Brandon Valladolid

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Health 1240

Professor Julie Pugmire

Reflection on Meditation

Before I reflect on this semester’s meditation I thought I would give a little history on my experience in meditation. As a young boy I was taught that meditation is the way we can connect with our deities and our inner self. In the native culture we use meditations in ceremonies for many things, such as healing ones being physically and spiritually. Father and I would find and empty field of tall grass and we would do a walking meditation that helps connect us with our mother earth. We would do sweat lodges for times of spiritual exploring and even at dances we sat around the drum circle and meditated as the dancers would prance around telling stories of the old ways.

After being raised in the native culture I thought my knowledge of meditation was infinite. It was only after I began to stray from my practices from lack of time that I started seeking more knowledge into meditation. I started looking into the earth meditations that certain religions have, but I still found a lack of time. I have gone to several meditations at Dancing Cranes but time was still a huge factor. I have always been aware that time is key to a meditation. I have been unsure how to make that time count whenever I did meditate. This search for knowledge brought me to your class.

Now that we are one class away from being done for the semester. I feel that my entire perspective has been changed about meditation. I walked into the class with and open mind and open heart. I felt ready for a time that I can finally heighten myself to a level of meditation that has not happened in years. During our first meditations we performed they seemed easy enough. They were very similar to those I have done in the past. It wasn’t until we learned Metta, Mantra and Charka meditations that I found a way to deep the level of my own practices without sacrificing more than an hour. My personal life is very tightly scheduled between a career, school and my wonderful daughters. I couldn’t afford much more than an hour. So in that hour I needed to hit a level of meditation that would carry myself though out the day. I work in a very high profile and stressful career that requires constant attention. The lesson that meditation is Loving-kindness to our mind and body, helped me tremendously. I never looked at meditation as helping ourselves in daily life as you taught us. I truly believe I have been blessed by you guidance during this semester.

Going forward I will use the teachings of Chakra, Metta and Mantra meditation to continue my daily practices. I love knowing how to finally reach the plane I did as a boy and only needing a short time. During sweat lodges we would sometimes be in there for 8 hours and as a boy that was fine. Nowadays that is not possible for me. Meditation is vital to my life. I was raised that emotions show weakness and that gave me a lack of knowledge in understanding them. Meditation allows me to not only understand them but express them in a healthy manner. I find myself crying often during or at the conclusion of a meditation.

I have found that I am able to even out the energy in my body using the charka meditation first and then using a Mantra to deep my path toward the plane I seek. That plane of being is honestly sacred to me. I have not felt this whole is years and thanks to learning about each of these meditations I can now visit that plane every day and not feel that I am taking time away from any of my obligations in life. I now dedicate every morning when I wake at 5 to meditation. Sometimes it is in my office at home and other times it is outside on the grass, depending on the weather. I remember that you stated your dog tend to bug you when you are meditating. My dog has finally come to lie beside me during my meditations. I plan to further my knowledge into meditation by taking more classes.