

Brief Introduction to Some Major Geometric Somatic Breathing Based Meditation Subdivisions Including Linear and Three Dimensional Concentrative Techniques in F.G. Meditation

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Abstract

Geometric Somatic Breathing Based Meditation (GSBB Meditation) is one of the main parts of Farshad's Geometric Meditation (F.G. Meditation) subdivision. Tracing the various impacts of breathing process in different parts of the body in the form of some geometric shapes is called GSBB Meditation. GSBB Meditation is a group of techniques in which, subtle and sensible effects caused by breathing are followed in the light of form, route and direction of respiratory muscles' movements, the entry and exit of the airflow or slight vibrations produced by both processes in inhaling and exhaling stages. In this sort of geometric meditation, attention moves in accordance with the process of inspiration and expiration on one hand and with the geometric shape on the other hand. In GSBB Meditation, attention scope is intermittently manipulated via two stages. In the first stage it is confined to a specific part of body which leads to the contraction of attention and then in the second stage it is distributed throughout the body which leads to the expansion of attention. When contraction of attention and in continuation of that expansion of attention happens it causes some modulations in the scope of attention which leads to the formation of delightful and pleasurable somatic feelings as well as experience of an altered state of consciousness. GSBB Meditation is divided into five categories including: linear, hyperbolic, planar or surface, three dimensional or solid and mixed concentrative techniques.

Key words: Geometric meditation, somatic breathing based, linear, attention

Introduction

F.G. Meditation is a new comprehensive style of meditation, which mainly consisted of concentrative, introspective and mindfulness techniques. This method, abbreviated as F.G. Meditation for Farshad's Geometric Meditation¹. It is an innovative and concrete method which is composed of almost 64 techniques and divided into six specific parts including: Geometric Somatic-Breathing Based Meditation (GSBBM), Geometric Introspective Based Meditation (GIBM), Mindfulness Based Meditation (MBM), Somatic Based Meditation (SBM),

Somatic-Breathing Based Meditation (SBBM) and Mind-Body Based Meditation (MBBM)² (Appendix no.1). GSBB Meditation is one of the main parts of F.G. Meditation subdivision. Tracing the various impacts of breathing process in different parts of the body in the form of some geometric shapes is called GSBB Meditation. GSBB Meditation is a group of techniques in which, subtle and sensible effects caused by breathing are followed in the light of form, route and direction of respiratory muscles' movements, the entry and exit of the airflow or slight vibrations produced by both processes in inhaling

and exhaling stages. In this sort of geometric meditation, attention moves in accordance with the process of inspiration and expiration on one hand and with the geometric shape on the other hand^{3, 4, 5}.

In GSBB Meditation, attention scope is intermittently manipulated via two stages. In the first stage it is confined to a specific part of body which leads to the contraction of attention and then in the second stage it is distributed throughout the body which leads to the expansion of attention^{3, 6, 7}. When contraction of attention and in continuation of that expansion of attention happens it causes some modulations in the scope of attention which leads to the formation of delightful and pleasurable somatic feelings as well as experience of an altered state of consciousness^{1, 3}. GSBB Meditation is divided into five categories including: linear, hyperbolic, planar or surface, three dimensional or solid and mixed concentrative techniques.

A. Brief introduction to Linear Concentrative techniques

A.1. Horizontal Linear Concentration (HLC)

In this technique, attention is focused on the horizontal movements of abdominal muscles, outward with inhalation and inward with exhalation. Respiration, at first, occurs actively with more range of oscillation. Abdominal muscles move on the direction of the horizontal line, superposing the navel, which is upright to the longitudinal symmetry line of the body (Appendix no.2). When active breathing is surrendered it will continue automatically. The longer respiration continues spontaneously, the more relaxed, lighter, thinner and shorter it becomes. Therefore, oscillation range of the abdominal muscles becomes so small that the horizontal line disappears, retreats and finally turns to short impulses inward and outward. At the end breathing slows down and becomes calm so one feels no abdominal muscle movements for a short period of time. In this phase, the horizontal

line will convert to a single point, as a compressed ball. This stage is known as pointed attention (contraction of attention stage) then attention is pulled up on the direction of longitudinal symmetry line of the body and is located in the center of gravity inside the head. Now one should be aware of each feeling inside the head region such as span, deliverance, expansion and emptiness and also the difference between the heaviness of the head rather than the other parts of body and limbs. Meditator should also be aware of the attention expanding throughout the body and experience the specific quality of body-awareness (expansion of attention). Sometimes, meditator feels as if the borderlines of the head, the body and other parts of the body separating him/her from the world around are being assimilated, and vanishing, so the only quality left is awareness with no borderlines. As the technique continues and after observing the body, short and thin inhaling and exhaling impulses begin, accompanied by abdominal muscles' short movements with less range of motion, so one will approach the second contraction of attention stage while breathing becomes slower once again¹.

A.2. Vertical Linear Concentration

In this technique, attention is focused on the ribs movements upward and downward which creates slight vibrations inside the trunk. These subtle vibrations should be followed as the attention fluctuates upward while inhaling and downward while exhaling on the direction of longitudinal symmetry line of the body (Appendix no.3). As we can see, this movement is against the inflow and outflow of air. In the beginning breathing is active and then it is surrendered and resumed spontaneously. The slower breathing becomes, the shorter the domain of attention movement on the direction of vertical line in each ends will get. Finally, this line will turn into a single point as a compressed ball on the sternum. Now,

meditator is at the single pointed attention stage. Then like the previous technique, attention is shifted towards the head and skull on the direction of longitudinal symmetry line of the body and any sort of body-awareness which comes into the center of attention is welcomed along with the expansion of attention throughout the body. Sometimes in this stage meditator feels as he/she is being integrated with the surrounding atmosphere. Each F.G. Meditation technique carries out under the effect of particular subtle vibrations and movements caused by breathing muscles movement, the inflow and outflow of air in the form of abdominal (diaphragmatic) or thoracic (pectoral) breathing or simultaneously. In all techniques, in the beginning, breathing occurs deeply and actively through inhalation and exhalation but then it continues passively with no effort. If one let breathing do its job spontaneously, it will get shorter and thinner. Finally it becomes very calm and slow¹.

A.3. Nasal Angular Concentration (NAC)

This technique traces the direction of air flow on the base of one nasal tract and septum. Attention moves on the base of the nasal canal towards the end while inhaling and it moves along with the nasal septum towards the nasal tip while exhaling. Breathing first occurs actively through the long inhalation and exhalation, but then it carries on spontaneously. Along the direction of attentional movement, an angle is made which starts receding in both ends while breathing becomes slower, and then it will turn into a point superposing the end of nasal canal or the space between eyebrows. Now one should be aware of how the attention deposits and settles on this specific zone and attend on the feeling of slight vibrations, heaviness, pressure, tingling etc. in between the eyebrows. Then, attention which seems as a compressed ball is shifted towards the center of gravity inside the head and expands on the direction of longitudinal

symmetry line throughout the body¹ (Appendix no.4,5).

B. Three-Dimensional Concentrative Techniques

B.1. Spheral Concentration

In this sort of geometric meditative techniques, expansion and contraction of abdominal cavity is organized in sphere-form as meditator feels the expansion and contraction of a sphere in a larger domain while actively inhaling and exhaling. However, when one lets breathing happen spontaneously, the expansion and contraction range of the sphere gradually becomes smaller and it temporarily slows down. Then it gets to the same volume as the abdominal cavity has in its normal state⁸ (Appendix no.6).

B.2. Bi-Spheral Concentration

In this technique, the volume inside the abdominal cavity is fluctuating during inhalation and exhalation. If the same influence is traced as a sphere form, which penetrates into the head while one attends to the center of head simultaneous to the expansion and contraction of the abdominal cavity, it would be reflected as the expansion and contraction of the sphere inside the head which can be felt on the sides of head, temporal lobes, and sides of the eye-sockets. These subtle vibrations and delicate breathing impacts could be organized inside the head in the form of a sphere. Simultaneous attention which paid to the formation of both figures; the sphere inside the abdominal cavity as well as inside the head is called Bi-Spheral concentration⁸ (Appendix no.7).

B.3. Conical Concentrative Techniques

B.3.1. Single Conical Concentrative Techniques (Vertical and Horizontal)

In this technique, cone is being appeared in abdominal cavity and then being formed at the thoracic cavity finally the size of the cone is shrunk as breathing becomes relaxed and short. Each cone is appeared

under the effect of abdominal or pectoral breathing. In these concentrative techniques, the cone expands while inhaling and shrinks while exhaling⁸(Appendix no.8).

B.3.2. Double Conical Concentrative Techniques

Cones in this technique are originated from the heart of the sphere. During inhalation two cones are simultaneously expanding outward, towards the sides in the abdominal cavity and during exhalation, contracting inward, towards the center of abdomen. The cones inside the head are concomitantly appeared from the heart of the sphere in the skull and laterally fluctuate inside the head. The same process occurs again as the cones superposing the thoracic cavity and fluctuating in conformity with sternum during pectoral breathing⁸(Appendix no.9,10,11).

B.3.3. Vertical Bi-Conical Concentrative Techniques

In these concentration techniques, attention is focused on one cone, while it is vertically being formed during inhalation and on the other cone, which is reversely being formed while exhaling. The cones appear and disappear in accordance with the fixed and static points on the direction of longitudinal symmetry line of the body. Then attention is focused on the vertical cones which are being formed and finally they reach to the pointed attention stage in different areas of the abdominal cavity, thoracic cage, neck and head⁸(Appendix no.12 to 20).

B.3.4. Horizontal Bi-Conical Concentrative Techniques

Similar to Vertical Bi-Conical Concentrative techniques, attention is focused on the horizontal cones which are forming inside the abdominal cavity and the head. The way these horizontal cones are formed is similar to the way as fluctuation is formed when water is

oscillating in a moving container⁸(Appendix no.21, 22, 23).

B.3.5. Bi-Conical Concentrative Technique (Leg)

This technique is performed in the same manner as the expandable hyperbolic techniques however instead of expandable hyperbolic angles, conical figures are used here. In this method along with the first breathings, the size of cones is as big as the size of thighs and legs but slowly shrinks and becomes smaller. At last the cones turn into a point and settles in the knees' region⁸ (Appendix no.24).

B.3.6. Bi-Conical Concentrative Technique (Arm)

This technique is performed as the previous one in which along with the first breathings, the size of cones is as big as the size of forearms and arms and gradually the size is reduced and becomes smaller. Finally the cones turn into a point and settles in the elbows region⁸ (Appendix no.25).

Somatic Based Meditation

1- Jumping Movement of Attention (Joint to Joint)

The main aim of this technique is to reach a deep dawn relaxed state. Sometimes to relax the whole body, it is not required to move the attention throughout the musculoskeletal structure so the only thing which is needed, is to increase the contact surface of attention to the mobile joints of the body one by one. In this technique, attention is focused on each mobile joint for a few seconds and then it jumps to the next adjacent joint. The first round of attention movement is done unilaterally during which attention is focused on the joints of only one side and then the other side of the body. The second round of attention movement is done bilaterally in which attention is simultaneously and symmetrically focused on the joints of both sides of the body. During the third and fourth round, which is done unilaterally and then bilaterally, attention

scope is gradually increased and expanded towards the joints throughout body⁹ (Appendix no.26).

2- Unilateral Movement of Attention (Right-Left)

In this technique, attention is focused on the right or left side of the body in one meditation session through which attention moves up from the right sole towards the right side of the head and then moves down from the right back of the head towards the right heel and sole. This path forms one round of attention movement throughout the body then we repeat the same circle for two or three times. The main aim of this technique is to increase the contact surface of attention only to one side which leads to deep down penetration into the body in order to enhance the body awareness. In the upcoming session, we may repeat the same procedure with the left side of the body⁹ (Appendix no.27, 28).

Somatic Breathing Based Meditation Idea-Motor Technique (Supine versus Upright position)

As we know, in supine position one reaches to the ultimate state of relaxation due to the natural high tendency of body to lose the muscle tones. In this posture, the body has greatest contact surface to the ground which provides the best opportunity to surrender the whole weight and heaviness of body to the gravity. In this technique, by the synergic impact of each exhalation which is felt on the same direction of gravity, one attends to the vertical movements of the abdominal muscles while exhaling and simultaneously, attention is focused on each contact surface of the body to the ground for a few second. This synergic effect will accelerate the feeling of losing the weight and heaviness of body and surrendering it to the ground. One may start from the contact surface of right heel and then gradually moves to the contact surface of the right leg, right thigh, left leg, left thigh and other contact surfaces of the

body respectively and in the same order unilaterally and bilaterally as we explained earlier through Jumping Movement of Attention technique. While one is doing idea-motor technique in upright position, attention movement will be synchronized with the subtle tendency of body to move downward towards the ground during exhalation and then shift the attention gradually from the top of head towards the pelvic and soles. In this state, during exhalation, meditator may feel that he/she is losing the heaviness of body and submitting the whole weight to the ground⁹ (Appendix no.29).

Principles of GSBB Meditation

The main principles of GSBB Meditation techniques are as below:

- 1- In the beginning only the normal attentional flow is dedicated into the concentrative procedure without putting pressure on mind to form a specific sort of focused attention.
- 2- The core aspect of GSBB Meditation techniques is based on the spontaneous breathing pattern without being actively involved in the process and changing the depth, intensity, and the numbers of breaths.
- 3- Forms, figures and the directions appear easily and spontaneously according to the idea-motor phenomenon without forcing the mind to keep forming and maintaining the geometric shape.
- 4- It is based on a denotative tracking of the tangible vibrations and delicate effects of breathing during inhalation and exhalation in a specific part of body.
- 5- Attention mostly settles in the main stage of these techniques at the point which is located on the direction of the longitudinal symmetry line of the body.
- 6- Almost in all techniques, breathing finally slows down and becomes tranquil and placid.
- 7- Getting the pointed concentration stage occurs in all hyperbolic and linear concentrative techniques and also in most conical concentration techniques.
- 8- In each technique, attention expands consciously from pointed state to three dimensional

state throughout the body (expansion of attention) after settling at pointed concentration stage (contraction of attention), and subsequently intermittent observation of the head, trunk and whole body occur.⁹⁻ There is a harmony and complete coordination and overlap between mind, breathing, and body in all techniques.¹⁰⁻ In this style of meditation, appearance of the geometric forms is due to the concrete and objective breathing effects and vibrations.¹¹⁻ Geometric forms mostly manifest themselves in accordance with longitudinal symmetry line of the body and superpose it.¹²⁻ The attention element stays with the body and breath throughout the technique⁸.

The right strategy when thoughts deviate the attention direction

In the beginning of GSBB Meditation, intrusive thoughts may occur and distract the attention while we are following the geometric paths or figures. In this condition, without engaging, extending or identifying with the intrusive thoughts they should be continuously observed in a detached state. Simply meditator has to be as a passive and detached observer of the thoughts without controlling the thoughts or trying to stop them while they appear in

the mind. In the beginning of GSBB Meditation, just the geometric paths should be followed without involving the thoughts and expanding them. In case of being spontaneously immersed in thoughts, return the attention back immediately towards the geometric paths⁸.

Importance of breath in F.G. Meditation

Attention is essentially a dynamic element. Therefore the subject matter as a host of attention must have a dynamic essence because attention immediately gets away from focusing on any still and static object. Breathing might be the only subject to be considered as ever-changing macroscopic object. Breathing consists of four stages including: inhalation, exhalation, holding of inhalation and holding of exhalation' and also, during various conditions such as wakefulness, sleep, and dream, is constantly flowing throughout the body. Thus breathing has a powerful potential to attract and host the attention and accordingly to be in harmony with the flow of attention. It should be reminded that there are several forms of attention and each form is related to the function of some specific parts of the brain, including overt and covert, exogenous and endogenous attention⁸.

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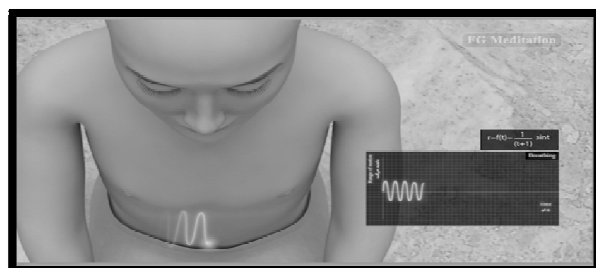
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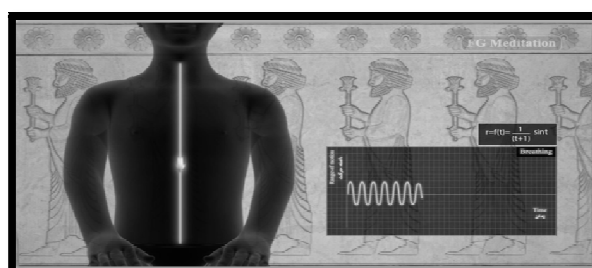
Appendix no. 1: Classification of F.G. Meditation Techniques

Geometric Somatic-Breathing Based Meditation	Linear	Horizontal	
		Vertical	
		Nasal Angular	
	Hyperbolic	Pervasive Hyperbolic Concentration	Vertical(Trunk, Neck, Head)
			Horizontal(Abdominal)
	Planar(Surface)	Expandable Hyperbolic Angle	Upward
			Downward
			Upward & Downward
			Forward
			Backward
Geometric Introspective Based Meditation (Visual Based)	Solid(3Dimensional)	Horizontal	
		Vertical	
		Lateral	
	Mixed Geometric Concentration	Spherical	Uni- Spherical (Abdominal)
			Bi-Spherical(Abdominal, Head)
	3Dimensional Expansion		Vertical(Sternum-Downward)
	Circular Expansion		Vertical(Sternum-Upward)
	Spiral Movement (Forehead, Fontanel)		Horizontal(Abdominal-Forward)
	Reversed Spiral Movement(Abdominal, sternum, forehead, fontanel)		Horizontal(Abdominal-Backward)
	Horizontal Bi-Conical Concentration(Forehead-Forward & Backward)		Vertical Bi-Conical (Abdominal, Sternum, Neck, Head)
Mindfulness Based Meditation	Bi-Spherical Expansion		Horizontal Bi-Conical (Abdominal, Head)
	Reversed Spiral Movement(Perineum, Sternum-Downward)		Lateral Bi-Conical (Abdominal, Head)
	Reversed Spiral Movement(Neck-Upward, Downward)		Vertical Bi-Conical ₂ (Sternum)
	Planar Spiral Movement of Attention(Abdominal-Inward, Outward)		Bi-Conical(Leg-Arm)
	Eccentric, Concentric	Linear	
		Hyperbolic	
		Planar	
		Solid	
		Linear-Hyperbolic	
		Linear-Planar	
Somatic Based Meditation	Detached Mindfulness (Meditative Metaphors)	Linear-Solid	
	Pendular Movement of Attention(Pervasive, Bodily & Sensual, Mind & Body, Sensual & Mental Vacillation)	Hyperbolic-Planar	
		Hyperbolic-Solid	
	Uni-Lateral Movement of Attention(Right, Left)	Planar-Solid	
	Jumping Movement of Attention (Joint to Joint)	Linear-Hyperbolic-Planar	
		Linear-Hyperbolic-Planar-Solid	
		Pond Shaped Concentration	
		Spherical-Conical	
Somatic-Breathing Based Meditation	Idea-Motor Technique (Supine, Upright Position)		
Mind-Body Based Meditation	Figure-Background Technique		

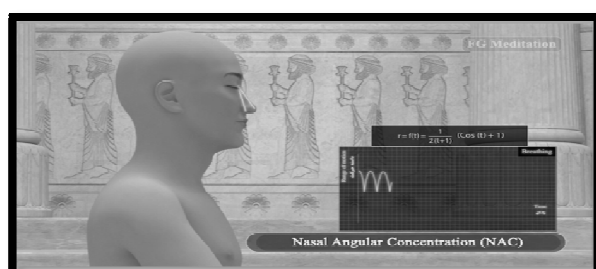
Appendix no. 2: HLC technique



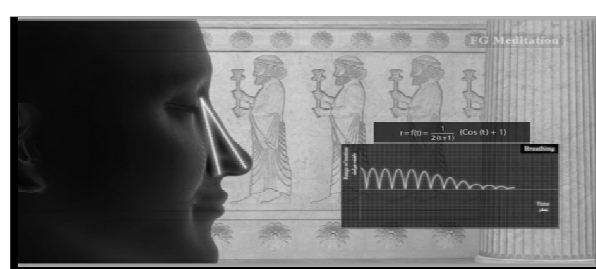
Appendix no. 3: Vertical Linear Concentration technique



Appendix no. 4: Nasal Angular Concentration technique



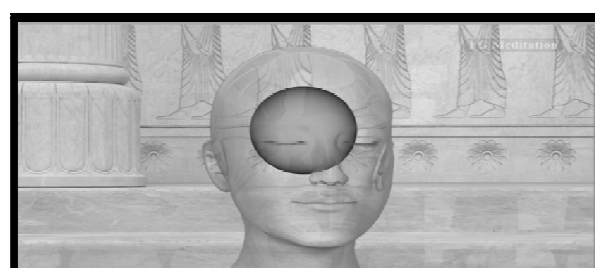
Appendix no. 5: Nasal Angular Concentration technique



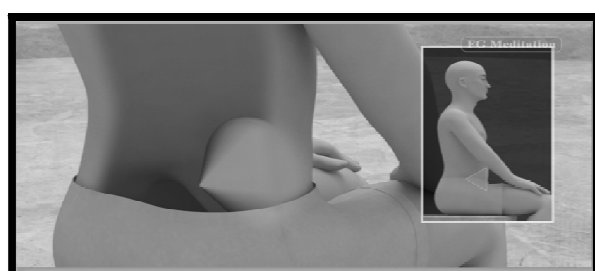
Appendix no. 6: Spheral Concentration technique (Abdomen)



Appendix no. 7: Spheral Concentration technique (Head)



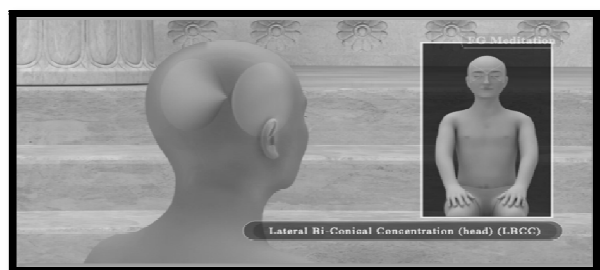
Appendix no. 8: Conical Concentration (Single Cone)



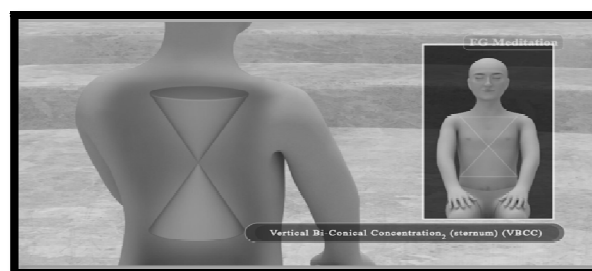
Appendix no. 9: Lateral Bi-Conical Concentration (Abdominal)



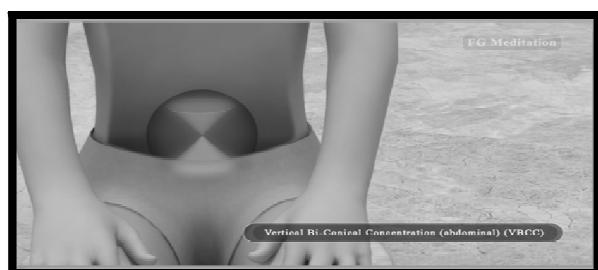
Appendix no. 10: Lateral Bi-Conical Concentration (Head) (Sternum)



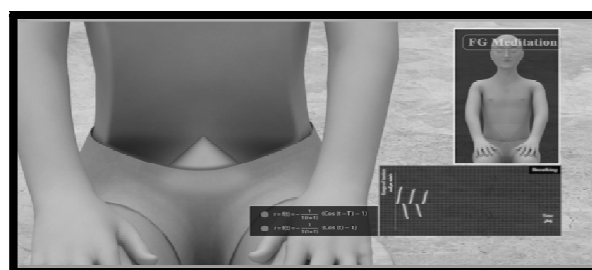
Appendix no. 11: Vertical Bi-Conical Concentration



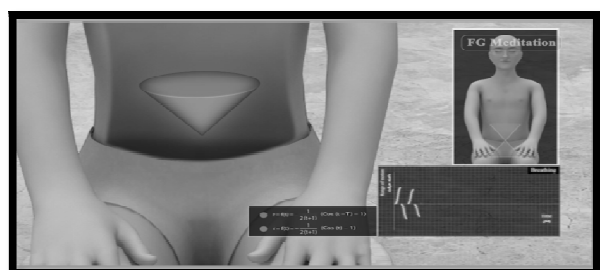
Appendix no. 12: Vertical Bi-Conical Concentration (Abdominal) (Abdominal)



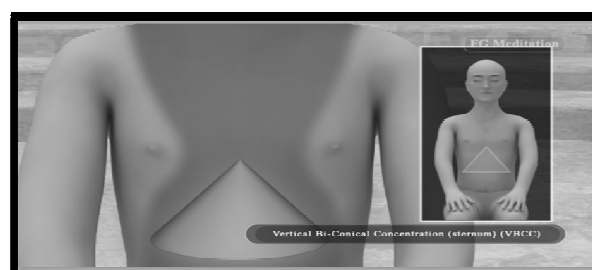
Appendix no. 13: Vertical Bi-Conical Concentration



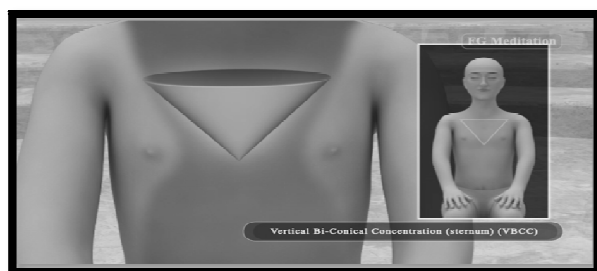
Appendix no. 14: Vertical Bi-Conical Concentration (Abdominal) (Sternum)



Appendix no. 15: Vertical Bi-Conical Concentration



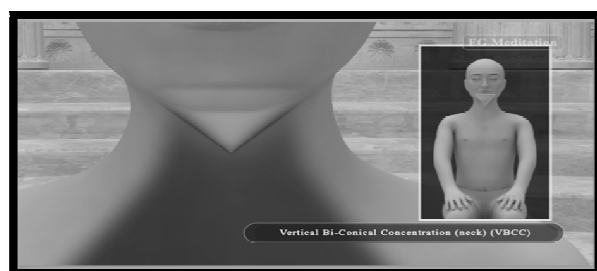
Appendix no. 16: Vertical Bi-Conical Concentration (Sternum)



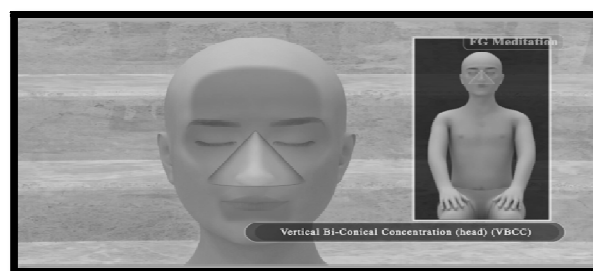
Appendix no. 17: Vertical Bi-Conical Concentration (Neck)



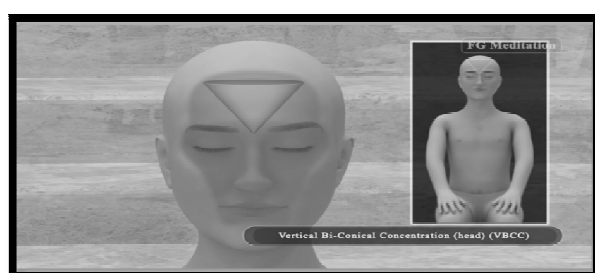
Appendix no. 18: Vertical Bi-Conical Concentration (Neck)



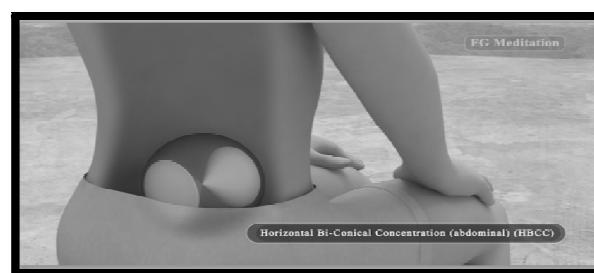
Appendix no. 19: Vertical Bi-Conical Concentration (Head)



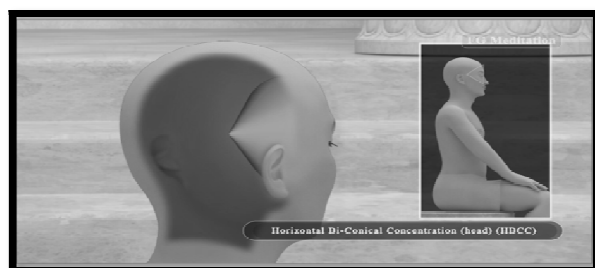
Appendix no. 20: Vertical Bi-Conical Concentration (Head)



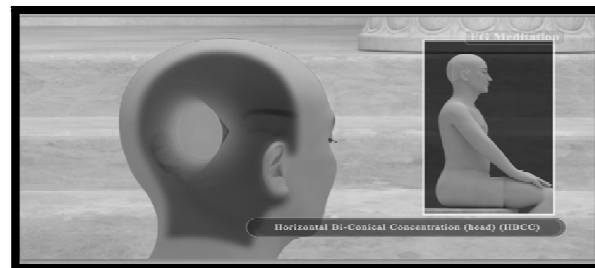
Appendix no. 21: Horizontal Bi-Conical Concentration (Abdominal)



Appendix no. 22: Horizontal Bi-Conical Concentration (Head)



Appendix no. 23: Horizontal Bi-Conical Concentration



Appendix no. 24: Bi-Conical Concentration (Leg)



Appendix no. 25: Bi-Conical Concentration (Arm)



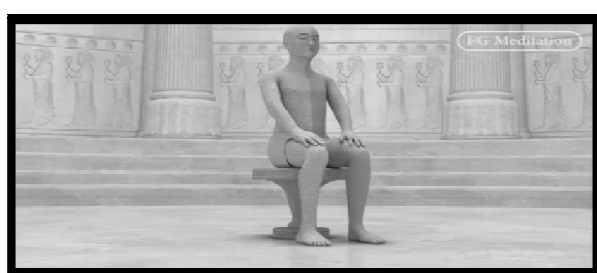
Appendix no. 26: Jumping Movement of Attention (Joint to Joint)



Appendix no. 27: Unilateral Movement of Attention (Right Side)



Appendix no. 28: Unilateral Movement of Attention (Right Side)



Appendix no. 29: Idea-Motor Technique (Supine Position)

