

Meditation



What is Meditation?



*Meditation is a
Questionless answer.*

*Meditation is when all
Questions ceases into present
moment.*

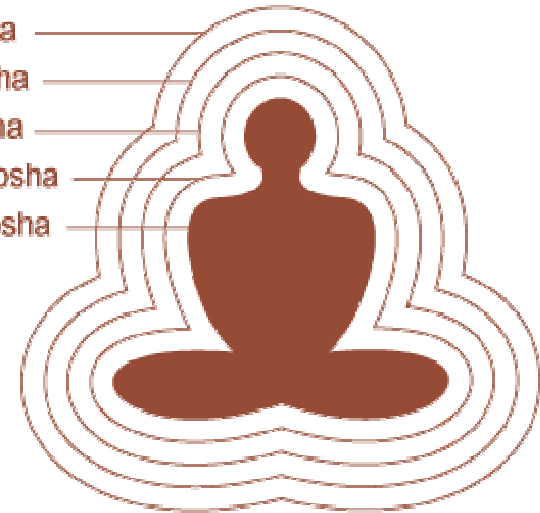
*Meditation is rediscovering
question as an answer.....*

-Suresh Gundappa

Why do we meditate?

- Therapeutic purpose: resolve the deepest of neuroses, fears and conflicts which are a major cause for stress and ill
- Self awareness
- Explore the inner self
- Enlightenment
- → True happiness
- → Shantih (peaceful):
Free from Duhkha (suffering)

- 1 Annamaya Kosha
- 2 Pranamaya Kosha
- 3 Manomaya Kosha
- 4 Vignanamaya Kosha
- 5 Anandamaya Kosha



Dukkha is commonly explained according to three different categories:

- The obvious **physical and mental suffering** associated with birth, growing old, illness and dying.
- The anxiety or stress of trying to **hold onto things** that are constantly changing.
- A basic **unsatisfactoriness pervading all forms of existence**, because all forms of life are changing, impermanent and without any inner core or substance.

How do we meditate?

Step 1 : Choose your path

- Raja Yoga
- Vipassana
- Mindfulness
- Mantra Japa
- Zen
- Kundalini

Step 2: Continuously practice

- Tapas (Discipline, austerity or 'burning enthusiasm)
- Svadyaya (Study of the self)
- Don't be obsessive (Let go)
- Keep the beginner's mind

Every moment is meditation

peace.

it does not mean to be in a place
where there is no noise, trouble
or hard work. it means to be in
the midst of those things and still
be calm in your heart.

(unknown)

LOKAH
SAMASTAH
SUKHINO
BHAVANTU

लोकाः
समस्ताः
सुखिनो
भवन्तु

MAY ALL BEINGS
EVERYWHERE
BE HAPPY
AND FREE