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An introduction to f.g. meditation as an innovative and secular style of meditation based on geometry, mathematical functions, philosophy of mind, persian literature and psychological principles

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Farshad's Geometric Meditation is an innovative and effective method which abbreviated as F.G. Meditation and was created by Farshad Nazaraghaei. It is divided into two more specific parts: Geometric Somatic-Breathing Based Meditation (G.S.B.B. Meditation) and Geometric Introspective Based Meditation (G.I.B. Meditation). The general meaning of meditation in F.G. Meditation is purposeful and self-induced manipulation of attention which leads to the experience of an altered state of consciousness and concentration. Attention, here, means brain capability and tendency to deal with a single subject or a phenomenon and to ignore all other subjects and phenomena at the same time. In G.S.B.B. Meditation, we focus our attention on subtle vibrations and effects produced by the breathing process in each specific part of the body, and dismiss all other vibrations and effects from our attention. These vibrations should be organized on various linear, surface and solid directions in the form of some geometric shapes superposing to different parts of the body with the aim of manipulating, massaging, and modulating attention in order to reach the concentrative state and mental silence as well as to experience altered states of consciousness.

Biography

Farshad Nazaraghaei has done his MSc in Holistic Health and Yogic Sciences, DSVV, India; received his PhD in Human Consciousness and Yogic Sciences, Mangalore University, India. Currently Head of Persian Meditation Academy, Iran and Head of Persian Yoga Academy, Iran.

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