

# Meditation Module Overview

In this video, I'll share my perspective on learning and practicing meditation. One of the biggest challenges in learning meditation is that if you go to a particular resource, whether it be an app or even a monk, they'll teach you their tradition for meditation. And not all traditions work for all people. The downside is that most people that don't fit with a tradition walk away feeling like "meditation doesn't work for me." Finally, I'll explain the topics we'll cover in this module:

1. What, literally, IS meditation?
2. What is the history of meditation? How is mindfulness different from meditation?
3. What are the different styles & traditions of meditation?
4. What does meditation do in our brain?
5. What are the metaphysics of the meditative world view? What is the nature of existence? What is the nature of a person?
6. And finally, we'll split off into 5 paths:
  1. The Path of Contentment (Sukha) – We explore the nature and origin of happiness and suffering.
  2. The Path of Mind (Manas) – We explore the nature of mind – what is mind, how does it work?
  3. The Path of Self (Atman) – What makes up a person? How do I discover who I truly am?
  4. The Path of Knowledge (Jnana) – What is the nature of knowledge? Where does it come from? How can I study more efficiently?
  5. The Path of Accomplishment (Siddhi) – We all have intentions to accomplish things, but it is difficult to make our intentions manifest in the real world. We'll dig into the mechanism of accomplishment in the real world.

## Glossary

Dukkha

Dharma

Karma

Manas Padha

Jnana Padha

Atman Padha

Siddhi Padha

Sukha Padha