

Basic concept of Meditation and Scientific interpretation

Meditation is considered as the highest practice in all forms of yoga as also in all spiritual discipline. Meditation is a most refined mental work.. As a process, it is a transformation of mind into “**no mind**” state. It is a journey of mind, from mind through mind to beyond mind. That all practices about meditation are within the parameters of mind, but it culminates in the state of “no mind.” In that state, whatever be the experience is beyond usual parameters.

Patanjali’s View

“Tatra praty ekatanata dhyanam” (PYS 3.2)

- It means that-
- There in those places of concentration, base, content, belief, going towards firm conviction device and continuous or uninterrupted flow of attentive awareness called meditation, reflection or profound contemplation
- **Patanjali mentioned three states of mind-**
- 1) **Chittavikshepa-** In this state the thoughts are stronger. Also it is called as multipointedness. Psychophysiologicaly, it is the stressed state of mind.
- 2) **Ekagrachitta-** In this state the thoughts become weak so that the mind get concentrated to the object without any interruption. This is one pointedness.
- 3) **Niruddha chitta-** As one pointedness sustains, the mind get disappeared. This transformation is called as restrained chitta. Meditation culminates into this state.
- In Ashtanga yoga, Yama, Niyama, asana, pranayama and pratyahara are supposed to be the external work. And Dharana, Dhyana and Samadhi are supposed to be inner work. These three , together are considered as a Meditation.

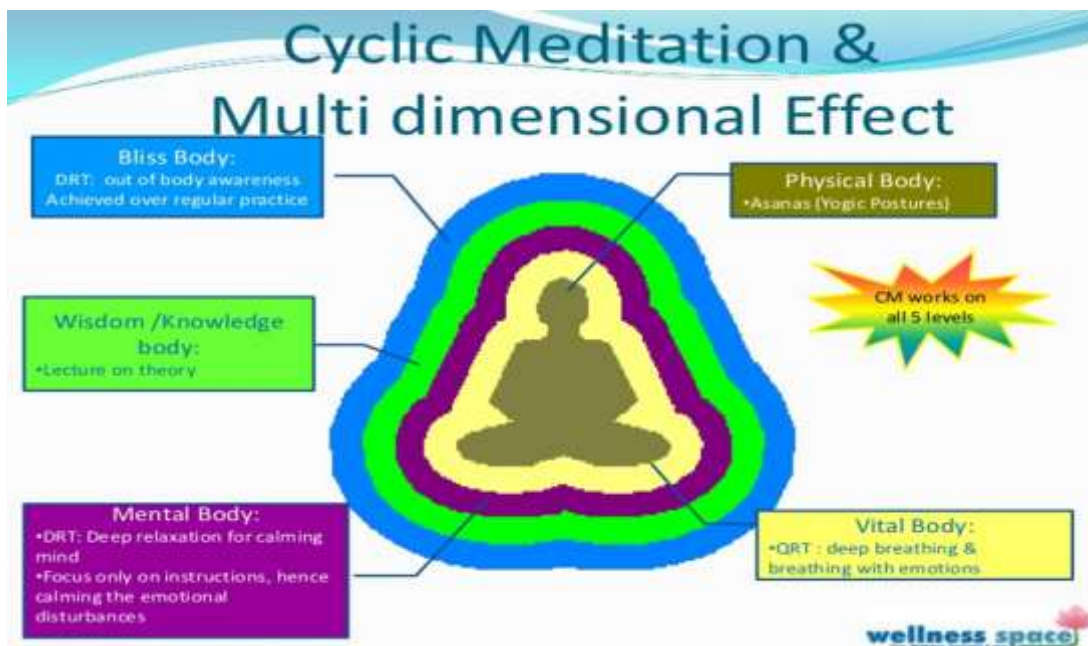
How it happens ?

Indian philosophy consider three levels of the body-

- Gross body, Subtle body, Causative body. Gross body is meant for all actions and reactions. Subtle body is our mind. It is for the thought process. And causative body is the collection of all impressions (sanskaras).

Basic Concepts of Cyclic Meditation

Cyclic Meditation, built on the principle of alternate stimulation and relaxation incorporates this concept of cycle as explained in the introduction and hence is in tune with the nature. A number of stimulations of varying intensity suited to different levels of stress bringing out harmonious growth in tune with one's innate nature. Stimulate and awaken the sleeping mind, calm down the distractions, recognize the innate stagnations and stay in steadiness without distributing it. (**Mandukyopanisat Karika**).



30 mins. of C.M. ~

MORE THAN 6 HOURS OF GOOD SLEEP...!!

Deep rest induced in 30 mins. of Asanas and relaxation techniques
Note: CM cannot replace sleep!!

wellness space

Steps of Cyclic Meditation:

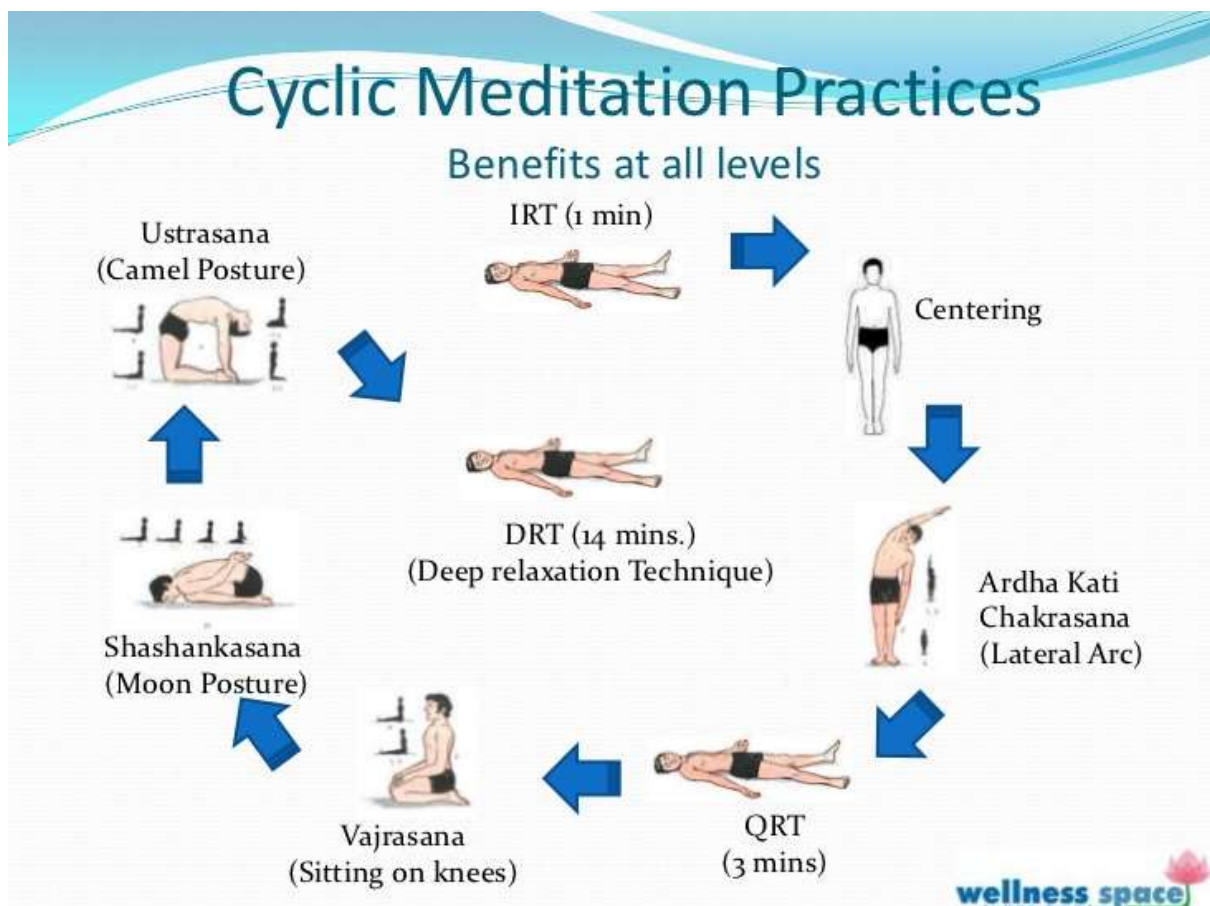
Step I: STARTING PRAYER

- Lie on your back. Relax and collapse the whole body on the ground; legs apart; hands apart; palms facing the roof; smiling face; let go all parts of the body. As you repeat the prayer feel the resonance throughout the body.

Laye Sambodhayet Cittam Viksiptam Samayet Punah

Sakasayam Vijaniyat Samapraptam Na Calayet

Meaning: In the state of oblivion awaken the mind: when agitated pacify it; in between the mind. If the mind has reached the state of perfect equilibrium, then do not disturb it again.



Step II (a): Instant Relaxation Technique (IRT)

- Bring your legs together; join the heels, toes together, and palms by the side of the thighs. Keep your face smiling till the end. Gently bring your awareness to the tip of the toes. Stretch the toes,

tighten the ankle joints, and tighten the calf muscles. Pull up the kneecaps. Tighten the thigh muscles. Compress and squeeze the buttocks. Exhale and suck in the abdomen. Make the fists of the palms and tighten the arms. Inhale and expand the chest. Tighten the shoulders, neck muscles and compress the face. Tighten the whole body from the toes to the head. Tighten, tighten, tighten. Release and relax. Legs go apart; arms go apart, palms facing the roof. Assume the most comfortable position; let the whole body sink down. Let all the groups of muscles beautifully relax. Collapse the whole body. Enjoy the relaxation.

Step II (b): Linear Awareness

- Now slowly raise the left hand above the head along the ground. Slowly turn over to the left side. Place the head on the left biceps; the right leg on the left leg; right palm on the right thigh. Let the whole body relax. Feel entire weight of the body coming down to the ground along the left side of the trunk. Fine linear awareness. Slowly start coming up to Tadasana. Let all the movements slow down. Let the breathing be deep, slow, and continuous. Eyes are kept closed. Carefully feel the changes in your body as you stand up and reach the vertical position. Feel the flow of blood down the heart. Feel the heartbeat and the pulse. Chant Bhramari to generate 3D awareness. NNN' Feel the whole body resonating. Feel the fine massaging effect.

Step II (c): Centring

- Now slowly lean forward. Feel the weight of the entire body on the toes. Pointed awareness. Slowly lean backwards. Feel the weight on the heels. Surface awareness. Come to the center. Lean to the right. The weight of the entire body is on the right edge of the right foot. Linear awareness. Lean to the left. Come to the center. Fine surface awareness. Now the whole body is centered, the weight of the body is equally distributed throughout the soles of the feet. Collapse the shoulders, arms hanging freely down. Smiling face. Feel all the changes taking place throughout the body.

Step III: Standing Asanas

Ardha Kati Cakrasana

- Now we pass on to the first set of stimulation and relaxation.
- Ardha Kati Cakrasana - the half wheel posture.
- Slowly start raising the right arm sideways up, to raise the arm slowly and continuously to horizontal position, enjoy the movement. As the right arm reaches 90-degree position twist the palms at the wrist. Concentrate on pointed awareness at the wrist and glide the right arms up to 135-degree position. Beautiful pointed awareness on the deltoid muscles of the right arm. As the right arm reaches up the vertical position feel the nice stimulation in the shoulder muscles. The right biceps touching the right ear, feel the beautiful surface awareness. Feel the blood gushing

down the arm. Smiling face. Stretch the right arm from the tip of the fingers of the right palm. The entire right portion of the body gets stretched, but not the face. Keep the face always smiling and relaxed. Slowly start bending down to the left. Left palm sliding down along the left thigh. Fine movement of surface awareness. Enjoy the fine stretch of the waist muscles on the right side and compression on the left side. Observe all the changes taking place in your body. Slowly start coming back to vertical position. Feel the blood flowing down and spread of nerve impulses throughout the body. Again stretch and pull up the right arm. Feel the entire right portion of the body stretched from the toes to the tip of the fingers. Slowly start bringing the right arm down to 135-degree gliding down smoothly. Feel the pointed awareness at the shoulder as you reach horizontal position and at the wrist as you slowly turn the palm downwards. Further, bring down the right arm to 45-degree. Feel the tingling sensation at the tips of the fingers. Continuously glide down the hand by the side of the thigh and hang it freely. Have a glance of the whole body again from toes to head. Entire right portion of the body is beautifully charged with never impulses and energized.

- Now let us perform AKC (Ardha Kati Cakrasana) from the left side. Slowly start raising the left arm sideways upwards to 45-degree. Glide smoothly upwards to horizontal position, palm twisted upwards. Beautiful pointed awareness at the wrist. Left arm beautifully moving up to 135-degree. Then to vertical position. Left biceps touching the left ear. Now stretch up the left arm from the tip of the left fingers. Entire left portion of the body gets stretched up but not the face; face smiling and relaxed. Slowly start bending to the right. Right palm sliding down the right thigh. Movement of surface awareness, beautiful stretch of the left waist muscles. Enjoy the changes going on. Feel the heart beat and the nerve impulses spreading throughout the body. Slowly start coming up to the vertical position. Feel the nerve impulses from the tips of the fingers of the left palm. Pull up the left palm. Entire left portion of the body gets stretched up. Slowly bring the left arm down to 135-degree, then further down to horizontal position. Twist the wrist downwards and enjoy the pointed awareness. Glide your arm down further to 45-degree. Continuously drop down the hand by the side of the thigh and hang it freely. Collapse the shoulders. Have a glance of the whole body again from toes to head. Entire left portion of the body is charged with nerve impulses, energized and light. Enjoy the sense of well being. Both the sides of the body are now equally energized.

Step IV: Quick Relaxation Technique (QRT)

- Now slowly sit down and then lie down to Savasana from the right side. Let all the movements be slow and continuous. The entire right arm stretched, head on the right biceps, left leg on the right leg, left palm on the left thigh, the weight getting transferred to the ground from the right side, beautiful sharp linear awareness. Slowly turn over, the muscles of the back collapsing on the ground, bring down the right arm along the ground. Legs apart, arms apart, palms facing the roof. Assume the most comfortable position.

Phase I - Observing the abdominal movements.

- Bring your awareness to the movements of the abdominal muscles moving up and down as you breathe in and out. Recognize the haphazardness and jerky movement of the abdominal muscles. Do not manipulate the breathing., let it be natural, simply observe the abdominal movement. Count five rounds mentally, one inhalation and one exhalation forming one round.

Phase II - Associate with breathing.

- Synchronize the abdominal movements with the breathing. While inhaling the abdomen bulging up and while exhaling the abdomen sinking down. Inhale deeply and exhale completely. Continue up to five rounds.

Phase III - Breathing with feeling.

- As you inhale, the abdominal muscles are coming up. Feel the whole body getting energized and feel the lightness. As you exhale, feel the whole body collapsing and sinking down nicely. Release all the stresses and tensions completely. Inhale deeply and exhale completely. Continue up to five rounds.
- Bring your legs together and hands by the side of the body. Come up straight with the support of the elbows to the sitting legs stretched relaxation position (Sthiti) - Dandasana. Let all the movements be slow and continuous without jerks. Legs apart. Take support of the palms behind the back. Relax the neck muscles, the head hanging freely down backwards or resting on either of the shoulders. Feel the changes throughout the body.

Step V: Sitting Asanas

- Now we pass on to the next set of stimulation and relaxation. Vajrasana, Sasankasana and Ardhustrasana/Ustrasana combination.

Vajrasana

- Slowly fold the right leg backward and then the left leg, sitting on the heels, coming to the Vajrasana position. Palms on the thighs and keep the spine erect. Enjoy the effect of harmonizing, the beautiful balance. Recognize all the changes in the body.

Sasankasana

- Now slowly start taking the arms behind. Hold the right wrist with the left palm. Start feeling the pulse at the right wrist, feel the heart beat. Now slowly start bending down forward for Sasankasana. The abdominal and chest muscles pressing on the thigh, beautiful surface awareness.

Now collapse the forehead on the ground. Fine surface awareness. Collapse the shoulders. Observe all the changes going on, the increased flow of blood into the head and feel the heaviness in the head region. Inhale and chant M-kara, MMM... Feel the resonance throughout the head, 3D awareness. Slowly come up to Vajrasana. Carefully follow all the changes in the head region. Feel the lightness in the head. Feel the heart beat, fine 3D awareness throughout the body. Slowly release the arms, place them on the thighs near the knees.

Ustrasana

- Slowly rise up to stand on the knees for Ardha-ustrasana. Standing on the knees, observe all the changes in the head region. Slowly slide the palms up along the thighs, fingers together and support the waist with the palms, fingers pointing forwards. Slowly start bending backwards from the waist. Relax the neck muscles; head hanging freely down. Beautiful stretching of the abdominal and thoracic muscles. This is Ardha-ustrasana. Those who can, go further down to Ustrasana by placing both the palms on the soles of the feet. Have a beautiful smile on the face. Inhale and chant AAA. Slowly return by releasing the arms and placing them on the waist. Feel the avalanche of nerve impulses throughout the body. Feel the heartbeat. Slowly come back to Vajrasana and place the palms on the thighs. Feel all the changes and let the changes continue; fine 3-dimensional awareness throughout the body. Unfold the right leg and the left leg. Assume the leg stretched position. Head hanging freely backward or resting on either of the shoulders.

Step VI: Deep Relaxation Technique (DRT)

- Slowly slide down to Savasana with the support of the elbows. Legs apart, hands apart, palms facing the roof. Let the whole body collapse on the ground. Let us make ourselves comfortable and relax completely.

Step VII: Closing Prayer

Sarve bhavantu sukhinah, Sarve santu niramayah

Sarve bhadrani pasyant, Ma Kascit duhkha bhagbhavet

Cyclic Meditation for Stress Management

Cyclic Meditation is a simple and effective technique to relieve stress and induce deep sleep and relaxation. It is based on the principle of stimulation and relaxation. There are proven results that, CM can reduce the number of hours needed in order to feel rejuvenated. Meditation techniques are known to elicit relaxation response in which moving meditation which combines the practice of yoga postures and guided relaxation is known as Cyclic Meditation reported helpful in reducing the sympathetic arousal and improving health of practitioners. Cyclic meditation involves increased

awareness of the present moment. With practice, it can be utilized anywhere and can bring lasting stress relief benefits. This simple meditation technique can be learned quickly and is considered by many to be one of the easiest meditations for stress relief. Cyclic Meditation has shown various positive effects on our daily day to day lifestyle. There are numerous benefits and advantages of practicing yoga, pranayama and meditation. Regular practice of Yoga, Pranayama and Meditation has proven to reduce stress, anxiety, obesity and modern life style diseases. Cyclic meditation is good practice as a physical intervention among the working professionals to have a better sleep quality, psychological well-being and quality of life.