

# Meditations

## Meditations

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Meditations (Koine Greek: τὰ εἰς ἑαυτὸν romanized: Ta eis heauton, lit. "Things Unto Himself") is a series of personal writings by Marcus Aurelius, Roman Emperor from 161–180 CE, recording his private notes to himself and ideas on Stoic philosophy.

## Meditation

*Transcendental Meditation, Oneness University, Brahma Kumaris, Vihangam Yoga and Heartfulness Meditation (Sahaj Marg).*<sup>[*citation needed*]</sup> *New Age meditations are often*

Meditation is a practice in which an individual uses a technique to train attention and awareness and detach from reflexive, "discursive thinking", achieving a mentally clear and emotionally calm and stable state, while not judging the meditation process itself.

Techniques are broadly classified into focused (or concentrative) and open monitoring methods. Focused methods involve attention to specific objects like breath or mantras, while open monitoring includes mindfulness and awareness of mental events.

Meditation is practiced in numerous religious traditions, though it is also practiced independently from any religious or spiritual influences for its health benefits. The earliest records of meditation (dhyana) are found in the Upanishads, and meditation plays a salient role in the contemplative repertoire of Jainism, Buddhism and Hinduism. Meditation-like techniques are also known in Judaism, Christianity and Islam, in the context of remembrance of and prayer and devotion to God.

Asian meditative techniques have spread to other cultures where they have found application in non-spiritual contexts, such as business and health. Meditation may significantly reduce stress, fear, anxiety, depression, and pain, and enhance peace, perception, self-concept, and well-being. Research is ongoing to better understand the effects of meditation on health (psychological, neurological, and cardiovascular) and other areas.

## Meditations on First Philosophy

*Meditations on First Philosophy, in which the existence of God and the immortality of the soul are demonstrated* (Latin: *Meditationes de Prima Philosophia*

Meditations on First Philosophy, in which the existence of God and the immortality of the soul are demonstrated (Latin: *Meditationes de Prima Philosophia*, in qua Dei existentia et animæ immortalitas demonstratur), often called simply the *Meditations*, is a philosophical treatise by René Descartes first published in Latin in 1641. The French translation (by the Duke of Luynes with Descartes' supervision) was published in 1647 as *Méditations Métaphysiques*. The title may contain a misreading by the printer, mistaking *animæ immortalitas* for *animæ immaterialitas*, as suspected by A. Baillet.

The book is made up of six meditations, in which Descartes first discards all belief in things that are not absolutely certain, and then tries to establish what can be known for sure. He wrote the meditations as if he had meditated for six days: each meditation refers to the last one as "yesterday". (In fact, Descartes began work on the *Meditations* in 1639.) One of the most influential philosophical texts ever written, it is widely

read to this day.

The book consists of the presentation of Descartes' metaphysical system at its most detailed level and in the expanding of his philosophical system, first introduced in the fourth part of his *Discourse on Method* (1637). Descartes' metaphysical thought is also found in the *Principles of Philosophy* (1644), which the author intended to be a philosophical guidebook.

## The Meditations

*Wackies (recorded 1982) Stand In Love (2004) Meditations Music (US) Jah Always Find a Way (2015)*  
*Meditations Music (US) Greatest Hits (1984) Shanachie (US)*

The Meditations are a spiritual, conscious roots reggae vocal harmony group from Jamaica formed in late 1974, who have released several studio albums and are still performing in the 2000s and today.

## Transcendental Meditation

*Transcendental Meditation (TM) is a form of silent meditation developed by Maharishi Mahesh Yogi. The TM technique involves the silent repetition of a*

Transcendental Meditation (TM) is a form of silent meditation developed by Maharishi Mahesh Yogi. The TM technique involves the silent repetition of a mantra or sound, and is practiced for 15–20 minutes twice per day. It is taught by certified teachers through a standard course of instruction, with a cost which varies by country and individual circumstance. According to the TM organization, it is a non-religious method that promotes relaxed awareness, stress relief, self-development, and higher states of consciousness. The technique has been variously described as both religious and non-religious.

Maharishi began teaching the technique in India in the mid-1950s. Building on the teachings of his master, the Hindu Advaita monk Brahmananda Saraswati (known honorifically as Guru Dev), the Maharishi taught thousands of people during a series of world tours from 1958 to 1965, expressing his teachings in spiritual and religious terms. TM became more popular in the 1960s and 1970s as the Maharishi shifted to a more secular presentation, and his meditation technique was practiced by celebrities, most prominently members of the Beatles and the Beach Boys. At this time, he began training TM teachers. The worldwide TM organization had grown to include educational programs, health products, and related services. Following the Maharishi's death in 2008, leadership of the TM organization passed to neuroscientist Tony Nader.

Research on TM began in the 1970s. A 2012 meta-analysis of the psychological impact of meditation found that Transcendental Meditation had a comparable effect on general wellbeing as other meditation techniques. A 2017 overview of systematic reviews and meta-analyses indicates TM practice may lower blood pressure, an effect comparable with other health interventions. Because of a potential for bias and conflicting findings, more research is needed.

## Meditations in an Emergency

*O'Hara, Frank (1967). Meditations in an Emergency. Grove Press. ISBN 978-0-8021-3452-3. Poetry Foundation. Frank O'Hara: "Meditations in an Emergency" on*

*Meditations in an Emergency* is a book of poetry by American poet Frank O'Hara, first published by Grove Press in 1957. Its title poem was first printed in the November 1954 issue of *Poetry: A Magazine of Verse*.

The name of the book is purported to derive from English poet John Donne's prose work, *Devotions upon Emergent Occasions*, stemming from a joke between O'Hara and other members of the renowned New York School of poets. Critics have noted the influence of impressionism and abstract expressionism in the collection, with most of the poems detailing the theme of identity and everyday life in New York City.

The book is dedicated to painter Jane Freilicher.

## Divine Meditations

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Divine Meditations, 1572 work by Thomas Palfreyman

Divine Meditations, 1622 series of poems by John Hagthorpe

Divine Meditations, alternate title for the Holy Sonnets by John Donne

## Cartesian Meditations

*Cartesian Meditations: An Introduction to Phenomenology* (French: *Méditations cartésiennes: Introduction à la phénoménologie*) is a book by the philosopher

*Cartesian Meditations: An Introduction to Phenomenology* (French: *Méditations cartésiennes: Introduction à la phénoménologie*) is a book by the philosopher Edmund Husserl, based on four lectures he gave at the Sorbonne, in the Amphithéâtre Descartes on February 23 and 25, 1929. Over the next two years, he and his assistant Eugen Fink expanded and elaborated on the text of these lectures. These expanded lectures were first published in a 1931 French translation by Gabrielle Peiffer and Emmanuel Levinas with advice from Alexandre Koyré. They were published in German, along with the original *Pariser Vorträge*, in 1950, and again in an English translation by Dorion Cairns in 1960, based on a typescript of the text (Typescript C) which Husserl had designated for Cairns in 1933.

The Cartesian Meditations were never published in German during Husserl's lifetime, a fact which has led some commentators to conclude that Husserl had become dissatisfied with the work in relation to its aim, namely an introduction to transcendental phenomenology. The text introduces the main features of Husserl's mature transcendental phenomenology, including (not exhaustively) the transcendental reduction, the epoché, static and genetic phenomenology, eidetic reduction, and eidetic phenomenology. In the Fourth Meditation, Husserl argues that transcendental phenomenology is nothing other than transcendental idealism.

The name Cartesian Meditations refers to René Descartes' *Meditations on First Philosophy*. Thus Husserl wrote:

France's greatest thinker, René Descartes, gave transcendental phenomenology new Impulses through his *Meditations*; their study acted quite directly on the transformation of an already developing phenomenology into a new kind of transcendental philosophy. Accordingly one might almost call transcendental phenomenology a neo-Cartesianism, even though It Is obliged — and precisely by its radical development of Cartesian motifs — to reject nearly all the well-known doctrinal content of the Cartesian philosophy.

## Meditation Upon a Broomstick

*wishes. The book is a parody of Robert Boyle's meditations and their religious themes. Swift's meditations on the fate of men are intentionally nihilistic*

A *Meditation Upon a Broomstick* is a short satire and parody written by Jonathan Swift in 1701. It was first published by Edmund Curll in 1710, against Swift's wishes.

The book is a parody of Robert Boyle's meditations and their religious themes. Swift's meditations on the fate of men are intentionally nihilistic.

## Buddhist meditation

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Buddhist meditation is the practice of meditation in Buddhism. The closest words for meditation in the classical languages of Buddhism are bhavaṇa ("mental development") and jhāna/dhyāna (a state of meditative absorption resulting in a calm and luminous mind).

Buddhists pursue meditation as part of the path toward liberation from defilements (kleshas) and clinging and craving (upādāna), also called awakening, which results in the attainment of nirvana. The Indian Buddhist schools relied on numerous meditation techniques to attain meditative absorption, some of which remain influential in certain modern schools of Buddhism. Classic Buddhist meditations include anapanasati (mindfulness of breathing), asubha bhavana ("reflections on repulsiveness"); reflection on pratītyasamutpāda (dependent origination); anussati (recollections, including anapanasati), the four foundations of mindfulness, and the divine abodes (including loving-kindness and compassion). These techniques aim to develop various qualities including equanimity, sati (mindfulness), samādhi (unification of mind) c.q. samatha (tranquility) and vipassanā (insight); and are also said to lead to abhijñā (supramundane powers). These meditation techniques are preceded by and combined with practices which aid this development, such as moral restraint and right effort to develop wholesome states of mind.

While some of the classic techniques are used throughout the modern Buddhist schools, the later Buddhist traditions also developed numerous other forms of meditation. One basic classification of meditation techniques divides them into samatha (calming the mind) and vipassana (cultivating insight). In the Theravada traditions emphasizing vipassana, these are often seen as separate techniques, while Mahayana Buddhism generally stresses the union of samatha and vipassana. Both Mahayana and Theravada traditions share some practices, like breath meditation and walking meditation. East Asian Buddhism developed a wide range of meditation techniques, including the Zen methods of zazen and huatou, the Pure Land practices of nianfo and guanfo, and the Tiantai method of "calming and insight" (zhiguan). Tibetan Buddhism and other forms of Vajrayana mainly rely on the tantric practice of deity yoga as a central meditation technique. These are taught alongside other methods like Mahamudra and Dzogchen.

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