



* Chauhan Yogendrasinh

MEDITATION

INTRODUCTION

More and more people are interested in learning meditation. The question is which method to choose. There are many techniques taught through different schools, ashrams and organizations. Here we will look at a few commonly practiced ways and focus in detail on Raja Yoga because it includes most of the other techniques. This is the meditation recommended in the *srinad Bhagwad Gita*. Raja Yoga means the King of Yogas. It involves purposeful thought about spiritual concepts. Meditation is very personal. It takes place deep within everyone's heart.

WHAT IS MEDITATION ?

Meditation is deep and purposeful thought about eternal verities. It is a method to dwell on the landscape of your mind with understanding and a means to access ones self subconscious. It teaches you to have concentration, single track thinking and instant recognition of deviations from your intended focus. You learn how to distinguish between thought patterns and to select those which are positive, useful and lead you to your chosen goals.

PURPOSE OF MEDITATION

Meditation fulfils many purposes. Some people meditate for health reasons, some for gaining greater concentration to improve their performance in the arts or sport. Some meditate specifically for overcoming character defects and developing their personalities. Some meditate simply to become calm and peaceful. Whatever the apparent reason, the underlying purpose is spiritual.

- * The Spiritual purpose
- * Meditation and Character Development
- * Meditation for Health

PHYSICAL ARRANGEMENTS FOR MEDITATION : Although meditation is not a physical activity as such, suitable physical arrangements enhance experience and progress. The physical and spiritual are always in tandem, each influencing the other, therefore we must take this into consideration for optimum results.

Environment : Meditation has an effect on physical place, just as physical places have an effect on people. The atmosphere of a place is created by the activities and thoughts that occur there. It is beneficial to select a place at home that is kept specifically for meditation where you can build up the vibrations and atmosphere. This helps you have good quality meditation. Your meditation on space should keep clean uncluttered. Although meditation can be done anywhere, for your fixes time regular practice a dedicated meditation place makes a considerable difference.

Beginning Meditation : It is good to select a time such as a early morning or evening when you are less likely to get interrupted. Make sure you are fresh and clean, and wear light colored loose clothing. Sit straight on your cushion or chair or the floor in a "half lotus" pose. Peruse the influence of the ephemeral nature of your material existence.

Japa Meditation : Japu meditation use the technique of repetition because repetition makes awareness stronger and creates momentum. A mantra is chanted aloud or internally as a repeating thought or prayer, while the beads of rosary are turned. There is emphasis on the number of times a mantra is

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