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# BEYOND DYNAMIC MEDITATION - BDM

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ONLINE TRAINING BY KRISHNAJI PAWAR

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MODULE

**3**

# Section 3: Meditation and Breathing

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# BEYOND DYNAMIC MEDITATION - BDM

This chapter explores the relationship between meditation and breathing, its physiological and psychological implications, and practical techniques for effective practice in promoting heightened awareness, stress reduction, emotional regulation, and cognitive functioning.

# Learning Objectives

- Introduction and Course Outline
- The Meditation Philosophy
- **Meditation and Breathing**
- Beyond Dynamic Meditation
- First Stage: Erratic Breathing
- Second stage: Explosive Dance and Sound.
- Third Stage: Jumping on Your Heels
- Fourth Stage: Stop and Freeze
- Fifth Stage: Celebrating
- Summary and Resources
- BDM Practice Test V.4.1\_Test Your Knowledge!

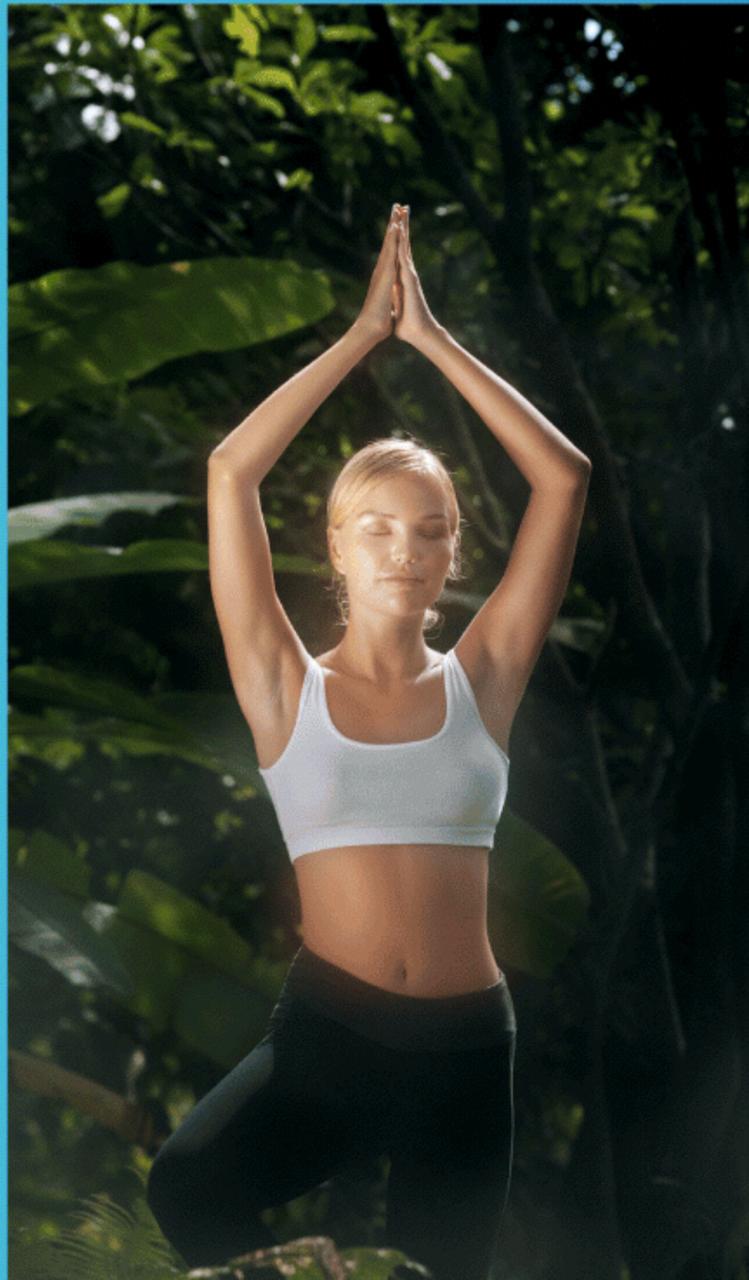


## INTRODUCTION

- Meditation involves techniques to promote awareness and focused attention, often used for stress reduction, emotional regulation, and enhanced cognitive functioning.
- Breathing, a fundamental physiological process, plays a pivotal role in many meditative practices.
- Two primary types of meditation are Focused Attention Meditation and Open Monitoring Meditation.
- Breathing is regulated by the respiratory center in the brainstem and can be consciously controlled.

# MEDITATION AND BREATHING: A COMPREHENSIVE OVERVIEW

- Two main types of breathing are Diaphragmatic Breathing and Chest Breathing.
- Breathing serves as a bridge between the body and mind, influencing physiological state and enhancing the meditative experience.
- Psychological implications of meditation and controlled breathing include reductions in anxiety, depression, stress, attention, emotional regulation, and overall well-being.
- Practical techniques for effective meditation include mindful breathing, box breathing, and loving-kindness meditation.
- Understanding the physiological and psychological mechanisms at play can enhance practitioners' quality of life.



# UNDERSTANDING THE MIND AND MEDITATION

## The Mind as a Thought-Generating Organ

- The mind is a thought-generating organ that constantly generates thoughts.
- Thoughts are communicated to every cell in the body, and a quiet mind can send messages of peace and harmony.

## Classification of Thoughts

- According to yoga, all thoughts can be classified as memories or desires.
- The Sanskrit word for memory or past impression is sanskara, while the word for desire is vasana.

## The Cycle of Thoughts and Desires

- Impressions in the mind can lead to desires, which in turn lead to actions.
- The cycle of impressions, desires, and actions is the software of the soul.



# UNDERSTANDING THE MIND AND MEDITATION +

## The Cycle of Thoughts and Desires

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- The cycle of impressions, desires, and actions is the software of the soul.

## Meditation as a Technology

- Meditation allows temporary escape from this cycle by focusing attention and witnessing thought forms.
- It takes the mind from constricted to expanded awareness, offering the path to awakening the Law of Pure Potentiality.



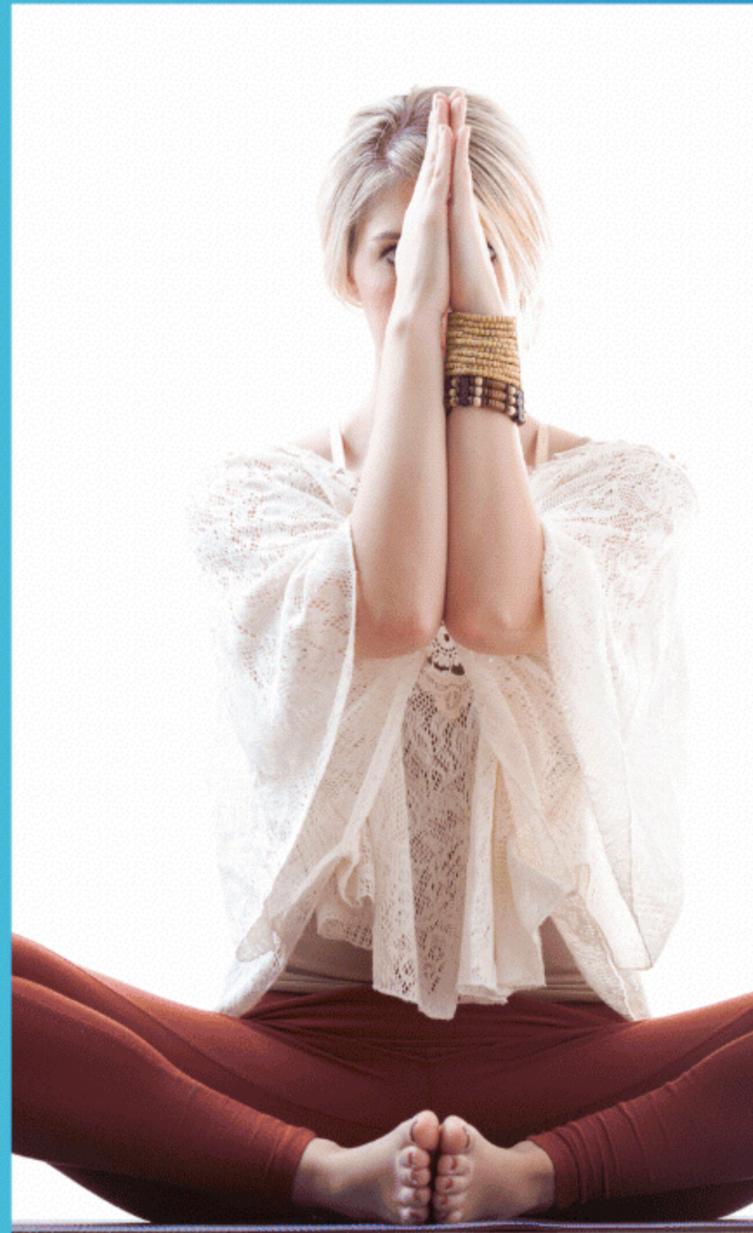
# UNDERSTANDING THE MIND AND MEDITATION ++

## Access to the Nonconditioned Mind

- Meditation takes the mind out of the conditioned mind and opens up access to the nonconditioned mind.
- It allows the experience of thoughts condensing from consciousness, shifting the identity from the mind to the soul.

## Refining Perception of Objects

- Meditation can be done through various sensory modality, such as music, chanting, drumming, or the sound of one's breath.
- It can also be experienced through the sense of touch, from therapeutic massage to sexual rapture.



# MEDITATION AND THE LAW OF PURE POTENTIALITY

- The Law of Pure Potentiality states that all possibilities reside in and emerge from an unbounded awareness field.
- Meditation involves asking who is having these thoughts, revealing that thoughts arise from a deeper domain of awareness.
- In the yoga tradition, mantras or primordial sounds are used to take awareness from the changing realm of life to the expanded state of being.
- Mantras temporarily interrupt the incessant association process that keeps the mind active, allowing the transformation of identity from mind to spirit.
- The sound Aum or Om, traditionally the sound the universe makes when it manifests from potential to perceptual, is the best-known mantra.



# MEDITATION AND THE LAW OF PURE POTENTIALITY +

- The Chopra Center teaches a mantra meditation technique called Primordial Sound Meditation, assigning one of 108 mantras based on a person's birth date and place.
- The theory underlies Primordial Sound Meditation, which explains the universe's different vibratory frequency at different times during the day.
- The primordial sound represents the sound of the cosmos at the doorway between potentiality and individuality, guiding the journey from individuality to universality.





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