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meditation definition in hindi: *Meditation* Taoshobuddha, 2012-08-22 At the moment a child takes birth, many stars emerge from around the earths horizon. And each movement of the stars emits a specific vibration. Also, each star has its own individual movement. All these vibrations together create a musical harmony. This Pythagoras called this Harmony of the Universe. This cosmic harmony regulates the state of health and illness throughout the life. This is an investigation on how healing can happen. It begins with a passage from Sri Aurobindos Savitri The fathomless zero occupied the cosmos and your world of finiteness. It is out of this fathomless zero first evolved ether or sky. Then came air, followed by fire, the remaining elements the water, the earth, and thus life evolved! The soul! The mind! And the physical body! Your physical body is mere showcase of all that happens at other planes or bodies. Then the question comes from where can healing really happen. Since physical body is mere showcase. Definitely it cannot be the beginning. Regular medicine begins here but not meditation. Can you start at bioplasmic level? Or you still have to go a step beyond. There are so many unresolved issues in each one of you that need to be addressed before the healing can really begin. Through these meditations, I am creating inner balance between body and the mind. Only then you can attain to meditativeness. This process will continue until new man, one who is beyond body, mind, and intellect, is born out of you. This is just the beginning. MEDITATION THE ULTIMATE IN HEALING is the outcome of the insights and deeper understanding of someone who has explored deep within an unfathomable treasure or reservoir. He has also a tremendous capacity to transfer such inner experience to others as the process of healing. However, I was very impressed when I looked at the text and was even more so when I listened to the audio part of these meditations! I listened to them several times sometimes in deep meditation. My purpose was to analyze these audio and their role in healing. The various categories of body meditations, mind meditations, balancing the mind and meditationthe ultimate are all beautifully planned for the beginner as well as the experienced meditator. I can certainly assure you that you cannot remain untouched by this. Together, all these connect you to your beingthe ultimate light that heals all. Dr. C. H. Ramnarine

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teacher Osho's Aspects of Meditation Book 4: Medicine and Meditation, you'll discover a deeper understanding of meditation through an investigation into the subtle workings of the mind, focusing on questions of health and illness. The West has taken to meditation with great enthusiasm. We contemplate. We concentrate. We embrace mindfulness techniques and a multitude of mantras. We have undertaken to “do” meditation. The Aspects of Meditation series is comprised of brief, precious texts in which Osho shows us the core of meditation is not about sitting silently or chanting a mantra. It is, instead, a question of understanding the subtle workings of the mind. In Book 4, Osho examines health and illness, disease and well-being as outgrowths of our sense of self and connection to our mind.

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