is confusion. Mostly people do not understand whether they have to control their breathing with footsteps or, vice versa. One should remember that, he has to take footsteps with his breathing cycle.

Managing your footsteps with your breathing cycle is the crux of the technique. Now, try to set the timings of your footstep with your breath. When you are lifting your heel from the ground, this should be the time, when you are inhaling the breath.

When your foot is in the air, this should be the temporary period of breathing. And finally, when you place your foot on the ground you should be exhaling the breath again. This may be a bit difficult in the start, and you may find it irritating. When you reach at the end of the line, turn at 180 degree and start your walk again.

Experts highly recommended that taking a short break between such meditation session and routine activities. The reason behind this is that, mind enters into a peaceful state during meditation so; one should give time to mind to face hustle and bustle of the outer world. So, this is all about slow walking meditation, and in this way you should adapt this technique in your life.

# Chapter 7:

## *Mindfulness Meditation (Joy of Meditation)*

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Mindfulness Meditation is the simplest form of meditation. The reason to introduce this meditation technique here is to introduce the readers with some of the techniques, which they can practice on their own.

We will talk about the following topics in this chapter:

- ❖ Introduction to Mindfulness Meditation
- ❖ Stages of Mindfulness Meditation



# **Mindful**

## **Overview**

By looking around yourself, you will find that people are becoming busier with every passing day. Stress has become a compulsory part of life in this era. People have become so habitual of stress that, even they do not realize that stress is troubling their lives. By starting mindfulness meditation, it actually brings many positive effects in an individual's life. Mindfulness meditation is one of the simplest techniques, which a person can practice in a short period of time at any place.

## **Introduction to Mindfulness Meditation**

Mindfulness Meditation is the simple technique of concentration on one's breathing. This is not the surface level concentration, one need to develop deep concentration on breathing cycle and full absorption during that process. This technique is suitable for persons who have difficulty in extracting extra time for meditation from their jam packed routine. Sometimes, people find it difficult to concentrate on breathing. In this way, experts have broken down this breathing technique into different stages. The basic purpose of dividing this whole technique into different stages is to make perfect every step and getting absorb in the process.

## **Stages of Mindfulness Meditation**

We have seen that the purpose of breaking mindfulness meditation is to make every stage easier. Now, I will describe different stages of mindfulness meditation. There are four stages. It is not necessary to follow these stages, as it is. One can use his own creativity to bring peace of mind for himself. These stages are as follow:

**First Stage:**

In first stage, we have to concentrate on our breathing. The important thing in this stage is to get awareness with your breathing process. In order to bring this awareness, we will count our breaths. You will count one after inhaling and exhaling the breath. In this way, you will count till ten, and then afterwards you will start counting from one. There will be many things during this process, which will divert your attention from your breathing process. Once distracted, you will have to start counting from one. If you are able to maintain your attention while counting from one to ten, you can move successfully to the second stage of the technique.

**Second Stage:**

You have noticed in first stage that, we were counting one after completion of one breathing cycle. During second stage, we concentrate on the start of the breathing. It means that, you will say “one” and then take a breath. You have to practice this sequence until, you become habitual of this sequence. After this, we will move toward the third stage.

**Third Stage:**

In this stage, we will stop counting while taking breath. Purpose of the breathing was to bring attention towards the breathing process, and absorb attention into breathing system. Now, one has to sit quietly and concentrate on his breaths, without counting them. In this stage, one has to attend the other parts which are involved

in breathing system. Such as, one has to attend the movements of ribs and abdomen.

#### **Fourth Stage:**

When we will reach the fourth stage, we will have a sound experience of maintaining the focus and our attention, so that we will not be distracted by surrounding things. In this stage, we have to concentrate on a single part of our respiratory system, which is involved in inhaling and exhaling of breaths. This is a subjective experience. For example, I think that this particular part is nose while, anyone else consider throat as a basic point for inhaling and exhaling the breaths. In this way, you need to concentrate on a single point.

In this way, we will complete our meditation session. The basic thing to remember is to take five minutes break before starting your routine chores. The reason for this is that, mind is in a quiet state and it will be shocked, if you take it to hustle and bustle of the world at once.

This is the easiest form of meditation, which you can practice whenever you are feeling hectic due to huge work load at your workplace.

# Chapter 8:

## *Vipassana Meditation Technique (Joy of Meditation)*

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Vipassana meditation technique is another well renowned technique in meditation. It is one of the oldest techniques, as well. There are a lot of people around the world who are following this Buddhist's technique of meditation. Vipassana meditation technique can bring peace of mind, and allows the interaction between mind and body, as well.

We will learn about the following topics in this chapter:

- ❖ Introduction to Vipassana Meditation Technique
- ❖ Learning Vipassana Meditation
- ❖ Benefits of Vipassana Meditation



# Vipassana

## Overview

Vipassana technique is one of the meditation techniques, which brings integration of mind and body. Followers of Buddha are following this technique for many years. This is the technique which brings clarity of mind and assists in reaching to the truth.

## Introduction to Vipassana Meditation Technique

Vipassana is the technique which roots back to 2500 thousand years when Buddha invented this technique. This is the technique, which gives the power to see things clearly. The other important thing is that, this technique brings a high level of self insight, which is not possible in other techniques.

## Learning Vipassana Meditation

There are different methods of carrying Vipassana Meditation technique. I will discuss the one that will bring the highest level of insight after experiencing meditation.

One of the important techniques in Vipassana is impermanence. This technique shows that everything in this world is impermanent, means that things come and go away. Through this practice, an individual learns to see the things without emotional attachment, and in an objective manner.

The first thing is that, you have to sit calmly without any support to the back. Try to concentrate on anything happening at that moment. The root of the technique is that, you don't have to attach to the things and ideas during such kind of meditation session. You just have to observe things as they

passing by your mind. The first step is to concentrate on your breathing. You don't need to control or manage your breathing. Just need to feel the rhythm of your breathing as it is happening.

The second step to concentrate on your feelings and sensation. Again, you don't have to describe and label your feelings and sensations. You have to just feel them and accept them as they are. The third important step is to concentrate on your own thoughts.

You don't have to stick to those thoughts. Just observe them objectively, and don't try to attach your emotions with those feelings. This is the root of this technique that, you don't have to get involved in anything. You have to experience things while they are approaching and leaving.

After going through all these experiences, you have to conclude your meditation session. You will complete it by taking break after this fascinating session, and you will prepare your mind to get back to your routine work. Attaching our own meaning with everything in the world is human tendency.

Through this tendency, we try to understand the meanings of different things in our surrounding. That is why; every person perceives things according to his own experiences and emotions.

The best thing about this technique is that it builds a tendency to observe things without attaching personal emotions and meanings. In this way, a person practicing Vipassana

Meditation, becomes able to see things objectively that is, they he becomes able to see the truth hidden in different things.

## **Benefits of Vipassana Meditation**

There are several benefits of practicing Vipassana Meditation on daily basis. I will discuss some of them here:

### **Brings Objectivity.**

The most important thing about Vipassana Meditation is that, it helps an individual to reach to the hidden truth of different things. We have seen that, this meditation practice enables an individual to see things objectively, without attaching his own emotions. In this way, a person learns to experience things as they are actually, without molding their meanings through his own thoughts and emotions.

### **Makes Life Enjoyable.**

In your normal routine, you will try to take break and go for outing to enjoy your life, but you have to return to the same hectic routine after that enjoyment, in any case. So, these mentioned ways of getting enjoyment are temporary. If you develop a habit to practice Vipassana meditation daily, it will be viable for you to take pleasure in your life and get relief from daily pressure.

### **Helps in Developing a Sound Mind.**

Vipassana meditation helps an individual in remaining calm and peaceful. There are certain thoughts that disturb our emotions and produce odd reactions in ourselves. Once, your mind becomes sound and stable through practicing meditation,

such feelings lose their potential to disturb your mind and emotions.

### **Brings Inner Creativity Out.**

This is another important effect of practicing Vipassana meditation that it extracts out your hidden talents and potentials. During meditation, you can get a chance to meet your inner self and realize you talents.

Most of us have many talents, but in our busy lives, we remain not capable to use these talents. Meeting with ourselves in silence, makes us to realize and finally utilize those talents and abilities.

This is the technique invented by Buddha, which brings joy and happiness in life without spending even a single penny. This is one of the best techniques to realize the truth about yourself, your thoughts, your sensations and your emotions. You will be better able to understand the world after understanding yourself. You cannot understand anyone's emotion until, you understand your own.

# Wrapping Up

When human beings tried to discover who they are, what is their purpose and how they can find their Creator, they began to look inside themselves and invented Meditation. Consciously or unconsciously, human beings remain involved in meditation. Meditation that originated from Asian countries is still in practice all over the world in different forms with different sitting positions.

This e-book will be helpful for everyone, who is looking for peace, harmony, insight and relief from stress. I hope that, after reading this book, many of you will be able to practice some basic forms of meditation techniques, and this will be helpful in reducing those stresses, tensions and lack of concern with one's own self in which we are suffering nowadays and which are the trademark of our society today.

As practicing different meditation techniques do not carry any side effects, I will highly recommend you all to get involved in meditation and try to familiarize yourself with it as a healthy activity for your family. In this way, you and your family will be able to exhibit healthier behaviors towards each other. But, be realistic while practicing these techniques, build your belief and then wait for the positive outcomes. Develop your faith over meditation techniques, and they will develop your patience to wait for positive things in life.