



Meditation involves any focused attention and there are numerous disciplines as well as coded stimulus, as we step into appreciating the flesh, the being and our essence independently. Further, given ideologies and concerns filter into the experience of doctrine and knowing as is outlined in faith systems and adjoined disciplines of meditation.

Meditation has several features that allow for Appreciation to be met.

Our *personal navigation* involves enrichment in process. Deepening at any given territory is an expression of spirituality and human-reaction.

The **Core features of Meditation** that are relevant when discussing “imprints” are that which we can find elemental in situation.

- **Rhythm**
Rhythm involves any formation in essence.
- **Pattern**
We are a reflection of our outer worlds, we also imprint the environment.
- **Ritual Design**
Auspicious characters (such as beads 21, 108) and Anointments during prayer (E.g. men, Islam)
- **Frequency – Acknowledgements**
An awareness of lower vibrations and how shift cognition may be an expression of purification through meditation. The importance of cord cutting rituals to develop healthy body awareness and disconnecting from conflicts arousing energy.
- **Body Rhythm**

Patterns such as breathing and body scanning

- **Frequency -Observed**

Raised vibration in the sequence of a meditative act.

- **Symbols**

Active alignment to symbols, codes and discourse.

Meditation Imprints are any representation built into the Meditation Experience.

We understand our own exposure to stimulus and how we 'graduate' and 'gradient' in experience.

The timeline is scope for expressive development and awareness building, re-learning, training and processing.

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