

Idzikowski, Christopher. "The Power of Meditation." Learn To Sleep Well: A

Practical Guide to Getting a Good Night's Rest. San Francisco:

Chronicle Books, 2002. 108-115.

I. Power of Meditation

A. Meditation

1. Consciously stilling the body and mind to promote relaxation.
2. "Restful alertness."
3. Connects physical elements of sleep with those of wakefulness.
  1. Brain waves experienced during meditation similar to those of a deep sleep
  2. Lowers heart rate, metabolism

B. Four Stages of Meditation

1. Preparation- prepare environment.
  1. place
    - a. tranquil
    - b. quiet
    - c. uncluttered
  2. Application
    1. focus
    2. avoid distraction
3. Realization- witness of the universal truth.
  - a. Universal Truth- "We exist in spirit form within our physical bodies, which is the driving force of our existence" (p. 112).
4. Transformation- reaching Nirvana.

II. Carl Jung

A. Swiss psychoanalyst

B. Believed mandalas and yantras both universal symbols from the "collective unconscious" (p. 113)

III. Eastern Meditation

A. mandalas and yantras = visual representations of the universe.

1. Used for focusing the mind before and while meditating
2. Geometric shapes and figures

IV. Identifications

A. Nirvana- final spiritual goal of many Eastern religions in which physical form is overcome by the spirit; this is the fourth and transformative stage of meditative practice

B. Collective Unconscious-Jung's notion of an inherited unconscious shared by all human beings; Jung believed that the visual aids to

meditation found in Eastern religions partake of this universal unconscious for their power.