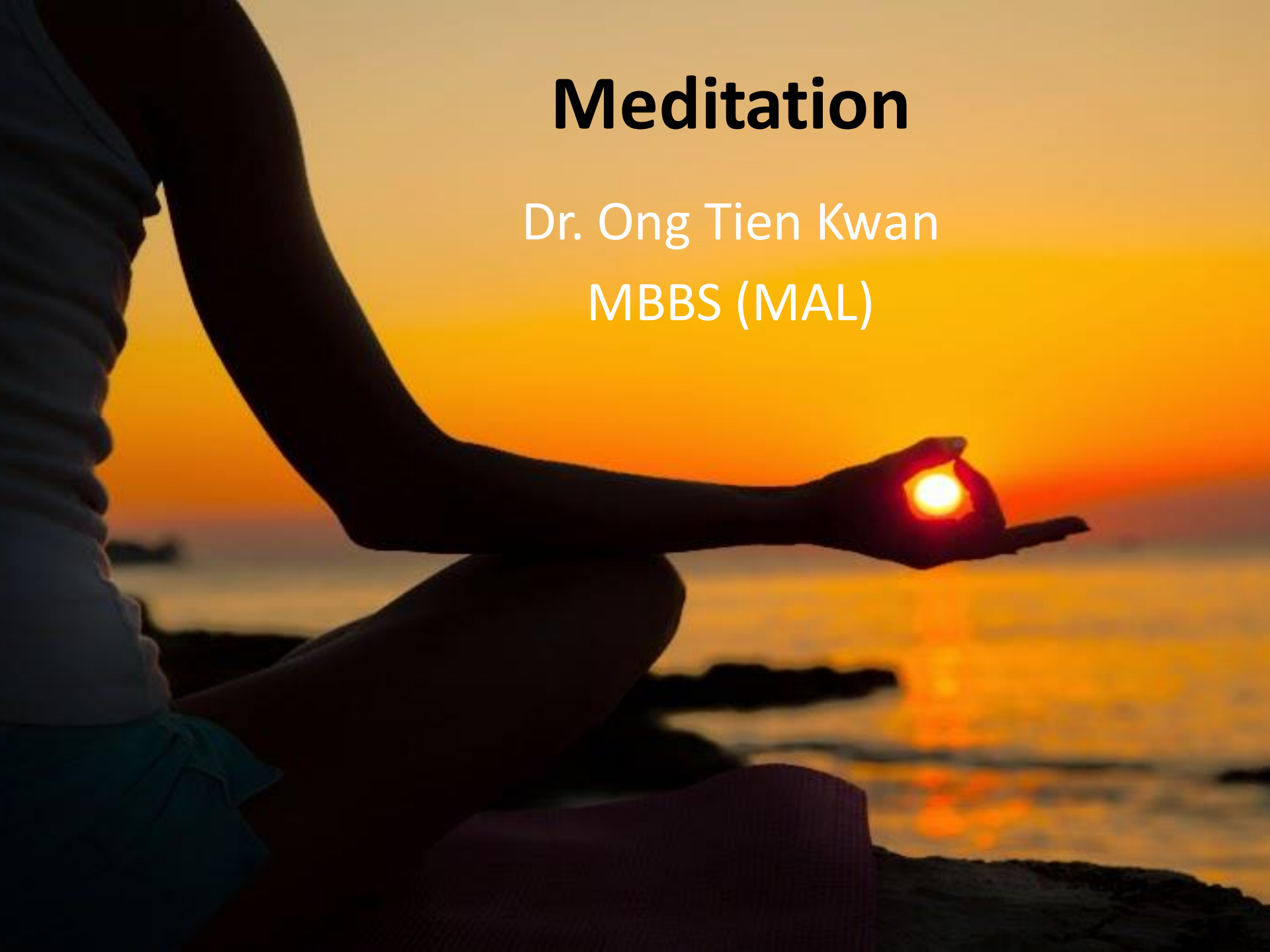


Meditation

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Bhavana (Mental Development)

- **Right Effort**
 - Feed the positive
 - Starve the negative
- **Right Mindfulness**
 - Body, Feelings, Mind, Dhamma
 - Object is inward directed
- **Right Concentration**
 - Jhanas

What is meditation?

- **Mind cultivation or training**
 - Looking inward vs Looking outward
- **Ancient practice**
 - Mental purification
 - Oneness with God
 - Enlightenment
- **Modern practice**
 - Mental health, stress reduction
 - Physical health

Scientific Evidence

1. Brain wave changes

- Delta (0 – 4 Hz): Deep dreamless sleep
- Theta (4 – 8 Hz): Dream state, super learning
- Alpha (8 – 12 Hz): Super learning, creative
- Beta (12 – 40 Hz): Low, Mid, High

2. Blood flow changes

- Left PFC, positive emotions

3. Biochemical changes

- Endorphin, feel good

4. Immunological changes

- Increased immunity

5. Neuronal / structural changes

- Neuroplasticity

Benefits of Meditation

- **Physical benefits**
 - Healthy mind = healthy body
 - Blood pressure, heart health, immunity
- **Emotional and Mental benefits**
 - Thoughts > Feelings > Actions
 - Relaxed, reduced stress, clearer mind, creative
 - Change in perspective (reframing, paradigm shift)
 - Pain is unavoidable but suffering is optional
 - Healing destructive emotions, e.g. guilt, anger, fears, self-blame, poor self esteem
 - Cultivating positive emotions, e.g. love, compassion, empathy, gratitude, joy
- **Spiritual benefits**
 - Mindfulness > greater self-awareness, insights, integration

Self Transformation

- Heightened self awareness
- In touch with body, feelings and thoughts
- Better self understanding and integration
 - **Feelings**
 - Recognise, acknowledge, manage (express, transform, let go)
 - **Thoughts and mental habits**
 - Tendency to **focus** on positive or negative
 - Whatever you feed grows, whatever you starve weakens

Types of Meditation

- **Metta Meditation (Loving-Kindness)**
 - Generate positive emotions to self and all
- **Samatha Meditation (Concentration)**
 - Enhance concentration through stillness
- **Vipassana Meditation (Insight)**
 - Attain continuous, unremitting mindfulness

Beginner's Experience

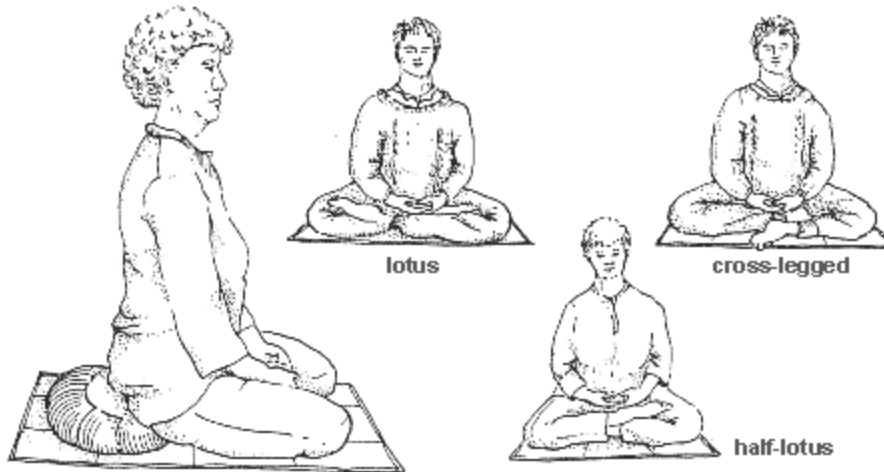
- **Physical discomfort/pain**
 - Two levels of pain : physical and mental
 - Your mind need not be caught in the pain
- **Emotional discomfort**
 - Stirring up old, hidden and forgotten emotions
 - Old habit is to resist, avoid, run away
 - Whatever you resist persists
 - To move out of comfort zone is to grow
- **Mental discomfort**
 - Monkey mind is uncomfortable with stillness
 - The Quiet Mind is magnificent

Getting Started

Environment

Attire

Posture



Master Your Destiny

Until
you make
the unconscious
conscious, it will
direct your life
and you will
call it
fate.

Carl Jung

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