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Dhyana in Hinduism Wikipedia

Dhyana (IAST: Dhy na) in Hinduism means contemplation and meditation. Dhyana is taken up in Yoga exercises, and is a means to samadhi and self-knowledge.. The various concepts of dhyana and its practice originated in the Vedic era of Hinduism, and the practice has been influential within the diverse traditions of Hinduism. It is, in Hinduism, a part of a self-directed awareness and unifying

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The Yoga Sutra a handbook on Buddhist meditation

Take a classic text of Hinduism, the revered Yogasutra (approx. 200 BCE) and compare its semantics and vocabulary to the Buddhist canonical texts. Such a comparison will make it pretty obvious that the author of the Yoga Sutra was highly influenced by (contemporary?)

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