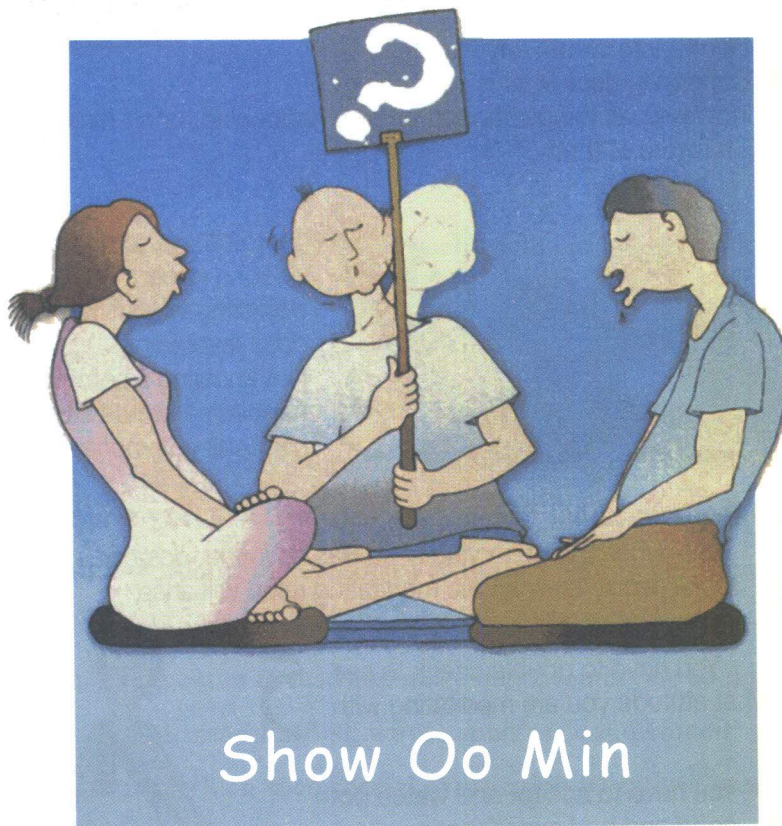


What is the
Right Attitude
for Meditation



Show Oo Min

by

U Tejaniya

U Tejaniya is the way of the Dhamma

The most important thing when you are meditating is to have the **right attitude:**

When meditating,
Don't focus too hard
Don't control
Don't try to create anything
Don't force or restrict yourself

1



2 Don't try to create anything
But don't reject what is happening
However, as things happen or stop happening, don't forget,
Be aware of them



3 Try to create something
is *lobha* (greed)
Rejecting what is happening is
dosa (aversion)
Not knowing if something is
happening or has stopped
happening is *moha* (delusion)

4 Only when the observing mind has no *lobha*, *dosa* or
soka (worry/anxiety) the meditating mind will arise

You have to double check to see
what attitude you are meditating with

5



6 You have to accept and watch both
good and bad experiences



7 You only want good experiences
You don't want even the tiniest unpleasant experience
Is this fair?
Is this the way of the Dhamma?

