

# [Meditation worksheet](https://assignbuster.com/meditation-worksheet-research-paper-samples/)

[Sport & Tourism](https://assignbuster.com/essay-subjects/sport-n-tourism/)

Directions: Locate two resources on the Internet that explain meditation techniques. Copy and paste the Web address into the top of the matrix. After reviewing the Web site, provide a brief summary for each source. Below your summary, list two interesting facts you learned from each site. Try the techniques you located in your Internet search. Provide a brief description of what happened in your experience.

Summary of resource: Meditation is a form ofstressmanagement that will allow our mind to experience an oasis of peace and love within our heart and mind. Meditation gave me back control over my life so that no matter what was happening externally whether it was positive or negative I could still develop control over my thoughts and thus control the emotions and feeling in my mind. NO one can control eradicateadversityin life but you can master the way you respond in regards to your thinking processes. Take control now master your mind through one of the meditation techniques and you will forever be able to be the peaceful beacon in the eye ofthe stormof any adversity.

The basis for attaining an experience in raja yoga meditation in to understand the self and the mind. The human mind is the most creative, powerful and wonderful " instrument" we possess. Using this energy called mind we have been able to search the deepest oceans, send humans to the moon and scan the molecular fabric of the building blocks of nature. But have we found our true self? We have become the most educated and civilized society in our history, but are we civil towards each other? The soul has three main faculties; the mind or consciousness, the intellect and the subconscious. by the Brahma Kumaris Raja Yoga meditation organization.

Two interesting Facts: So what I have read and learned of meditation is it is a way to lift up all bad energy from one’s body and it is a way to lower ones stress level to a normal level. It is a way to make one’s mind a peaceful place and in hopes of treating others like they are human too. Not only that, but most meditations help heal the body as well. Meditation allows one’s mind to open up to a peaceful place and it allows the stress to flow right out and it does have the power to heal the mind and soul. This in turns makes you feel loving and peaceful to other around you. That is what I got out of reading the facts I found.

So my understanding of this particular meditation is more focused on ones three main faculties the mind or consciousness, the intellect and the subconscious. This meditation helps the mind and the other one is more for your body and mind. What intrigues me the most about this Raja meditation is that it is ran by women. Did you know that Raja meditation is what we have discussed in our class? It talks about the brain in how it is the power of our bodies. It also talks about the conscious mind and they talk about how feelings and emotions form in accordance with the montage of thoughts flowing in the mind. Therefore our state of mind at any given moment is determined by the thoughts in our consciousness, and also with the feelings that we associate with those thoughts.

What happened after you tried each technique? Well, I felt like a weight had been lifted off of my mind and body. I am able to think more clearly and see everything around me as an equal. I tried this after my daughter spit grape juice all over my floor and I found myself not being so angry about it, but now I look at it as that she is a one year old who does not know any better and I am not as mad as I was at the beginning. I like the Raja meditation because it deals with our minds. When I tried this technique I found myself in a nicer state of mind. I was able to think clearly and I was able to appreciate life a little more than I did before. I was able to focus better on my homework while drowning out the extra noise around me. With both techniques I was more pleasant to be around and I was less moody.

1. Do you think meditation leads to heightened sensation and perception? Explain why or why not. Oh yes I do think it does lead to heightened sensations because when you allow your mind to open up to a different place you can actually feel it. Say you do the first meditation that I have tried. It takes your mind to any place you want to go. So when you get there you can feel the warm breeze on your face and smell the ocean air. You are able to hear the waves crashing on the rocks and sand and hear the gulls flying around in the sky. You can actually see the blue skies and the few white puffy clouds. It is amazing where one’s mind can take you.

2. Have you considered integrating meditation into your own lifestyle? If so, list one strategy for fitting meditation into your schedule. If not, explain why. Yes I have once brought meditation in my life when I was in high school. I think I need to bring it back to my life now because it has been so stressful and depressing. I plan to put in when I get up and when I go to bed. If for some reason I need it during the day I will find a quiet place to meditate for 15 minutes then I will go back to what I was doing with an open mind. There really is no reason why I cannot put a little me time in the day. I think everyone should be able to at least do some meditation in their day. Who knows maybe it might make the world a better place if they meditate.