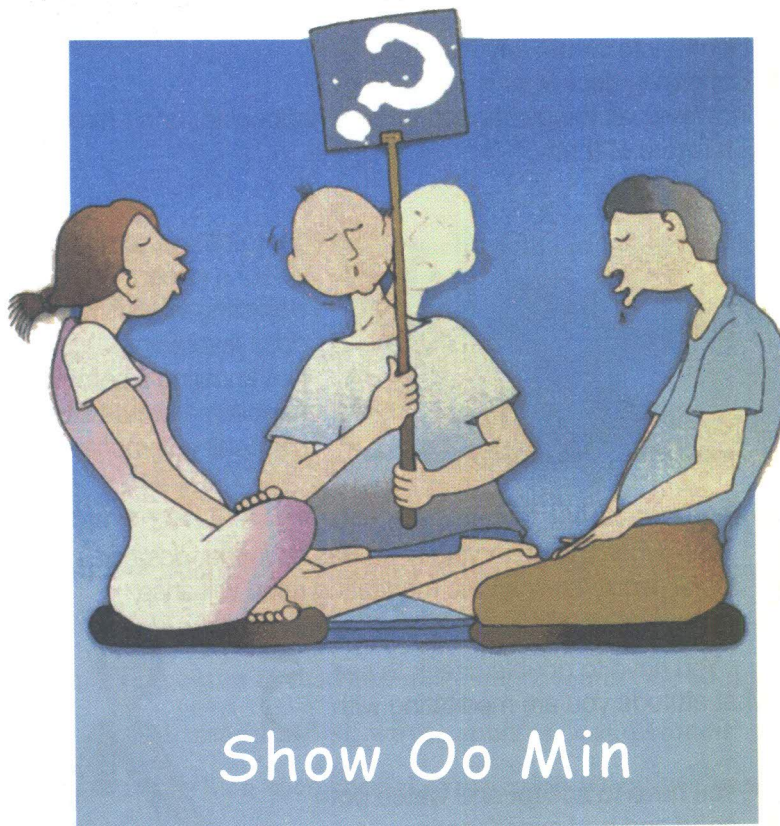


What is the
Right Attitude
for Meditation



by
U Tejaniya

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

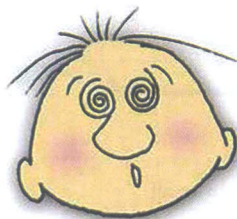
You have to accept and watch both
good and bad experiences



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?

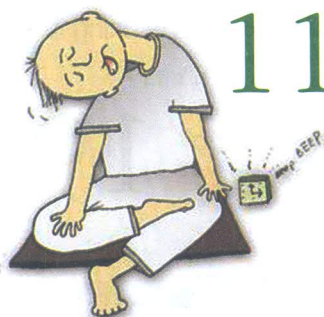
8 Don't have any expectations
Don't want anything
Don't be anxious
Because if these attitudes are in your mind,
it becomes difficult to meditate



Why are you focusing so hard when you meditate?
You want something?
You want something to happen?
You want something to stop happening?
It is likely that one of these attitudes is there

9

10 If the mind is getting tired,
something is wrong with the way you are practicing



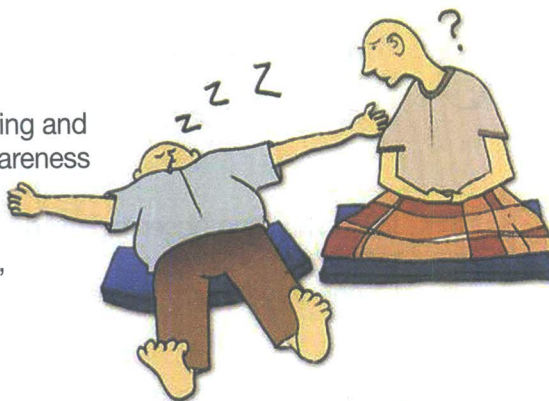
11

You cannot practice when the mind is tense

If the mind and body are
getting tired, it is time to check the
way you are meditating

12

13 Meditating is waiting and
watching with awareness
and comprehension/
understanding,
Not thinking, not reflecting ,
not judging



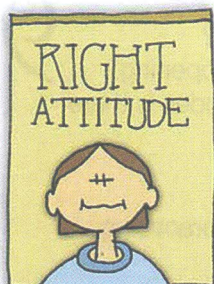
Don't practice with a mind that wants something
or wants something to happen.
The only result will be that you will tire yourself

14

15 The meditating mind should be relaxed and at peace

Both the mind and the body should be comfortable

16



17

A light and free mind enables you to meditate well
Do you have the right attitude?

18

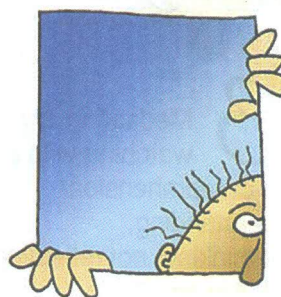
Meditating is,
Whatever happens,
good or bad,
Accepting relaxing and watching it

What is the mind doing?
Thinking? Or being aware?

19

20 Where is the mind now?
Inside?
Or outside? (of oneself)

21 Is the watching/observing mind properly aware?
Or only superficially aware?



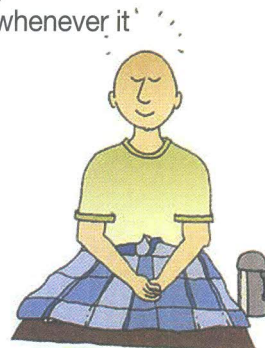
You are not trying to make things
turn out the way you want it to happen.
You are trying to know
what is happening as it is

22

23 Don't feel disturbed by the thinking mind
 You are not practicing to prevent thinking
 To recognise and acknowledge thinking whenever it
 arises is what you are practicing

You are not supposed to reject the
 object (phenomena/things that are
 happening/being known)
 You are to know (and thus note/
 observe) the defilements that arise
 because of the object and thus
 remove them (the defilements)

24



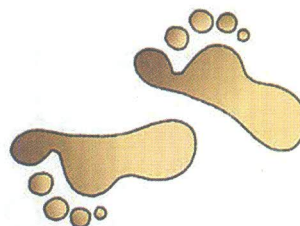
25

Saddha
 Viriya
 Sati
 Samadhi
 Pañña

Only when there is Saddha (faith/confidence), Viriya
 (effort) will arise
 Only when there is Viriya, Sati (awareness) will become
 continuous
 Only when Sati is continuous, Samadhi (concentration)
 will become established
 Only when Samadhi is established, You will know
 things as they really are
 When you start to know things as they really are,
 Saddha then increase further

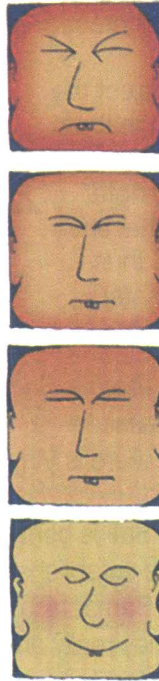
Just pay attention to what is
 exactly in the present moment
 Don't go back to the past!
 Don't plan for the future!

26



The object is not important
 The mind that is working in the background – working to be aware i.e.
 the observing mind – is more important
 If the observing is done with the right attitude,
 the object will be the right object

27



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