

Gandharva Meditation Classes

Tuning the "Veena of the Body"

*Experience: Greater Mental Clarity
Inner Tranquillity
Deep Relaxation to Alleviate Stress
Heightened Awareness*

During ***Gandharva Meditation***, the silence at the depths of the mind comes to the foreground of our experience while mental activity settles into the background and can even subside altogether. It is a psycho-physiological experience, simultaneously a condition of heightened awareness and deep relaxation. This has been called "tuning the veena of the body," the veena being an ancient Indian musical instrument used as a metaphor for attuning the voluntary and involuntary nervous systems. The technique does not involve forced concentration, and it is quite easy to learn. Dr. George Wolfe, Professor of Music at Ball State University is offering these classes.

Attend a Free Introductory Presentation

Indiana Academy Students Welcome

For More Information Contact: Dr. George Wolfe, at wmwolfe@bsu.edu
or phone 765-285-1622

See explanation below....

Meditation and the Fight or Flight Response

Harvard Medical School professor Dr. Herbert Benson has spent years researching the physiological effects of meditation. Benson has concluded that meditation elicits an automated response in the nervous system he calls the “relaxation response” which is the antithesis of the psycho-physiological defense mechanism known as the “fight or flight response.” Calming the fight or flight response is fundamental to alleviating stress, restraining anger and eliminating negative aggressive behavior.

Dr. George Wolfe, Coordinator of Outreach Programs at the Ball State University *Center for Peace and Conflict Studies* is offering classes in a meditation technique derived from the *Gandharva* tradition in India. The technique provides an effective way to heighten mental clarity, reduce stress, and enjoy a tranquil state of quiet inner reflection.

Think of the mind as a pond of water, which, when left undisturbed, presents us with a clear picture of the images reflecting off its surface. It is the mind's nature to reflect what we take in through the senses, but the tension and fatigue of daily life create "waves" on the surface of the mind, causing it to present us with a convoluted image, distorting our perception of reality. ***Gandharva Meditation*** is a technique which enables us to restore the mind to its natural condition of tranquility, so it can yield a truer reflection of reality.

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This form of meditation is not a mood, nor is it a form of self-hypnosis, autosuggestion, or an attempt to empty the mind of thoughts. Rather, it is a state of consciousness as tangible and as real as waking,

sleeping or dreaming--a means of experiencing what has been called the “ground of being” that lies at the depths of our consciousness.

One learns first how to establish the proper conditions for the body's metabolism to reduce significantly. Then a technique is used that allows a person to cooperate with the mind's natural tendency to settle into a quiet state of non-desire. Once this plateau of inner pleasantness is attained, things are added to the procedure to deepen the experience and make it more sublime. It is a procedure that is practiced twice a day and takes between 15 to 25 minutes, depending on the stage one is at.

For more information on this form of meditation, or to sign-up for the next class, contact Dr. Wolfe at wmwolfe@bsu.edu.