

The Basics Of Meditation

People who are not familiar with meditation, often associates this discipline with the picture of an Indian yogi with his legs crossed in a passive attitude, but there's really much more than that in the act of meditation. Although meditation requires concentration, not only we can meditate sitting or lying down, because there are also very popular meditations that include dynamic techniques such as walking meditation or hatha yoga.

Meditation has profound effects on physical and mental levels. At the physical level provides a deep relaxation of the muscles and nervous system, leading to a level of depth calm that enables us to deal more efficiently with our daily tasks and some unpleasant challenges that some times we have to face in our lives. At the mental level, meditation has a profound impact on our subconscious level and its assiduous practice releases from our psyches, fears, traumas, pains and old emotional wounds that are very difficult to identify through purely intellectual approaches.

It is very common to find people that having practiced yoga and meditation for a while, have overcome certain fears or traumas without specific efforts to achieve this goal. The explanation is that our subconscious fears have unknown causes and these causes are rooted in very deep levels, that are out of our understanding. These seeds are causes of sorrow, pain, compulsive behaviors and uncontrollable fears that were called "samkaras" in Sanskrit and in the modern literature are called "subconscious latencies."

In fact, the mechanism of meditation is very simple and consists in paying attention to something. That "something" to which we are paying attention during meditation is the object of our meditation and every time our mind is involved with other thoughts, we must focus ourselves on the meditation object. During meditation, fears, dislikes, projections or anything else may appear, so we gently order the mind to concentrate again on the meditation object. When the attention becomes very focused, the impressions of the subconscious are depleted, and the person begins to feel better, as some heavy bales have been released of our lives.

The objects used to meditate are endless, ranging from mantras, breathing, colors, body parts, objects, intellectual concepts, words, and many more. There are also dynamic meditations such as walking or yoga exercises.

In addition to the traditional meditations, some teachers recommend the practice to be concentrated throughout the day. This means a clear awareness of everything we do, say or think. Though it may seem very simple, this change takes us from the realm of unconsciousness, and we begin to have a more harmonious and healthy life.

Take some time and study this topic in more depth. There are a lot of quality resources on the internet and are free. If for some reason you are at psychological or psychiatric treatment, you should not meditate without consulting your doctor.

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