

## **Yoga, Wellness, and Self Discovery - part 2 Meditation**

Who am I? Throughout time we have all asked ourselves the question "who am I?" In our minds we all want to understand the relationship between "what's me" and "what's not me." We all want to discover our true nature.

From a yogic perspective, the reason that we do not know our Self is because our essential nature is overshadowed by the activity of the mind. The constant mental chatter keeps us from knowing the everlasting Self. An untrained mind will continually run around in circles like a dog chasing its tail. The mind is not capable of knowing itself; it is only an instrument of perception.

At first, meditation seems to be about understanding the nature of the mind and noticing how it works or behaves. This understanding leads to changes in the habitual way you relate to thinking. You begin to perceive from the viewpoint of consciousness, without getting all caught up in the thinking itself. In time the experiences found in meditation will be less about thinking and more about noticing (conscious awareness). During meditation you go through three stages of focusing; 1) concentration, 2) holding a steady focus, and 3) merging with the object of meditation. In essence, yogic meditation leads the practitioner to an ever increasing level of awareness and self discovery.

There is scientific documentation on the mental and physical benefits of meditation. It has been proven that meditation can reduce blood pressure, stress and anxiety and fatigue. It fosters a sense of peace, self acceptance and mental clarity. Relationships are more meaningful and you enjoy life more fully. The part of your brain that is responsible for being creative is enhanced and you sleep sounder. Additionally the production of three important hormones that are responsible for longevity and well-being are affected; cortisol levels decrease, DHEA levels increase, melatonin increases. But the best thing is that you begin to know your Self better.

The more traditional types of yoga continue to weave meditation into each class. In the style I teach, each class begins with fifteen minutes of guided meditation, quieting the mind and going inward. From this calm state, the physical body becomes a vehicle of exploration. We explore the mind body connection through yoga postures. By being conscious of what we're experiencing throughout the class, we create opportunities for mental, emotional and physical wellness, and ultimately self discovery.

For more information on meditation, specific easy to use techniques, or yoga in general, please visit our articles section at [www.InfiniteLightYoga.com](http://www.InfiniteLightYoga.com).

In future articles we will continue to look at yoga-related practices and explore how they can become a vehicle for real change in our lives. You can't do yoga and not change. If you're really ready to change, then find an experienced yoga teacher and start taking classes right away. It will change how you live your life!

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