

## What is Meditation

Author: Thomas Lloyd  
TheEvenMind

This is My **Article**:

- **What is Meditation**

*It is **About**:*

*Meditation **Definition***

The **Term**:

- Meditation
- Has been **around**
- For Thousands of **years**

*Many people have **put**  
Many **definitions** for Meditation*

In This **Article**:

- I **Discuss** Meditation
- And it's **Definition**

*I **put** it:*

*Simple and **clear**  
Meditation **Definition***

## Why Discuss Meditation

Meditation is quite **popular**:

- Many people want to **try** it
- Try their **hand** at it

*It is **said** that:*

*Meditation can **help** to  
Improve **focus**  
And may also **be**  
**Good** to find **calm***

Most people:

- **Hear** about meditation
- From the **news**
- Or from a **friend**

*If they:*

**Decide to try it**

Then they can **find** that

There is some **value** in it

People **find**:

Meditation can be **useful**

People are **discussing**:

Meditation

## **View of Meditation**

It may **be** that:

- Many people are
- **Trying** meditation

*If they:*

**Want to try it**

Then it is **important** to

Find out **correctly**

Meditation **Definition**

*Find out:*

**What it is**

So that they

Get it **right**

If people:

- **Do** decide to
- **Try** meditation
- Then they **want**
- A good **experience**

## Meditation is Old

Ever since **ancient** times:

- There has been
- **Wrong** view about **things**

*Meditation **Definition:***

*Has not been **clear***

***Bad** people have **said:***

***Bad** things  
**About** meditation*

If bad **statements:**

- Are not **correct**
- Then not good **definition**

*Once, **however:***

*People do  
**Find** ok **definition**  
For meditation  
That is **better***

*If people:*

***Feel**  
That it makes **sense**  
Then it's not **hard** at all  
To consider **trying** it  
Meditation*

*Whether they:*

*Choose to Meditate  
At **home**  
Out in **nature**  
Or a Holy **place**  
It is always a  
**Good** idea to meditate*

*Meditation is **Old:***

*Good Definition **Helps***

## Find Out About It

In the simplest **sense**:

- People **say**
- Meditation is **best**
- When **described**

*For example:*

*The **act** of seeking **peace***

Scholars have **noted** that:

- The **word** meditation
- Is **parallel** or similar to
- The term **contemplation**
- In Christianity

*Christian **contemplation** says:*

*To **look** at or **view***

*With **continued** attention*

*To **observe** or **study** thoughtfully*

*To **study** thoughtfully is:*

*A great **practice***

*And can **help** the meditation*

**Actual** meditation:

- Can **help** one
- To **Grow**
- Both in **strength**
- And **fortitude**

*For:*

***Improving** themselves*

*People **find***

*Meditation **opens** the **door***

*Meditation can **help***

***Positive** experience*

*And **encourages** us to*

*Meditate more **often***

Also:

Meditation can **assist**  
The **idea** of  
**Helping** others

## Meditation Definitions

If we **wonder**:

- What **is** meditation
- Then we can **start**
- By seeing
- **Definitions**

*How Meditation:*

*Is **defined***

Here are:

- A few **definitions**

*We can **find** these:*

***Helpful** to see  
**How** Meditation  
**Is defined***

*With:*

***Definitions**  
We can **find**  
**How** Meditation has  
Been **viewed** in the **past***

***How** Meditation has  
Been **viewed**  
Up until **now***

### Definition One

One definition **states**:

- Meditation is
- **Focusing** of the **mind**

***Focusing of the mind:***

***On a particular  
Object  
Thought  
Or activity***

This is for:

- **A Purpose**

*For example:*

*To **achieve** a  
Mentally clear **state**  
An emotionally **calm** state*

*This:*

***Sounds** alright  
And it **seems** good  
Feeling **clear** and **calm***

**Definition Two**

**Another** definition says:

- Meditation is
- A simple **process**
- Where one
- **Connects** with
- A **silence** or **peace** within
- Within **himself**

*It **continues** to say:*

*This **process**  
May seem  
Somewhat **effortless**  
And directs the **attention**  
Inward*

*This would be:*

***Instead** of  
**Engaging** in the  
Outside **world** of **activity***

Such **method** could:

**Help** one to  
**Connect** with  
A **deeper** level of **himself**

This can get **used** for:

- Seeking the
- **Stillness** within

With **this**:

Gradually **beginning** to  
**Live** from a **place**  
Of **steadiness**  
And inner **peace**

## **View of Meditation**

These **definitions**:

- Are **offered**

These are:

**Views** that  
I have **found**

Perhaps these:

Can be of **help**  
To get an **idea** about  
What **is** meditation

This **Article** is:

- **What is Meditation**

We already **have** some:

**Ideas** of meditation

Most people:

- **Hear** about meditation
- From the **news**
- Or from a **friend**

We might have **heard** that:

Meditation can **help** us

Maybe:

To Find **peace**

**Gather** ourselves

To **Manage** our resources

Maybe to:

**Develop** some

With Meditation:

We might possibly **become**

Better **people**

Overall:

Better **people** is **good**

## Getting From Meditation

Well:

- We **see** the
- **Definitions** of meditation

We can:

**Smile**

We can

Find some **relief**

With:

- **Definitions** of meditation
- What **is** Meditation
- Is more **clear**

With:

**Definitions** of meditation

It isn't like

**Starting** on a **new** project

*It isn't like:*

*Going to a **place**  
Where nobody has ever  
**Gone** there **before***

With:

- **Definitions** of meditation
- We can **have**
- **Getting** From Meditation

*This meditation:*

*Is very **old**  
**Thousands** of years **old***

*So people have been:*

***Trying** it  
And **liking** it  
For at least  
**Thousands** of years*

## **Core Values**

Many things get:

- **Said** about meditation
- But **Definition** has **value**

*The **core** things:*

*In meditations  
Seem to **remain**  
As always **true***

For example:

- We might **find** that
- Meditation can **help** us

*I have mentioned **values**:*

*Find **peace**  
**Gather** ourselves  
**Manage** our resources*

Hopefully, also:

It can help to  
**Develop** some

Find **peace**  
**Gather** ourselves  
**Manage** our resources

We might **develop**:

We might possibly **become**  
Better **people** overall

These simple **ideas**:

Can **serve** us

**Definitions** of meditation:

What **is** Meditation  
Can **serve** like  
**Core Values**

## Approaching Meditation

For the:

- **Viewing** of meditation
- **Definitions** are **helpful**

**Definitions** of meditation:

What **is** Meditation  
Can **serve** like  
**Core Values**

This can:

- **Help** to have
- An **idea** about
- **Approaching** Meditation

**If Approach is Good:**

Then that is **Positive**

So  
Actually going **along** with  
The meditation  
Can make **sense**

As it is **said**:

Many **people** have  
**Tried** Meditation  
And **find** meditation is  
Good **enough** to  
Try **again**

## More About Meditation

Now to **say**:

- A little **more**
- About meditation

Just to **help**:

**Clarify**  
A little **more**  
About meditation

Then, we could go **on**:

And get **down** to  
**Trying** it for **us**

Sometimes we could **say**:

- Meditation is
- A **simple** technique

**Describing** this:

A **simple** technique  
Which **allows**  
The **body** to experience  
A deeper **state** of **rest**

This is like:

**Peaceful**

Then:

While the **body** is  
At **peace**  
It seems that  
The **mind** can become  
Both **quiet** and **alert**

In:

**Such a state**  
It can **be** that  
Deep-rooted **stresses**  
Ailments  
Can be **released**

The peace **helps** us

Meditation **release:**

Can **occur**  
In a completely **natural** way  
Benefiting all **aspects** of  
**Health** and **well-being**

Remember **also**, that:

It always **feels** good  
To be at **peace**

## Places to Meditate

If we:

- **Like** the **idea** of
- To **meditate**
- Then meditation
- **Occurs** in a **place**

Hence:

**Places to Meditate**  
**Where to meditate**

We would **need** to:

- **Find** a **place** for it
- To **meditate**

***Finding a:***

***Place to Meditate***  
***Has value***

It is **important:**

- Because
- To **meditate**
- Usually **includes**
- Put some **time** aside

*Meditation is:*

*Time **spent***  
*In meditation*

*We would:*

***Plan on meditating***  
*Twenty **minutes** or more*

*Meditation **occurs:***

*In a **place***

## **Describing It**

Perhaps:

- Make a **plan**
- Like
- **What** to meditate **on**

*This **way:***

*We don't just*  
***Sit** there*

*We don't **want** to:*

*Go **dizzy***

*We don't **want** to:*

*End up*

***After***

***Hating** meditation*

## Describing It:

- If we
- **Choose** to meditate
- Then we **should**
- **Arrange** a meditation **setting**

A **setting** that is:

**Positive**

A **setting** that:

Would **support**  
Us **having a**  
A **good** meditation  
**Positive**

It is **good** to have:

- **Positive**
- **Meaningful** meditation

Meditation where:

We **learn** things  
Where we **grow**

Then we **want** to:

**Feel** good

We would **want** to:

**Like** it  
And **so**  
Want to  
Meditate **again**  
Again some **more**

## Things to Remember

Ultimately:

- Meditation is **about**
- Going **inside**

*Inside us:*

*Is us*

***Within us:***

***In us***

***A place where we***

***Experience***

*Inner us*

*Inner me*

***In us***

**We have:**

- **Inside**
- The **goings on** of us

*Feelings*

*Sensations*

*Ideas of ours*

**These things:**

- **Inside us**
- **Are ours**

*We have these, like:*

*Feelings*

*Sensations*

*Ideas of ours*

*Many of:*

***These things***

***We have known***

***Like***

***For quite a long time***

***Inside us:***

***My things***

***These things are a***

***Part of us***

A:

- **Key** to meditation
- Is it's **rhythm**

**Us:**

*Being with*  
*Our stuff*  
*Is the chance to*  
*Tuning in*

*So that:*

*We can find peace*  
*Us with us*  
*Is a helper*

*It is possible for us:*

*To find*  
*Peace like a river*

## **Meditation Journey**

The whole:

- **Journey** of meditation
- Is **in**
- Meditation

*Definitions of meditation:*

*What is Meditation*  
*Is about*  
*Tuning in*

Meditation **Journey:**

- Is **in**
- Meditation
- In a **place**

*So:*

*The place we meditate*  
*Is really*  
*Up to us*

We should:

- **Experiment**
- To **see** for **us**
- What **works** best

What is:

**Right for us**  
We should **decide**

Perhaps we might **find**:

- 
- We get **more** meditative
- In a **dark** room
- **Indoors**

**Some might prefer:**

The beautiful **outdoors**  
Like  
Under **open** skies

We could:

- **Think** about this

We could:

**Experiment** if we want  
Maybe **try** and **find**  
The best **thing** for **us**

Which:

**Place** or **setting**  
We might **prefer**

What is:

- **Right** for **us**
- We should **decide**

Whatever **place** we **choose**:

For meditation  
It is **best** to be **sure**  
That we **like** it

It is **good** to **meditate**:

- In a **place**
- That **aids** us

*Aids us in:*

*Cultivating good meditation*

*We want value:*

*In the meditation*

*We want to:*

*Remember ok  
The meditation*

*We may choose:*

*More than one place  
If we want*

*It is good to have:*

*Regular meditation practice*

## Summing Up

**Finding out** about meditation:

- Can be **ok**
- A **joy**

*To meditate:*

*Doesn't have to be  
Scary or worrisome*

*Some of my best meditations:*

*Have been in  
Finding out about meditation*

*Learning  
What meditation is  
Is an experience*

*In the **process**:*

*We might **decide**  
That it can be  
A **possible** thing for us*

If:

- The **idea** of **meditating**
- Sounds **attractive**
- Then the
- **Choosing** a **place** to **meditate**
- Can be **exciting**

*So, then:*

*The **actual**  
**Doing** of meditation  
Would be our **challenge***

*If we:*

***Think** right  
And **Choose** well  
It can be **ok***

***Then:***

*By logic  
The **sitting down** and **meditating**  
Should be  
A **joy***

*The:*

***Going** and **doing** it  
Would be  
**On our list***

## **Small Dream**

So many **people**:

- Who **meditate**
- **Sit** and meditate
- **Meditate** and **like** it

So **often**:

They **Feel** good

They

**Tell** their **friends** about it

We **hear** statements like:

Oh, I **had** the **best** meditation

Or

I **had** a meditation and

**Thought** of some **new** things

**After** to meditate:

We might want to

**Share** something with **friends**

Something **from**:

Our meditation

So they could:

**Like** it

Like **this**:

We could have

**Made** the **world**

A little **better** place

To be **in**

## Going There

It is **positive**:

- **Go**
- Get it **organized**
- Sit **down** and meditate

We could:

Find **peace**

We could:

**Clear** things up

We could:

- Be **on** the **road**
- With a **new** happiness

*A happiness that:*

*If we **manage** and  
**View** it right  
Might **never** come to an **end***

*The **meditation** has been **around**:*

*For **thousands** of years*

## ENDING

**Learning** about meditation:

- Is **good** and **positive**

*In **fact**, maybe:*

***Meditating** is  
The **right** thing to **do***

**Here** we have:

- **Discussed** this **topic**
- Meditation **Definition**
- What **is** Meditation

*We have:*

*Gone **over** some of the  
Various **definitions** that  
We **see** around*

***Definitions** that **people** have:*

***Assigned** to meditation*

*Both **now** & **before**:*

*The meditation has  
**Definitions***

We see **here**:

The many **years** that  
**Meditation** has been **around**

And, oh my:

We don't even **know**  
How **long** it was **around**  
Before we **found** it  
Oh my

We have **seen**:

- **Definitions** of meditation

We have **seen**:

**Views** of meditation

We have **looked** at:

- The **idea** of **settings**
- **Places** for meditating

The **ideas** of:

Actually **sitting down** to meditate  
**Applying** the meditation for **us**  
This is **spoken**

This is **good**:

**Definitions** of meditation  
What **is** Meditation  
Can **serve** like  
**Core Values**

So **now**:

- We would **have**
- Enough **tools** to
- Go **at** it
- To **try** it

**Many people**:

**Like** meditation

So we could:

**Find a place** in our lives  
**For** the meditation

And **this** way:

Like **this**  
Probably **be**  
A better **person** for it

**Article** is:

**What is Meditation**