

Classmates Responses

Hi Brittney,

Thanks for sharing your experience of dynamic meditation. Your presentation was concise. I like the practice you chose for this exercise due to yoga's tremendous benefits physically, mentally, and spiritually. The idea of incorporating yoga in your routine, but as you have pointed out, is never easy because of the daily commitments. Your post has shown me what a great benefits yoga practice can be. From reading your post, I agree that the first experiences of dynamic meditation can be challenging. Nonetheless, it is also difficult to sit in silence for long because silence in itself has become a rare commodity. Your post was incredibly insightful.

Hi Elizabeth,

You very well did focus on this powerful and inspiring practice. You nicely detailed how you went about the dynamic meditation, and you put me into the perspective of your experience. Learning to do things such as active meditation does not come pretty naturally at the first trial. We have to practice the skill to fine-tune the skills that are needed. As you have highlighted, the experience can be stressful initially but still a great exercise in the end. Today, we are predominantly sedentary in our work life, and at any given moment, our attention splits across multiple tasks. Dynamic meditation premises that we have to be continuously alert, conscious, and aware to meditate.