

Meditation training, as a treatment, refers to a wide variety of MTM (Meditation Training Methods). Some of these methods have been developed in the past few decades, in conjunction with *Ashtanga* medical practices,² and some of which have been used for centuries, in one form or another.³

Origins of Meditation

Some of the earliest written records of meditation come from the Hindu traditions of Vedantism around 1500 BCE. The Vedas discuss the meditative traditions of ancient India.[1] Around the 6th to 5th centuries BCE, other forms of meditation developed in

³ Miller, Franz. "Meditation Training: An Overview of Recent Programs in the US and Canada." In *Health and Society: A Collection of Recent Healthcare Studies*, edited by J. B. Martins, 224-63. New York: Preston-Giroux Press, 2016.

² Everly, George S., and Jeffrey M. Lating. *A Clinical Guide to the Treatment of the Human Stress Response*. 3d ed. New York: Springer, 2002.
<https://link.springer.com/book/10.1007/978-1-4614-5538-7>.

³ Berk, Angela R., and Paul S. Wise. *A History of Meditation*. New York: Weston Falls, 2016.

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