

Dhyana(meditation):

Dhyana is continued concentration, whereby the attention persists to hold or do again the similar object or place. There are many special kinds of meditation techniques that are experienced by people from all walks of life, while holding to the basic principles of reflection and quiet thought to bring about a state of cogitation. The different kinds of meditation that are recognized universal comprise transcendental meditation, prayer, Zen meditation, Taoist meditation, mindfulness meditation, and Buddhist meditation. More than a few of these poles apart types might call for the body left over entirely still or to be stimulated with controlled deliberation, whereas other types will permit free movement of the body.

Meditation and sacred rock

River Ganga (Bhagirathi) originates near the Gangotri village (from Gaumukh Glacier). The temple of Devi Ganga is situated on the bank of river Bhagirathi in the Gangotri village. There is a stone slab near the temple where king Bhagirath meditated to bring Ganga to earth. The stone slab is called Bhagirath Shila

KINDS OF MEDITATION

1. Mindfulness ('Vipassana' and samatha of Buddhist tradition):

Mindfulness is the nearly allwell-liked form of meditation in the western world. It's all about being present, leasing your mind run, and tolerating whatever thoughts come up, while practicing impassiveness from each thought. It is a shape of mental concentration that leads eventually to enlightenment and spiritual freedom. Meditation inhabits a mid place in all forms of Buddhism, but has developed characteristic variations in different Buddhist traditions. There are two main types of Buddhist meditation: *vipassana* (insight) and *samatha* (tranquility). In China and Japan, an entire school of Buddhism developed around the practice of sitting meditation: Ch'an or Zen Buddhism.

1.1 Tranquility Meditation (Samatha)

The vital reason of *samatha* is to still the mind and train it to concentrate. The object of concentration (*kammattana*) is less significant than the ability of concentration itself, and varies by individual and situation. One Pali texts lists 40 *kammattanas*, which include:

- devices (like color or light)
- repulsive things (like a corpse)
- recollections (such as sayings of the Buddha)
- virtues (like loving-kindness)

1.2 Insight Meditation (Vipassana)

Many of the skills learned in tranquility meditation can be applied to insight meditation, but the end purpose is different. As its name suggests, the rationale of insight meditation is the realization of

Figure 7: Stages of samatha

Aloofness from the external world and a consciousness of joy and tranquility;



Concentration, with suppression of reasoning and investigation;



The passing away of joy, but with the sense of tranquility remaining; and



The passing away of tranquility also, bringing about a state of pure self-possession and equanimity

significant truths. In particular, one who practices vipassana hopes to appreciate the truths of impermanence, suffering and *no-self*. The practice of insight meditation centers on the notion of mindfulness. The most widespread methods agreed to develop mindfulness are: walking mindfulness, and mindfulness of every day activities.

1.2.1 Walking mindfulness:

It is recurrently practiced in monasteries and retreats, particularly in the Theravada tradition. But to perform walking mindfulness anywhere, one finds a silent place to walk, takes a instant to calm down, then efforts to focus on the countless movements and sensations connected with walking.

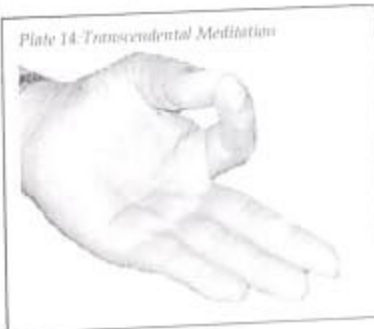
1.2.2 Sitting meditation:

It is awfully parallel to walking meditation, apart from now the center is on the breath instead of the walking. The sitting mediator attempts to focus entirely on his or her own breath as it moves in and out and the stomach as it moves up and down.

1.3 Loving-Kindness Meditation (*Metta Bhavana*)

Loving-kindness is a central asset of Buddhism, and loving-kindness meditation is a means of developing this asset. It is a perform that is seen as balancing to other appearances of meditation. The reason of loving-kindness meditation is to expand the mental habit of unselfish love for the self and others. It is said to sweeten the mind. There are, of course, a range of ways to practice it, but it usually progresses through three stages:

- Specific pervasion
- Directional pervasion
- Non-specific pervasion



breath.

2. Zazen (Japanese Buddhist tradition):

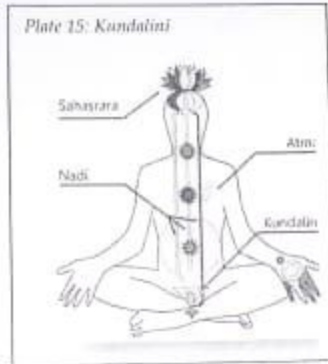
Zazen is the anti-method way to meditation, but it is often done in combination with a concentration on a certain aspect of Buddhist scripture, or a paradoxical sentence, story or question (koan). Zazen is the general word for seated meditation in the Buddhist tradition, but in the modern Zen tradition, it is frequently referred to as sitting. It is a least type of meditation, done for long periods of time, with little training beyond the basics of position (sit with your back straight). There is no exacting attention to the breath, nor an effort to change the

3. Transcendental Meditation (Hindu tradition):

It is a easy practice that comes out from Vedanta, the meditative tradition within Hinduism. In this type of meditation, you sit with your back straight ideally in the Lotus or half-Lotus position, and apply a mantra, a sacred word that is frequented. Your focal point is on increasing above all that is temporary. It is

an extra concerned technique than either mindfulness or zazen. At the more advanced levels, TM focuses on the breath and changes the breath to vary one's condition of being.

4. Kundalini (comes from Vedanta; Hindu tradition):

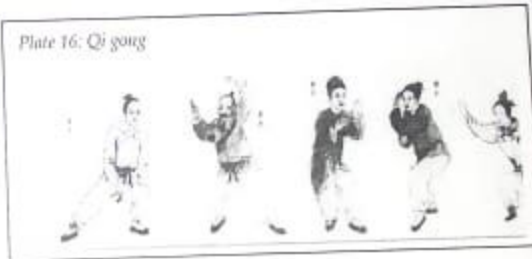


The aspire of Kundalini meditation is to become conscious of that rising stream, and to travel the stream to infinity. The practitioner focuses on their breath flowing through each of the energy centers of the body, always moving upward, toward the energy center just above the top of the head. Kundalini builds lively use of the breath, using breath to shift energy upward.

5. Qi gong (Taoist meditation):

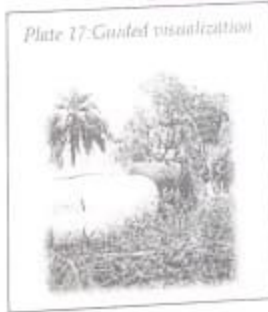
It utilizes the breath to flow energy through the organs and energy centers of the body in an oval outline. Awareness is paying on the breath and the circulation of energy (called 'qi') also on the three major centers used in Taoist meditation: a position about two inches below the navel, the center of the chest, and the center of the forehead. Qi gong utilizes the breath to express energy, and circulate energy in the body and spirit, but it is not heart-based. There is modest sense of how the heart adjusts and develops, and no connection between the circulation of energy and emotional states, and no core set of teachings on how to effort with emotion.

Plate 16: Qi gong



6. Guided visualization (concentration upon an image or imaginary environment):

Plate 17: Guided visualization



It is frequently completed at the same time as listening to a recording for example, imagine you are in a green field, with a clear sky above your head. There is sometimes a focal point on the breath, but regularly no attempt to employ or be in charge of the breath, and because the sensation is imaginary, and the impetus for it comes from outside, the practice tends to be rather inactive. This type of meditation does not come from

and documented meditative tradition similar to the others listed above, and so it is unproven as a method of spiritual development.

Plate 18: Trance-based practices



7. Trance-based practices(Hypnosis):

The closes of a dream are: consciousness of the self and the environment is unfinished, aware control of the experience is not there, balanced thinking is not present, and memory of the knowledge is extremely restricted. Often these types of practices engage drugs, music, shallow, rapid breathing, or outline of compelling suggestion because self-control is so restricted.

8. Heart Rhythm Meditation(focuses your attention on your heart and emotions):

It hubs on the breath and heartbeat, making the breath full, deep, rich, rhythmic, and impartial. Attention is focused on the heart as the center of the energetic scheme. One seeks to recognize oneself with the heart. By focusing on the breath, you build your breath great and then learning to express the breath, to sense the flow of breath as your pulse in different parts of your body, then on your magnetic field, you learn to straight and flow energy.

9. Spiritual Meditation:

This type of meditation is for those who on a regular basis participate in prayer, as it's based on communicating with God. Just like the other manners, you must become calm and quiet and then begin to focus on a question or problem you might have. This method of meditation can feel not only relaxing, but satisfying as healthy.

10. Focused Meditation:

The thought of clearing your mind of all thoughts stresses you out, highlighted meditation is immense because you can focus on a sound, object, mantra, or thought. The input here is to just focus on one of these things and keep on committed to that one thought or object. This is when recreation music comes in useful. Even though you're basically using your mind, you'll be astonished at how invigorated you experience afterwards.

11. Mantra Meditation:

Mantras are words that are chanted stridently during meditation. It may appear odd to be making loud noises during a meditation session, but it's in fact the sounds that become the object being focused on. In yoga, the mantra OM is frequently used since it brings a deep vibration that makes it simple for the mind to contemplate on that particular sound.

Tratak :

Zazen (Breathling concentration)

Vipassana (Concentrate to sensations)

Tratak (Concentrate to a candle flame)

Plate 19: Tratak



It is an admirable meditation technique with influential sound effects. Some of its reimbursements are attention focus development and memory improvement. Tratak is a method that involves concentration to a candle flame. This way is effectual alongside the distractive thoughts. After gazing the flame for sometime, you close your eyes and you try to imagine the flame's location.