



## Object Meditation

You don't have to spend an hour on your cushion for meditation to have a profound effect, instead ask, "How much time do you have?" If someone has just five minutes, then consider a brief meditation that includes one minute for preparation, two and a half for the meditation itself, and one more for tapering off. Once you feel the value and see the benefits of meditation, you will make time to do more, always adapt according to what you like and will do."

Everything that happens in your mind is reflected in your body, said T.K.V. Desikachar. So, meditate on the good! Americans typically use the word "yoga" to mean "posture" and mistakenly measure progress by the ability to perform complex poses. But, he stated "yoga is definitely not just posture," "A lot of people are doing postures, but are they happy? They can do a beautiful posture, but their life is a big headache."

Mastery of yoga is really measured by "how it influences our day-to-day living, how it enhances our relationships, how it promotes clarity and peace of mind." If Yoga is about Asana, what happens when the body weakens?

But not everyone is ready for meditation. It's especially difficult if your mind is very distracted. Regular practice of Asana (movement) and Pranayama (breathing techniques) can help you quiet your mind and, if illness or sedentary habits have left you weakened, can also help you become healthy and strong enough to sit still and concentrate. Even if you're a calm, healthy, fit person, postures and breathing practices can prepare your body and mind for a more willing, joyful embrace of meditation. In Desikachar's view, the idea that meditation requires emptying the mind is a common misperception; meditation, he said, actually involves filling the mind with an **object of inquiry**. "It is never possible for the mind to be empty," Desikachar noted, "except in a deep state of sleep, *nidrā*." The intent is to "become one with the object of focus." You can meditate on virtually anything: a natural object, such as the sun or moon, a flower, tree, or mountain—or on a person, sound, deity, even a color. Or focus on the body or the breath. Desikachar suggested choosing an object that is both appealing and healing: "The key is transforming the mind in a positive way, so healing happens."

There are many different types of Meditation, which include Mindfulness, Visualization, Yoga Nidra, Silent, Mantra, Mudra. If you would like to explore them further, reach out.

*Jenny E. Orona* <https://corazonyoga.com/>