

Meditation: Tune in to Your Inner Frequency

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8 Limbs of Yoga

1. Yamas – Social Interactions
2. Niyamas – Personal Interactions
3. Asana - Poses
4. Pranayama - Breathing
5. Pratyahara – Withdrawal of the Senses
6. Dharana - Concentration
7. Dyana – Meditative Mind
8. Samadhi – Bliss

HRV – Heart Rate Variability

Ultimately this is science’s way of measuring Dharana: our meditative mind which can only be experienced not taught. Heart Rate Variability explains the pairing between our heartbeat and our breath. Devices are available to take readings such as monitors sold through Heartmath.org and Apple’s iWatch to track and monitor how long you spend in “meditation”

What we are looking for is something called coherence and entrainment – for the rhythm of our heart and the rate of our breathing to match. At this point, the nervous system naturally calms and we move into the deeper brain waves states where meditation is possible. It is at this point that we are able to tune in to our own inner frequency – essentially to experience a deep sense of Self.

Coherence: The term coherence is used to describe order or consistency. In reference to coherence in our body systems we can describe it as a consistent oscillation within a system or two or more oscillatory systems, such as respiration and heart rate operating at the same frequency.

Entrainment: When two or more systems are oscillating, or swinging back and forth, at the same frequency such as in heart rate and respiratory that is entrainment.

Imagine a clock store filled with ticking clocks, slowly over time all the clocks become in sync and begin to tick in harmony. This is the meditative mind.

How do we practice?

- **Seated:** on the floor or in a chair. If on the floor prop up your seat with cushion to create space for your lower back and more ease for your hips. A straight spine is required for proper energy flow and also to maximize efficiency of your breath.
- **Use a timer:** There are lots of great phone apps that will help you track (example: i-Qi timer allows you to choose ting-sha's or singing bowls to bring you back)
- **Consistency:** Make time every day, preferably the same time of day even for just 5 min. Get in the habit of meditation and your mind will begin to crave it.
- **Patience:** Some days will be easier than others. The more often you practice the easier it will come, the longer you are away from it the more challenging. Stick with it.

Meditation Tools for Today's Practice

1. **Movement:** 15-20 minutes of basic flowing postures to release muscle tension and prepare the body to sit.
2. **Mantra meditation:** meditating to music can be a welcomed distraction from the hamster wheel of our thoughts
3. **Breathing meditation:** similar but focusing on our breath
4. **Quiet meditation:** to hold the space