

History of Meditation

Developing the right meditation practice for you involves finding the right meditative tradition. There are hundreds of meditative traditions, and each one has a slightly different take on how to practice. The reason there are hundreds of traditions is because there are many different types of minds. In this video, I'll explain the history of meditation, and how different traditions evolved and branched out. As we go through these traditions, we'll hopefully get a clue what may work for you!

Glossary

Karma	Pranayama
Jnana Padha	Dharana
Dhyana	Samadhi
Tantra	Yantra
Yajna	Yoga
Bhakti Yoga	Karma Yoga
Jnana Yoga	Hatha Yoga
Kriya Yoga	Mahayana Buddhism
Theravada Buddhism	Vajrayana Buddhism
Raja Yoga	Yama
Ahimsa	Niyama
Asana	Pratyahara
Kundalini Yoga	Brahman
Mantra	