

Meditation Stages Monitor

Interactive Visualization of Classical Meditation Stages




Demo Presentation

Slide 1: Title Slide

Meditation Stages Monitor

Understanding Dharana, Dhyana & Samadhi

An Interactive Educational Tool

-  Visualize meditation stages
-  Explore 324 unique combinations
-  Deepen your practice understanding





Presented by: [Your Name]

Date: [Date]





Slide 2: What Is This Tool?

Not a Real-Time Monitor

What It IS:

-  Educational visualization tool
-  Post-meditation reflection framework
-  Stage exploration interface
-  Self-assessment guide

What It's NOT:

-  Biometric measurement device
-  Real-time brain monitor
-  Achievement tracker
-  Meditation replacement

Purpose: Help practitioners understand classical meditation stages through interactive exploration

Slide 3: The Three Classical Stages

Based on Patanjali's Yoga Sutras

Dharana (Concentration)

Foundation stage - building focus and attention

Dhyana (Meditation)

Sustained awareness - flowing mindfulness

Samadhi (Absorption)

Complete unity - transcendent consciousness

Journey: From scattered mind → focused attention → sustained flow → complete absorption

Slide 4: The Three Dimensions

What We Measure

Absorption (Red Slider)

Concentration & Focus

- How well can you maintain attention?
- Single-pointed awareness quality
- From scattered to laser focus

Peace (Green Slider)

Inner Calm & Stillness

- Level of mental tranquility
- Freedom from agitation
- From turbulent to perfect serenity

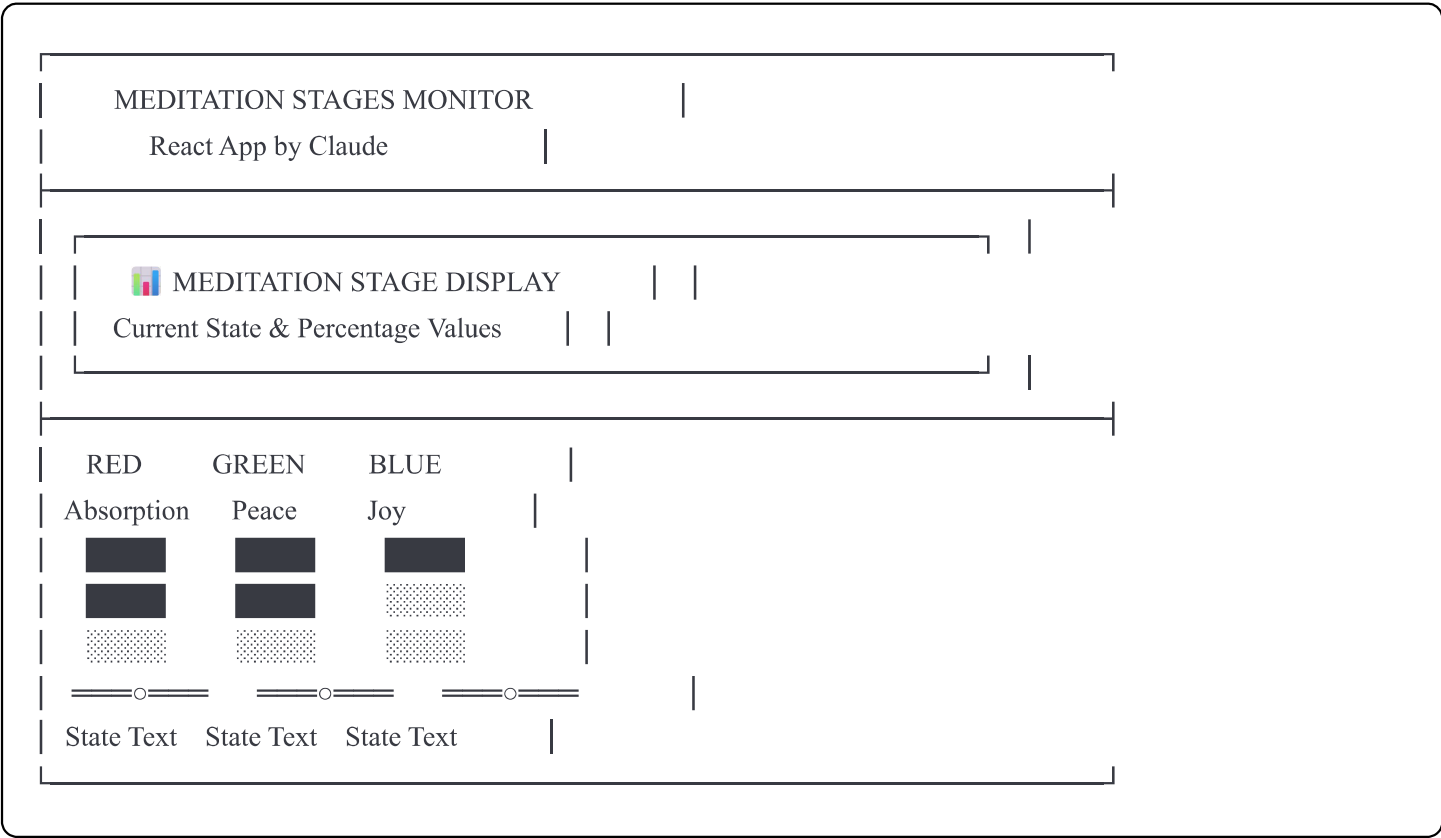
Joy (Blue Slider)

Contentment & Bliss

- Inner happiness level
- Spiritual satisfaction
- From heavy heart to pure bliss

Slide 5: Interface Overview

Visual Layout



Interactive Elements:

- Draggable handles on vertical sliders
- Precision controls below each slider
- Real-time status updates
- Color-coded feedback

Slide 6: Demo - Not Meditating State

Starting Point: All Zeros

Status Display:

😴 "Dude, you are not meditating!"

Slider States:

- Absorption: 0% (Empty)
- Peace: 0% (Empty)
- Joy: 0% (Empty)

Visual Appearance:

- All tubes empty with minimal coloring
- Dormant, muted interface
- Gentle invitation to begin practice

Message: Time to sit down and start your meditation journey!

Slide 7: Demo - Dharana Stage

Beginning Concentration

Example Configuration:

- ● Absorption: 30% → "🧠 Mind Wandering"
- ● Peace: 40% → "🌿 Shanti"
- ● Joy: 25% → "😞 Low Mood"

Status Display:

🧘 "Dharana - Beginning concentration and focus"

Key Insight:

Appears when ANY dimension is below 50%







Characteristics:

- Building foundational focus
 - Distractions are normal
 - Learning to concentrate
 - Patient, gentle practice
-

Slide 8: Demo - Dhyana Stage

Sustained Meditation

Example Configuration:

-  Absorption: 65% → "  Steady Attention"
-  Peace: 70% → "  Gentle Peace"
-  Joy: 60% → "  Content"

Status Display:

✨ "Dhyana - Sustained meditation and mindful awareness"

Key Insight:

Appears when ALL dimensions are 50% or above

Characteristics:



- Flowing, effortless awareness
 - Natural balance
 - Growing mindfulness
 - Steady practice
-

Slide 9: Demo - Perfect Balance

Harmonized State

Example Configuration:

-  Absorption: 70%

-  Peace: 75%
-  Joy: 72%

Status Display:

 "Dhyana - Perfect Balance - Absorption, Peace, and Joy in harmony"

Key Insight:

All three within 10 points of each other







Special Recognition:

- Integrated development
 - Harmonious practice
 - Balanced growth across all dimensions
 - Golden visual accents
-

Slide 10: Demo - Samadhi

Complete Absorption

Configuration:

-  Absorption: 100% → " Laser Focus"
-  Peace: 100% → " Perfect Serenity"
-  Joy: 100% → " Pure Bliss"

Status Display:

 "Samadhi!!! - Complete absorption in divine consciousness"

Key Insight:

ALL three dimensions at maximum (100%)

Characteristics:

- Highest meditation state
- Complete unity

- Transcendent consciousness
 - Sacred visual presentation
-

Slide 11: Dominance States

When One Quality Leads

 **Absorption Dominant (90%, 40%, 40%)**


"Deep Absorption - Focused concentration leads"

- Strong red coloring
- Concentration-focused practice

 **Peace Dominant (40%, 90%, 40%)**

"Peaceful State - Serenity flows through"

- Prominent green tones
- Tranquility-centered experience

 **Joy Dominant (40%, 40%, 90%)**

"Joyful Spirit - Bliss radiates outward"


- Vibrant blue display
- Happiness-oriented practice

Insight: Identifies your meditation style and balance needs

Slide 12: Progress Levels

Overall Practice Assessment

Based on Average Across All Three

Average	Status	Meaning
75-100%	 Deep Practice	Consciousness expanding
50-74%	 Steady Focus	Awareness growing
25-49%	 Building Foundation	Mind settling

Average	Status	Meaning
0-24%	🌸 Beginning Journey	Breath and presence

Shown at bottom of interface

Provides encouragement and context for your current level

Slide 13: The Full Range

324 Unique Combinations

Absorption States (6 levels)

🍷 Scattered → 🌀 Wandering → 🌊 Gentle → 👁 Steady → 🔍 Deep → 🎯 Laser

Peace States (6 levels)

🌪 Turbulent → ⚡ Restless → 🌿 Shanti → 🌸 Gentle → ☮ Deep → 🌺 Perfect

Joy States (6 levels)

😞 Heavy → 😬 Low → 🙏 Santosha → 🌻 Content → 😊 Deep → ✨ Pure

$6 \times 6 \times 6 = 216$ base combinations + Special states (Balance, Dominance, Samadhi, etc.) = 324 unique feedback experiences

Slide 14: Practical Applications

How to Use This Tool

For Personal Practice:

1. **After meditation** - reflect on your session
2. **Adjust sliders** to match your experience
3. **Note the stage** and feedback received
4. **Identify patterns** over time

For Teachers:

- Visual aid for explaining stages

- Discussion framework for classes
- Help students articulate experiences
- Common vocabulary for meditation states

For Study Groups:

- Explore combinations together
 - Discuss classical teachings
 - Share personal insights
 - Compare different meditation styles
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Slide 15: Step-by-Step Usage

Post-Meditation Reflection

Step 1: Assess Absorption

"How focused was I during meditation?"

- Very scattered? → 0-30%
- Some wandering? → 40-50%
- Pretty steady? → 60-75%
- Completely absorbed? → 90-100%

Step 2: Assess Peace

"How calm was my mind?"

- Agitated/anxious? → 0-30%
- Some restlessness? → 40-50%
- Generally peaceful? → 60-75%
- Perfect serenity? → 90-100%

Step 3: Assess Joy

"What was my inner emotional state?"

- Heavy/sad? → 0-30%

- Neutral/content? → 40-60%
 - Happy/joyful? → 70-85%
 - Blissful? → 90-100%
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Slide 16: Learning Applications

Explore & Understand

Experiment Mode:

- Try different combinations
- See how stages change
- Notice relationships between dimensions
- Discover your patterns

Question Exploration:

- "What happens if absorption is high but peace is low?"
- "Can I reach Dhyana with uneven levels?"
- "What does balanced practice look like?"
- "How do these qualities support each other?"

Pattern Recognition:

- Track your typical states
 - Identify growth areas
 - Notice progress over time
 - Understand your meditation style
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Slide 17: Philosophical Context

Sat-Chit-Ananda Connection

Three Aspects of Brahman:

Sat (Being/Truth) ↔ Peace

- Unchanging reality
- Inner stillness
- Ground of existence

Chit (Consciousness/Awareness) ↔ Absorption

- Pure awareness
- Focused consciousness
- Witnessing presence

Ananda (Bliss/Joy) ↔ Joy

- Natural happiness
- Inherent fullness
- Divine contentment

The tool reflects the integrated nature of our true Self

Slide 18: Important Reminders

Using This Tool Wisely

Remember:

- ✓ It's a pointer, not the destination
- ✓ Direct experience trumps measurement
- ✓ Stages are teaching devices
- ✓ True Samadhi transcends categorization

Avoid:

- ✗ Spiritual achievement mentality
- ✗ Comparing with others
- ✗ Attachment to "high scores"
- ✗ Replacing actual practice

The Paradox:

"In attempting to measure the immeasurable, it points back to the unmeasurable awareness that is our true nature"

Slide 19: Technical Details

Built with Modern Web Technologies

Technology Stack:

- **React** - Interactive UI framework
- **Tailwind CSS** - Beautiful, responsive design
- **JavaScript** - Smooth animations
- **Responsive Design** - Works on all devices

Features:

- Smooth gradient animations
- Real-time feedback updates
- Intuitive drag-and-drop controls
- Mobile and desktop compatible
- No installation required
- Accessible via web browser

Performance:

- Lightweight and fast
 - No data collection
 - Runs entirely in browser
 - Privacy-focused design
-

Slide 20: Live Demo Time!

Let's Explore Together

Interactive Session:

1. **Show the interface live**

2. **Adjust sliders in real-time**
3. **Explore different combinations**
4. **Answer questions**
5. **Try your suggestions**

Audience Participation:

- "Where would you place yourself after meditation today?"
- "What combination seems most familiar?"
- "What surprises you about the relationships?"

Ready to explore?

Slide 21: Key Takeaways

Summary

Three Dimensions:

🔴 Absorption | 🕊️ Peace | 😊 Joy

Three Stages:

🎯 Dharana | 🧘 Dhyana | 🙏 Samadhi

Purpose:

- 🎓 Educational visualization
- 🔍 Self-reflection framework
- 💡 Understanding classical teachings
- 🌱 Supporting your practice

Remember:

"This tool helps you understand meditation - it doesn't replace the practice itself"

Slide 22: Discussion & Questions

Let's Talk

Topics for Discussion:

- Your experience with meditation stages
- How you currently assess your practice
- Questions about the tool
- Ideas for applications
- Feedback and suggestions

Q&A Time

What would you like to explore?

Slide 23: Next Steps

Continue Your Journey

Try It Yourself:

- Explore the tool after this session
- Use it following your next meditation
- Share with your meditation group
- Experiment with different combinations

Deepen Understanding:

- Study classical yoga texts
- Join meditation discussions
- Practice regularly
- Reflect on your experiences

Share Your Insights:

- What patterns do you notice?

- How does it enhance your understanding?
 - What questions arise?
-

Slide 24: Thank You

Namaste 🙏

Connect & Continue:

Questions? [Your contact info]

Try the tool: [Access link]

Resources: [Additional materials]

May This Serve:

The dissolution of the seeking mind that imagines separation from what it already is

🌀 Peace | 🙏 Practice | 🌀 Presence

Bonus Slide: Quick Reference

Cheat Sheet

Stage Triggers:

- **Dharana:** Any < 50%
- **Dhyana:** All \geq 50%
- **Perfect Balance:** All within 10 points
- **Samadhi:** All = 100%
- **Not Meditating:** All = 0%

Dominance:

One dimension 20+ points higher than others

Progress Levels:

- 0-24%: 🌸 Beginning
- 25-49%: 🌱 Building

- 50-74%: 🌟 Steady
 - 75-100%: 🌞 Deep
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Presentation Notes

Timing Guide (30-minute presentation):

- Slides 1-4: Introduction (5 min)
- Slides 5-6: Interface Overview (3 min)
- Slides 7-10: Stage Demos (8 min)
- Slides 11-13: Special States (4 min)
- Slides 14-18: Applications (5 min)
- Slides 19-20: Tech & Live Demo (3 min)
- Slides 21-24: Wrap-up & Q&A (2 min)

Presentation Tips:

- ✓ Have the tool open in another window for live demo
- ✓ Encourage audience interaction
- ✓ Share personal meditation experiences
- ✓ Be prepared for philosophical questions
- ✓ Emphasize it's educational, not evaluative