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Preksha Meditation–PERCEPTION OF BODY

By Acharya Mahapragya

The practice of the perception of body consists in concentrating the mind on each part of the body, one by one and perceiving the sensations and vibrations taking place in each part. Of course, here the perception does not mean the visual perception, but the mental one. The sensations may be superficial sensations of the skin such as the contact with your clothes warmth or coolness, itching and perspiration etc., or they may be the sensations of pain, numbness, tingling etc. felt in the muscles or the vibrations of the electrical impulses in the nervous system or any other type of vibrations. Starting from the surface you have to penetrate deeply inside and try to become aware of the internal and subtle vibrations. Remain completely equanimous towards the sensations; try to keep your mind free from like or dislike.

The third step of preksha meditation is perception of body. Concentrate your mind on the big toe of your right foot. Allow it to spread and permeate throughout the whole portion of the toe. Perceive the sensations and vibrations taking place in that region. Become aware of them, experience them without any like or dislike; use deep concentration and remain fully alert.

Now shift your attention to each part of right limb one by one. I shall now indicate the name of the part of your body on which you have to concentrate your mind and perceive it: The other toes, the sole, the heel, the ankle, the upper part of the foot, the calf–muscles, the knee, the thigh, upto the hip–joint. Perceive the whole part, experience the sensations and vibrations taking place in each part. Maintain equanimity.

In the same way practice perception of all the parts of your left limb.

Thus the trip of the lower body is completed. Now, start the trip of the middle body from the waist upto the neck. Concentrating your mind on each part one by one—perceive the waist, the navel, the abdomen including the big intestine, the small intestine, the kidney, the spleen, the liver, the pancreas, the duodenum, the stomach and the diaphragm. Then the whole portion of the chest including the lungs, the heart, the ribs, the throat and the vocal cords. Concentrate your mind and perceive.

Then practice the perception of the whole portion of the back including the spine, the spinal cord and the neck. Now concentrate on the whole portion of the right hand and arm including the thumb, the

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finger, the palm, the wrist, the lower arm, the elbow, the upper arm and the shoulder. Perceive each part one by one. In the same way concentrate on the left hand and arm. The trip of the middle body is completed.

Now we come to the upper body. Concentrate your mind on each part from the chin upto the head. The chin, the lips, the inner portion of the mouth including the tongue, the teeth, the palate, the cheeks, the nose, the right ear, all the three parts—the outer, the middle and the inner, the right temple, in the same way the left ear and the left temple, the right eye, the left eye, the forehead and the head. Perceive each part one by one. During the perception of the tongue allow your tongue to remain hanging freely, without touching anywhere inside the mouth.

While perceiving the head, perceive all parts of your brain—the front, the back, the right, the left, the outer and the inner. Allow your mind to permeate throughout the brain. The trip of the upper body is completed.

Now practice the perception of body as a whole. You may stand up slowly and carefully, keeping your eyes closed. Allow your mind to travel from the big toes to the head and from the head to the big toes, rather speedily. Passing through each part of the body, perceive the vibrations throughout the body. Experience a tingling sensation in each and every muscle, skin, nerve and cell produced by the contact of your conscious mind. You may also practice the holding of breath for a while intermittently. Get yourself completely absorbed in the perception of body.

Now allow your mind to travel throughout the body rather slowly. If you experience pain or any other peculiar sensation, you may stop there for a while and perceive it with equanimity without any like or dislike.

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Acharya Mahapragya is a founder of terapanth and expert in Meditation, for more Meditation related articles please visit at

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Guided Meditation To Make You Whole

By Carl Walker

Guided meditation is a form of stress relief that is conducive to relaxing the whole body, in part by finding a way of peaceful and calming relaxation from within the body. Guided meditation may utilize soothing photographs or scenarios to enhance the ability of the mind to relax and guide the body to a

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point of relaxation so that the person in meditation can find a true sense of inner peace. Quite often, guided meditation will be accompanied by soft music or sounds of nature.

One of the keys to successfully having a session of Guided meditation is finding an area where the one meditating will be free of distractions. Any outside interference will prevent proper concentration and make the attempts at guided meditation futile and perhaps even frustrating, further aggravating the problem seeking to be solved by the very use of guided meditation.

After finding a suitable location for guided meditation, other factors need to be taken into consideration. Some practitioners of guided meditation feel that visual stimuli can be used to help achieve a sense of inner peace and help to achieve true relaxation. Still other practitioners of guided meditation feel that any outside visual simulation will detract from the mind's ability to properly focus on the body and the results of the guided meditation will be hindered or even reversed.

The same can be said for audio stimulation during sessions of guided meditation. While some individuals believe that soothing sound effects or even quiet music is conducive to the guided meditation, still others believe that it is only a hindrance and will do nothing more than create a harmful atmosphere for the practitioner of such guided meditation.

The basic concept of guided meditation is to relax. This is done by taking oneself on a guided tour of sorts through their own body. In the practice of guided meditation, it is normal to find a focus point in the body and begin there, someplace that is easy to relax. While staying focused on the body and in particular the muscles, the practitioner of guided meditation attempts to relax the muscles of the body. Allowing the body to completely relax allows the practitioner of guided meditation to next completely relax the mind.

When the mind and body are completely relaxed, the person can begin to concentrate on focusing his thoughts and ideas during the guided meditation. When using guided meditation, thoughts are usually thought to be transcendent and more in focus allowing the practitioner to perform better in all aspects of life. Whether or not guided meditation is right for a person is not only dependent on spiritual beliefs. Anyone contemplating the benefits of guided meditation must be seeking to improve themselves as a whole as well.

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examines all aspects of self improvement:

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