

# PRACTICAL ADVICE ON MEDITATION

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# What is meditation?

- Meditation is a mental exercise that involves focusing the mind on a specific object, thought, or activity to train attention and awareness, and achieve a state of relaxation or mindfulness.
- The practice of meditation has been used for centuries as a way to promote physical and emotional well-being, and it has been shown to have a wide range of health benefits, including reducing stress, improving concentration and focus, and promoting relaxation and a sense of calm.
- There are many different types of meditation, and people may use different techniques to practice meditation, such as repeating a mantra, focusing on the breath, or visualizing a peaceful scene.
- Some people meditate in order to connect with their spiritual or religious beliefs, while others simply use it as a way to find inner peace and calm.

# What are the effects of meditation?

- There is a growing body of scientific evidence on the effects of meditation on the mind and body. Some of the main effects of meditation that have been reported include:
  1. **Reducing stress and anxiety:** Meditation has been shown to help reduce stress and anxiety by decreasing the production of the stress hormone cortisol, and by increasing activity in the prefrontal cortex, which is involved in the regulation of emotions.
  2. **Improving focus and attention:** Meditation has been shown to improve focus and attention by increasing activity in areas of the brain that are involved in attention and concentration.
  3. **Promoting feelings of well-being:** Meditation has been shown to increase the production of neurotransmitters such as serotonin and dopamine, which are involved in feelings of well-being and happiness.
  4. **Reducing symptoms of depression:** Some studies have shown that meditation can be effective in reducing symptoms of depression, particularly when combined with other treatments such as medication or therapy.
  5. **Improving sleep:** Meditation has been shown to improve sleep by decreasing the time it takes to fall asleep and increasing the overall quality of sleep.

# Meditation Techniques

# Useful resources

- Guided meditations on apps or on the web
  - Headspace: <https://www.youtube.com/watch?v=sG7DBA-mgFY&t=56s>
  - Calm: <https://www.youtube.com/watch?v=ZToicYcHI0U>
  - UCLA Health: <https://www.uclahealth.org/programs/marc/free-guided-meditations/guided-meditations>
  - the Insight Meditation Centre: <https://www.audiodharma.org/series/1/talk/1835/>.
- Recommended readings:
  - “The Joy of Living” by Yongey Mingyur Rinpoche
  - “The Art of Meditation” by Mathieu Ricard
  - “The Tibetan Book of Living and Dying” by Sogyal Rinpoche
  - “The Miracle of Mindfulness” by Thich Nhat Hanh
  - “Wherever You Go, There You Are” by Jon Kabat-Zinn
  - “The Headspace Guide to Meditation and Mindfulness: How Mindfulness Can Change Your Life in Ten Minutes a Day” by Andy Puddicombe

## General guidelines to meditation I

- **Choose a comfortable position:** You can sit on a cushion or a chair, or you can lie down. It's important to find a position that allows you to relax and be comfortable.
- **Focus your attention:** Meditation often involves focusing on a specific object, such as your breath or a mantra. Pay attention to your chosen object and let other thoughts and distractions pass by without getting caught up in them.
- **Don't worry about clearing your mind:** It's normal for thoughts to arise during meditation. The goal is not to get rid of thoughts, but to notice them without getting caught up in them.
- **Start small:** It's best to start with short meditation sessions and gradually increase the length as you become more comfortable with the practice.
- **Mixing methods:** Meditation is most effective when you alternative between different techniques.

## General guidelines to meditation II

- **Quality matters:** The quality of meditation is far more important than the quantity.
- **Be patient and persistent:** Meditation can be challenging at times, and it's normal to experience distractions or a busy mind. Don't get discouraged, and try to be patient with yourself.
- It's also a good idea to try different meditation techniques and see what works best for you.
- Some people find it helpful to work with a meditation teacher or to join a meditation group, while others prefer to practice on their own.

## When do the effects of meditation materialise?

- Some people experience feelings of clarity immediately after the session, while for others there is no immediate effects.
- Some people even feel disturbed by initial meditation practices as they become more aware of their (troubling thoughts).
- Evidence suggests that for many individuals the effects only materialise after 3-4 weeks of daily practice.
- In general, the more regularly a person practices meditation, the more likely they are to experience the benefits.
- The benefits of meditation hinge on continual practice and fade away quickly unless practice is continued.



## What are the main meditation techniques out there?

- There are many different meditation techniques that have been developed and practiced within various spiritual and cultural traditions.
- Note: Many different names for meditations that overlap significantly in their content.
- Some common meditation techniques include:
  1. Focused attention (Shinay): In this technique, the practitioner focuses their attention on a specific object, such as the breath or a mantra, and maintains this focus while letting go of other thoughts and distractions.
  2. Open monitoring/awareness: In this technique, the practitioner observes their thoughts and emotions non-judgmentally, without trying to change them or engage with them.
  3. Loving-kindness: In this technique, the practitioner directs feelings of love and compassion towards themselves and others.
  4. Transcendental: In this technique, the practitioner repeats a mantra or phrase in order to quiet the mind and achieve a state of higher consciousness.
  5. Movement: In this technique, the practitioner focuses their attention on their movements, such as walking or performing a series of physical postures, in order to cultivate mindfulness.
  6. Visualization: In this technique, the practitioner imagines a peaceful or calming scene in order to relax the mind and body.

# Shinay meditation

- Shinay is a technique to focus and calm our mind
  1. Begin by finding a comfortable seated position, with your back straight and your feet planted firmly on the ground.
  2. Choose an object or idea to focus on, such as your breath, a mantra, a candle flame, or a visualization.
  3. Bring your attention to the chosen object or idea, and try to keep your mind focused on it as much as possible.
  4. When your mind wanders, gently redirect your attention back to the object or idea.
  5. Continue focusing on the object or idea for several minutes, or for as long as you feel comfortable.
  6. When you feel ready, you can gently open your eyes and return to your normal activities, carrying the sense of focus and clarity with you throughout your day.

# Mindfulness/Awareness meditation

- In open awareness meditation, the practitioner does not focus on a specific object of attention, such as the breath or a mantra, but rather allows their awareness to be open and expansive, like the sky.
- Example of an open awareness meditation:
  1. Bring your attention to the present moment, without focusing on any specific object of attention. Simply allow your awareness to be open and receptive, like the sky.
  2. Notice any thoughts, emotions, or physical sensations that arise, but try not to get caught up in them. Simply acknowledge them and let them pass, like clouds in the sky.
  3. If you find it helpful, you can repeat a mantra or phrase to yourself to help keep your focus on the present moment.
  4. When your mind wanders, gently bring your focus back to the present moment. Try to stay present and open, without judgment or attachment.
  5. When you are ready, slowly open your eyes and take a few deep breaths. Notice any feelings of calm or clarity that you may have experienced during the meditation.

# Mantra meditation

- A mantra is a word or phrase that is repeated during meditation as a way to focus the mind and achieve a state of calm and concentration.
- Some popular mantras that are commonly used in meditation include:
  1. Om or Aum: This is a traditional Hindu mantra that is believed to be the sound of the universe. It is often used as a way to connect with a higher power or to bring about a sense of peace and balance.
  2. So Hum: This mantra is believed to be a representation of the natural rhythm of the breath, and is often used as a way to focus the mind and bring about a sense of relaxation.
  3. Sat Nam: This mantra is commonly used in Kundalini Yoga, and is believed to represent the truth of one's being. It is often used to help connect with one's inner self and to bring about a sense of clarity and purpose.
  4. Om Mani Padme Hum: This is a Tibetan Buddhist mantra that is believed to bring about enlightenment and compassion. It is often used as a way to connect with a higher power or to cultivate positive qualities such as love, kindness, and generosity.

# Transcendental meditation

- Transcendental Meditation (TM) is a specific form of meditation that involves the use of a mantra, or a specific sound or word, as a focus of concentration.
- The practice of TM involves sitting comfortably with the eyes closed and repeating the mantra to oneself for a set period of time, typically 20 minutes twice a day.
- The goal of TM is to achieve a state of "transcendental consciousness," or a state of restful alertness in which the mind is settled and the individual experiences a state of inner peace and clarity.
- It is believed that this state of consciousness can have a number of beneficial effects on the mind and body, including reducing stress and promoting feelings of well-being.

## Loving-kindness meditation

- Loving-kindness meditation is a practice that involves cultivating feelings of love, compassion, and well-being towards oneself and others.
- Here are a few tips for practicing loving-kindness meditation:
  1. Bring to mind someone who is close to you, and visualize them in front of you. As you inhale, silently repeat to yourself a phrase of loving-kindness, such as "may you be happy, may you be healthy, may you be at ease." As you exhale, send these feelings of love and well-being to the person in your visualization.
  2. Next, bring to mind someone who is neutral to you, and repeat the process of sending loving-kindness to them.
  3. Then, bring to mind someone who is difficult for you, and repeat the process of sending loving-kindness to them.
  4. Finally, bring to mind yourself, and repeat the process of sending loving-kindness to yourself.
  5. Continue repeating these phrases of loving-kindness to each person for several minutes, or for as long as you feel comfortable.

# Tonglen Meditation

- Tonglen is a Tibetan Buddhist meditation practice that involves taking in suffering or difficult emotions and exhaling compassion, love, and well-being.
  1. As you inhale, visualize taking in the suffering or difficult emotions of others. You can use a specific person or group of people in your visualization, or you can simply imagine taking in suffering in a more general sense.
  2. As you exhale, visualize sending out compassion, love, and well-being to those who are suffering. You can visualize these positive qualities flowing out of your heart and into the world.
  3. Repeat this process for several minutes, focusing on the sensations of your breath and the visualization as you inhale and exhale.

# Movement Meditation

- Movement meditation is a type of meditation in which the practitioner uses physical movement, such as walking or performing a series of physical postures, as a focus of concentration and mindfulness.
- In movement meditation, the practitioner brings their full attention to the experience of moving their body, noticing the sensations of their feet on the ground, the movement of their limbs, and their breath. The goal is to cultivate a sense of present-moment awareness and to allow the movement of the body to bring the mind into a state of calm and focus.
- Movement meditation can be practiced in a variety of ways, including walking meditation, qigong, tai chi, and yoga. It can be practiced indoors or outdoors, and can be adapted to suit different levels of physical ability.



# Visualization Meditation

- Visualization meditation is a meditation technique in which the practitioner uses their imagination to create mental images or scenes in order to relax the mind and body, and to cultivate specific states of mind or qualities.
- In visualization meditation, the practitioner sits comfortably with the eyes closed and focuses their attention on a specific image or scene.
- This might be an image of a peaceful place, such as a beach or a forest, or it might be an image of a person or animal.

## Visualization Meditation Practice: An example

- Begin to visualize a place or scene that brings you a sense of peace and relaxation. This might be a beautiful beach, a peaceful forest, or a mountain top. Take a few moments to fully immerse yourself in the scene, using your senses to bring it to life in your mind's eye.
- As you continue to visualize the scene, allow yourself to feel a sense of peace and relaxation. You might imagine the sun warming your skin, the sound of waves crashing on the shore, or the scent of flowers in the air.
- When your mind wanders, gently bring your focus back to the visualization. If you find it helpful, you can repeat a mantra or phrase to yourself to help keep your focus on the visualization.
- When you are ready, slowly open your eyes and take a few deep breaths. Notice any feelings of relaxation or calm that you may have experienced during the meditation.

# Scientific Evidence on Meditation

## Background readings

- “Altered Traits: Science Reveals How Meditation Changes Your Mind, Brain, and Body” - Daniel Goleman and Richard Davidson.
- Richard Davidson Ted Talk: <https://www.youtube.com/watch?v=7CBfCW67xT8>
- Mark Williams talk: <https://www.youtube.com/watch?v=ryXbiJLxEjY>

## How good is the evidence out there?

- Are results robust to replication? Yes, large and robust set of evidence on the effectiveness of meditation on mental health.
- Are results distorted by experimenter demand effects? Seems unlikely for two reasons:
  - Active control groups.
  - Hard outcomes (as obtained by biomarkers and brain scanners)
- Are results based on small samples? Mostly yes, but there are also some studies out there with larger samples which replicated earlier small scale studies.
- Some of the evidence involving biomarkers and brain scanners is based on relatively small sample sizes and therefore should be more cautiously interpreted.

## How does meditation change the brain?

- Regular meditation is associated with increased brain volume in areas related to learning, memory, and emotional regulation, such as the hippocampus and prefrontal cortex.
- Meditation is associated with reduced activity in the “default mode network” (DMN), a network of brain regions that is active when we are not focused on a specific task.
  - DMN is often related to thoughts about the ego.
  - This reduction in DMN activity is thought to be related to the increased focus and concentration that can be developed through meditation.
- Meditation has been shown to alter brain waves, particularly in the alpha and theta ranges, which are associated with relaxation.
- Meditation may improve the efficiency of neural connections in the brain

# How does Meditation Affect Emotion Regulation?

- One of the potential benefits of meditation is its ability to improve emotion regulation, or the ability to manage and respond to one's own emotions in a healthy and adaptive way.
- Research has shown that meditation can have a number of beneficial effects on emotion regulation, including:
  1. Reducing negative emotions: Some studies have found that meditation is associated with reduced levels of stress, anxiety, and depression, and can help individuals to cope more effectively with negative emotions.
  2. Increasing positive emotions: Other studies have found that meditation is associated with increased feelings of positivity, well-being, and life satisfaction.
  3. Improving emotion regulation skills: Meditation may also help individuals to develop specific skills that can be useful for regulating emotions, such as the ability to focus attention, to identify and label emotions, and to respond to emotions in a non-reactive way.

# FAQ



## What are the main misconceptions about meditation?

- Meditation is about clearing the mind: It's normal for thoughts to arise during meditation, and the goal is not to get rid of thoughts or have a completely "clear" mind. Rather, the goal is to notice thoughts as they arise and let them pass by without getting caught up in them.
- Meditation is boring or tedious: While meditation may require some effort and discipline, it can also be a deeply rewarding and enjoyable practice. Many people find that meditation helps them feel more relaxed, focused, and present in their lives.
- Meditation is only for spiritual people: Meditation is not necessarily tied to any particular spiritual tradition or belief system. It can be practiced by anyone, regardless of their spiritual beliefs or background.

# What is Mindfulness-Based Cognitive Therapy? I

- Mindfulness-Based Cognitive Therapy (MBCT) is a form of therapy that combines elements of cognitive-behavioral therapy (CBT) with mindfulness practices.
- MBCT was developed to help people who suffer from recurrent depression and to prevent future episodes of depression.
- MBCT involves teaching mindfulness skills, such as paying attention to the present moment and non-judgmentally accepting one's thoughts and feelings.
- These skills are learned through the practice of mindfulness meditation, as well as through other mindfulness exercises and activities.

## What is Mindfulness-Based Cognitive Therapy? II

- In MBCT, individuals learn to recognize negative thought patterns, such as rumination and worry, and to respond to them in a more positive and adaptive way.
- MBCT also helps individuals to develop greater awareness of their thoughts, emotions, and physical sensations, and to develop skills for managing them in a more effective way.
- MBCT has been shown to be effective in reducing the risk of relapse in people with a history of recurrent depression, and it is also used to treat a range of other mental health conditions, including anxiety and stress.
- MBCT is often delivered in a group format, with weekly sessions led by a trained therapist

# What is a meditation high?

- A meditation high is a term that is sometimes used to describe a state of intense relaxation, peacefulness, or bliss that can occur during or after meditation.
- It is often described as a feeling of being "high" or "floating," and can be accompanied by a sense of euphoria, clarity, and well-being.
- Some people may experience meditation high as a temporary feeling that occurs during or immediately after meditation, while others may describe it as a more enduring state of mind that they are able to maintain throughout the day.

# What is vipassana meditation?

- Vipassana meditation, also known as insight meditation, is a meditation technique that originated in ancient India and is practiced in the Theravada tradition of Buddhism.
- Vipassana means "to see things as they really are," and the practice involves developing a deep understanding of the true nature of reality.
- In vipassana meditation, the practitioner focuses their attention on their breath or on physical sensations in the body, and cultivates a sense of present-moment awareness.
- The goal is to develop a clear and unbiased understanding of the nature of reality, including the impermanent and interconnected nature of all things.

# Meditation retreats

- There are many excellent meditation retreats around the world that offer a range of experiences and practices. Here are a few that are highly regarded:
  1. Vipassana International Academy in Igatpuri, India: This retreat offers a intensive 10-day course in the Vipassana meditation technique, which involves sitting in silence and observing one's thoughts and sensations.
  2. Spirit Rock Meditation Center in Woodacre, California: This retreat offers a variety of programs, including silent retreats and retreats focused on specific practices such as Lovingkindness and Insight meditation.
  3. Plum Village Community of Engaged Buddhism in the Dordogne, France: This retreat, founded by Zen Master Thich Nhat Hanh, offers mindfulness retreats in a beautiful natural setting.
  4. Zen Mountain Monastery in Mount Tremper, New York: This retreat offers intensive Zen meditation training in the Soto Zen tradition.
  5. Tushita Meditation Centre in Dharamsala, India: This retreat offers courses in Tibetan Buddhism and Vipassana meditation, as well as daily group meditation sessions.