

## The Basics of Meditation

"Enough!!!" Don't we sometimes internally scream when the day has been very bad and all we think about is "work, problem, work, problem" over and over again? Sometimes we wish our minds would just quiet down and let us have peace, simple unending peace.

This serenity most of us won't find just around the corner. We need to set aside an amount of time every day to quiet the mind. This relaxation is known as meditation. How is meditation defined? There are diverse ways to describe meditation. Meditation for some is a means to slow down, chill out and get in touch with the inner self. An ordinary person may think of meditation as a worship or prayer, but it is not so. Meditation denotes "awareness." Whatever you act with awareness is meditation. Watching the sunset peacefully is meditation, resting by the ocean and simply listening to the waves is meditation, as long as these activities are free from any other distraction to the mind is effective meditation.

Meditation is also defined as "to join together or to yoke." It is a state of consciousness when the mind is free from scattered thoughts and assorted patterns. It is not a method but a way of life, the height of meditation which is called Samadhi is where the mind is entirely merged with worlds of perfect light. The observer, one who is doing the meditation, understands that all activity of the mind is reduced to one.

Meditation is originated from two Latin words; meditari which means to think, to dwell upon, and to exercise the mind; and mederi which means to heal. Its Sanskrit root medha means wisdom. Many years ago, meditation was not considered an activity for modern people, but meditation has become very popular with all sorts of people. Although medical studies have proved its benefits, it still needs to be better understood.

Classic yoga texts would traditionally describe achieving true states of meditation by one going through several stages. The more advanced stages of concentration, contemplation, and then ultimately absorption, come after the initial stages of necessary preparation of one's personal and social code, physical position, breath control and relaxation. It does not mean, however, that one must perfect any one stage before going on to the next. The fundamental yoga uses the approach of simultaneous application of little of all the stages together.

Currently, when people refer to meditation, it can mean any one of these stages. Some of the schools teaching yoga would only teach concentration techniques, some relaxation, and others teach freeform contemplative activities such as just sitting and awaiting absorption. With regular practice of a balance series of yoga techniques, the quality of consciousness can be developed, where the energy of the body and the mind can be freed.

Meditation helps you get in touch with your inner self and rejuvenates you. It improves your mood and also empowers you to accomplish things in the daily world. Meditation practice leads to enlightenment, and the best part about it is you feel its benefits right away, beginning with your first meditation session.