

Frequently Asked Questions

1. What is meditation?

Meditation is a state of mind when mind is thoroughly inactive - still, blank, calm, void of thoughts.

2. What is Patanjali Meditation?

Patanjali Meditation follows the techniques from Patanjali, the first author of the Yoga treatise in Sanskrit, called *Yoga-Sutras*.

It is a science based program giving instructions on how to enter the meditative state.

3. How does Patanjali Meditation differ from Mindfulness Meditation?

Patanjali Meditation is based on Patanjali's eight-fold path. Mindfulness meditation corresponds to the 6th Step on this path and Patanjali Meditation corresponds to the 7th Step. Patanjali Meditation is a bit more challenging, but can bring enormously more benefits. The two can be compared to sleep with dreams and a dreamless deep sleep. Patanjali Meditation as Mindlessness or blank mind meditation, where the mind is completely at rest.

4. Is Patanjali Yoga different from the prevalent Yoga classes?

Yes, Patanjali's Yoga is the authentic Yoga to bring the mind to a calm state. It is not a series of physical exercises in the idea of say *Hatha-Yoga*. These are two distinctly different things and the benefits are altogether different. *Hatha-Yoga* also uses Patanjali's terms of *Asana* and *Pranayama* but we use them in different context.

5. How do Patanjali Meditation sessions of 20 & 30 minutes differ?

A 20-minute session (PM20) teaches the necessary techniques in the first 5-7 minutes and the rest of the time is to experience meditation. Whereas 30-minute session (PM30) is similar but encompasses a longer session. The final objective is same: disconnection from mind.

6. Can an atheist or someone of another faith use Patanjali Meditation?

Yes, nobody is forced to accept the concept of soul within and everyone can preserve his/her beliefs. It is encouraged to make the inner exploration with an open mind, which is very important. Most faiths contain the same steps in other forms and it may deepen their personal and private expression within their own traditions.

7. Is Patanjali Meditation a Hindu practice?

No, not solely. Religions are faith-based whereas meditation is a personal experience for personal benefits. Patanjali's book was written in Sanskrit, but is not the property of any one culture, no more than other ancient texts or practices that help the body, mind and soul.

8. How often and how much time should be devoted to meditation?

A beginner may start with 10 - 20 minutes of practice every day. Though one is encouraged to attend the sessions weekly, giving support for personal efforts and give a sense of community, it is very important that you practice every day on you own. Our hope is to enable you to do so successfully. Most likely, you will decide to meditate longer and even make it twice-a-day habit.

9. When can one expect to see the benefits of meditation?

There can be no hard and fast rule. We emphasize six-week trial period; until then, don't give up and be persistent. Thereafter, you may decide to continue or not. Our experience has been that, you will fall in love with it. The investment of 10-20 minutes a day will be repaid with 40-80 minutes of extra time, due to the changes in sleep pattern, work style, and a gain in focus. Time is not wasted on being angry, sad or with other destructive mind clutter.

10. What are some of the benefits of Patanjali Meditation?

Many people of all walks of life, as well as students and professionals, are finding meditation key to their success. Meditation is the science of being and not a religion. We live in a stressful ever changing world and meditation is proving to be a much-needed skill to help us continue forward without losing who we are or our internal peace.

At the first level: the mind becomes more relaxed bringing a positive and responsive outlook throughout the day, life may become more pleasant. It may become easier to sleep at night and sleep quality may improve. Improved relationships both home and work also have been experienced. Tasks may be performed with less distractions, in less time, and with improved quality. There may be greater focus and clarity in all aspects of life.

Breathing patterns may become deeper, bringing enormous improvement in physical health, vigor and longevity, due to an increase in oxygen supply. Increased oxygen can also burn away unnecessary fat and supply increased energy, giving individuals much needed energy.

At the second level: there is a transformation that may take place leading to a marked change in stress levels, beyond simply focus. A transformation may occur in a person's overall outlook as they learn to focus and separate or detach themselves from stressful events in their lives. This new view may relieve depression, anxiety, and self-doubt.

At the third level: one may notice flashes of new insights, very important for those engaged in creative and or intellectual work. A connection between the three parts: body, mind and soul, may be found. Intuition and insight may increase. A new confidence in self that need not depend on certain objects or persons for internal happiness may be found.

Disclaimer: *The teacher makes no definitive claims for benefits from the practice itself for individual students. Progression or advancement is completely up to the individual student.*