



29



Posted by u/zerooskul 19 hours ago



All There Is To Know About Meditation (Wim Hof's Method Rocks, and Is Actually, Probably The Best Method, btw)

TL;dr

Wim Hof is best because it gives:

Nonreflective mindfulness meditation for focus.

Deep breathing, for peace-of-mind, and improved memory.

The Iceman method to develop immunity and a sense of comfort in your own skin.

In the post, there's also a technique to develop a greater sense of happiness; and this can be done separately, but not in conjunction with the breath focus because you want to focus on just one thing at a time.

And then toward the bottom there are a couple of fun meditation techniques that you can do once you start to develop that meditative focus, or if you already have.

Preface

I am not a guru and I won't help you find your soul and there are no spirit-guides to meet.

I am an editor who decided to read a meditation book, and then to edit the idea of meditation so that nobody else would ever have to go through what that book told to do.

This is not self promotion, do not worry who I am, just know that I *really* checked, and the results are that Wim Hof's (pron. Vim Hoof, for those who are English speakers) seems to be the best method.

All links below go to scientific evidence from university studies and peer-reviewed journals... and to songs that I think make the reading more enjoyable... and one video of a scientist giving a talk... and one 19 second clip from *The Simpsons*.

This is not just about Wim Hof but about everything that is meditation and different techniques you can try and why you shouldn't try others.

I spent 25 years meditating and the last 18 years looking into different methods and different kinds of meditation to find out why they don't work to bring peace and tranquility.

I have been to Heaven and Hell, I have seen "Other Realms" through my eyelids, I have been traumatized and not fully recovered, I have done drug methods that I will never describe because I do not want anyone to get ideas they should try to defy their own sanity.

Just know: I really checked:

Most methods are nonsense and most gurus are frauds.

In the end I have concluded, and present evidence to back my findings:

There is only one type of meditation that is actually 100% safe, all methods of that type, **Nonreflective Mindfulness Meditation**, should also be perfectly safe.

I Applaud Wim Hof!

I don't have a trophy...

Lulu *To Sir, With Love*

<https://youtu.be/yTppA5RQyo>

Wim Hof seems to have developed the best possible version of meditation.

This man is a genius and when I see his face, I know he is a truly happy individual.

And I know he was happy before anybody ever knew who he was and what he could do and what he could teach.

I know this because it makes you feel happy.

I cannot maintain the Iceman method due to trauma involving being very scared and very cold in a very large body of very cold water, BUT when I have forced myself, it is great; but it is too much pressure on me to make it a habit.

If you can, do it!

Meditation

Know that there is no Maharishi Effect; if there were there would be no violent crime in Fairfield, Iowa, where Maharishi University Of Management is situated, where more TM practitioners can be found meditating together on any given day than anywhere else on Earth.

In Metta, or Lovingkindness Meditation, transmitting thoughts to others only transmits to your idea of them, but not really them, it's just how you see them in your head, which is your idea, which is actually just you; it makes you feel good but affects them, not at all.

There is no manic and there are no psychics.



Meditation Can Potentially Induce Trauma If Performed Carelessly Or If Taught By Unqualified People

Dr. Willoughby Britton of Brown University runs a meditation-induced-trauma center called Cheetah House.

<https://www.theatlantic.com/health/archive/2014/06/the-dark-knight-of-the-souls/372766/>

"I started having thoughts like, 'Let me take over you,' combined with confusion and tons of terror," says David, a polite, articulate 27-year-old who arrived at Britton's Cheetah House in 2013. "I had a vision of death with a scythe and a hood, and the thought 'Kill yourself' over and over again."

Michael, 25, was a certified yoga teacher when he made his way to Cheetah House. He explains that during the course of his meditation practice his "body stopped digesting food. I had no idea what was happening." For three years he believed he was "permanently ruined" by meditation.

Note: Transcendental Meditation, TM, is a potentially harmful technique especially if done carelessly; and apparently you are supposed to perform it carelessly.

Dr. Britton says that since one worked their way into meditation-induced-trauma, it is almost always a doable task to work one's way out of it.

<https://youtu.be/raorMfUYPDk>

Posture

Bad posture can make you slouch which can compress your ribcage against your diaphragm which can cause a mild compression asphyxia.

This can make you fall asleep.

This can also make you feel like you are suffocating and can cause anxiety.

For posture.

Look up, straight up, as straight up as you can.

Pull your body straight up with your head.

Just look straight up as much as you can for just a second or two.

Now, level your head atop your straight spine.

Perfect posture.

If you notice yourself slouching during your sit, correct this, and return to meditation.

This Is The Easiest Way I know Of To Teach Mindfulness Meditation

Non-reflective Mindfulness Meditation is free and easy, and, apparently, done correctly, the safest form of meditation; and anyone can do it any time.

Count in this way:

1

1, 2

1, 2, 3...

Count incrementally up to ten.

If you lose count, like if you can't tell if the last increment went up to eight or if this one is supposed to, start over.

If you get distracted by some interfering thought, bring yourself back to counting.

Notice what has happened in your mind with no work on your part:

You return to counting at a higher number than where you left off before you got distracted.

What does that mean?

That means your mind will keep thinking whether you focus on the idea or not.

The numbers went into the background while you thought about whatever else.

Reverse that.

Let interfering thoughts go into the background, and focus on the numbers.

So if you lose count, start over.

If you get distracted and return at a higher count than you left-off at, start over.

If you catch yourself getting distracted, start over.



The Gayatri Mantra

If you want to meditate with about a billion people, any day you like, do that Gayatri Mantra, this is a 3,000 year old tradition performed daily at "Sandhya" the place between light and dark, being Sunrise and/or Sunset, as you like it.

Om bhūr, bhuvāḥ, svaḥtat, savitur varenyam

Bhargo devasya dhīmahi

Dhiyo yo naḥ prachodayāt

– Rigveda 3.62.10

The Benefits Of Meditation

Aside from potentially traumatizing one who performs meditation incorrectly, there are benefits that come from well trained and regular practice.

Wim Hof

The Wim Hof technique is actually proven to enhance the immune system, and is the only exercise proven to do so.

2011 study

<https://www.sciencedaily.com/releases/2011/04/110422090203.htm>

Summary: New research on "Iceman" Wim Hof suggests that he can influence his autonomic nervous system and immune response through concentration and meditation. The results obtained are remarkable, however, the investigators emphasize that so far, these results have only been obtained in a single individual.

2014 study

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4034215/>

ABSTRACT: Healthy volunteers were randomized to either the intervention (n = 12) or control group (n = 12). Subjects in the intervention group were trained for 10 d in meditation (third eye meditation),

Meditation, so-called "third eye meditation," a form of meditation including visualizations aimed at total relaxation.

[I do not know why they refer to it as "third eye meditation", since it was simply oscillations between breath focus and image focus, the Wim Hof meditation method that he recommends is just breath focus, below]

breathing techniques (i.e., cyclic hyperventilation followed by breath retention), and exposure to cold (i.e., immersions in ice cold water). The control group was not trained. Subsequently, all subjects underwent experimental endotoxemia (i.v. administration of 2 ng/kg Escherichia coli endotoxin). [...] In conclusion, we demonstrate that voluntary activation of the sympathetic nervous system results in epinephrine release and subsequent suppression of the innate immune response in humans in vivo. These results could have important implications for the treatment of conditions associated with excessive or persistent inflammation, such as autoimmune diseases.

Actual Wim Hof breath meditation is just Mindfulness of Breath incorporating deep breathing:

<https://www.wimhofmethod.com/breathing-meditation>

Meditation is great for relieving stress, for boosting your concentration, and it can even help you sleep better. Breathing properly is an important part of every form of meditation, as it helps to calm your body, which brings you to a state of relaxation. Focusing on your breath while meditating serves two purposes: it keeps your mind from wandering, and it gives you the opportunity to improve your breathing technique. The Wim Hof Method can help you get the most out of your breaths, and you can easily incorporate the Wim Hof breathing exercises into your meditation routine.

I will return to this in a moment, but the above text, quoted directly from Wim Hof's own website, is not entirely accurate, see: actually it is ONLY meditation with deep breathing exercises that actually relieves stress.

This is why this method is the best.

Focus

Focus - Hocus Pocus

https://youtu.be/RFDW9b_ejfi

I use meditation focus to get World Record High Scores at vintage video games:

https://www.reddit.com/r/vintagegaming/comments/ts1m74/fire_991_points_game_watch_original_handheld/

This is not self-promotion but proof that meditation can help you attain and maintain focus on



<https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress/art-20046037>

Breathe deep, and do it any time you think about your breath.

From the Mayo Clinic

<https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress/art-20046037>

But when stressors are always present and you constantly feel under attack, that fight-or-flight reaction stays turned on.

The long-term activation of the stress response system and the overexposure to cortisol [The Primary Stress Hormone] and other stress hormones that follow **can disrupt almost all your body's processes**. This puts you at increased risk of many health problems, including:

Anxiety, Depression, Digestive problems, Headaches, Muscle tension and pain, Heart disease, heart attack, high blood pressure and stroke, Sleep problems, Weight gain, Memory and concentration impairment

Know:

Your breath is the Earth's atmosphere.

It is an invisible bodypart that is also part of my body.

It is also whale breath and microbe breath.

It is the breath of the plants and fungi.

It is an invisible part of our bodies that we all share.

My mind is not your mind.

The structure of my body is not the structure of your body.

Our breath, however, is the Earth's atmosphere, an invisible bodypart, bigger than the surface of the planet.

There is no private air.

Peer reviewed article from *Nature*:

<https://www.nature.com/articles/npp2013327>

Prolonged, elevated cortisol [The Primary Stress Hormone] levels in animals are also shown to cause atrophy [Weakening] in the hippocampus [The Brain's Memory Center] and hypertrophy [Growth] in the amygdala [The Brain's Fear Center], largely through changes in dendritic remodeling [Parts Of Brain Cells That Catch Messages From Other Brain Cells]. These structural changes may contribute to deficits in appropriate feedback onto the HPA axis. [The Part Of Your Brain That Keeps You Calm]

Results from Berkely Study:

https://greatergood.berkeley.edu/article/item/what_focusing_on_the_breath_does_to_your_brain

Activity in the amygdala [The Brain's Fear Center], suggests that quick breathing rates may trigger feelings like anxiety, anger, or fear. Other studies have shown that we tend to be more attuned to fear when we're breathing quickly. Conversely, it may be possible to reduce fear and anxiety by slowing down our breath.

Results from MSU study:

https://www.canr.msu.edu/news/understanding_cortisol_the_stress_hormone

Deep breathing causes the vagus nerve [Immune System And Heart Rate Control] to signal your nervous system to lower your heart rate, blood pressure and cortisol [The Primary Stress Hormone]. Taking just ten deep breaths can assist with relaxation and provide a sense of calm.

Happiness

As of 2017, Matthieu Ricard had been part of a study involving Buddhist Monks attached to electroencephalographs asked to focus on feelings and moods.

When asked to focus on happiness, Matthieu Ricard went off the charts.

He was the happiest human ever so recorded.

Others, through this technique, have most probably met or surpassed his level of happiness, by now.

His technique.

I do not know of or recommend any of his other teachings, this seems like plenty.

<https://www.insider.com/how-to-meditate-buddhist-monk-matthieu-ricard-2018-1>

First, sit comfortably with your eyes closed or unfocused and breathe in and exhale slowly, focusing on your breath. As thoughts race through your mind, don't actively try to ignore them, but rather let them float by, without attaching to any particular one. If you find yourself



The Third Eye

Tool - *Third Eye*

<https://youtu.be/-vTFxbQDnwm>

And, at last, the treasure what you maybe came here for to find: the hard sought and mystical secret of that "Third Eye" thingy:

You will laugh in a moment.

If you have developed even a modicum of meditative focus, you ought to be able to do this as you read the instruction.

Relax your face.

Eyes barely open, but open

Let your forehead, cheeks, eyelids, lips, just hang.

Breathe through your nose, in and out.

You should gradually feel a tingle in your forehead.

Focus your mind, not your eyes but your mind, on that tingle.

Eyes are not closed.

Hold it for a minute or two

You should start to feel a fluttery sensation in your face.

The sensation may wash over your body but you should hold your focus, not your eyes, your focus on your forehead.

It just tingles and flutters.

It may feel overwhelming, but hold it.

This is your breath and pulse tickling the nerves inside of your face.

Don't laugh, yet.

Hold that focus.

What you have previously been doing, if you have been trying this in the past, seems to be inadvertently crossing your eyes while they are closed, that's the pressure and even pain you have been feeling.

Chakras are nerve centers, not magic universal binders.

There is no 3rd eye.

Now, adjust your neck and you should feel a dopamine flush flutter down your spine.

That is all it is.

Feels nice.

And that's it.

Feel The Earth Move

Michael Jackson *Earth Song*

<https://youtu.be/buCdGwH2Efc>

You can, really, truly, seriously, and scientifically proven, feel the turn oof the planet Earth.

Quantum Astrophysicist Faye Dowker, a prodigy of the famous wheelchair guy from that move *Theory of Everything** who wrote *A Brief History Of Time...* this guy:

<https://youtu.be/uIDTQ5BoKP8>

So Faye Dowker is a prodigy of the, now late, great Stephen Hawking and, beginning about 15:37 she explains how to take the first step Einstein took in coming up with his General Theory of Relativity, and then at about 16:54 she explains, through Zazen, mindfulness of being seated--and she gets a funny look on her face as though she is picturing every bottom in the auditorium where she stands at Michael Faraday's desk--how to feel the turn of the Earth:

<https://youtu.be/XtptrdsToXU>

Conclusion:

No other type than Non-reflective Mindfulness Meditation seem particularly useful for anything.

The best method for health and peace-of-mind is Wim Hof.



Sort By: Best

saijanai · 12 hr. ago

Note: Transcendental Meditation, TM, is a potentially harmful technique especially if done carelessly; and apparently you are supposed to perform it carelessly.

Not sure why you single out TM, especially after quoting an article that doesn't even mention TM.

7 upvotes, 0 downvotes, 1 reply, 0 shares, 0 reports, 0 saves, 0 follows

zerooskul OP · 9 hr. ago

TM is the most popular form of pseudoscience meditation that people take-up because a bunch of actors say they do it every day and it is why they are so good at being famous.

The rest other popular philosophy about which celebrities say the same thing is scientology.

Neither of these will make you famous.

Neither of them will bring peace-of-mind.

Only one of them is meditation, so only that one fits in the report.

-1 upvotes, 0 downvotes, 0 replies, 0 shares, 0 reports, 0 saves, 0 follows

[Continue this thread](#)

boutrosboutrosgnarly · 15 hr. ago

wtf is going on in this post?

12 upvotes, 0 downvotes, 0 replies, 0 shares, 0 reports, 0 saves, 0 follows

DisappearDinosaur · 11 hr. ago

Schizophrenia posting probably.

8 upvotes, 0 downvotes, 0 replies, 0 shares, 0 reports, 0 saves, 0 follows

zerooskul OP · 15 hr. ago

Tl;dr

Wim Hof is best because it gives:

Nonreflective mindfulness meditation for focus.

Deep breathing, for peace-of-mind, and improved memory.

The Iceman method to develop immunity and a sense of comfort in your own skin.

In the post, there's also a technique to develop a greater sense of happiness; and this can be done separately, but not in conjunction with the breath focus because you want to focus on just one thing at a time.

And then toward the bottom there are a couple of fun meditation techniques that you can do once you start to develop that meditative focus, or if you already have.

2 upvotes, 0 downvotes, 0 replies, 0 shares, 0 reports, 0 saves, 0 follows

[Continue this thread](#)

Canolio · 18 hr. ago

Big respect for the amount of work you put into this post. However, through personal experience I just don't think the WHM is a good meditation practice, the breathing is far too intense. I practice vassana separately from the WHM and taken big steps forward in a relatively short amount of time. Both play an important role but are not one in the same.

9 upvotes, 0 downvotes, 0 replies, 0 shares, 0 reports, 0 saves, 0 follows

zerooskul OP · 17 hr. ago · edited 17 hr. ago

UttureOw · 17 hr. ago

I ain't reading all that, but good job!

8 upvotes, 0 downvotes, 0 replies, 0 shares, 0 reports, 0 saves, 0 follows

zerooskul OP · 16 hr. ago

Tl;dr

Wim Hof is best because it gives:



one thing at a time.

And then toward the bottom there are a couple of fun meditation techniques that you can do once you start to develop that meditative focus, or if you already have.

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spinachsmile · 11 hr. ago

I really respect the time and effort you put into this post! It's really admirable that you've created such a comprehensive guide to your beliefs as well as different forms and experiences of meditation.

As a fellow long-term meditator, I strongly disagree with some of your points here.

I find the Wim Hof method really intriguing, and I tend to use the breathing practices before I practice meditation. They're very different practices to me, and meditation has been infinitely more helpful in my life.

Personally, if I were to meditate on a Wim Hof breathing practice, it would feel more like an intense walking or eating meditation than a simple breathing practice, if that makes sense. It's a very intense stimulus that's easy to focus on. When I'm trying to cultivate mindfulness I tend to meditate on more subtle sensations, like soft breathing. It's like how you don't see many people meditating at heavy metal concerts, you know?

I also don't believe there can be a "best possible form of meditation." It depends on how your mind and body are doing, your environment, and the individual.

I'm sorry you've had traumatic experiences from meditation. I believe those can happen even while meditating properly; it's a time when whatever you've managed to avoid thinking and feeling tends to come into awareness. At the same time, I believe you're strawmaning and discouraging very helpful forms of practice in this post that people already have all kinds of incorrect assumptions about.

I especially disagree with your point on Metta practices. From what I've seen and practiced, the goal of loving kindness meditation isn't to create real, spiritual change in the world. The goal is to create a feeling of nurturing warmth and kindness within yourself that extends to all beings, including yourself. It is a unique and beautiful practice that shouldn't be dismissed just because it doesn't have an effect beyond that. Otherwise, of course, you'd be right - all beings sure aren't happy, healthy, safe, etc. We'd be a terrible failure. However, that's not the goal of the practice.

On how "[The Wim Hof method] is the ONLY meditation with deep breathing exercises that actually relieves stress. That is why this method is the best." The source you're citing is Wim Hoff's website and claims nothing of the sort, just suggesting you incorporate his breathing techniques into a pre-existing meditation routine. I find myself wondering what kind of meditation practices you've been doing for the last 25 years to come to this conclusion. If you've talked to other meditators, surely you realize this is just untrue? I don't believe you're trolling, I'm just confused.

As for your other points, I don't really know enough about those kinds of practice to comment.

I may strongly disagree with you, but I also really respect the clear time and effort you put into this post. Wish you the best :)

2 Reply Share Report Save Follow

this_is_heinous · 9 hr. ago

Great post. I admire Wim and use the described meditation principles, and have been for a few years. I like the way you broke down the principles into steps and how to approach the practice. I would also ask you to be aware of your tone and bias towards the meditation though. It's clear that you have found that it works well for you, but there is no basis to claim that it is the best. I have taught meditation and mindfulness techniques to many novices and I've come to understand that we as individuals gravitate towards certain things and some things work better than others for people in certain contexts and times of their life. I always encourage people to focus on their own journey with meditation and stick with what works right now as well as be open to pushing your comfort zone and exploring further when what used to work is no longer working. I have known people who really struggled with the breath work and others who have attached to it immediately. That doesn't say anything about the person other than where they are at in that given moment and context and that's ok. You're doing great work by spreading the information on how meditation can enhance a persons life, I just think you can better serve by taking a non judgmental stance and continue to encourage people on their journey without invalidating the positive things people receive from things that don't work for you.

2 Reply Share Report Save Follow

zerooskul OP · 8 hr. ago

You are encouraging self-harm and calling my warnings against self-harm judgmental.

1 Reply Share Report Save Follow



- Understanding of the true self

If you're looking for a decent health boost, cold resistance and some anxiety reduction, Wim Hof is your man. If you want to understand the nature of your mind and reality itself, maybe consider some traditions that have had about 2700 more years of active development.

3 Reply Share Report Save Follow

Tsund_Jen · 14 hr. ago

maybe consider some traditions that have had about 2700 more years of active development.

This was the funniest part.

The WHM is rooted in those teachings, it adopts and modifies some of their innate practices.

As for understanding the nature of your mind and reality itself, I wouldn't rely on "Tradition", because most of you do, as you have done, and point to one example and say "Only this way is the way", you silly fool. The Tao speaks to you and only you does it? Only in this one method and one approach?

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zerooskul OP · 8 hr. ago · edited 2 hr. ago

I absolutely don't agree.

Which part of it do you disagree with?

I don't think your agreement or disagreement with it matters, since I link to actual scientific studies done in actual laboratory conditions.

Wim Hof is great for what it is--breathwork, autonomic control, etc.--but there is no well-developed meditation practice within it for the following objectives:

You are confusing the Iceman method with Wim Hof meditation.

Wim Hof meditation is just mindfulness of breath.

Non-dual awakening

What's that?

<https://www.scienceandnonduality.com/article/enlightenments-evil-twin>

Compassion

Mere deep-breathing induces a sense of wellbeing and calm which helps a practitioner develop compassion.

Mindfulness of thoughts and the present moment

Both of these are developed through Nonreflective Mindfulness Meditation but neither of them are healthy activities to engage in as meditative practice.

Understanding of the true self

What is "true self"

What do any of these ideas have to do with meditation?

If you're looking for a decent health boost, cold resistance and some anxiety reduction, Wim Hof is your man.

Wim Hof is the only meditation that improves focus, improves memory, reduces anxiety, comforts the practitioner as being their own self.

His Iceman technique is the only exercise proven to strengthen the immune system.

If you want to understand the nature of your mind and reality itself, maybe consider some traditions that have had about 2700 more years of active development.

None of the ideas you present have anything to do with meditation.

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austinkunchn · 15 hr. ago

Amazing. I read most of it, and I love how thorough and rigorously scientific you are. Thank you so much

2 Reply Share Report Save Follow

andy_asshol_poopart · 15 hr. ago



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3

Posted by u/csyolo88 19 hours ago

i cant do ice baths at home but i can put my hands/feet in ice water at home. any benefits ?

since you feel the same good pain but on a smaller scale will it have any benefits that come wit an ice bath ? i ve heard anna lembke talk about this but i cant remember the context.

7 Comments

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3

Posted by u/Snoo94104 5 days ago

Deception

Hy,

I suffer from severe mental issues.

Like anyone in this horrible situation, i was desperatly looking for psychiatry alternatives.

My friend told me about the ice man.

Curious, i did some research and began to read the whole bunch of documentaries and publications.

I decided to give it a try, a 3 month trial.

I came across this whole theory of inflammation , and its relationship with brain disease.

33 Comments

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