

Zen Resort Bali: MEDITATION



Around 500 B.C, Gautama Buddha founded the principles of meditation and became its major proponent. His teachings were spread far and wide across the Asian continent, from India to China to Japan and other Asian countries. The different cultures in these countries adopted varying forms of the meditation and they each found their own unique way of practicing it. For example in China, the Ch'An, Mahayana and Taoist schools of meditation evolved and in Japan, Zen meditation. Meditation spread to Western countries much latter, gaining popularity in the mid-20th century



Meditation is not necessarily a religious practice, but because of its spiritual element it forms an integral part of many religions. The basic objective of most meditation styles remain the same and are performed in a state of inner and outer stillness and concentration. Meditation is an intensely personal and spiritual experience. The desired purpose of meditation is to channel awareness into a more positive direction by totally transforming one's state of mind.



The entire process of meditation comprises the three stages of concentration (**Dharma**), meditation (**Dhyana**) and enlightenment or absorption (**Samadhi**). The individual preparing to meditate usually starts off by harnessing awareness, such as focusing the mind onto a certain object. Once attention gets engaged, concentration turns into meditation or Dhyana. And through continuous meditation, the meditator merges with the object of concentration.



While there are a wide variety of meditation techniques, two main categories comprise all major forms. The first, concentrative meditation focuses the attention on the breath, an image or a sound, in order to still the mind and allow a greater awareness and clarity to emerge. Sitting silently and focusing on dynamics of breathing is concentrative meditation in its most basic form. Anxiety causes breathing to become shallow, rigid and uneven. In

contrast in a state of tranquility and calmness, breathing is slow, deep and even.



The purpose of the second category, mindfulness meditation is to increase awareness of the inundation of “sensations and feelings” around oneself, but at a distance. In mindfulness meditation, one experiences every aspect of the environment without consciously thinking about or reacting to it, thus gaining intense calmness and clarity. Meditation leads

to a state of consciousness that brings serenity, clarity, and bliss. The “normal” state of mind is actually quite abnormal, receiving sensory stimuli and often reacting physically and emotionally in an uncontrolled way.



Meditation is a practice that gives balance physically, emotionally and mentally. Today, meditation is increasingly utilized to treat anxiety, stress, and depression. The “deep rest” meditation dissolves stress and facilitates better choices through clear thinking. Meditation has also been used to help people

quit smoking, conquer drug and alcohol addictions and reduce symptoms of pre-menstrual syndrome and menopause. Meditation aids in lowering heart rate and blood pressure by slowing down breathing, which reduces the amount of oxygen needed. Along with the mind, muscles gently relax.



Meditation is important to all aspects of our well being. All of us are confronted everyday with tasks to do and often this leads to worry that in turn inhibits clear thinking towards finding solutions. A few minutes of deep meditative concentration goes a long way towards resolving the problems and worries that confront us.



At Zen Resort you have the opportunity for sunrise and sunset meditation on the tree-tops forest deck that overlooks a lush tropical forest and rice fields with wide open views of the Sea of Bali. There are also numerous secluded locations in the tropical gardens to find your own private

meditation hideaway. Special meditation techniques classes for individuals and groups can be arranged with our Yoga master at the resort.