

Index

• A •

- absolute level, of reality, 235, 246
- absorption, 21
- acceptance
 - letting-go process, 152, 153
 - negative thoughts and feelings, 180–183
 - performance benefits of meditation, 289
 - of self, 66–67
- action
 - inward attention, 94, 95
 - meditation's harmony with everyday life, 68–70
- addiction, 35, 137
- affirmation, 26
- afternoon meditation, 133–134
- aging, 318
- ahhh breath technique, 285–286
- alcohol, 137–138
- alertness, 150
- alpha rhythm, 38
- altar, 140–142
- altered state
 - emotional rollercoaster, 209–211
 - energetic openings, 211–215
 - guided imagery, 279–280
 - overview, 207–208
 - rapture and bliss, 208–209
 - visions, 207, 209
- America
 - American dream, 30
 - history of meditation, 55–58
- anger
 - acceptance, 152
 - effects, 184–185
 - overview, 184
 - thought versus emotion, 74
- anxiety
 - cause, 186
 - meditation roadblocks, 202
 - overview, 185–186
 - postmodern era, 33
- appearance, 30
- appreciation. *See also* gratitude
 - life, 32
 - mindful eating, 260, 308
 - rationale for meditation, 43–44
- arms, 124–125
- The Artist's Way* (Cameron), 290
- asana, 47, 122
- athlete. *See* sports
- attachment
 - closed heart, 157
 - definition, 153
 - letting-go process, 153
 - meditation roadblocks, 205
 - techniques to dispel negative habits, 189
- attention
 - body awareness exercise, 39, 102
 - performance benefits of meditation, 288
 - Zen tale, 266
- attitude
 - daily life, 130
 - overview, 61–62
 - religion's ranking, 64
 - starting point for meditation, 64–65
- authentic movement, 122
- aversion, 153
- awakening, 15
- Awakening Healing Energy through the Tao* (Chia), 281
- awareness
 - bad habits, 44
 - body awareness exercise, 39, 102
 - cause of stress, 83
 - daily situations, 262–264
 - development and direction, 19–23
 - inner experience, 87
 - inward attention, 94–95
 - life script, 76, 88–90

awareness (*continued*)
 mindful lovemaking, 269
 overview, 19–20
 pain while sitting, 111
 performance benefits of meditation, 289
 personal exploration, 19
 rationale for meditation, 41
 sensory exercise, 102–103
 stages of being, 18
 techniques to dispel negative habits,
 188–189, 191
 thoughts and feelings, 103, 180–187
 ayurveda, 276

• B •

Baal Shem Tov (Jewish mystic), 274

back. *See* spine

balance

chakras, 211
 effortless effort, 149–150
 emotion, 150
 healing process, 276
 rationale for meditation, 43
 relaxation, 150

beauty, 142

bedtime meditation, 133

beginner's mind

characteristics, 62–63
 motivation for meditation, 68
 overview, 62
 versus being, 63

behavior

inward attention, 94, 95
 meditation's harmony with everyday life,
 68–70

being

definition, 17
 expansion of self, 239
 healing effects, 275
 letting-go process, 152
 meditation journey, 15, 16–17
 metaphor, 72
 motivation for meditation, 67, 68
 overview, 73

perennial philosophy, 234
 preparation for death, 278–279
 rationale for meditation, 44
 signs of, during meditation, 18
 stages, 18
 techniques to dispel negative habits, 191
 terminology, 72
 versus beginner's mind, 63

bell, 259, 261

belly

breathing technique, 154
 open heart, 175
 softening technique, 310

belonging

benefits of love, 159
 group meditation, 223–224

bench, 121

Benson, Herbert

Beyond the Relaxation Response, 277
The Relaxation Response, 40, 47, 305

big mind, 256

birth, 75

bliss, 209

blood pressure, 132, 316

bodhichitta, 67–68, 70

Bodhidharma (first Chinese patriarch), 248

bodhisattva, 50

Bodian, Stephan

Buddhism For Dummies, 48, 333
 Web site, 7

body

awareness exercise, 39, 102
 barriers to meditation, 107
 basic relaxation techniques, 96–97
 connection to mind, 81, 95
 custom routine, 220
 expansion of self, 238
 influence of emotion, 73–74
 rapture effects, 209
 response to breath, 100
 scan technique, 96
 spiritual experiences, 232
 stillness, 108–109
 temperature, 132
 types, 220
 Zen position, 119

- body preparation, for meditation
 CD track, 107
 overview, 121–122
 quick steps, 129
 safety, 123
- Bonpo (religion), 51
- books, 333–336
- boredom, 201
- bowing, 245
- breath
 body's response, 100
 counting technique, 100–101
 definition, 99
 focus on, 99–102
 following technique, 101, 306–307
 healing meditations, 285–286
 mindful lovemaking, 269–270
 mindfulness, 259
 versus sensory experience, 102–103
- breathing technique
 belly movement, 154
 benefits, 94
 Butterfly pose, 127
 Cat pose, 123–124
 Cobra pose, 125
 concentration, 99–102
 effects, 105
 everyday routine, 106, 259
 inward attention, 94–95
 mantra, 262
 mouth position, 120
 walking meditation, 135
 Zen technique, 104
- Brown, Ed (*The Tassajara Bread Book*), 329
- Brussat, Frederic (*Spiritual Literacy*), 237
- Brussat, Mary Ann (*Spiritual Literacy*), 237
- Buddha nature (innate wisdom), 50
- Buddha (spiritual leader), 48, 117
- Buddhism For Dummies* (Landaw and Bodian), 48, 333
- Buddhism (religion)
 altar, 140
 approaches, 49–51
 chakras, 212
 devotion, 241, 244–245
 happiness, 74–75
 history, 48–49
 insight, 246
 mantras, 47
 meditation positions, 122
 mixed meditations, 218–219
 motivation for meditation, 67–68
 nature of mind, 248
 organizations, 329–332
 perennial philosophy, 234
 view of suffering, 32, 48
- Burmese position, 114–115
- Butterfly pose, 127–128
- C •
- Cameron, Julia (*The Artist's Way*), 290
- car travel, 264–265, 301
- cat behavior, 150
- Cat pose, 123–124
- cave painting, 46
- CD
 basic meditation instructions, 12
 body awareness exercise, 39
 breath-following technique, 101, 306
 forgiveness exercise, 171
 healing meditations, 280–287
 instructions, 337–339
 lovingkindness exercise, 163–164, 309
 preparation of body, 107
 techniques to dispel negative habits, 190
 transformation of suffering exercise, 160–170
 walking meditation, 135
- centering prayer, 52–53
- chair pose, 112, 299
- chakra
 balance, 211
 definition, 49
 groundedness, 210
 overview, 211–212
- Ch'an Buddhism. *See* Zen Buddhism
- change
 appreciation, 32
 control issues, 31
 key to handling, 35

- change (*continued*)
 - life script, 88
 - postmodern age, 32–34
 - resistance, 81–82
 - spiritual experiences, 233
- chanting, 245
- chi, 210, 281
- Chia, Mantak (*Awakening Healing Energy through the Tao*), 281
- children, 137, 267, 268
- China, 50
- Chinese medicine, 276
- chiropractic, 276
- Chochmat HaLev (Jewish organization), 326
- Chodron, Pema (*When Things Fall Apart*), 202
- cholesterol, 316–317
- Christian Meditation: Experiencing the Presence of God* (Finley), 333
- Christianity (religion)
 - altar, 140
 - devotion, 241
 - history of meditation, 51–53
 - insight, 246
 - mantra, 47
 - organizations, 325–326
 - perennial philosophy, 234
 - view of soul, 110
- clairvoyance, 37
- clarity, 288
- class, 224, 251
- clear seeing, 89
- closed eyes, 120
- The Cloud of Unknowing* (mystical Christian text), 241
- Cobra pose, 124–125
- coffee, 137–138
- coffee break meditation, 134, 263
- commitment, 144, 145
- Community of Mindful Living, 330
- community, sense of, 34
- compassion
 - cultivation, 166–168
 - definition, 162
 - extension in daily life, 165
 - overview, 166
 - performance benefits of meditation, 289
 - transformation of suffering, 166–170
- computer work, 264, 301
- concentration. *See also* distraction
 - breathing techniques, 99–102
 - cycles of practice, 223
 - definition, 98
 - development, 21, 85–86
 - doubt, 203
 - effortless effort, 149–150
 - foundation for meditation, 22
 - overview, 20
 - performance benefits of meditation, 288
 - practice design, 23–24
 - rationale for sacred space, 139
- consistency
 - barriers, 145
 - custom routine, 221–222
 - importance, 136, 298
 - overview, 145
 - slow, steady progress, 149
- consumerism, 36
- contemplation, 22, 27
- contemplative prayer, 52–53
- control issues
 - effortless effort, 149–150
 - letting-go process, 151–153
 - life's problems, 31
 - mind's workings, 79–80
 - perfection myth, 30
 - stress, 151
 - time, 261
- Cooper, David (rabbi), 54
- counting breath technique, 99–101
- courage, 69–70
- Cradle stretch, 128–130
- creative thought, 79, 290
- cross-legged pose, 114–116
- crown
 - chakra, 212, 214
 - spine-straightening exercise, 118
- Csikszentmihalyi, Mihaly (psychologist), 21
- cultivation, 23
- cushion
 - chair pose, 112
 - easy position, 113–114
 - full lotus position, 116

half lotus position, 115
 kneeling position, 113
 overview, 120, 121

• D •

daily life. *See also* life
 attitude, 130
 breathing techniques, 106, 259
 control of time, 261
 family meditation, 266–270
 harmony of actions, 68–70
 inward attention, 94–95
 meditation as escape, 206
 meditation time, 133–134
 mindfulness, 257–262
 open heart, 165
 planes of reality, 235
 techniques to dispel negative habits,
 191–192
 temporary relief of negative habits, 193
 dakini, 51
 Dalai Lama (spiritual leader), 158
 darood, 55
 daydreaming, 26, 268
 death
 control issues, 31
 preparation, 278–279
 reflection on life, 65, 69
 dedication, to others
 harmony in everyday actions, 70
 motivation for meditation, 67–68
 deep relaxation exercise, 97
 defensiveness, 156
 depression
 effects of postmodern era, 34
 future of meditation, 59–60
 overview, 186–187
 devotion, 241–245
 diaphragm, 154
 digital alarm watch, 134
 direct experience, 95
 discipline
 components, 144–147
 definition, 144
 overview, 143

disease, 32
 distraction. *See also* concentration
 meditation space, 139, 142
 performance benefits of meditation, 288
 Donovan, Steven (*The Physical and
 Psychological Effects of Meditation*), 38
 Dossey, Larry (*Healing Words: The Power of
 Prayer and the Practice of Medicine*), 70
 doubt, 203, 225
 Dr. Dean Ornish's Program for Reversing
 Heart Disease, 40, 332, 333
 drawstring pants, 132
 drink, 137–138, 146
 driving, 264–265, 301
 drugs, 57
 dual awareness, 262–264

• E •

earnestness, 148
The Ease of Being (Klein), 79
 Eastern Orthodox Church (religion), 52
 Eastern world, 37–38
 economic problems, 32
 effort
 components, 147–150
 definition, 147
 effortless effort, 148–150
 overview, 143
 slow, steady progress, 149
 effortless effort, 148–150
 ego, 237–238
 Eliot, T. S. (poet), 63
 emotion. *See also specific types*
 altered states, 209–211
 awareness exercise, 103, 180–182
 balance, 150
 cause of stress, 83
 closed heart, 156–157
 constant change, 35
 custom routine, 219
 development of concentration, 86
 distancing exercise, 78
 grounding meditation technique, 311–312
 healing process, 276–277
 heart-opening exercises, 167

- emotion (*continued*)
 - imagery, 280
 - influence on body, 74
 - inner child, 198
 - layers of inner experience, 73–74
 - meditation as escape, 206
 - preparation for death, 278
 - rationale for meditation, 41, 42
 - relationship to thought, 81
 - research studies, 320
 - restlessness, 201
 - soft spot, 159–161
 - versus emotivity, 79
 - versus thought, 74
- emotion, negative. *See also* negativity
 - acceptance, 181
 - awareness, 184–187
 - denial, 183
 - healing process, 276–277
 - naming exercise, 181–182
 - penetrating insight, 184
 - recurrence, 179–180
- emotional set point, 42
- emotivity, 79
- empathy, 166–167, 319
- empty mind, 64
- end-state imagery, 289
- endurance, 288
- energetic center, 168
- energetic contraction, 191
- energy
 - benefits of love, 159
 - body, 239, 240
 - chakras, 211–215
 - chanting, 245
 - cultivation, 155
 - expansion of self, 239
 - gratitude exercise, 174–175
 - mindful lovemaking, 269–270
 - overview, 147–148
 - rapture, 208–209
 - sacred space, 139
 - spiritual experiences, 232
 - techniques to dispel negative habits, 190, 191
 - temporary relief of negative habits, 193–194
 - transformation of suffering, 168–170
- engagement, 150
- enjoyment, 21, 148
- The Enlightened Heart* (Mitchell), 237
- enlightenment
 - meditation journey, 15
 - motivation for meditation, 67
 - open heart, 157
- entertainment, 36
- environment
 - altar, 140–142
 - beauty, 142
 - clothing, 132
 - importance, 131
 - meditation time, 133–134
 - music, 132
 - nature, 138, 140
 - sacred spaces, 138–142
 - transformation of suffering, 169
 - view, 142
- Epstein, Mark (*Thoughts without a Thinker*), 32
- equanimity, 162
- errand, 134
- Esalen Institute (birthplace of the human potential movement), 38
- ESP (extrasensory perception), 239
- Europe, 52
- evening meditation, 133
- exhalation
 - breath-counting technique, 100–101
 - breath-following technique, 101, 306
 - Butterfly pose, 127
 - Cat pose, 123–124
 - Cobra pose, 125
- The Expanding Light (organization), 327
- expectations
 - beginner's mind, 63
 - doubt, 203
 - drawbacks, 98
 - perfection myth, 30
 - performance benefits of meditation, 288
 - teacher, 253, 255
- extrasensory perception (ESP), 239
- eyes
 - chakras, 212, 213–214
 - joy, 227
 - open versus closed, 120

• F •

family
 effects of postmodern era, 33, 34
 group meditation, 266–270
 meditation time, 134
 therapist referral, 197
 transformation of suffering, 170

famine, 32

fear
 cause, 186
 closed heart, 157
 effects, 185, 186
 meditation roadblocks, 202
 overview, 185–186
 pride, 206
 retreats, 225

feelings. *See* emotion

feeling-state imagery, 289

felt sense, 195

Feuerstein, Georg (*Yoga For Dummies*),
 47, 122, 335

fifth chakra, 212, 213, 214

Finley, James (*Christian Meditation: Experiencing the Presence of God*), 333

first chakra, 212, 213, 214

flow
 definition, 86
 development of concentration, 86
 lovingkindness exercise, 164–165
 overview, 21
 performance benefits of meditation, 288
 rationale for meditation, 43

focus
 on breath, 99–102
 development, 85–86
 negative habits, 194–195
 performance benefits of meditation, 288

Focusing (Gendlin), 194–195

food
 meditation preparation, 137–138, 146
 mindful eating, 27, 260, 308

forgiveness, 171–173

fourth chakra, 212, 213, 214

freedom
 beginner's mind, 63
 meditation journey, 15
 slow, steady progress, 149

fresh air, 140

fruit exercise, 27

Full Catastrophe Living (Kabat-Zinn), 261

full Locust pose, 126

full lotus position, 116

functional thinking, 79

fundamentalism, 35–36

future event, 80–81

• G •

gardening, 146

Gendlin, Eugene (*Focusing*), 194–195

God
 bliss, 209
 Christian tradition, 52
 custom routine, 220
 dissolution and expansion of self, 237–241
 Jewish tradition, 53–54
 letting-go process, 153
 meditation journey, 15
 motivation for meditation, 67
 path of devotion, 241–245
 perennial philosophy, 234
 spiritual experiences, 232
 Sufi tradition, 54–55

Goenka, S. N. (Vipassana teacher), 332

Goleman, Daniel (*The Meditative Mind: The Varieties of Meditative Experience*), 334

Golf My Way (Nicklaus), 291

gong, 259, 261

good medicine technique, 283–284

gratitude. *See also* appreciation
 exercise, 173–175
 overview, 173
 preparation for sleep, 215
 rationale for meditation, 43–44

gravity, 60

Great Mother technique, 286–287

Great Waves (sumo wrestler), 287

- grief, 157, 186–187
 - groundedness
 - chakra, 210
 - meditation technique, 311–312
 - rationale for meditation, 43
 - group meditation
 - belonging, 223–224
 - family, 266–270
 - formation of group, 224
 - healing meditation, 285–286
 - overview, 223–224
 - retreat, 224–225
 - guided imagery, 279–280, 289
 - Guided Meditations, Explorations and Healings* (Levine), 175, 310
 - guru
 - definition, 244
 - inner wisdom, 254
 - Tibetan devotional practice, 244–245
 - traditional, 253
- H •**
- habit
 - awareness, 44
 - creation, 187–188
 - healing process, 277
 - inward attention, 94, 95
 - performance benefits of meditation, 289
 - psychotherapy, 196–197
 - straightened spine, 117
 - techniques to dispel, 188–192
 - temporary relief from, 193–195
 - half Locust pose, 126
 - half lotus position, 115
 - half smile
 - practice exercise, 271, 312–313
 - work meditation, 263
 - hands, 120
 - happiness
 - benefits of love, 159
 - Buddhist view, 32, 74–75
 - key to, 74–75
 - rationale for meditation, 42
 - research studies, 315–316
 - hara, 119
 - harmony
 - healing process, 277
 - meditation and everyday life, 68–70
 - rationale for sitting, 110
 - head
 - chakra, 212, 214
 - spine-straightening exercise, 118
 - types, 220
 - healing
 - effects, 275
 - imagery, 279–280
 - meditations, 280–287, 310–311
 - overview, 274–275
 - process, 275–277
 - research studies, 315–321
 - spiritual teachers' powers, 274
 - Healing into Life and Death* (Levine), 278, 279, 285, 334
 - The Healing Power of Mind* (Thondup), 277, 334
 - Healing Tao International
 - (organization), 329
 - healing with light technique, 284–285
 - Healing Words: The Power of Prayer and the Practice of Medicine* (Dossey), 70
 - health
 - benefits of love, 159
 - custom routine, 219
 - future of meditation, 59–60
 - healing effects, 275
 - healing meditations, 280–287
 - healing process, 275–277
 - imagery, 279–280
 - meditation benefits, 15, 38–40, 303
 - overview, 273
 - postmodern era, 33–34
 - research studies, 315–321
 - spiritual teachers' healing powers, 274
 - stress effects, 274
 - health club, 60
 - heart
 - closed, 156–157
 - types, 220
 - heart disease
 - meditation benefits, 40, 274, 318
 - program for reversal, 332

- heart, open. *See* open heart
- Heraclitus (Greek philosopher), 81
- higher self, 44
- Hinduism (religion)
- chakras, 212
 - devotion, 241
 - insight, 246
 - mantra, 47
 - organizations, 326–329
 - perennial philosophy, 234
- history, of meditation
- American influence, 55–58
 - Buddhist approaches, 48–51
 - Christianity's practice, 51–53
 - harmony in everyday actions, 70
 - Indian connection, 46–49
 - Judaism's practice, 53–54
 - Middle Eastern influence, 51–52
 - overview, 45
 - Sufi practice, 54–55
- hobby, 148
- honesty, 69, 255
- honey treatment technique, 96
- hot flash, 209
- household chores, 264
- hugging, 268
- Hui-ko (monk), 248
- humility, 255
- hunched position, 117
- hypervigilance, 204
- hypnosis, 26
- 1 •
- identity, 250
- illness. *See also specific types*
- custom routine, 219
 - effects of postmodern era, 34
 - future of meditation, 59–60
 - healing effects, 275
 - healing meditations, 280–287, 310–311
 - healing process, 275–277
 - imagery, 279–280
 - research studies, 315–321
 - spiritual teachers' healing powers, 274
- imagery, 279–280, 289
- imagination, 194
- immune system, 274, 275, 315–316
- impermanence, 233
- incense, 141
- India, 46–49
- ineffability, 233
- inhalation, 100–101, 306
- inner child, 198
- inner dialogue, 76, 77–78
- inner experience
- awareness, 87
 - layers, 72–76
 - turbulence effects, 76–77
- inner guidance, 44
- inner peace
- effect of turbulence, 76–77
 - life story, 89
 - source, 17, 18
- inner smile technique, 281–283
- insight
- meditation centers, 331–332
 - path to, 241, 246–250
 - spiritual experiences, 233
- Insight Meditation Society, 331
- insistent visitor, 188
- instructor. *See* teacher
- integrity, 69
- intention
- commitment process, 145
 - compassion exercises, 167, 168
 - sitting pose, 109
- International Association of Sufism, 326
- International Sivananda Yoga Vedanta Centers, 327
- intuition, 221, 255
- isolation, 34
- 1 •
- Jackson, Phil (*Sacred Hoops*), 67, 289
- James, William (*The Varieties of Religious Experience*), 233
- Japan, 50
- jealousy, 157
- Jesus (spiritual leader), 51, 52, 274
- Jewish Meditation* (Kaplan), 54, 334

job. *See* work

Jordan, Michael (athlete), 147

joy, 227, 277

Judaism (religion)

- altar, 140
- chakras, 212
- history of meditation, 53–54
- inner peace, 17
- insight, 246
- organizations, 325–326
- perennial philosophy, 234
- view of soul, 110

judgment

- cause of stress, 82
- meditation roadblocks, 204
- suspended, 151

just sitting exercise, 104

● **K** ●

Kabat-Zinn, Jon

- Full Catastrophe Living*, 261
- inner peace, 18
- meditation benefits, 40
- research studies, 320, 321
- Stress-Reduction Clinic, 332
- Wherever You Go, There You Are*, 252, 276, 335

Kahn, Shabda (Sufi teacher), 54

Kaplan, Aryeh (*Jewish Meditation*), 54, 334

kapok, 121

Keating, John (priest), 52, 53

kensho, 239

Kerouac, Jack (author), 56

kindness, 158, 200

Klein, Jean

- The Ease of Being*, 79
- Who Am I?*, 79

kneeling position, 113

knees

- Burmese position, 115
- Butterfly pose, 127–128
- kneeling position, 113, 114
- Lunge pose, 127

koan, 50

Kornfield, Jack

- altered states, 207–208
- insistent visitors, 188
- naming exercise, 181
- A Path with Heart*, 334
- reflection on life, 65

Kripalu Center for Yoga and Health, 327

Krishnamurti, J. (spiritual teacher), 56

Kriya Yoga, 327

Kuan Yin (spiritual mother), 286

kundalini shakti, 49, 211

● **L** ●

Landaw, Jonathan (*Buddhism For Dummies*), 48, 333

Lawrence of the Resurrection (Catholic brother), 243

learned helplessness, 82–83

legs

- Butterfly pose, 127–128
- Cobra pose, 124–125
- Cradle stretch, 128–130
- full lotus position, 116
- half lotus position, 115
- Locust pose, 125–126
- Lunge pose, 126–127
- walking meditation, 135, 307

letting go

- acceptance, 152, 153
- overview, 143, 150–151
- preparation for death, 278
- suspended judgment, 151
- temporary relief of negative habits, 193

Levine, Stephen

- Guided Meditations, Explorations and Healings*, 175, 310
- Healing into Life and Death*, 278, 279, 285, 334

Lewis, Samuel (Sufi master), 55

liberation, 15, 89–90

life. *See also* daily life

- appreciation, 32
- harmony between meditation and actions, 68–70

- motivation for meditation, 66, 67
 - overview, 29
 - perfection myth, 30
 - poor coping strategies, 35–36
 - problems, 31–35
 - reflection exercise, 65, 69
 - ultimate goal, 234
 - life script
 - awareness, 76, 88–90
 - cause of stress, 80
 - change, 88
 - creation, 187–188
 - inner peace, 89
 - liberation, 89–90
 - overview, 75
 - psychotherapy, 196–197
 - suffering, 75
 - techniques to dispel, 188–192
 - temporary relief from, 193–195
 - light
 - awareness metaphor, 20
 - healing meditation, 284–285, 310–311
 - meditation space, 140
 - light trance, 26
 - lightheartedness, 150
 - Locust pose, 125–126
 - loneliness, 34
 - lotus position, 115–117
 - love
 - benefits, 159
 - cultivation, 158, 163–165
 - dimensions, 162–163
 - extension in daily life, 165
 - healing meditations, 281–283
 - healing process, 276
 - inner child, 198
 - mindful lovemaking, 269
 - origin, 161
 - path of devotion, 242
 - preparation for death, 278
 - rationale for meditation, 43–44
 - self-love, 161–162
 - soft spot, 159–161
 - transformation of suffering, 166–170
 - lovemaking, 268–270
 - lovingkindness
 - cultivation, 309
 - definition, 162
 - exercise, 163–164
 - Lovingkindness* (Salzberg), 165, 334
 - lunch hour, 134, 263
 - Lunge pose, 126–127
 - lying meditation, 122, 299
- M •
- Mahayana (Buddhist approach), 50
 - Main, John (monk), 326
 - mala, 243
 - mantra
 - breathing technique, 262
 - Buddhism, 47
 - Christianity, 47
 - daily routine, 262
 - definition, 14
 - healing process, 277
 - Hinduism, 47
 - Judaism, 53–54
 - overview, 47
 - path of devotion, 242–243
 - restlessness remedy, 299–300
 - Sufism, 54–55
 - versus prayer, 53
 - yoga practice, 47
 - marriage, 30
 - Mary (spiritual mother), 286
 - master, 252
 - mastery, 221
 - medication, 283
 - medieval Europe, 52
 - meditation
 - activities mistaken for, 25–27
 - Americanization, 55–58
 - basic instructions, 12
 - benefits, 15–16, 36–40
 - current guidebooks, 13–14
 - definition, 12
 - foundation, 22
 - future, 59–60
 - as journey, 11–19

- meditation (*continued*)
 - mastery, 221
 - popularity, 1
 - purpose, 2, 73, 103
 - rationale, 41–44
 - spiritual roots, 16
 - techniques, 14
 - uses, 23
 - Meditation for Beginners: Workshops and Retreats (organization), 332–333
 - meditation roadblocks
 - attachment, 205
 - boredom, 201
 - doubt, 203
 - escape from daily life, 206
 - fear and anxiety, 202
 - hypervigilance, 204
 - kindness, 200
 - overview, 199–200
 - pride, 205–206
 - procrastination, 203
 - restlessness, 107, 108, 201
 - self-judgment, 204
 - sleepiness, 200–201
 - teacher, 251, 252–253
 - The Meditative Mind: The Varieties of Meditative Experience* (Goleman), 334
 - memory, 79, 139
 - mentor, 252
 - metaphor, 72
 - metaphoric imagery, 289
 - Middle East, 51–52
 - Milarepa (meditation master), 185
 - mind
 - big mind exercise, 256
 - breathing effects, 105
 - as cause of stress, 77–84
 - connection to body, 81, 95
 - distancing exercise, 78
 - empty, 64
 - essential nature, 248–249
 - exercise to stop, 90
 - inner workings, 72–77
 - inward attention, 94–95
 - meditation effects, 104
 - monkey, 21, 73
 - overview, 71, 103–104
 - rationale for meditation, 42
 - spiritual experiences, 232
 - timed meditation, 136
 - mind, beginner's. *See* beginner's mind
 - mindful eating technique, 27, 260, 308
 - mindfulness
 - benefits, 258
 - breath, 259
 - custom routine, 219
 - daily life, 257–262
 - definition, 14, 25
 - focused breathing, 99–102
 - goal, 98
 - harmony in actions, 68–69
 - overview, 98
 - performance benefits of meditation, 289
 - purpose, 25
 - temporary relief from negative habits, 194
 - traditional foundations, 48–49
 - mind-state, 86, 278
 - Mitchell, Stephen (*The Enlightened Heart*), 237
 - monkey mind, 21, 73
 - morning meditation, 133
 - mortality, 65, 69
 - motivation
 - commitment process, 144–145
 - custom routine, 219
 - influence, 64
 - overview, 61–62
 - religion's ranking, 64
 - source of suffering, 66
 - starting point for meditation, 64–65
 - types, 66–68, 219
 - mouth, 120
 - mudra, 119, 120
 - Murphy, Michael (*The Physical and Psychological Effects of Meditation*), 38
 - music, 132
- N •
- naming technique, 181–182, 188
 - Naparstek, Belleruth (*Staying Well with Guided Imagery*), 279–280, 289

Native American people, 58
 nature
 altar, 140, 141
 big mind exercise, 256
 overview, 138
 sacred spot, 140
 near-death experience, 239
 negativity. *See also* emotion, negative;
 thought, negative
 affirmations, 26
 beginner's mind, 63
 healing process, 276
 inner experience, 75
 reversal to positive thinking, 292
 neocortex, 79
 nervous system, 274
New Jerusalem Bible (holy text), 277
 New Thought movement, 56
 Nhat Hanh, Thich (monk)
 auditory reminders, 259, 261
 Community of Mindful Living, 330
 half smile, 271, 312
 mantra, 262
 Peace Is Every Step, 257–258, 335
 Nicklaus, Jack (*Golf My Way*), 291
 nonattachment, 69

• 0 •

obsession, 204
 obstacle. *See* roadblocks, meditation
 Old Testament (holy text), 53
 oneness, 236
 open eyes, 120
 open heart
 belly, 175
 cultivation of love, 163–165
 daily life, 165
 enlightenment, 157
 forgiveness, 171–173
 gratitude exercise, 173–175
 healing process, 276
 overview, 155–156
 practice, 167
 preparation for death, 278

 rationale, 158–159
 self-love, 161–162
 soft spot, 159–161
 transformation of suffering, 166–170
 openness, 62–63, 82
 ordinary thought, 79
 organizations, 325–333
 orison, 27
 Ornish, Dean (physician)
 open heart, 168
 program for heart disease reversal,
 40, 332, 333
 research studies, 318–319
 osteopathy, 276

• p •

Padmasambhava (Indian master), 51
 pain
 closed heart, 157
 definition, 84
 forgiveness exercise, 171–173
 meditative response, 282
 research studies, 321
 resistance to, 82
 sitting pose, 111
 typical response, 282
 pandit, 252
 passivity, 233
 past event, 80–81
 Patanjali (sage), 48
 path of devotion, 241–245
 path of insight, 241, 246–250
A Path with Heart (Kornfield), 334
 patience, 69
 Payne, Larry (*Yoga For Dummies*),
 47, 122, 335
 peace, 159
Peace Is Every Step (Nhat Hanh),
 257–258, 335
 peaceful place technique
 healing meditation, 280–281
 instructions, 313
 relaxation techniques, 96
 penetrating insight, 184

- perennial philosophy, 233–234
 - perfection
 - barriers to consistency, 145
 - motivation for meditation, 68
 - myth, 30
 - remedy, 300–301
 - performance
 - meditation benefits, 287–289
 - meditation techniques, 290–293
 - overview, 273
 - rationale for meditation, 43
 - perseverance, 69
 - personality
 - custom routine, 220
 - dissolution of self, 237–238
 - expansion of self, 238
 - pessimism, 82–83
 - phone, 139–140, 265
 - The Physical and Psychological Effects of Meditation* (Murphy and Donovan), 38
 - physical exercise, 265
 - picture, 141, 142
 - positive energy, 139
 - positive thinking
 - change from negative thinking, 292
 - gratitude exercise, 173–174
 - versus meditation, 26
 - possessions
 - harmony in actions, 69
 - key to happiness, 74–75
 - postmodern era, 32–34
 - The Power of Now* (Tolle), 335
 - practice
 - challenges, 24–25
 - components, 218
 - custom routine, 218–222
 - cycles, 223
 - design, 23–24
 - importance, 18, 98
 - lovingkindness exercise, 165
 - open heart, 167
 - overview, 23, 104
 - path of devotion, 243–244
 - purpose, 236–241
 - technique sampling, 218, 221
 - praise, 162
 - prayer
 - history of meditation, 52, 53
 - serenity, 151
 - versus mantra, 53
 - versus meditation, 27, 52
 - present moment
 - control of time, 261
 - development of concentration, 86
 - mindful lovemaking, 269
 - performance benefits of meditation, 288
 - preparation for death, 278
 - stress, 258
 - pride, 162, 205–206
 - problem solving, 195
 - procrastination, 203
 - prostration, 52
 - psoriasis, 320
 - psychological memory, 79
 - psychotherapy, 58, 196–197
 - Psychotherapy East and West* (Watts), 57, 58
 - pure being. *See* being
- *Q* •
- quarter lotus pose, 115
 - quiet space, 140
- *R* •
- rapture, 208–209
 - reality, 235, 246
 - receptive awareness
 - benefits, 22
 - definition, 87
 - effortless effort, 149–150
 - overview, 21–22
 - practice design, 23–24
 - reflection exercise, 65, 69, 70
 - rehearsal meditation, 291–293
 - relationships
 - benefits of love, 159
 - commitment, 144
 - healing meditation, 285–286
 - meditation benefits, 16
 - meditation misconceptions, 302
 - perfection myth, 30

- postmodern era, 33, 34
 rationale for meditation, 41–42
 reflection exercise, 70
 transformation of suffering, 170
 relative level, of reality, 235, 246
 relaxation
 balance, 150
 basic techniques, 96–97
 custom routine, 220
 misconceptions of meditation, 298
 rationale for meditation, 42
 stress, 274
The Relaxation Response (Benson),
 40, 47, 305
 Relaxation Response technique
 definition, 16
 healing process, 277
 instructions, 305–306
 origin, 40
 overview, 96
 religion
 meditation misconceptions, 302
 perennial philosophy, 233–234
 ranking of attitude and motivation, 63
 versus spirituality, 57
 research studies
 aging, 318
 blood pressure, 316
 cholesterol, 316–317
 empathy, 319
 future of meditation, 59
 happiness, 315–316
 heart disease, 318–319
 imagery, 279, 280
 immune system, 315–316
 overall health benefits, 317
 pain, 321
 psoriasis, 320
 resentment, 157, 171–173
 resistance, 81–82, 289
 resources
 books, 333–336
 diversity, 14
 number of, 13–14
 organizations, 325–333
 responsibility, 170
 restlessness
 meditation roadblocks, 107, 108, 201
 remedy, 299–300
 retreat, 224–227
 Rigpa U.S. National Headquarters, 330
 Rinpoche, Chogyam Trungpa (Tibetan
 meditation master), 130, 160, 331
 Rinpoche, Sogyal (Tibetan meditation
 master)
 compassion, 166, 335
 devotion, 244
 preparation for death, 279
 soft spot, 159
 The Tibetan Book of Living and Dying, 335
 roadblocks, meditation
 attachment, 205
 boredom, 201
 doubt, 203
 escape from daily life, 206
 fear and anxiety, 202
 hypervigilance, 204
 kindness, 200
 overview, 199–200
 pride, 205–206
 procrastination, 203
 restlessness, 107, 108, 201
 self-judgment, 204
 sleepiness, 200–201
 teacher, 251, 252–253
 roadside attraction
 emotional rollercoaster, 209–211
 energetic openings, 211–215
 overview, 207–208
 rapture and bliss, 208–209
 visions, 207, 209
 rosary, 243
 Rumi (poet), 81
- S •
- Sacred Hoops* (Jackson), 67, 289
 sadhu, 46
 sadness, 74, 186–187
 Salzberg, Sharon (*Lovingkindness*), 165, 334
 samadhi, 21, 48, 86
 San Francisco Zen Center, 329

- satori, 50
- schoolwork
 - meditation benefits, 287–289
 - meditation techniques, 290–293
 - rationale for meditation, 43
- second chakra, 212, 213, 214
- secondhand experience, 95
- seiza, 113
- self-acceptance, 66–67
- self-clinging
 - closed heart, 157
 - dissolution of self, 237–238
 - healing process, 277
- self-criticism
 - meditation roadblocks, 204
 - open heart, 161
 - performance benefits of meditation, 289
 - retreat postponement, 225
- self-discipline. *See* discipline
- self-esteem, 280
- self-hypnosis, 26
- self-improvement, 41
- self-indulgence, 145
- self-love, 161–162
- Self-Realization Fellowship (organization), 56, 326–327
- self-respect, 41
- self-restraint, 146–147
- sensory experience
 - altar, 141
 - altered states, 209
 - awareness exercise, 102–103
 - definition, 93
 - guided imagery, 279
 - inward attention, 95
 - versus breath, 102–103
 - Zen just sitting exercise, 104
- Senzaki, Nyogen (Zen monk), 56
- separation, of self from others
 - definition, 275
 - healing effects, 275
 - overview, 75–76
 - stress, 83–84
- serenity prayer, 151
- seriousness, 150
- seventh chakra, 214, 215
- sex, 268–270
- Shakti (feminine energy), 110
- Shaku, Soyen (Zen teacher), 56
- shaman, 46
- Shambhala International (organization), 331
- Shapiro, Rami (*Wisdom of the Jewish Sages*), 53
- Shiva (masculine energy), 110
- shower of relaxation, 96
- sickness. *See* illness
- simplicity, 69
- singing, 245
- sitting pose
 - alternatives, 299
 - body preparation, 121–130
 - Burmese position, 114–115
 - chair pose, 112
 - devices, 119–121
 - easy position, 113–114
 - full lotus position, 116
 - half lotus position, 115
 - intention, 109
 - kneeling position, 113, 121
 - pain, 111
 - physical requirements, 112
 - quarter lotus pose, 115
 - rationale, 110–111
 - spiritual traditions, 109–110
 - stillness, 108–109
 - straightness of spine, 116–119
- sixth chakra, 212, 213–214
- skepticism, 253
- sky, of mind, 256
- sleep
 - bedtime meditation, 133
 - meditation roadblocks, 200–201
 - preparation, 215
 - remedy, 300
 - versus meditation, 27
- slouching, 111
- smile, half
 - practice exercise, 271, 312–313
 - work meditation, 263
- smile, inner, 281–283
- Snyder, Gary (poet), 56
- soft spot, 159–161
- solitary retreat, 225–227

- sound, 259, 261
spa, 60
spacing out, 26
spine
 Butterfly pose, 127–128
 Cat pose, 123–124
 Cobra pose, 124–125
 Cradle stretch, 130
 Locust pose, 125–126
 overview, 116–117
 rationale for sitting, 110
 sitting pose, 116–119
spinning dance, 122
spirit, 235–236
Spirit Rock Meditation Center, 331
spiritual friend, 253
Spiritual Literacy (Brussat and Brussat), 237
spiritual text, 237
spirituality
 altar, 140–141
 benefits of love, 159
 definition, 233
 healing process, 277
 India's role in history, 46–49
 levels of involvement, 234–236
 meditation journey, 15
 meditation misconceptions, 302
 overview, 231
 perennial philosophy, 233–234
 purpose of practice, 236–241
 rationale for meditation, 44
 roots of meditation, 16
 sitting pose, 109–110
 spiritual experiences, 232–233
 techniques to dispel negative habits, 190
 therapist selection, 197
 versus religion, 57
spontaneity, 63, 150
spontaneous release, 85, 86–87
sports
 meditation benefits, 287–289
 meditation techniques, 290–293
 metaphor, 144, 145
 overview, 273
 rationale for meditation, 43
standing meditation, 122
Staying Well with Guided Imagery
 (Naparstek), 279–280, 289
stillness, 108–109
stress
 belly-breathing exercise, 154
 car travel, 264–265
 causes, 77–84
 control issues, 151
 definition, 84
 future of meditation, 59–60
 healing meditations, 280–287
 healing process, 276
 health effects, 274
 imagery, 280
 mind-altering substances, 138
 postmodern era, 33
 present moment, 258
 relaxation, 274
 strategies for relief, 84–90
 turbulence effects, 77
 work-related, 263
Stress-Reduction Clinic, 332
stretching exercise
 Butterfly pose, 127–128
 Cat pose, 123–124
 Cobra pose, 124–125
 Cradle stretch, 128–130
 Locust pose, 125–126
 Lunge pose, 126–127
struggle, 148
success, 69
suffering
 Buddhist view, 32, 48
 control issues, 31
 definition, 84
 identification exercise, 66
 life scripts, 75
 perfection myth, 30
 resistance to pain, 82
 strategies for relief, 84–90
 transformation with compassion, 166–170
Sufi religion
 chakras, 212
 organizations, 325–326
 overview, 54–55
 spinning dance, 122
 view of soul, 110

surrendering, 153, 245
 Suzuki, D. T. (Japanese scholar), 56–57
 Suzuki, Shunryu (Zen teacher)
 control issues, 31
 effortless effort, 148
 San Francisco Zen Center, 329
 stillness, 108
 Zen Mind, Beginner's Mind, 62, 336
 Swami Muktananda (guru), 328
 Swami Satchidananda (sage), 328
 sweat clothes, 132
 SYDA Foundation (Siddha Yoga), 328
 sympathetic joy, 162
 synchronization, 38

• T •

t'ai chi, 122
 talk-only therapy, 196–197
 t'an t'ien, 210, 283
 tantra, 49
 tantric meditation, 49
 tantrika, 49
 Taoism (religion)
 chakras, 212
 organizations, 329
 overview, 50
The Tassajara Bread Book (Brown), 329
 teacher
 custom routine, 222
 desired traits, 253–255
 expectations, 253, 255
 inner wisdom, 254
 purpose, 251, 252–253
 responsibility, 252
 selection, 251–252, 255–256
 types, 252
 teamwork, 289
 technology, 33, 37
 telekinesis, 37
 television, 137, 265
 temperature, body, 132
 tension. *See* stress
 Theosophy (philosophy), 55–56
 therapist, 196–197

Theravada (Buddhist approach), 49–51
 thinking, 26
 third chakra, 212, 213, 214
 Thondup, Tulku (*The Healing Power of Mind*), 277, 334
 thought
 awareness exercise, 103, 180–182
 change from negative to positive, 292
 distancing exercise, 78
 exercise to stop, 90
 inward attention, 95
 ordinary versus creative, 79
 relationship to emotion, 81
 versus emotion, 74
 thought, negative. *See also* negativity
 acceptance, 181
 awareness, 184–187
 denial, 183
 naming exercise, 181–182
 penetrating insight, 184
 recurrence, 179–180
Thoughts without a Thinker (Epstein), 32
 throat, 212, 213
 Tibet, 50, 51
The Tibetan Book of Living and Dying
 (Rinpoche), 335
 Tibetan Buddhism (religion), 330–331
 time
 control issues, 261
 custom routine, 222
 first retreat, 225
 management techniques, 298
 meditation options, 133–134, 263
 quick versus lengthy meditation, 134–136
 solitary retreat, 225–227
 tingling sensation, 209
 Tolle, Eckhart (*The Power of Now*), 335
 traditional guru, 253
 trance, 46
 The Transcendental Meditation Program,
 328–329
 Transcendental Meditation (TM)
 American history, 58
 organizations, 328–329
 research studies, 317, 320
 Transcendentalism (philosophy), 55–56

transpersonal experience
 definition, 197
 expansion of self, 239
 types, 207, 209
 trust, 278–279
 truth, 67
 turbulence, 73, 76–77
 type-A behavior, 274

• U •

union, with God, 15
 unstressing, 179
 upper chakra, 210

• V •

Vajrayana Buddhism (religion), 51, 330
The Varieties of Religious Experience
 (James), 233
 Vedanta Society (meditation center),
 56, 328
 Vedas (early Indian scriptures), 46
 Vietnam War, 57
 violence, 32
 Vipassana (Buddhist tradition),
 252, 331–332
 Vipassana Meditation Center, 332
 virtue, 242
 visions, 207, 209
 visualization, 51

• W •

walking meditation, 122, 135, 307
 washing dishes, 264
 Watts, Alan
Psychotherapy East and West, 57, 58
The Way of Zen, 57
The Way of a Pilgrim (spiritual classic),
 243, 335
The Way of Zen (Watts), 57
 Western customs, 37, 40
When Things Fall Apart (Chodron), 202
Wherever You Go, There You Are
 (Kabat-Zinn), 252, 276, 335

Who Am I? (Klein), 79
 wholeheartedness, 148
 Wilber, Ken (philosopher), 238
 wisdom, 189, 254
Wisdom of the Jewish Sages (Shapiro), 53
 work

constant change, 32
 meditation space, 139–140
 meditation time, 133–134, 263
 rationale for meditation, 43
 stress, 263

work performance
 meditation benefits, 287–289
 meditation techniques, 290–293
 overview, 273
 rationale for meditation, 43

working out, 265

workshop, 224–227

The World Community for Christian
 Meditation, 325–326

World Parliament of Religions (1893), 56
 worldly success, 69

• Y •

yang
 definition, 21
 effortless effort, 149–150
 yin
 definition, 21
 effortless effort, 149–150

yoga

Butterfly pose, 127–128

Cat pose, 123–124

Cobra pose, 124–125

Cradle stretch, 128–130

Locust pose, 125–126

Lunge pose, 126–127

meditation preparation, 122–130

meditation teachers, 251

organizations, 326–329

overview, 47–49

Yoga For Dummies (Feuerstein and Payne),
 47, 122, 335

Yogananda, Paramahansa (yogi), 56, 327

Yogaville Ashram and Integral Yoga
Institutes, 328
yogi, 46

• Z •

zafu, 119, 121

zazen, 319

Zen Buddhism (religion)

American influence, 56–57

body position, 119

breathing technique, 104

closed versus open eyes, 120

empathy, 319

just sitting exercise, 104

meals before meditation, 137

motivation for meditation, 67–68

organizations, 329–330

overview, 50

walking meditation, 135

Zen Buddhist Temple, 329

Zen mind, 62

Zen Mind, Beginner's Mind (Suzuki), 62, 336

Zen Mountain Monastery, 330

zikr, 54