

Meditation

Here is supporting evidence that shows the importance of meditation, and sitting quietly. Firstly, my thoughts.

By not moving you:

- restrain the senses
- calm the mind
- restrain the body, and therefore
- gradually unwind the mind-body attachment

By solely focusing on Asana you don't tend to attain these things as much, or as deeply, if at all. It is highly unlikely to get into certain states of consciousness through Asana alone, or dance or other movement styles. It is only by not moving that certain qualities are amplified. For example, have you ever spent a complete 2 hour Asana practice without thinking at all? I don't know anyone who has. But for both myself and many other meditators, during complete stillness, yes. Gradually then, this starts to absorb into your daily life, not just during the stillness phase.

1. It is highly unlikely that Asana on its own will bring you the same depth of awareness, and letting go of mental activity, the way that meditation practice does.
2. It is so unlikely, the only known actual evidence that shows someone who is in a state of higher consciousness without having practiced meditation (sitting or being still with some form of contemplation technique) is someone who was actually born that way, or arrived at that state spontaneously. i.e. Someone who typically doesn't have the need to practice Asana at all. e.g. Krishnamurti.
3. So far, based on the evidence I have both read (a number of scientific studies), and my own experience, these higher states of consciousness are directly achievable through meditation - it manifests particularly in practitioners who follow certain meditation techniques (some definitely work better than others) and who have been practicing for more than 10 years.

I am not saying you can't be a decent, compassionate and open human being if you don't meditate. There are plenty of those! And certainly some meditators can be judgmental and just as tedious as anyone else 😊. I am saying that certain aspects of higher consciousness, so far, have been shown to consistently manifest in long term meditators, and not in other methods or activities.

All of the enlightened teachers and world masters that I have either met, or read about, or had indirect contact through their students all say the same thing. Quiet contemplation, sitting still for periods of time is the key. Don't distract your "self" with anything external. Some of these masters may disagree on "how" you are to go about this, or what kind of contemplation etc, but they do agree generally on silence, solitude, and stillness.

To name a few: Ramesh Balsekar, Nirsargadatta Maharaj, Ramana Maharishi, Anandamaya, Dalai Lama, Sogyal Rinpoche, Thich Nat Hanh, Amachi, Ken Wilbur, Papaji, Mooji, Meher Baba... I apologise if I've missed your favorite Guru! Haha.

So here are three links on meditation and some science to support my commentary above.

<https://www.sciencedaily.com/releases/2010/.../100319210631.htm>

<https://m.youtube.com/watch?v=LFFMtq5g8N4>

<http://mentalhealthdaily.com/.../5-types-of-brain-waves-freq.../>

Also, although certain aspects of higher consciousness are achievable through other means - e.g. drugs, whether natural or manufactured, sleep deprivation, music, dance, sexual tantra etc, in all of these cases it is consistently shown that the higher state fades with the passing of the activity and does not tend to become absorbed into daily life. Often there is an adverse affect where the activity becomes more and more addictive in order to keep getting into that state.

What is also interesting is that for some practitioners, because sitting or lying send them straight into "sleepy time", your alpha and beta waves drop too much or too quickly. This means a slow walking meditation may be best, initially, to balance the alpha and beta contrast. Conversely, beta waves tend to stay active with Asana practice, and for most so too do alpha waves. For some, during Asana, beta waves remain consistently high, meaning your practice is causing too much consistent pressure, that is, you're trying too hard all the time. In this case a softer Asana practice (the Moon Sequence) and/or stillness meditation, is needed to access the letting go of the beta state.

I am not suggesting to not do Asana. I think Asana practice is great! I am saying do both, Meditation and Asana, not just one or the other.

I hope this helps and clarifies
Matthew Sweeney