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In Hinduism (originally Sanatana Dharma), meditation has a place of significance. The basic objective of meditation is to attain oneness of the practitioner ' s spirit (atman with) omnipresent and non-dual almighty (Paramatma or Brahman). This state of one ' s self is called Moksha in Hinduism and Nirvana in Buddhism.

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This interiorization of Vedic fire-ritual into yogic meditation ideas from Hinduism, that are mentioned in the Samhita and Aranyaka layers of the Vedas and more clearly in chapter 5 of the Chandogya Upanishad (~800 to 600 BCE), are also found in later Buddhist texts and esoteric variations such as the Dighanikaya, Mahavairocana-sutra and the Jyotirmnjari, wherein the Buddhist texts describe meditation as "inner forms of fire oblation/sacrifice".

[Dhy _na in Hinduism - Wikipedia](#)

In Hinduism, meditation is an adjunct to various other Yogas such as karma, jnana, sanyasa and buddhi yogas. In Buddhism, it is an adjunct to the practice of the Eightfold Path (right living) to cultivate discernment (buddhi).

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Chakra Meditation — the practitioner focuses on one of the seven chakras of the body (" centers of energy "), typically doing some visualizations and chanting a specific mantra for each chakra (lam, vam, ram, yam, ham, om). Gazing Meditation (Trataka) — fixing the gaze on an external object, typically a candle, image or a symbol (yantras). It is done with eyes open, and then with eyes closed, to train both the concentration and visualization powers of the mind.

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There is no single Buddhist or Hindu meditation. On a technical level a practice like the one promoted by Ramana Maharishi is very similar to some approaches to koan practice in Chan / Seon (continental Zen).

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Meditation is a mental and physical course of action that a person uses to separate themselves from their thoughts and feelings in order to become fully aware. It plays a part in virtually all...

[BBC - Religions - Buddhism: Meditation](#)

There is a range of common terminology and common descriptions of the meditative states that are seen as the foundation of meditation practice in both Hindu Yoga and Buddhism. Many scholars have noted that the concepts of dhyana and sam dhi - technical terms describing stages of meditative absorption – are common to meditative practices in both Hinduism and Buddhism.

[Buddhism and Hinduism - Wikipedia](#)

Meditation in Hinduism and Buddhism. Charles Eliot. 1. Indian religions lay stress on meditation. It is not merely commended as a useful exercise but by common consent it takes rank with sacrifice and prayer, or above them, as one of the great activities of the religious life, or even as its only true activity.

[Meditation in Hinduism and Buddhism](#)

Knowledge of Buddhist meditation techniques are found in several Buddhist texts and the teachings of the Buddha himself. The Buddha encouraged his followers to practice meditation as part of the Eightfold Path to cultivate right understanding, right attentiveness and right views. Most techniques are school specific.

[Buddhist Meditation Techniques - Hindu Website](#)

Buddhists see meditation as a means of self-edification and attaining nirvana, while Hindus have varying purposes for meditation such including physical, mental, and spiritual enhancement. Both religions also have an inclination towards vegetarianism. In India, 33% of Hindus are vegetarians.

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Likewise, other mantras used in Hindu traditions, Buddhist traditions, Jainism, Sikhism, Daoism have also the same origin. How you can perform it: Like most meditation, the goal is to sit straight with the spine erect and eyes closed. The mantra is repeated thoroughly over and over during the entire session.

[Different Types of Hindu Meditation Techniques and Benefits](#)

Mindfulness is a practice involved in various religious and secular traditions—from Hinduism and Buddhism to yoga and, more recently, non-religious meditation. People have been practicing mindfulness for thousands of years, whether on its own or as part of a larger tradition.

[History of Mindfulness: From East to West and Religion to ...](#)

Hinduism and Buddhism have common origins in the Ganges culture of northern India during the "second urbanisation" around 500 BCE. They have shared parallel beliefs that have existed side by side, but also pronounced differences. Buddhism attained prominence in the Indian subcontinent as it was supported by royal courts, but started to decline after the Gupta era and virtually disappeared from ...

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