

# BENEFITS OF MEDITATION

- The results of a regular meditation practice will be nothing short of life altering & transforming. A meditator can expect to experience noticeable benefits within 3 weeks or so. Although there is no limit the level of being a human can evolve to through meditation, the gradual change of a period of a few years is remarkable.
- Meditation has the potential of maximizing your potential & abilities by strengthening (mostly) the mind, (although it actually enhances the functioning of all of your energy centers). This is actually the most reasonable method to go about growing and thriving as an individual and as a major contributor to your field of expertise, (or way of discovering it), as it focused upon building the foundation upon which all else rests, (in addition to all of the other fringe benefits listed below). Meditation is the key Raja yogic process, which consists of a systematic method for total development of body, mind and spirit.

## **Benefits You Can Expect with Regular Meditation Practice:**

- Transforming Mind, personality & behaviour
- Transcend ego
- Evolution of Personality & mind & perception
- Self-Esteem, Confidence , Self-Assertion & Optimism
- Improve quality of heart, head & hands and emotions
- Energy & Health & Happiness / Joy – Rejuvenating biologically & emotionally
- Achieve complete & total emotional balance (Equanimity)
- Need for sleep diminishes significantly
- Attainment of total health and peace of mind. Stress free
- Health – repair nervous system and any damaged tissue and organ by reconnecting energy paths/circuits/meridians which may have been switches off due to health compromise/blockage.
- Wisdom & intelligence
- Intuition & knowledge
- Awakens dormant potential – the other 9/10ths of unused brain. Chakras are like switches for the brain that have to be turned on
- Self-Mastery – Control over our body, mind, & emotions. Elimination of bad habits, formulating good habits
- Develop our full potential
- Discipline
- CONCENTRATION and willpower
- Memory, mental clarity. Mind becomes relaxed, free, and peaceful
- Hedonistic pleasures become meaningless
- Eradicate fears
- Calmness and ability to enter deep state of relaxation or focused attention at will
- Transcend limitations

- Create harmony in all relationships
- With the state of physical, emotional, and mental balance achieved through meditation, the human ceases to require “holidays” or indulgence in destructive habits such as drinking alcohol, smoking, overeating, or escaping the reality of experience through video, because, in this balanced state, (s)he is completely joyful, happy, and fulfilled.
- Achievement of undreamed of heights of achievement
- The value of yoga has been underestimated because its value has not been proven using the scientific method. And the scientific method would require that the experiment be performed by the investigator. And like any science, yoga requires study and practice, and significant results can only be achieved through the application of sufficient effort and time.
- It is believed that all human misery comes from fear & unsatisfied desire. Yoga through meditation can free mankind from fear & desire by removing the ignorance that perpetuates these base motivations.

**More and more people** are beginning to realize the value of meditation as Buddhism goes mainstream. Who said all the news is bad news! Gone are the days when people associated meditation with “contemplating one’s navel” & hippies & drugs. There is now overwhelming scientific evidence to prove the benefits.

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## HOW TO MEDITATE

Meditation is a method of becoming peaceful and at ease with one’s self, one’s life, and the world.

Even 5 minutes a day spent in meditation will produce benefits in terms of facilitating relaxation, happiness, and effectiveness, although 20 minutes once or preferably twice a day, (at beginning is especially important, and at end is also beneficial).

There are many methods of meditation. Enumerated below, are the 5 steps to a simple & effective meditation;

**Re: Method 1 .** I prefer this method for several reasons. One – it is easier to stay awake if you're tired, and Two – or more importantly, it unifies your meditation with your eyes open living experiences. In this way you do not feel that meditation is limited to an eyes closed experience.

### **Method 1 - Step 1**

Be comfortable, wearing loose clothing and in a position that is comfortable to you, but not so comfortable that you may be tempted to sleep. Sitting in a chair is fine, although lying down is not a favorable position.

### **Method 1 - Step 2**

Take 3 deep breaths allowing the exhale to be released without effort or control. Making some sound with your breath on the exhale is OK and desirable.

### **Method 1 - Step 3**

You can breathe normally from this point on. With your eyes open, look at a small object (or point) ahead of you. Admire & appreciate the look of this object or just focus on it – without thinking about it.

### **Method 1 - Step 4**

Ignore any thoughts that arise, and return to looking at the point or object if you become distracted by a thought or concern.

### **Method 1 - Step 5**

Once you are able to hold your attention on a single object or point for a few minutes, and then simultaneously expand your vision & attention to include everything in your peripheral vision. This will take practice, and you will likely find that your attention will continuously switch from the central point or object to

the peripheral view and then back again, but the key is to eventually allow a way of seeing to arise that allows you to see both simultaneously.

After a period of 2 to 4 weeks of even a 5 minute daily meditation regimen, (especially beneficial at the start and or at the end of the day), you will find that a large measure of your stress has vanished, and that your life flows easier.

**Meditation Method #2.** Some people find that meditating with the eyes open is difficult because of all of the visual distractions. However, the same can be said for eyes closed meditations, as the tendency can be for the mind to become quite loud with the eyes closed, and the imagination also comes out to play along with it. Nevertheless, meditating with the eyes closed can be profound.

### **Method 2 – Step 1**

Choose an internal point of focus. My all-time favorite Yogi is Sri Aurobindo. He advocated 3 points to focus upon for meditation. It is worthwhile to try each of these, (in different sessions), to see which feels best, (and you'll likely choose that which you have a natural aptitude for).

1. The "Heart Center", a point in the center of your upper chest area is advocated to be the best.
2. The "Third Eye" between and slightly above the eyebrows is my favorite, as that is where I naturally started meditating before I "learned" how. The "danger" with meditating on this point is that you may get distracted by the higher levels of the mind, which are much more interesting & informative than the ordinary mind.
3. The Third point about 12-18 inches above your head is a rarely known chakra where your physical self is connected to your divine self. I rarely meditate from this point, and I'm guessing that the danger here is that the meditator becomes ungrounded, (less fully in his or her body) as a result.

4. Experience the effect of meditating on the back of your skull above the neck, just where there seems to be a bit of a cavity. The Buddhist practice of "walking meditations" is especially interesting while focusing on this point.
5. It is also possible for you to "breathe" (more like "imagine" though), through all of these charkas, or energy centers, but that is an advanced practice.

## **Method 2 – Step 2**

Focus your attention on one of the points listed above with your eyes closed.

Take 3 deep breaths allowing the exhale to be released without effort or control. Making some sound with your breath on the exhale is OK and desirable.

You may train your mind to find the point by holding the tip of your finger against the point on your body, then letting go, focusing your attention on where you felt your finger was.

## **Method 2 – Step 3**

Counting your breath, 10 inhales and 10 exhales, is a good way to take your mind of your thoughts. Working your way up to a practice of breathing in for a count of 2, holding breath for a count of 8, (without strain), and releasing for a count of 4 is an excellent and more traditional practice.

To repeat it is breathing to a 2-8-4 count.

- that's INHALE for a count of 2, HOLD breath for a count of 8, then EXHALE for a count of 4. At first, you "count" could be faster / shorter than a second, but it will probably get longer with duration & practice to several seconds in length.

I used this practice for many years, and it eventually led to a point where I would go into trance and even forget that I was breathing. At that point, (after meditating for a few years), I would go into trance automatically as soon as I closed my eyes. I am curious to see if the same effect can be achieved through hypnosis.

### **Method #3 – Mantra Meditation.**

The purpose of mantra is two-fold. One is to focus your attention as with breathing, and the other is to invoke the power of sacred syllables. The idea is just to repeat the mantra to yourself extensively in a slow but not overly controlled manner. Some examples are listed below:

- OM /AUM
- Om - Na-mo Nar-a-ya-na-ya
- Om Na-mah Shi-vi-ya

Om is often good to chant whenever a thought arises in your mind.

A Transcendental Meditation instructor can give you a mantra that is easy to use. TM is a good practice, (although expensive to learn – it connects you with many likeminded people – and affords you the option of going to the TM University). I used TM at a point in my life when I had stopped meditating, and my concentration or mental focus was insufficiently strong for me to follow the (eyes closed) method I had been using.

### **Dealing with Perceived “Problems”, or “Obstacles”**

1. Do not be concerned about thoughts. With practice most thoughts will cease. The important thing is when you realize that you are thinking, simply return to the meditation without berating or chastising yourself. At first you will likely become aware that you are thinking after the fact, like seeing the caboose of a train as it passes. After practice you will see the thought coming, as if you are seeing the locomotive coming towards you, and you will choose to ignore it.

It is fine to listen & observe, but without thinking or analyzing. Invariably at first, (and sometimes for a long while), the meditator will have thoughts,

and when s(he) does, s(he) simply turns his/her attention back to meditation when s(he) realizes the his/her mind has wandered.

2. Falling asleep. If you are tired or sleep deprived, it is only natural to fall asleep while meditation, as the brain wave frequency is very similar to that of sleep. But trance is also much like sleep, in the sense that your mind can drift into a deep state of non-thinking wherein you will not be conscious of the passage of time, or not be aware of experiencing anything . This makes meditation a good practice if you have troubles falling asleep. Even if you don't go to sleep, at least you'll have a good meditation!
3. You may experience sensations of heaviness, lightness, energy moving through you, or experience a state of deep & profound peace. Sensations are good as objects of focus in meditations, even ordinary body sensations, but the trick is to feel them without thinking about them. I assure you that this is possible.
4. Simply "listening" is a good way to trick the mind into not thinking. If it can be said that "Prayer" is talking to God, then "Meditation" can be thought of as "listening" to God.
5. One of the best ways to clear you mind of thoughts is to chant a simple Mantra. Om (or aum) is a good mantra to start with. It clears the mind and as you will find, it reverberates throughout the whole body.
6. A common pitfall of meditation is to stop meditating to make notes of your thoughts. Meditating will make you a much better thinker, and so you may get many inspirations while meditating, but it will allow you to control your mind, so that you have better use of your mind, rather than vice versa. If "brainstorming" meditations are useful to you, then it is best to schedule a separate meditation period for thinking & note taking, because the ego-

mind can trick you into not meditating, as it may sense that “it” is threatened by you regaining control of your own mind.

7. **An easier way to meditate, and in many respects more enjoyable, and in some cases practically ecstatic, is to “meditate” to the sound of the Gong, where its rich overtones will take you deep with yourself and possibly on a journey within.**
8. To experience samples of Gong Yoga Meditation Music, and the blessings of the Gong, I encourage you to explore [www.gong-yoga.com](http://www.gong-yoga.com)
9. A great way to kick start your Meditation Practice is to enroll in a Vipassana Training. This consists of 10 days of meditating for 10 hours per day. You will emerge from this experience a changed person, although it is not easy, (and I recommend asking for a chair right from the beginning if you expect that you might otherwise expect severe leg, knee, hip, back or other joint pain. Alternatively your local Buddhist organization such as Shambhala Centre, offers an annual 2 week mediation, (which is generally much easier than Vipassana, in that it consists of only about 5 hours of meditation per day, and allows you to talk every other day or so). Both **the Vipassana & the Shambhala Meditation Retreats** are paid for by donation. There are many Vipassana meditation retreats available in Canada, USA, and in Asia, (in Europe too I’m sure, although I cannot speak from experience in this regard).

Blessings of Bliss

Dar Shan.

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- Lengthy practice is good, but more frequent practice is better.
- 20 minutes twice a day, (preferably at the same time and at the same place), is an ideal, which is relatively easy to achieve - especially when the average person considers how much time (s)he wastes watching commercials on TV.
- 10 minutes 3 times a day is possibly even more beneficial than twice x 20.



**Please Note:** That there are many Articles & Videos that elaborate on Gong Meditations, Meditation Practices in general, New Trends in Meditation, other beneficial & effective Spiritual & Yogic practices, as well as many other forms of Personal Development, and Tools for Transformation.

Please Visit my website often; <http://gong-yoga.com>