

The Relationship Between Meditation and Self-Analysis

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Content:

These are two very powerful tools for self-improvement, but how can you use them in harmony? For example: Self-analysis and meditation cannot be performed at the same time. After all, multi-tasking runs contrary to what meditation is all about.

So where do we start? Self-analysis will give many of your meditations purpose. The purpose of self-analysis is to objectively look inward, constructively, without judgment or regret, and to find solutions to ongoing problems.

There is an instinctive fear to take start this task. Hence, the reason why there are professionals for psychological analysis. This leaves you with a decision from the onset: Whether to do it yourself, or with the help of professional guidance.

If you elect to go it alone, that's fine, but be prepared to encounter more issues than you originally thought possible. At one time, we have all managed to disconnect with our inner being. This creates a fear of looking inward because of our reaction to what we might see and learn.

Don't waste time with evaluations, comparisons, or judgments. These concepts only support our feelings of inferiority, and for most of us, those feelings should be purged from our inner being.

You will need solitary time, when you can reflect on dilemmas, and take notes. You can do this in your car, but you will need a recording device. You will also want to make sure anything embarrassing is either encoded or hidden. Records are great, but they can be incriminating, so take the time to protect yourself from a potential invasion of your privacy.

In order to meditate, you will need to set aside time, in the early morning, or at night. There is less activity in most households, at this time, and less of a chance for you to be diverted or interrupted.

The quest for self-improvement is the purpose of this kind of meditation. You need to clear your mind and focus on one thought only. This should not be turned into a form of grieving, so you must look at it objectively and try to remove your personal feelings.

Your mind will naturally stray a bit, unless you have been practicing meditation for some time. The straying aspect is actually good in this instance, because it allows you to come back with a slightly different perspective each time.

The end result of all this work, will be discovering a multitude of self-improvement solutions and improve the quality of your life.

Paul Jerard, is a co-owner/director of Yoga teacher training at Aura Wellness Center. He has been a certified Master Yoga teacher since 1995. He is a master instructor of martial arts. He teaches Yoga, martial arts, and fitness to children, adults, and seniors. Recently he wrote: Is Running a Yoga Business Right for You? For Yoga students, who may be considering a new career as a Yoga teacher. <http://www.yoga-teacher-training.org>

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