

Taylor Selseth



My Autistic Life

Musings of a person with Asperger's Syndrome.

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➔ Meditation

Posted by Taylor Selseth at 7:39 PM

I have recently become interested in Buddhist meditation for various reasons. Meditation is increasingly being used as a element of Cognitive Behavioral Therapy and there has been a lot of neuroscience research of the effects meditation has on the brain.

I also find Buddhist philosophy very interesting and very similar to my own philosophical leanings. According to Buddhist philosophy there are "3 marks of existence", Impermanence, Suffering, and Non-Self.

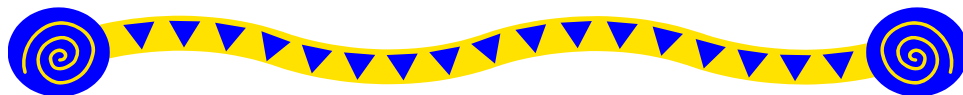
About Me

Taylor Selseth

I am a college student living in Moorhead, Minnesota (just across the river from Fargo). My interests are in science, history, politics, current events, and philosophy. I have Asperger's Syndrome, a high-functioning form of Autism.

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<http://tselseth.blogspot.com/2009/12/meditation.html>



I've started doing Buddhist Vipassana ("Insight") meditation because I've read it's a good remedy for stress and anxiety and it also seems to be like a kind of cognitive behavioral therapy, giving insight into thought patterns that cause us trouble. Basic Vipassana meditation consists of developing a

better ability to focus one's bare, in-the-moment awareness on thoughts and perceptions in a detached and non-judgmental manner (usually done by focusing awareness on the breath and recognizing when a thought is distracting you from your breath).

<http://www.aspiesforfreedom.com/showthread.php?tid=12670&pid=195108>