

TIME	NAME	LOCATION	CONTRIBUTION	DESCRIPTION
5,000 to 3,500 BCE		India	Meditation was first developed	the oldest documented evidence of the practice of meditation are wall arts
1500 BCE		Vedas	Written evidence of any form of meditation was first seen	
6th to 5th centuries BCE		Taoist China Buddhist India	Other forms of meditation developed	
4th century BCE			Dhyana in early Buddhism also takes influence on Vedanta	
1st century BCE		The sutras of the Pāli Canon	Early written records of the multiple levels and states of meditation in Buddhism in India	
100CE		China	Buddhism was spreading	the Vimalakirti Sutra included a number of passages on meditation and enlightened wisdom, clearly pointing to Zen
20 BCE	Philo of Alexandria		Some form of “spiritual exercises” involving attention (prosoche) and concentration has been written	
3rd Century	Plotinushad		Meditative techniques have been developed	however did not attract a following among Christian meditators
6th Century	Bodhidharma	China	The Silk Road transmission of Buddhism introduced meditation to other oriental countries, the concept of Zen transfered to China.	
6th Century	Bodhidharma	Central China	The first “original school” in East Asia was founded by his contemporary Zhiyi.	Zhiyi managed to systematically organize the various teachings that had been imported from India in a way that their relationship with each other made sense.
7th Century	Wonhyo and Uisang		Promoted Korean Buddhism	Going “lasuach” in the field - a term understood by most commentators as some type of meditative practice.
8th Century Onwards		Japan	With the growth of Japanese Buddhism, meditative practices were brought to and further developed.	

TIME	NAME	LOCATION	CONTRIBUTION	DESCRIPTION
In 653	Dosho	In Japan, at Nara.	The Japanese monk Dosho learned of Zen during his visit to China and upon his return opened the first meditation hall.	Meditative practices continued to arrive in Japan from China, and were subjected to modification.
Around 1227	Dōgen		Dōgen returned to Japan from China, he wrote the instructions for Zazen, or sitting meditation, and conceived of a community of monks primarily focused on Zazen.	
The Middle Ages			Early practices of Jewish meditation grew and changed.	Jewish meditation practices that developed included meditative approaches to prayer, mizvot and study. Some forms of meditation involved Kabbalistic practices, and some involved approaches of Jewish philosophy.
11th and 12th Centuries			Sufi view or Islamic mysticism involves meditative practices.	Remembrance of God in Islam, which is known by the concept Dhikr is interpreted in different meditative techniques in Sufism or Islamic mysticism.
12th century			The practice of Sufism included specific meditative techniques, and its followers practiced breathing controls and the repetition of holy words.	
Between the 10th and 14th Centuries		Greece	Eastern Christian meditation can involve the repetition of a phrase in a specific physical posture.	Hesychasm was developed, particularly on Mount Athos in Greece, and continues to the present. It involves the repetition of the Jesus prayer.
16th Century			Western Christian meditation was further developed by saints such as Ignatius of Loyola and Teresa of Avila.	
18th Century			The study of Buddhism in the West was a topic for intellectuals.	
Late 19th Century			Meditation has spread in the West.	
1840s and the 1880s			Ideas about Eastern meditation had begun "seeping into American popular culture.	

TIME	NAME	LOCATION	CONTRIBUTION	DESCRIPTION
In 1893		Chicago	The World Parliament of Religions	It was the landmark event that increased Western awareness of meditation. This was the first time that Western audiences on American soil received Asian spiritual teachings from Asians themselves.
In 1904	Swami Vivekananda and Anagarika Dharmapala		Swami Vivekananda [founded] various Vedantaashrams, Anagarika Dharmapala lectured at Harvard on Theravada Buddhist meditation.	
In 1907	Abdul Baha and Soyen Shaku		Abdul Baha [toured] the US teaching the principles of Bahai, and Soyen Shaku toured and teaching Zen.	
1890s			New schools of yoga developed in Hindu revivalism.	Some of these schools were introduced to the West, by Vivekananda and later gurus.
In 1927			The first English translation of the Tibetan Book of the Dead was published.	
In the 1960s			Another surge in Western interest in meditative practices began.	Observers have suggested many types of explanations for this interest in Eastern meditation and revived Western contemplation.
In the 1960s	Thomas Keating		Founder of Contemplative Outreach, wrote that "the rush to the East is a symptom of what is lacking in the West.	There is a deep spiritual hunger that is not being satisfied in the West.
In the 1950s			In addition to spiritual forms of meditation, secular forms of meditation have taken root.	
In the 1960s			Rather than focusing on spiritual growth, secular meditation emphasizes stress reduction, relaxation and self-improvement.	Other schools of yoga were designed as secularized variants of yoga traditions for use by non-Hindus, e.g.
In 1931			Research on meditation began, and with scientific research increasing dramatically during the 1970s and 1980s.	Both spiritual and secular forms of meditation have been subjects of scientific analyses.
Beginning of the '70s			More than a thousand studies of meditation in English have been reported.	