

STILL YOUR MIND

There are several techniques of practicing meditation. Some experts say there are about 200 techniques that are used by people around the world.

Some popular techniques include breathing meditation, light meditation, sound meditation and some unique techniques like walking meditation. The goal of all techniques is the same: to silence or still our minds.

A common theme among all meditation techniques is to focus our minds on one thing, object or task, such as breathing, sound or hymns. By focusing our minds on one thing, we eliminate all other thoughts. By practicing this over and over, the state of mind reaches to a point where even the object of focus becomes diluted and only silence or stillness remains.

Sages in the East believed that a silent or still mind without thoughts goes to the deeper levels of consciousness or awareness, and in that state, the mind and body becomes attuned to the nature.

Although the state of consciousness and awareness as described by the Eastern sages could be more than what EQ demands, there is no doubt that meditation increases our ability to be aware of our state of mind, our self and surroundings, and this is what we need to enhance our EQ.

SOCIAL AWARENESS AND MEDITATION

Social awareness is another competency required to enhance our EQ. This type of awareness enhances our ability to deal with other people, their feelings and emotions. One way to develop social awareness is by developing self awareness in conjunction with the awareness of others.

This can be practiced by employing a practice called satsang – the Sanskrit word that broadly describes doing something pure in the company of others (“sat” means pure and “sang” means company of others). In satsang meditation, two or more people get together and meditate, usually with the help of a teacher. If a teacher is not available, the group can appoint one of the members as a leader and he or she can guide them through a certain technique or procedure. If a leader cannot be appointed, the group can use audio-visual tools to guide them through the process.

Meditating in a group has many benefits. People who are less motivated to meditate can be encouraged by those who are motivated. The group creates a pool of heightened consciousness that compounds the effectiveness of meditation for every individual.

Satsang meditation helps you to develop another behavioral competency


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as described by the Eastern philosophy, which is also applicable to EQ and it is something called “presence.” The Eastern philosophy defines presence as one’s awareness of the current moment, the state of being present, and the surroundings. From the EQ standpoint, presence is the awareness of your surroundings – people and objects – and the collective mindset or collective consciousness. When dealing with people, this type of awareness is important in understanding the culture, values and mindset of the group or organization.

DO MORE WITH LESS – OR NOTHING

From an organizational standpoint, the benefits of meditation to emotional intelligence reveal an important paradox to the traditional business norms.

Traditional business practices encourage you to speak up to communicate effectively. Interestingly, many experts are now recommending us to listen more and speak less, which suggests self and social awareness that could be enhanced with meditation. Therefore, a few minutes of meditation every day might not be a bad idea after all.

It is ironic that in today’s fast-paced world a few minutes of doing nothing – including not even thinking – can get you ahead in life. 

“POWER” MEDITATION

Because of the high demands of professional lives, it is difficult to think of meditation as something you could practice during your hectic work hours. This might not be all true if you consider using a few minutes of your breaks at work to do power meditation. Some people prefer taking power naps – 5-10 minutes of quick nap – to tackle the lethargy that builds up in your body, especially after lunch. If you are used to taking power naps, power meditation is a good alternative.

- Find a quiet location
 - Inside (close your office door or find a quiet conference room)
 - Outside – with nature
- Immerse yourself in meditation: silence your mind/thoughts for 5-10 minutes



BOOST YOUR ORGANIZATION HEALTH – AND RESULTS

The connection between organizations and meditation is not all new. The former CEO of Medtronic, Bill George, is one such business leader who attributes his personal and professional effectiveness to the power of meditation. George is a long-time practitioner of meditation. He served as the CEO of Medtronic for 10 years, and during his tenure the company’s market cap grew from \$1.1 billion to \$60 billion.

