







On Meditation

November 25, 2006

Author	Message
<p>proteus</p> <p>Joined: 28 Feb 2005 Posts: 5</p>	<p>Posted: Sat Nov 25, 2006 12:50 am Post subject: Meditation   </p> <p>I understand Daniel's stance on meditation and wonder if he is right, although it seems to me that some meditation may actually do the opposite of disassociate one's self. I am no expert, but I have read conflicting ideas on what meditation is and it seems to me that when the idea of it was first gaining popularity in this country, there were many misconceptions about it that have led to varying schools of thought. While some meditation is based on clearing the mind of all thought as some sort of relaxation technique, the meditation I am most familiar with is based on intense concentration as a way to foster awareness of the present moment, something that I feel may be highly beneficial, for I feel so dissociated and anxiety-plaqueted that a means to remain present is exactly what I am after. This type of meditation does not ask one to "go to a happy place", it merely demands that one remain alert and aware of one's moment to moment thoughts and feelings, whether they be joy, despair, or anything else. Does anyone have any thoughts on this? I am wondering if I should integrate meditation into my therapy.</p>
<p>Daniel Mackler Site Admin</p> <p>Joined: 03 Aug 2006 Posts: 525 Location: New York City</p>	<p>Posted: Sat Nov 25, 2006 4:51 pm Post subject: Re: Meditation   </p> <p>Welcome back to the forum, proteus. Feel free to jump right in and post anywhere!</p> <p>proteus wrote:</p> <div data-bbox="412 995 1438 1062" style="border: 1px solid #ccc; padding: 5px;"><p>I understand Daniel's stance on meditation and wonder if he is right, although it seems to me that some meditation may actually do the opposite of disassociate one's self.</p></div> <p>I agree that meditation is not necessarily dissociative. Some can be very helpful. I meditate often, and it helps me calm down, find my center, find my focus – really connect consciously with my deepest self. Along the lines of what "cc" said, meditation can be a part of self-therapy. That's how I view it. I just think most people don't use it that way. They use it to get out of themselves – to dissociate...</p> <p>proteus wrote:</p> <div data-bbox="412 1318 1438 1465" style="border: 1px solid #ccc; padding: 5px;"><p>While some meditation is based on clearing the mind of all thought as some sort of relaxation technique, the meditation I am most familiar with is based on intense concentration as a way to foster awareness of the present moment, something that I feel may be highly beneficial, for I feel so dissociated and anxiety-plaqueted that a means to remain present is exactly what I am after.</p></div> <p>It sounds like this would be valuable. I would be the last one to criticize a meditative style that helped someone become more present.</p> <p>proteus wrote:</p> <div data-bbox="412 1633 1438 1726" style="border: 1px solid #ccc; padding: 5px;"><p>This type of meditation does not ask one to "go to a happy place", it merely demands that one remain alert and aware of one's moment to moment thoughts and feelings, whether they be joy, despair, or anything else.</p></div> <p>Sounds good to me.</p> <p>proteus wrote:</p>

Does anyone have any thoughts on this? I am wondering if I should integrate meditation into my therapy.

I'll speak for myself: I do! But it's just one part of my self-therapy.

Daniel Mackler