

# What Is Meditation

## Meditation

Meditation is a practice in which an individual uses a technique to train attention and awareness and detach from reflexive, &quot;discursive thinking&quot;;, 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 &quot;Om&quot;;, and the nature of the...

## 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...

## 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...

## 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.&quot;...

## 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...

## Meditations

Meditations (Koin? Greek: ?? ??? ??????, romanized: Ta eis heauton, lit. &#039;&#039;Things Unto Himself&#039;&#039;) is a series of personal writings by Marcus Aurelius,...

## 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 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*...

## **Transcendental Meditation technique**

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

## **Samatha-vipassana? (redirect from Insight meditation)**

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

## **Maitri? (redirect from Meditation on friendliness)**

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

## **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...

## **Dhyana in Hinduism (redirect from Hindu Meditation)**

Dhy?na (Sanskrit: ?????) in Hinduism means meditation and contemplation. Dhyana is taken up in Yoga practices, and is a means to samadhi and self-knowledge...

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