

CHAPTER 4. DEMYSTIFYING MEDITATION

What image do you conjure up when you think of meditation? A common barrier which the new practitioner may be faced with, is their own concept.

Perhaps the classic image is one of a robed monk sitting for eight hours a day in silence, in a perfect lotus position. Whilst this may be true in a monastery in China, most of us are likely not in that environment right now.

This image should not put anyone off; it is 5000 years old! Meditation has been finding its way into the lives of modern man for quite some time now.

Scientific research has shown meditation to be effective in a number of ways, (see “The Many Benefits Of Meditation, Chapter 4) setting a new paradigm for its use in the West. Its emergence in the setting of mental health, and therapies, is also notable.

Science is beginning to show what many practitioners have known for thousands of years; that meditation is very, very good for us. Despite the slight time lag, western science has caught up. The upshot of this is that meditation can be taken seriously by anyone and everyone; even the hardest of scientific mind, and skeptic. It is no longer exclusively for robed monks, and it is no longer necessary to associate it with religion and mysticism.

Spiritual technology has also emerged; binaural beats are one example. They use brain sync technology to set the frequency that the brain resides on. Our modern, everyday state is beta-based, and it is go-go-go! Using brain sync technology we are able to change our brain wave patterns, so that we enter a more relaxed meditative alpha state, or a deeper, dreamy, theta state.

The accessibility of meditation has also vastly improved. For better or worse, globalization has allowed for information to travel at hyper-speed, all across the globe. One can barely move for Buddhist literature, and meditation guides!

The internet gives the tech-minded folk access to beliefs and techniques that may well have been known only by the mystics and monks, until very recently. Guided meditations now give us access to instant and easy journeys, and affirmations, and yoga and meditation classes can be found in nearly every city.

Many of us have not studied ancient doctrines, nor have we stayed for long spells in monasteries, nor have we dressed in robes, yet we are all capable of meditation, because meditation is simply returning to a natural state; and now we have the tools for everyone to do it!

All of this contributes to a new paradigm; one in which meditation should no longer be considered “mystical.”

Whatever a person's uses, or their system of beliefs; whatever their tool, their mode of access to the meditative state; whatever their intentions, whether it be enlightenment, or to relieve stress after a hard day's work; meditation is now relevant to everyone. Including YOU.