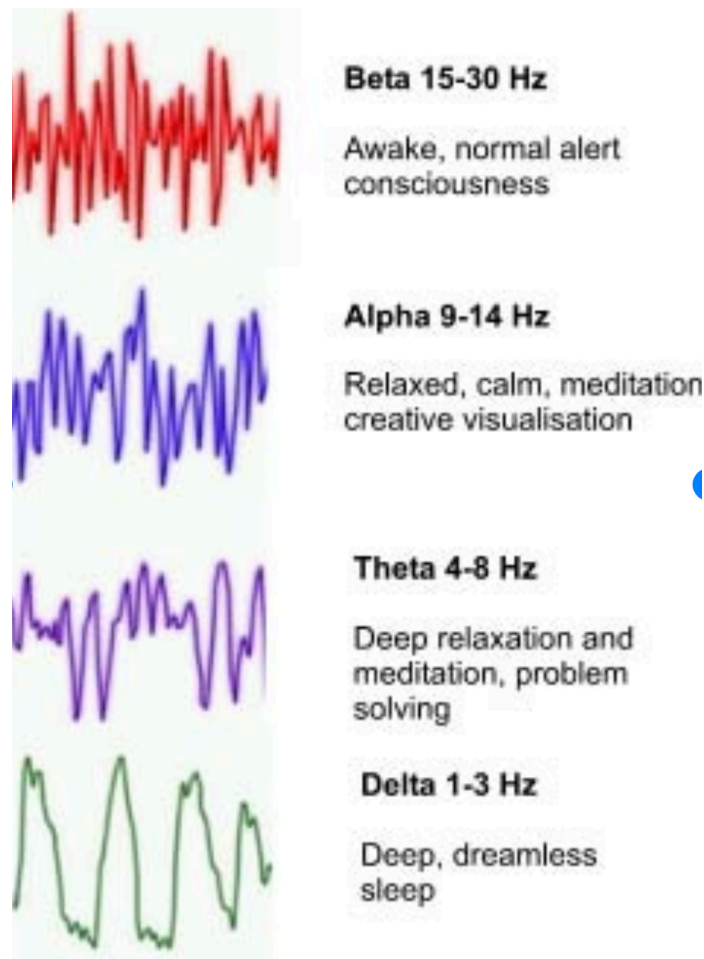


Meditation Hour at the Loveland Museum

January 25 & February 15, 2019
As part of the Renaissance Exhibition
with Sylvia Eichmann, <https://www.atelier-es2.ch>



These four states of consciousness are our natural functioning daily states. There exists high stress states above the Beta range and deeper states than Delta (coma, for instance), but these are not considered normal or healthy states. The Alpha and Theta frequencies are relaxed, receptive, even suggestible states that we aim for in meditation, contemplation and hypnosis.

Meditation Basics

Meditation, once seen as an Eastern anomaly, has been proven to have physical, and mental health benefits. It can be done lying down, sitting on the floor, cushion or a chair, standing, or even walking. It is a relaxed state of body and mind, so meditative positions and techniques are highly individual, and can vary with your beliefs, practice, environment or the body's limitations.

In every corner of the world, sound is used to support or express prayer, contemplation, healing and meditation. From the Christian Gregorian chants to the Shaman's drum and the Native American (prayer or love) flute, the Tibetan singing bowls, or the Aborigine's didgeridoo, tones have affected our state of consciousness and being since the beginning of time. Even in today's busy world, from relaxing New Age spa sounds, to foot stomping Funk, to the complexity of classical music, our bodies and moods are unmistakably affected. Sounds and music affect brainwaves, blood pressure, and can support in calming our minds in meditation.

Types of Meditation:

Focusing attention on the breath, a mantra, visualization, the body or an external object, etc. Examples: Loving Kindness Meditation, Chakra Meditation, Kundalini meditation, sound meditation, Transcendental meditation, Pranayama, some forms of Zen or Qigong. Two of the most popular mantras are: "om mani padme hum" and "om". A popular object to focus on is a candle.

Open attention and recognition of what is currently being experienced without judgement. Examples: Vipassana, Taoist meditation, Mindfulness meditation.

Pure presence, an effortless awareness, unfocused, quiet, empty, introverted. Examples: Self-Enquiry (I-am) meditation, Dzogchen, Mahamudra, some forms of Taoist and Raja yoga meditations.

Christian meditation includes Contemplative prayer (similar to mantra meditation), Contemplative reading, Sitting with God.

Sufi meditation includes Contemplation of God, mantra, heartbeat or breathing meditation, Bond of Love meditation, Gazing, walking or whirling meditations.

Guided Meditation includes Guided imagery, Progressive Muscle Relaxation Techniques, Body Scans, Affirmations, Binaural Beats.