



Meditation

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01

Meditation techniques are broadly classified into focused (or concentrative) and open monitoring methods.

02

Meditation is practiced in various religious traditions, and it is also practiced independently from any religious or spiritual influences for its health benefits.

03

Meditation has proven difficult to define as it covers a wide range of dissimilar practices in different traditions and cultures.

04

A 2018 pilot study scientifically compared the stability offered by three common meditation supports—a zafu cushion, a meditation bench, and a chair.

05

Some cross-sectional surveys indicate that meditation may induce "challenging" and "unwanted" experiences.

06

**Carl Jung (1875–1961)
was an early western
explorer of eastern
religious practices.**

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