

MEDITATION FOR PEACE

A Guide To 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:

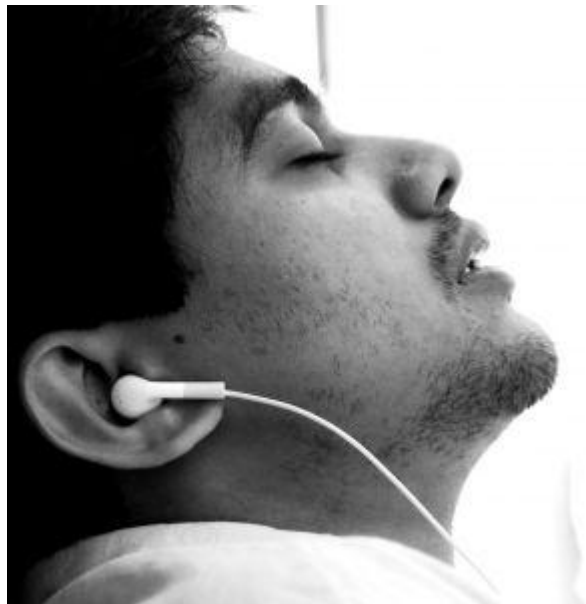
Understanding Meditation

Synopsis

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 20th 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

Synopsis

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

Synopsis

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

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