

Fundamentals of Meditation

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Why Fundamentals?

1. Road Map --> Know purpose, goal, "why"
 - A. Not follow instructions blindly
 - B. Don't do things ritualistically without understanding
2. Emulate Buddha's teaching method – systematic in knowledge and practice
 - A. Brief to Details (Conceptual) to Details to Brief (Knowing)
 - Four Noble Truths
 - B. Gross to Subtle
 - Training of Virtues – Body, Speech, Mind
 - Mindfulness training – Body, Feelings, Mind, Dhamma
 - Meditation – Gross to Elementary Experiences of Matter and Mind
 - C. From Ignorance to Wisdom

The Buddha's Meditation

Meditation is:

1. Systematic training of attention (Right Mindfulness)
2. Leading to purification of Body and Mind (Right Samadhi)
3. Resulting in Liberation from Sufferings (Nirodha)

Pre-requisite – Virtues (Sila)

- AN 10.1 (Purpose of Virtues)

Right Mindfulness

Mindfulness is

- paying attention purposefully on an object,
- watching it non-judgmentally [leads to knowing]

Attention versus Awareness

- Attention is deliberate placing of awareness on an object
 - Takes effort
 - What happens when we lose our attention?
- Awareness is knowing the object
 - Does not take effort [Object – Base – Contact --> Aware/Conscious]
 - Knowing versus Thinking

Right Samadhi

- Importance of Jhanas

1. Included in the Noble Eightfold Path as 8th factor
2. Culadukkhakhandha Sutta [MN 14]
 - Mahanama's question – mind assailed by greed, hatred, delusion
 - Buddha's answer – at least Joy (Piti) and Happiness (Sukha)
3. Niramisa Sutta [SN 36.31] on types of Joy, Happiness & Equanimity
 - Worldly
 - Spiritual
 - Higher than Spiritual

Nirodha

- Jhanas alone cannot liberate one from samsara
- Requires extinguishment of desires
- Needs contemplation on Four Noble Truths (FNT)

Buddha's teachings come full circle

- Begins with conceptual understanding of FNT
- Practice using conceptual understanding
- From conceptual understanding to seeing & knowing as they really are
- Finally, contemplate on FNT to end all desires

Progression

Progression	Domain
<ul style="list-style-type: none">• Overcoming bodily pain	Body (gross)
<ul style="list-style-type: none">• Paying attention to gross sensation of the body• Paying attention to subtle sensation of the body• Paying attention to pleasant sensation of the body• Noticing the tranquility of the body	Body (subtle) and Feeling (gross)
<ul style="list-style-type: none">• Noticing the sensation or state of the mind• Noticing the pleasant sensation of the mind• Noticing the tranquility of the mind	Feeling (subtle)
<ul style="list-style-type: none">• Tranquil Mind – calm, clear, concentrated• One-pointedness	Mind (very subtle)

Mindfulness of In and Out Breathing	4 Frames of Reference	7 Factors of Enlightenment
<p>Mindful he breaths in, Mindful he breaths out Breathing in long... Breathing in short... Breathe in sensitive to entire body... Breathe in calming bodily fabrications...</p>	BODY	<ol style="list-style-type: none"> 1. Sati 2. Dhamma Vicaya 3. Viriya 4. Piti 5. Passaddhi 6. Samadhi 7. Upekkha
<p>Breathe in sensitive to rapture... Breathe in sensitive to pleasure... Breathe in sensitive to mental fabrications... Breathe in calming mental fabrications...</p>	FEELINGS	
<p>Breathe in sensitive to the mind... Breathe in satisfying the mind... Breathe in steadying the mind... Breathe in releasing the mind...</p>	MIND	
<p>Breathe in focusing on impermanence... Breathe in focusing on dispassion... Breathe in focusing on cessation... Breathe in focusing on relinquishment...</p>	DHAMMA	
<p>CLEAR KNOWING & RELEASE *LIBERATION*</p>		

Practice Pointers

- Meditation Object
 - Breath
 - intermediary between materiality of body and immateriality of mind
 - Accessible
 - Always in the present
 - Gross to subtle
 - Movement of abdomen --> Breath
 - Focus
 - More specific --> more concentration; danger – tension
 - More general --> more relax, more open
- Mindfulness
 - Goals
 - Concentration
 - Knowing Mind, Observing Mind
 - Continuous , unremitting mindfulness --> sustained concentration