

Re: Meditation for healing (esp: hypertension)

Source: <http://sci.tech-archive.net/Archive/sci.med/2004-08/3595.html>

From: pinecone (*poodlebreeze_at_netscape.net*)

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"Jeff" <kidsdoc2000@hotmail.com> wrote in message news:<cg43\$1k@library1.airnews.net>...

> *"Dr. Andrew B. Chung, MD/PhD"* <andrew@heartmdphd.com> wrote in message

> news:4132341C.2E08@heartmdphd.com...

> > *Mozz wrote:*

> > >

> > > *"The use of Meditation for healing is not new. Meditative techniques*

> > > *are the product of diverse cultures and peoples around the world. It*

> > > *has been rooted in the traditions of the world's great religions. In*

> > > *fact, practically all religious groups practice meditation in one form*

> > > *or another.*

> >

> > *Christians call it prayer.*

>

> *Is prayer and meditation the same thing? I believe they are similar, but not*

> *identical.*

Herbert Benson and Larry Leshan both have developed meditation techniques that are not actually prayer and are not religious.

Benson's is more scientific/mainstream, and called the "relaxation response." I always wondered why things like that were not widely practiced, since studies showed years ago they are very effective. I stopped simply because of lack of a support network to continue.

pc