

**What is Meditation?** Some Ideas from *The Theory and Practice of Meditation*, Rudolph Ballentine, M.D. (ed.)

p. 3 The mind and emotions are major determining factors in health and disease. Through meditation we develop our powers of internal concentration, and we become aware of our internal processes, leading to the positive emotions of love, joy, and tranquility.

p. 4 By becoming an uninvolved witness or a dispassionate observer to our habitual mental functioning, we allow our subconscious impressions to come into awareness and become integrated into our personality.

p. 25 The ultimate goal of meditation is to experience the Self or Atman, The Self is pure consciousness. This is a state of transcendence beyond time, space and causation= Samadhi, nirvana.

p. 23 In meditation a conscious, voluntary attempt is made to still the activity of the conscious mind, through withdrawal of the senses and concentration, one-pointedness of mind is achieved. Then, like the continuous flow of oil from one vessel to another, concentration flows into meditation. The uninterrupted flow of the mind leads to timelessness, and intuitive knowledge dawns.

p. 15 Meditation is the process through which the mind is first made one-pointed and then expanded to the state of enlightenment. It involves a subtle yet definite effort which then leads to the superconscious state.

The method of meditation is an inward process that leads one to the foundation of life and light from where consciousness flows.

p. 17 The method of meditation systematically leads one to the source of consciousness through experiencing various levels (of consciousness: waking, dream, sleep), one after another.

The first benefit of meditation is freedom from stress and strain; the second is clarity of mind, the third is knowledge of one's own internal states. Persistent practice -> *turiya* = state of freedom.

Meditation is an unlearning program it shows one how to know within oneself. It is a practical and systematic technique.

p. 13 Meditation is a self-reliant methods of inner study.

p. 14 Meditation leads one to the silence within.

It leads to the tranquil state, the greatest of all enjoyments.

Meditation teaches one how to be; it is an inward method for knowing oneself on all levels and for experiencing higher levels of consciousness.

Meditation is an inward method that leads one to the center of consciousness by stilling the mind. P.11

p. 9. As a citizen of two worlds, within and without, goal is to live in the world yet remain above it.

Meditation is a practice that from the very beginning helps us find stability and calmness. We become freed from our restless desires, from the disturbing thoughts that normally come into our minds, and from our emotional reactions. As we progress, we come to find that these disturbances are gradually replaced by an ever-increasing sense of peace and happiness.

p. 15 Meditation begins with concentration. Through concentration the mind becomes steady and one-pointed. When concentration leads to the uninterrupted flow of the mind toward one object, this becomes meditation.