

What is Meditation?

One of the most confusing things about meditation is that it encompasses multiple, very different Sanskrit words. Part of the reason people think they are bad at meditation is because they confuse the act of meditating, with the state of consciousness of meditation – so when you hear someone say “I had a blissful meditation” and you can’t get your mind to sit still, you think “wow, that person is an awesome meditator, and I suck.” In this video, I’ll explain the three basic words that all get translated into “meditation” in the English language: dharana (focusing techniques), dhyana (a state of mind that is achieved through dharana), and samadhi (a state of temporary enlightenment that leads to neuroscientific / permanent changes in your life).

References and further reading

- Patañjali. (1975). The Yoga sutras of Patanjali : the book of the spiritual man : an interpretation. London :Watkins.

Glossary

Dharana

Dhyana

Samadhi

Moksha

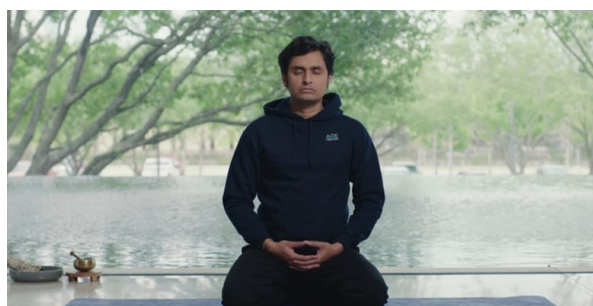
Meditation Videos



P01 – Nadi Shuddhi



P02 – Anuloma Viloma



P03 – Prana Shuddhi