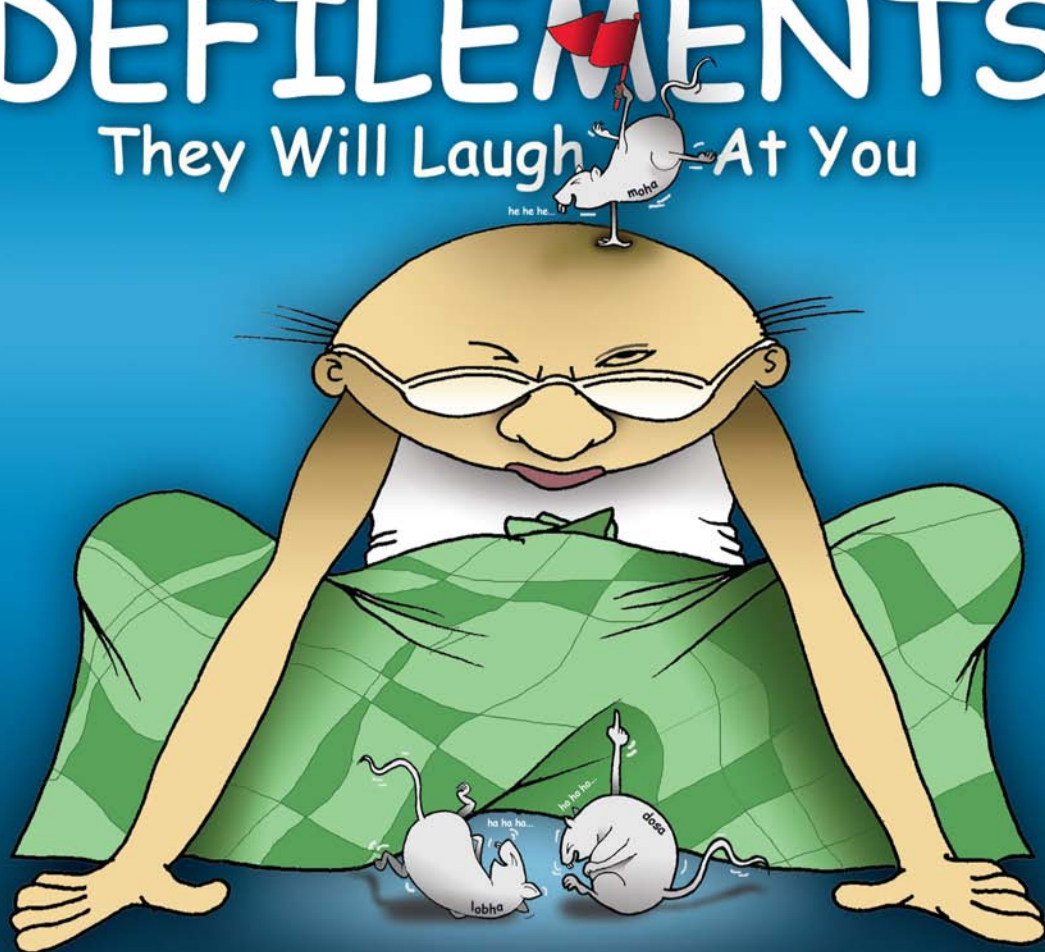


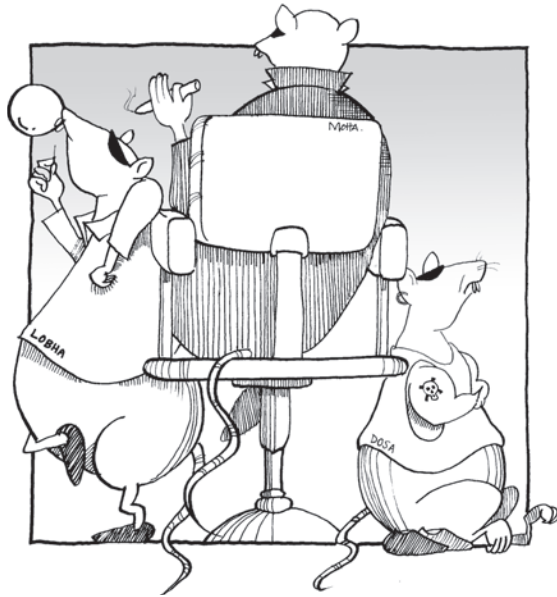
Don't Look Down On The

DEFILEMENTS

They Will Laugh At You



ASHIN TEJANIYA



Don't Look Down On
The Defilements
They Will Laugh At You

ASHIN TEJANIYA



Don't Look Down on The Defilement

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NAMO TASSA BHAGAVATO
ARAHAṬO
SAMMĀ-SAMBUDDHASSA

Homage to Him, the Blessed One,
the Worthy One,
the Perfectly Self-Enlightened One

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My special gratitude goes to my teacher, the late Venerable Shwe Oo Min Sayadaw Bhaddanta Kosalla Mahā Thera, who taught me Dhamma and the right attitude for my spiritual development and meditation practice.

I want to express my appreciation to all yogis. Their questions and difficulties have inspired many of the explanations and answers given in this book. I really hope that this book will help yogis to better understand mindfulness meditation and to deepen their practice.

Finally, I would like to thank everyone who has contributed to the completion of this book.

Ashin Tejaniya
Myanmar

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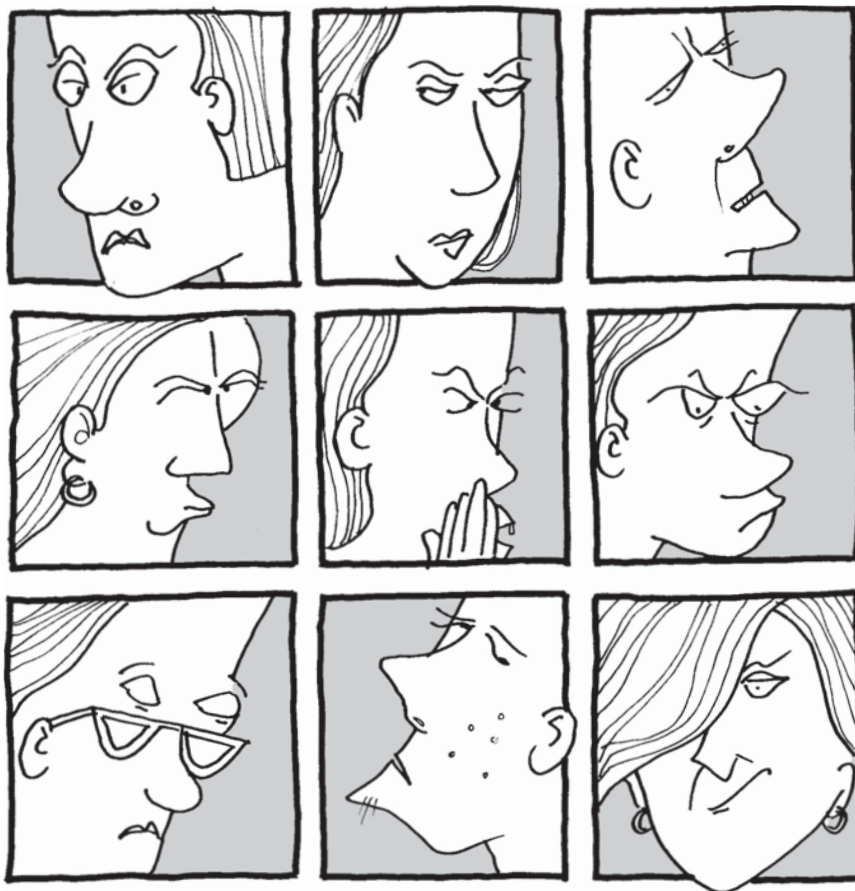
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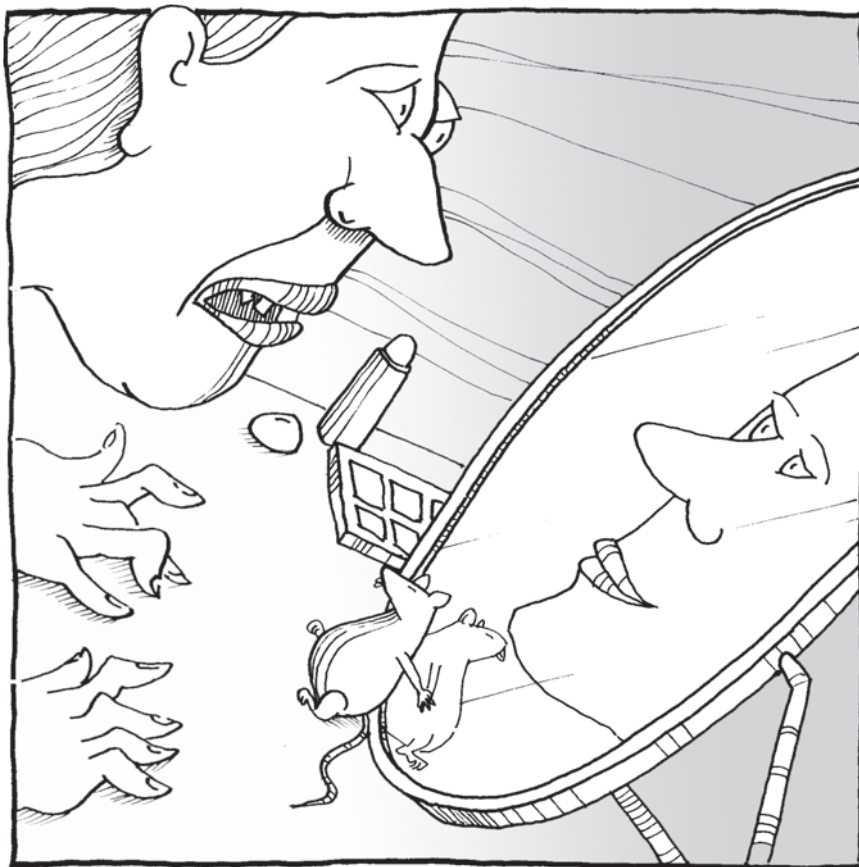


Other people's defilements are so obvious.

What are Defilements?

Defilements are not only the gross manifestations of greed, hatred, and delusion but also all their friends and relatives, even the very distant ones!! See if you have ever had one of the following – or similar – thoughts cross your mind:

“Those lights should not be on at this time of the day!”
“His behaviour is so irritating.” “He should not have done that.” “I could do it a lot faster.” “I am a hopeless meditator; my mind cannot even stay on the rising-falling for one minute.” “Yesterday my meditation was so good; today I am all over the place.” “Wow, this was a wonderful sit; now I need to be really mindful so I don’t lose this feeling.” “I must stay in the Dhamma hall; others will think I am lazy if I don’t.” “I need an extra portion of potatoes today because it’s good for my health.” “Yuk! The salad has onions in it.” “No bananas again!” “He is so selfish, so inconsiderate.” “Why is this happening to me?” “Who is responsible for cleaning the toilets?” “Why is



Do you see your real face?

this yogi walking here?" "They shouldn't be making so much noise!" "There are too many people here; I can't meditate." "Someone is sitting in my seat!" "She is so pretty!" "He walks so elegantly!"

All such thoughts are motivated by defilements!! Don't underestimate them!

Have you ever told someone you were not angry even though you clearly did not like what he had done? Do you sometimes talk negatively about your boss, a member of your family, or even a good friend? Do you occasionally tell a dirty joke? Do you habitually sweet talk people into doing things for you? Do you automatically raise your voice when someone does not agree with your point of view?

All such talk is motivated by defilements! Watch out for it!

Have you ever knocked really hard on someone's door, or refused to enter a room simply because someone you dislike was in there, or jumped a queue, or used the shampoo someone left in the bathroom, or made a private call using your employer's phone line, or done any similar actions – all sort of unthinkingly?

All such actions are motivated by defilements! Become aware of them.

Dear Reader

This is not a complete or systematic description of a meditation method. We simply want to share with you practical aspects of this approach to meditation. The advice given on the following pages is based on Ashin Tejaniya's meditation and teaching experience. We hope you will find it helpful for your own practice, but people are different and that is why there are so many different ways to develop mindfulness. We have found that this particular approach works best for us and we would like to encourage you to give it a try. The information given reflects our understanding and interpretation of this approach. Of course you will have difficulties or questions which we have not addressed at all in this book – you need to bring these up in Dhamma discussions (see chapter **Dhamma Discussions**).

When you read this book, please do not cling to dictionary definitions. For example, for our purposes, the words 'watching', 'observing', 'being mindful', 'paying attention' and 'being aware' are used interchangeably. 'Awareness' and

‘mindfulness’ also mean the same. ‘Understanding’, ‘realization’, ‘insight’, and ‘wisdom’ are used to express something similar, and the word ‘object’ is often used to mean ‘experience’. ‘Sensations’ refers to bodily sensations and ‘feelings’ to mental feelings. We also describe several key points of this approach from various angles and in different contexts. Our experience has shown that such repetition is very helpful, particularly for those new to mindfulness meditation.

We have tried to translate and express Ashin Tejaniya’s teachings and ideas as accurately as possible. However, we may have made mistakes and it is likely that some details got lost in translation.

Interpreter, Ghostwriter, and Editors



Be prepared for the unexpected - this practice is never straightforward.

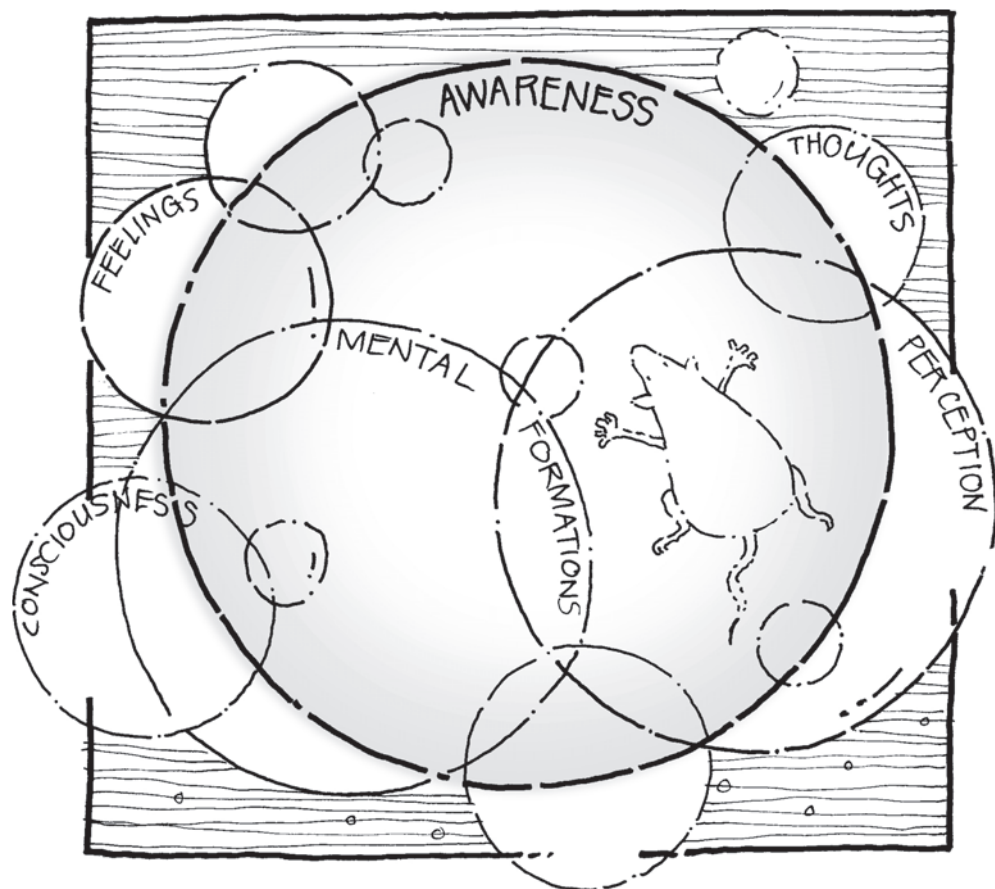
Mindfulness Meditation (Satipaṭṭhāna)

At this centre we practise mindfulness meditation (Satipaṭṭhāna). However before we start practising we must know how to practise. We need to have the right information and the right idea about the nature of the practice so that we have the right attitude when we practise.

We meditate on the Four Foundations of Mindfulness (body, feelings, mind, and dhamma). As the practice develops we give more and more emphasis to the mind because meditation is the work of the mind.

What follows below should be sufficient to get you started. Later on, Dhamma discussions will take you deeper into the practice. Please read and re-read this guidance slowly and carefully.





MIND WORK

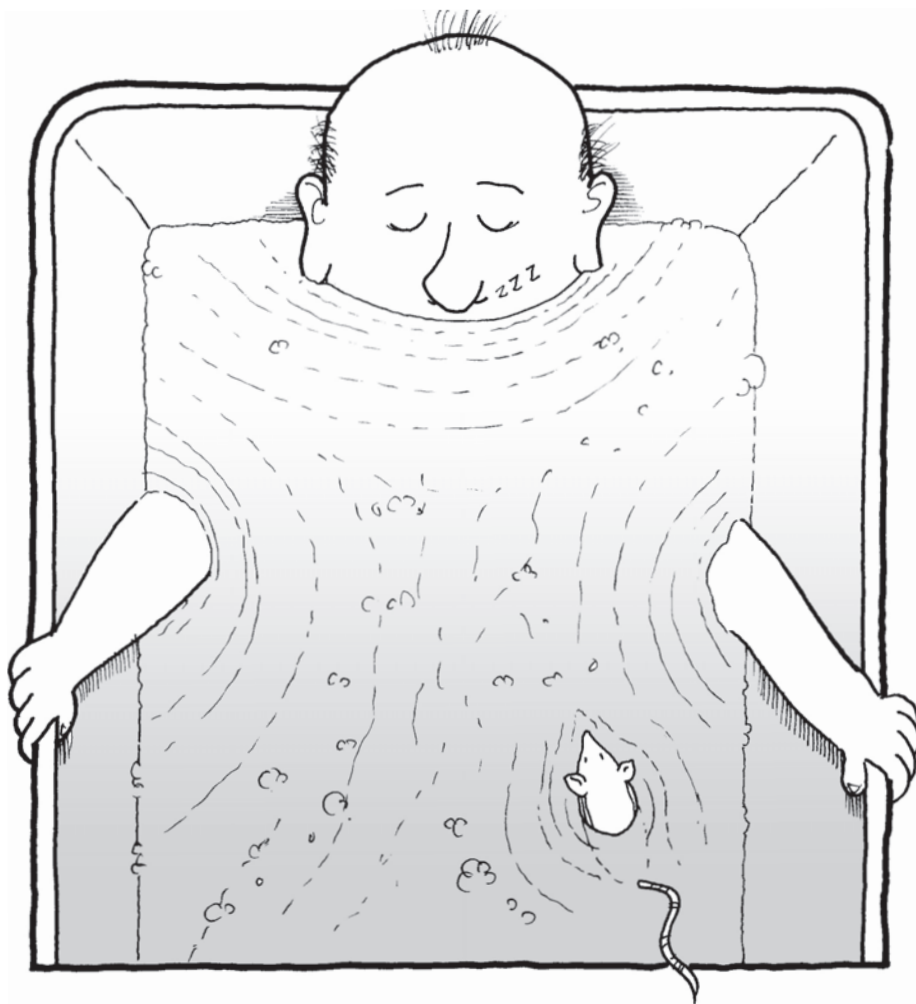
Mind Work

Meditation is mind work, the work of being aware. It is not the work of the body. It is not what you do with your body, the way you sit, walk, or move. Meditation is experiencing the mind and the body directly, moment to moment, with the right understanding.

When, for example, you put your hands together and pay attention, you will feel and be aware of that sensation – that’s the mind at work. Can you know those touching sensations if you are thinking of other things? You obviously cannot. You have to be attentive. When you pay attention to your body you will notice many sensations. Can you feel the different qualities of these sensations? Do you need labeling in order to bring your attention and awareness to the different sensations? You certainly do not. In fact, labeling will prevent you from being able to observe details. Simply be aware! However, being aware is only one part of meditation.

In addition, you also need to have the right information and a clear understanding of the practice to work with awareness intelligently. Right now you are reading this book in order to





Relax intelligently!

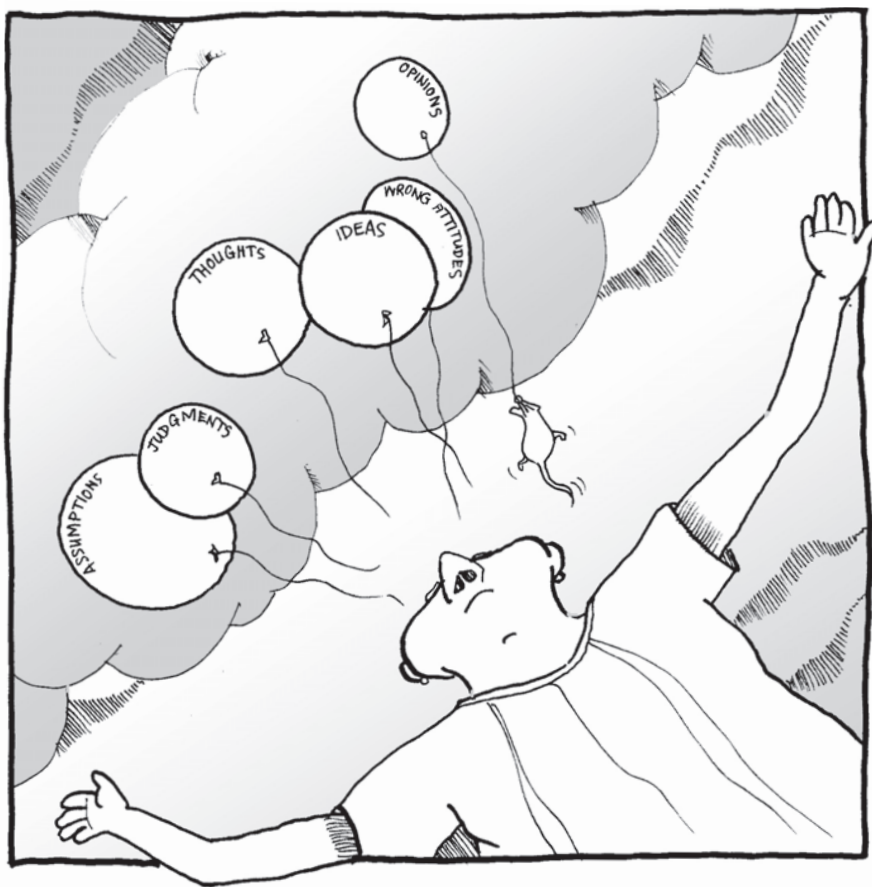
understand mindfulness meditation. This information will work at the back of your mind when you meditate. Reading or discussing Dhamma, and reflecting on how to practice are all mind work, are all part of meditation.

Continuity is vital for this practice, for meditative mind work. You need to remind yourself to be aware all day long. So watch yourself everywhere, all the time; when sitting, walking, cleaning, talking, anything you do – watch it, know it, be aware of what is going on.

Relax

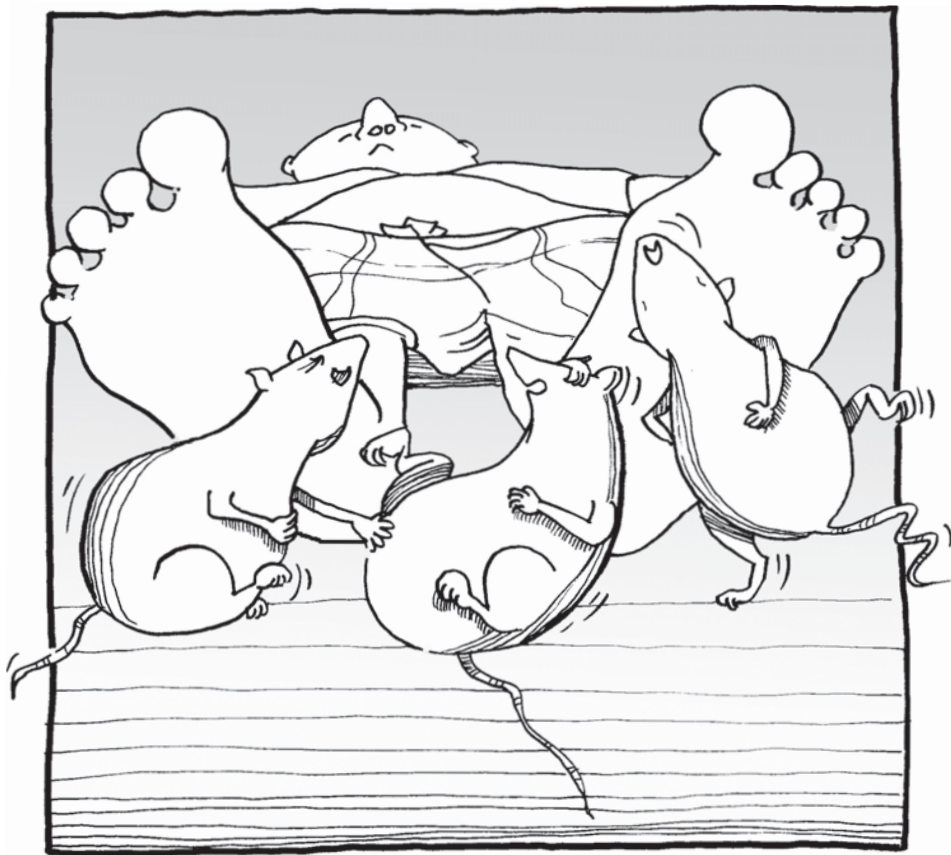
When doing mind work, you should be relaxed and practise without tension, without forcing yourself. The more relaxed you are, the easier it is to develop mindfulness. We do not tell you to ‘focus’, ‘concentrate’, or ‘penetrate’ because it suggests the use of excessive energy. Instead we encourage you to ‘observe’, ‘watch’, ‘be aware’, or ‘pay attention’.

If you are tense or find yourself getting tense, relax. There is no need to make a forceful effort. Right now, are you aware



of your posture? Are you aware of your hands touching this book? Can you feel your feet? Notice how little energy or effort you need to know any of this! That is all the energy you need to remain aware, but remember, you need to do this all day long. If you practise this way, your energy will increase over the day. If you use excessive energy, if the mind wastes energy, you will get tired. In order to be able to practise continuously, you just need to keep reminding yourself to be aware. This right effort will allow you to practise in a relaxed way, free of tension. If the mind is too tense or too tired, you cannot learn anything. If the mind and the body are getting tired, something is wrong with the way you are practising. Check your posture; check the way you are meditating. Are you comfortable and alert? Also check your attitude; don't practise with a mind that wants something or wants something to happen. The result will only be that you tire yourself.

So you must know whether you are feeling tense or relaxed. Check this repeatedly throughout the day. If you feel tense, observe the tension; if you don't do this, tension will grow (see last paragraph in DAILY ACTIVITIES). Once you feel relaxed, you can meditate more easily.



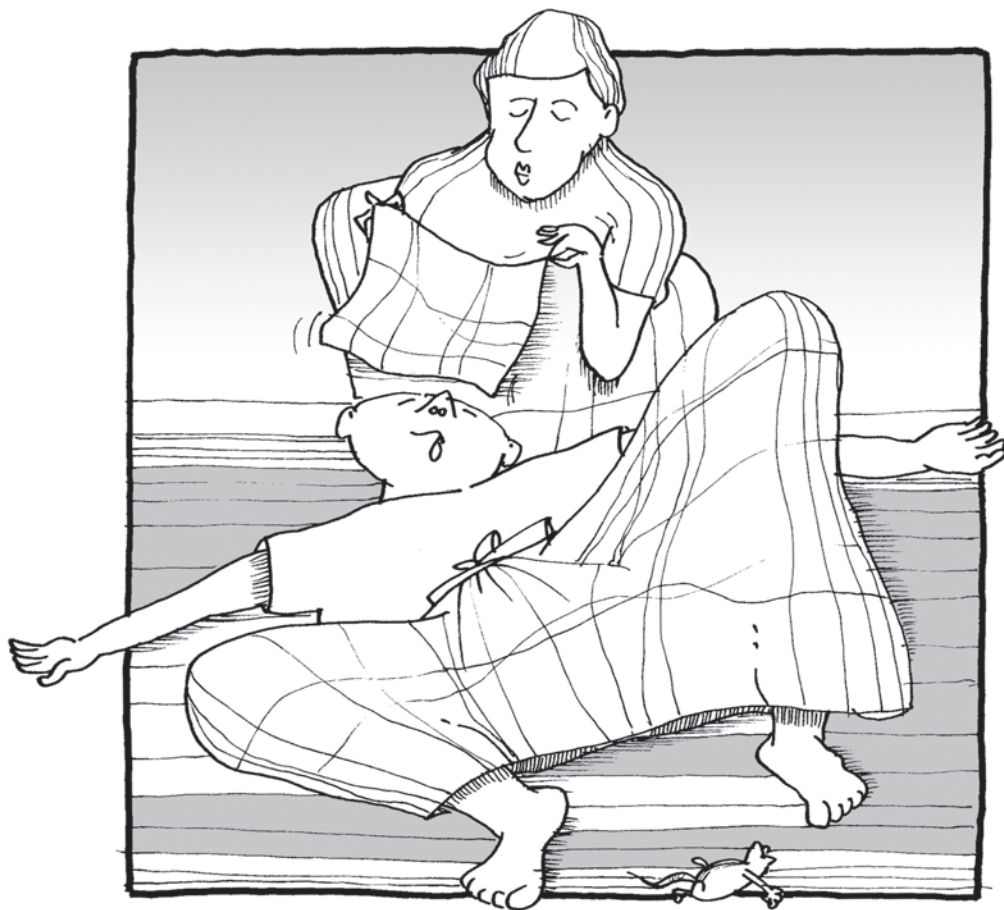
Tired from trying?

Right Attitude (yoniso manasikāra)

Being relaxed and aware is essential but it is also very important to have the right attitude, the right frame of mind. What does having the right attitude mean? Having the right attitude is a way of looking at things that makes you content, comfortable, and feel at ease with whatever you are experiencing. Wrong ideas, wrong information, or ignorance of the defilements affect your attitude.

We all have wrong attitudes; we cannot help having them. So do not try to have the right attitude, try to recognize if you have the wrong or the right attitude instead. It is important to be aware when you have right attitudes, but it is even more important to recognize and investigate your wrong attitudes. Try to understand your wrong attitudes; find out how they affect your practice, and see how they make you feel. So watch yourself and keep checking to see what state of mind you are practising with.

Right attitude allows you to accept, acknowledge, and observe whatever is happening – whether pleasant or unpleasant – in a relaxed and alert way. You have to accept



Forcing your practice tires you out easily.

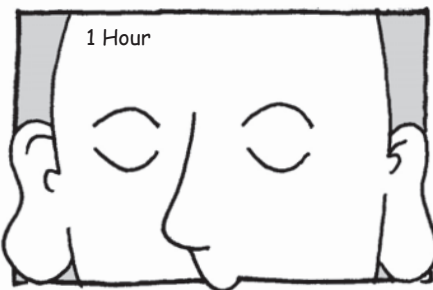
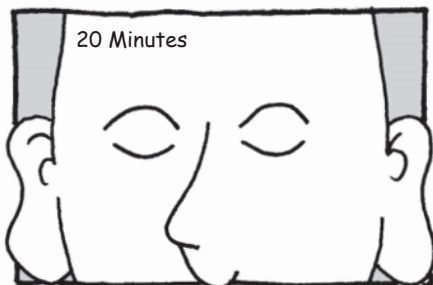
and watch both good and bad experiences. Every experience, whether good or bad, gives you a learning opportunity to notice whether the mind accepts things the way they are, or whether it likes, dislikes, reacts, or judges.

Liking something means you desire it, disliking something means you have an aversion to it. Desire and aversion are defilements that arise out of ignorance – ignorance or delusion is a defilement too. So do not try to create anything; trying to create something is greed. Do not reject what is happening; rejecting what is happening is aversion. Not knowing that something is happening or has stopped happening is delusion.

You are not trying to make things turn out the way you want them to happen. You are trying to know what is happening as it is. Thinking things should be this way or that, wanting this or that to happen or not to happen is expectation. Expectations create anxiety and can lead to aversion. It is important that you become aware of your attitudes!

It is a wrong attitude to judge the practice and become dissatisfied with the way it is going. The dissatisfaction either arises from the idea that things are not the way we think they should be, from a desire that they should be different, or from

Right Effort



Focusing Hard



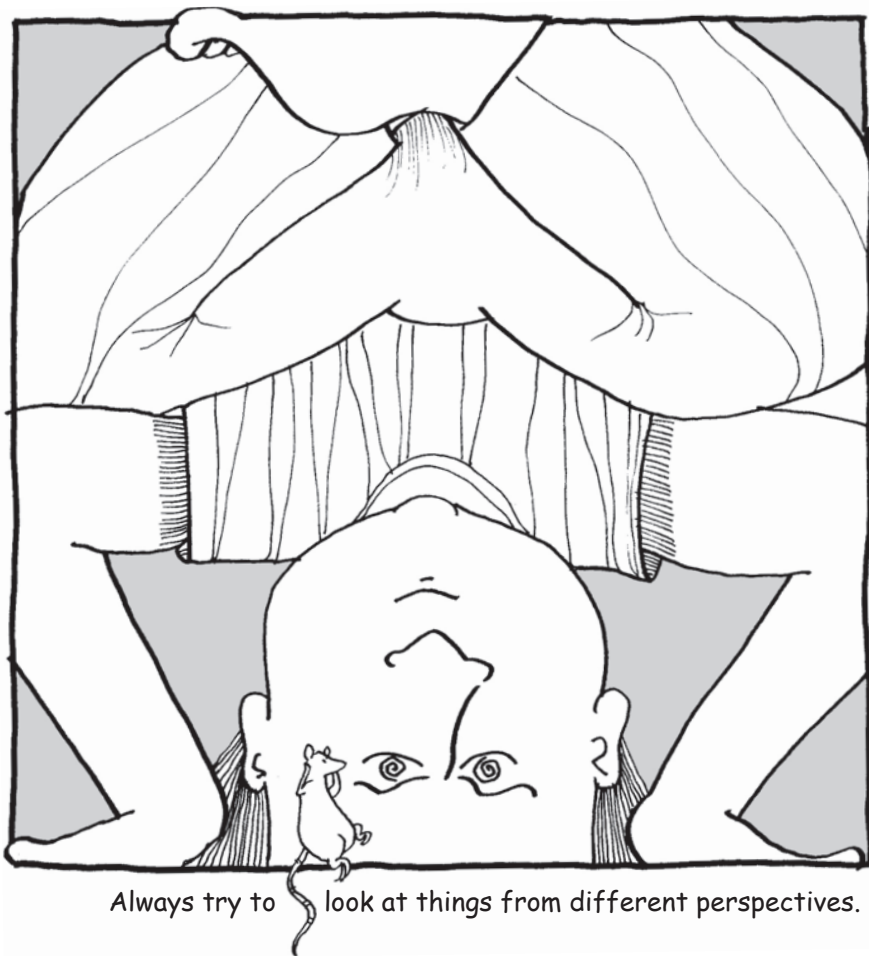
The choice is yours!

ignorance of what right practice is. These attitudes close the mind and hinder the practice. Try to recognize dissatisfaction, to fully accept it, and to watch it very alertly. During this process of observation and exploration of the experience of dissatisfaction, its causes could become clear. Understanding the causes will dissolve the dissatisfaction and will help you to recognize them if they come up again. You will see more and more clearly the harm dissatisfaction causes to the mind and the body. You will become more mindful of your judgmental attitudes and gradually abandon them. In this way you are developing skills in dealing with defilements.

Wrong attitudes are caused by delusion. We all have them in our minds. All wrong attitudes are the defilements craving and aversion or any of their relatives such as elation, sadness, or worry. Not accepting defilements will only strengthen them. The defilements hinder your progress in meditation and prevent you from living your life fully. They also prevent you from finding true peace and freedom. Don't look down on the defilements; they will laugh at you!

Look out for the defilements. Get to know the defilements that arise in your mind. Observe and try to understand them.





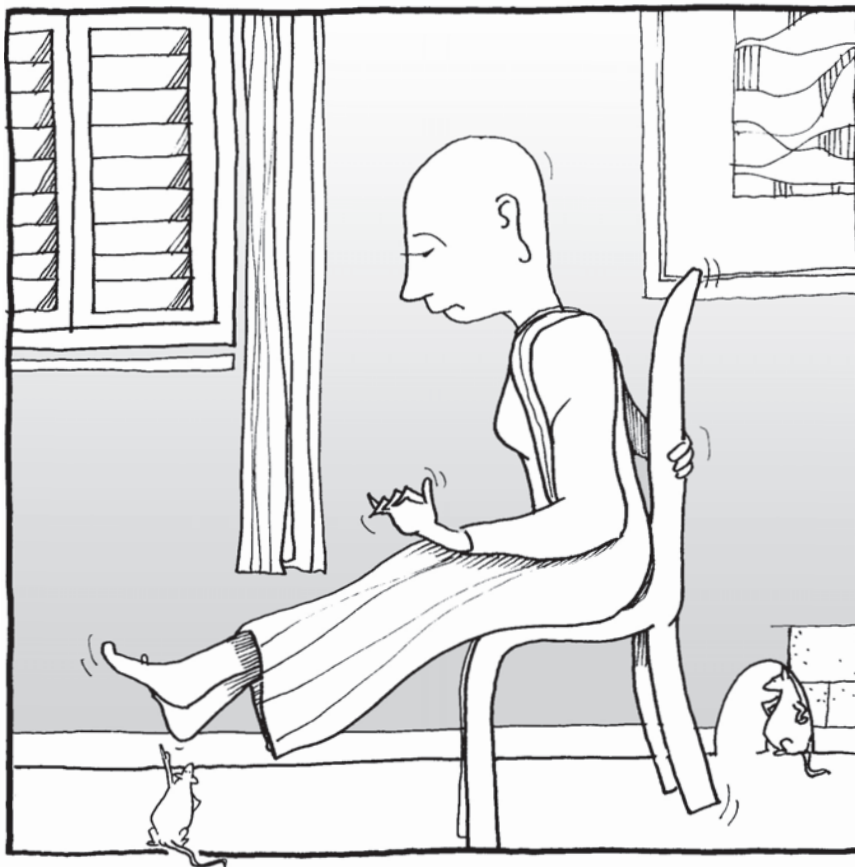
Always try to look at things from different perspectives.

Do not attach to them, reject, or ignore them, and do not identify with them. As you stop attaching to or identifying with the defilements their strength will slowly diminish. You have to keep double checking to see what attitude you are meditating with.

Always bear in mind that mindfulness meditation is a learning process during which you get to know the mind and body relationship. Just be natural and simple; there is no need to slow down unnaturally. You simply want to see things as they are.

There is no need to make an effort to concentrate. Concentration will naturally grow with practice. Our objective is to become more and more mindful. The more continuous your mindfulness is, the sharper and more receptive the mind becomes.

Don't forget: the object is not really important; the observing mind that is working in the background to be aware is of real importance. If the observing is done with the right attitude, any object is the right object. Do you have the right attitude?



Mind and body must be comfortable.

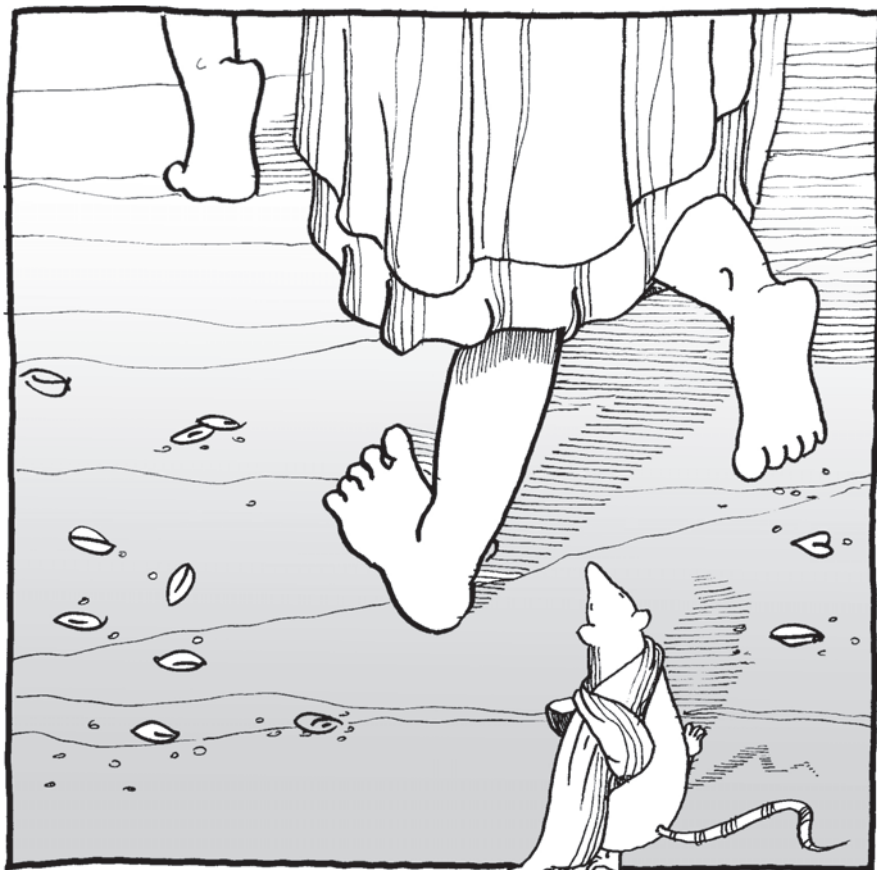
Be Aware Intelligently

Mindfulness meditation is more than just observing things with a receptive mind. You cannot practise it blindly, mechanically, without thinking. You have to use both knowledge and intelligence to bring your practice to life.

The main tools you need to be aware intelligently are:

- the right information and a clear understanding of the practice,
- the right motivation or interest, and
- the right thinking, reflection, or inquiry.

Right information and clear understanding of the practice is what you gain from reading relevant texts and from Dhamma discussions. The right motivation or interest is based on clearly knowing why you are practising here and now. Have you ever asked yourself questions like: “Why do I want to meditate?” “What do I expect to gain?” “Do I understand what meditation means?” Right motivation and interest will grow out of your answers to these questions. Right information and right motivation will have a strong influence on the way you



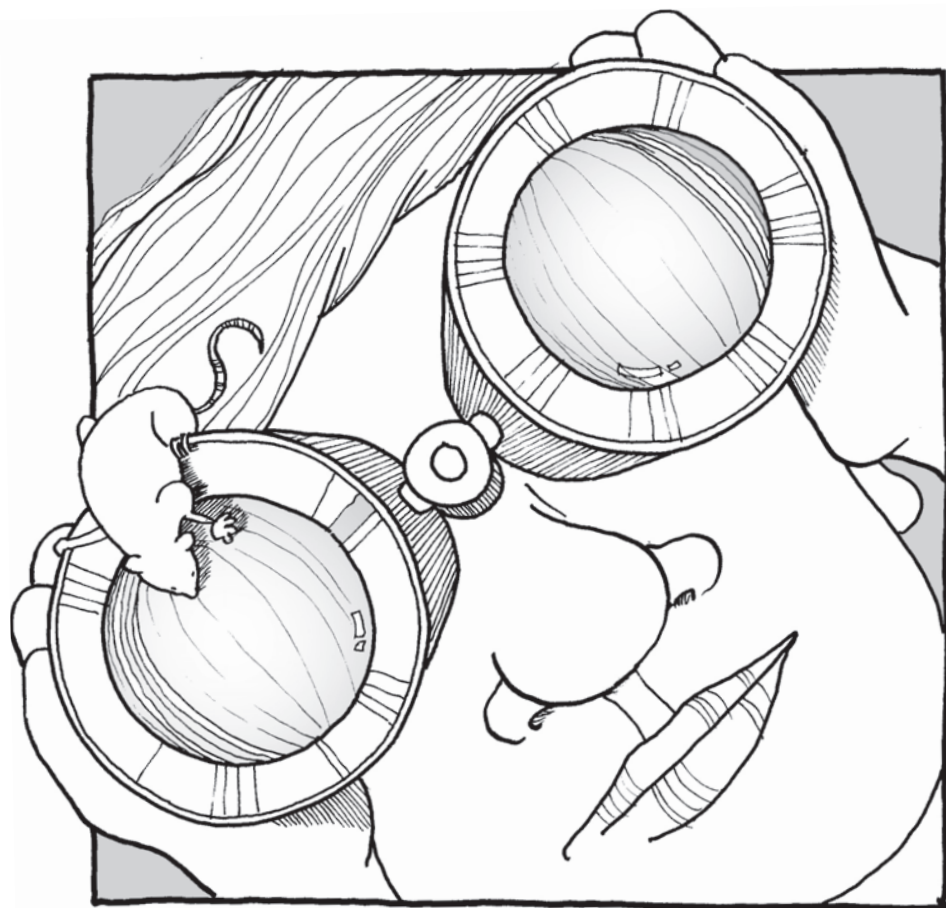
Walk naturally!

think or reflect when practising. They enable you to ask intelligent questions at the right moment.

Right thinking, reflection, or inquiry is thinking that helps you to practise correctly. If, as a beginner, you are faced with a particular situation in your practice, you should first reflect on what the instructions on dealing with such a situation are, and then try to apply them. If it is not clear to you what is going on, you could also ask yourself questions such as: “What is my attitude?” “Which defilement am I dealing with?” However, make sure you do not think or reflect too much, especially if you are a beginner; your mind might wander off. Such questions or thoughts should only serve to heighten your interest.

Even if you have the right information, the right motivation and made the right reflections you could still make mistakes. Recognizing mistakes is an important aspect of being aware intelligently. We all make mistakes; it is natural to do so. If you find you have made a mistake, accept and acknowledge it; try to learn from it.

As your mindfulness becomes more and more continuous, your interest in the practice will grow. Being aware intelligently



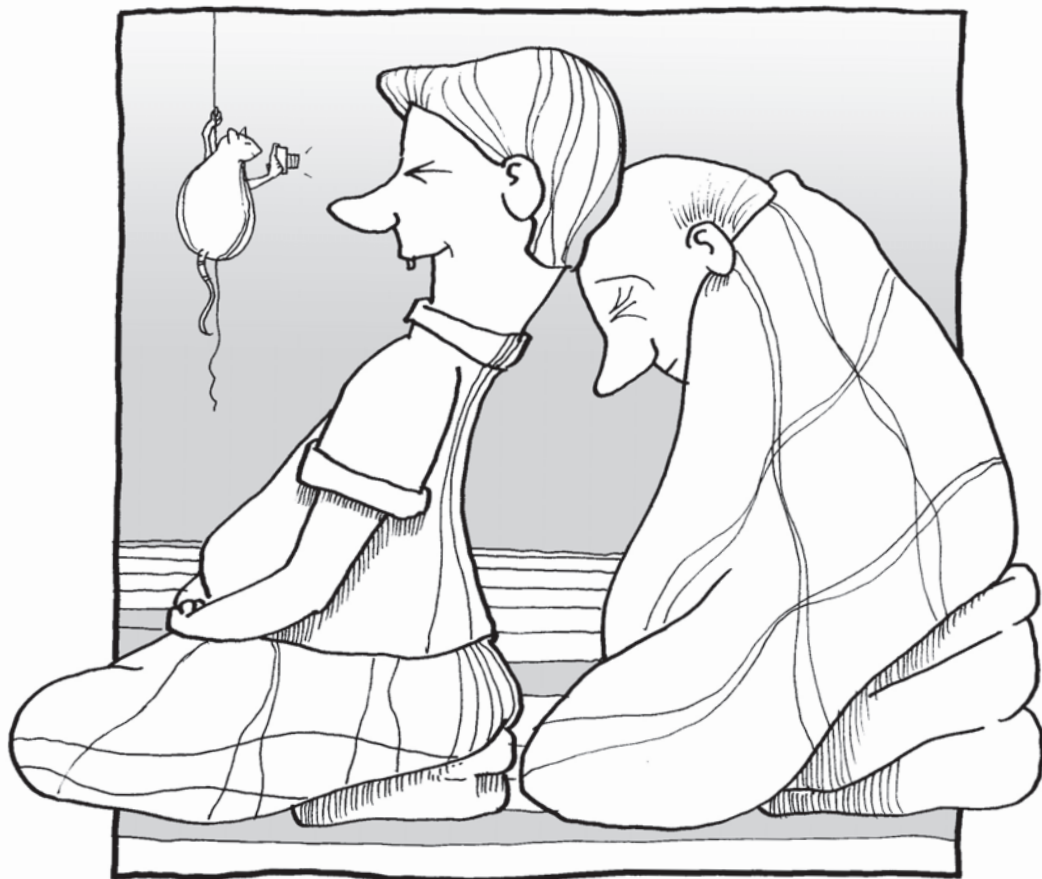
Look inside!!

will help you to deepen your practice, to come to new understandings. Ultimately, it will help you to fulfil the objective of mindfulness meditation: vipassanā insights.

Mindfulness meditation is a learning process; use your awareness intelligently!

Postures / Eating / Daily Activities

Don't forget to watch yourself from the time you wake up until the time you fall asleep. Whenever you notice that you have not been mindful, check the state of your mind. Try to feel what mood the mind is in. Are you relaxed or not? Then start by observing some obvious sensations on any part of the body. The meditating mind must be simple, not complicated. You can use any sensation as the main object to bring the mind to the present moment. The main or primary object helps you to keep the mind aware, in the present moment. It is something you can always go to when you are not sure what to observe. However, you do not have to stay with that



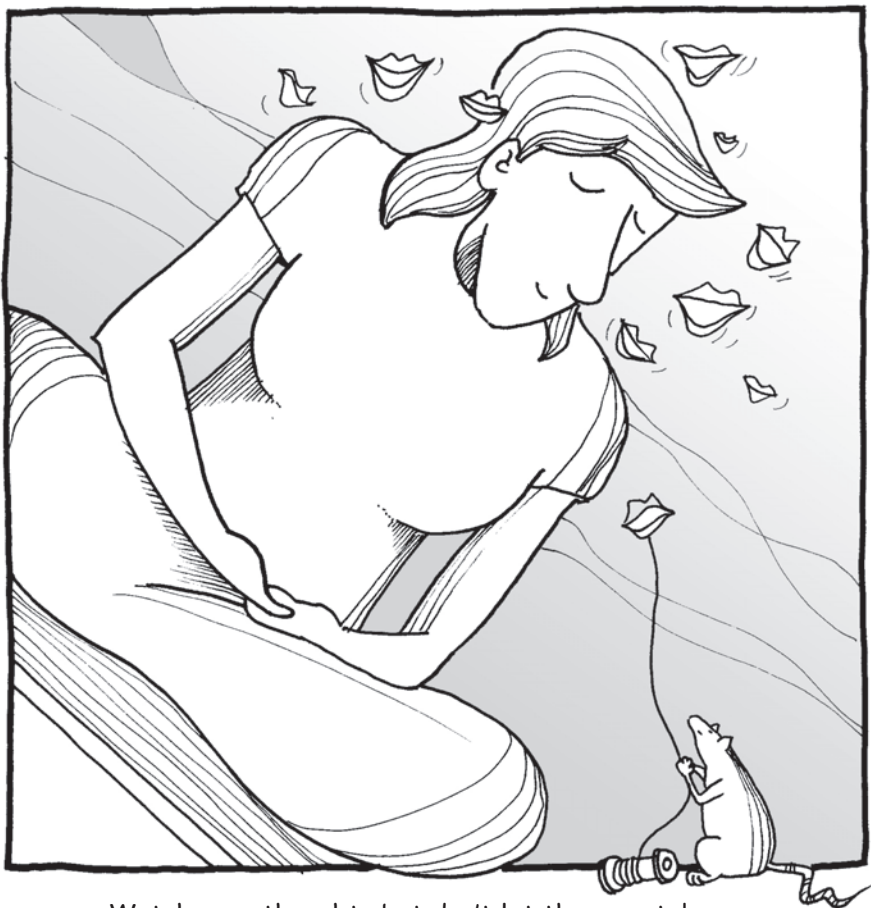
Check your posture, check the way you are meditating.

main object all the time. It is perfectly alright if the mind's attention moves to other objects such as sensations, hearing, even a wandering mind, as long as you are aware that the mind is now aware of these new objects. It is also fine if it knows several objects at the same time.

In sitting meditation both the mind and the body should be comfortable. Keep checking whether you are relaxed or not. If there is tension, first relax, then check your attitude. If there is resistance, feel the resistance and observe it. Be simple and just watch what is happening. Watch whatever the mind is aware of – your posture, bodily sensations, your breathing, feelings and emotions, the wandering or thinking mind, hearing or smelling. If you are sitting comfortably on your cushion and are busy thinking about something very important without even realizing that there is thinking going on, you are not meditating! When you suddenly realize that this is happening, do not worry about it. Relax, check your attitude, i.e. start this whole exercise again from the beginning.

Be aware that you are walking whenever you walk. You do not need to walk fast or slowly, just walk at a natural pace. You can watch what the mind pays attention to, or just have an



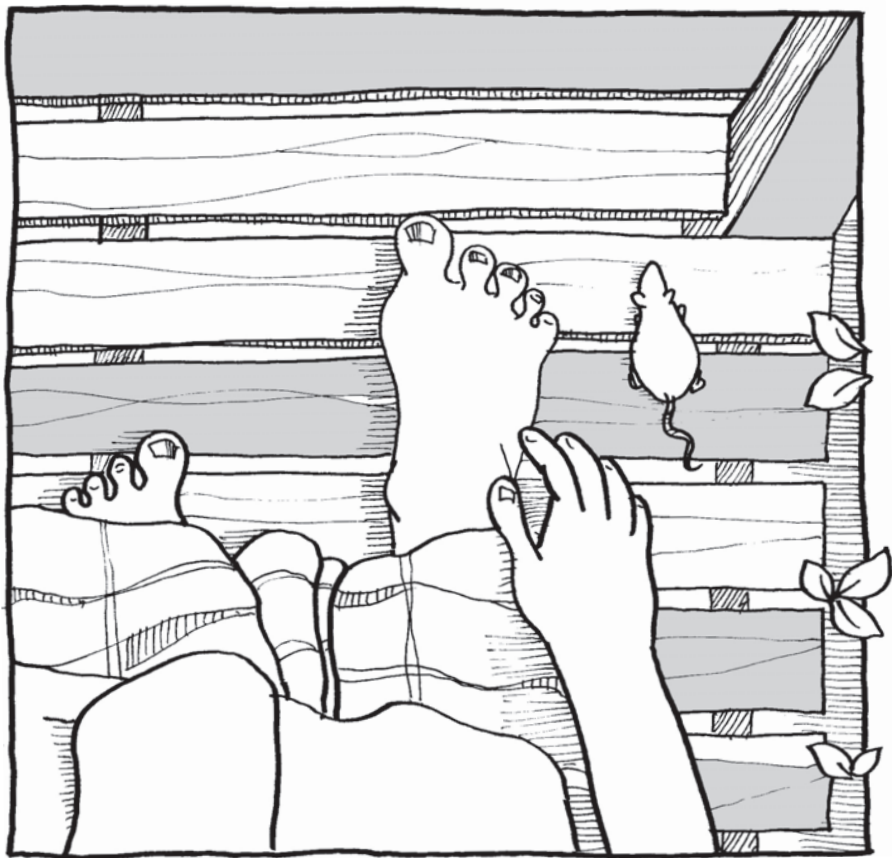


Watch your thoughts but don't let them party!

overall feel of the sensation of your whole body walking. If the mind settles on particular sensations or body movements, that is alright too. But remember, you do not have to focus on one object continuously; in fact you should avoid doing this if it makes you tense. You can also notice hearing and that you are looking to see where you are going. Try not to look around as it will distract you. However, once your mindfulness has become more continuous, you need to learn to be aware whenever you look at something. This ability to be aware of seeing comes with practice. As long as you are not skilful at this, seeing will tend to distract you, make you lose your mindfulness.

When you do standing meditation you can follow the same basic principles as in sitting and walking meditation. Keep checking for tension!

When you eat, do not hurry. When you are eager to eat you will lose mindfulness. So if you become aware that you are eating quickly, stop eating and watch the eagerness or the feelings that accompany it for a while. You need to be reasonably calm to find out what the process of eating is like. Experience the sensations, the smells, the tastes, the mental states, what you like and dislike. Also notice bodily movements.

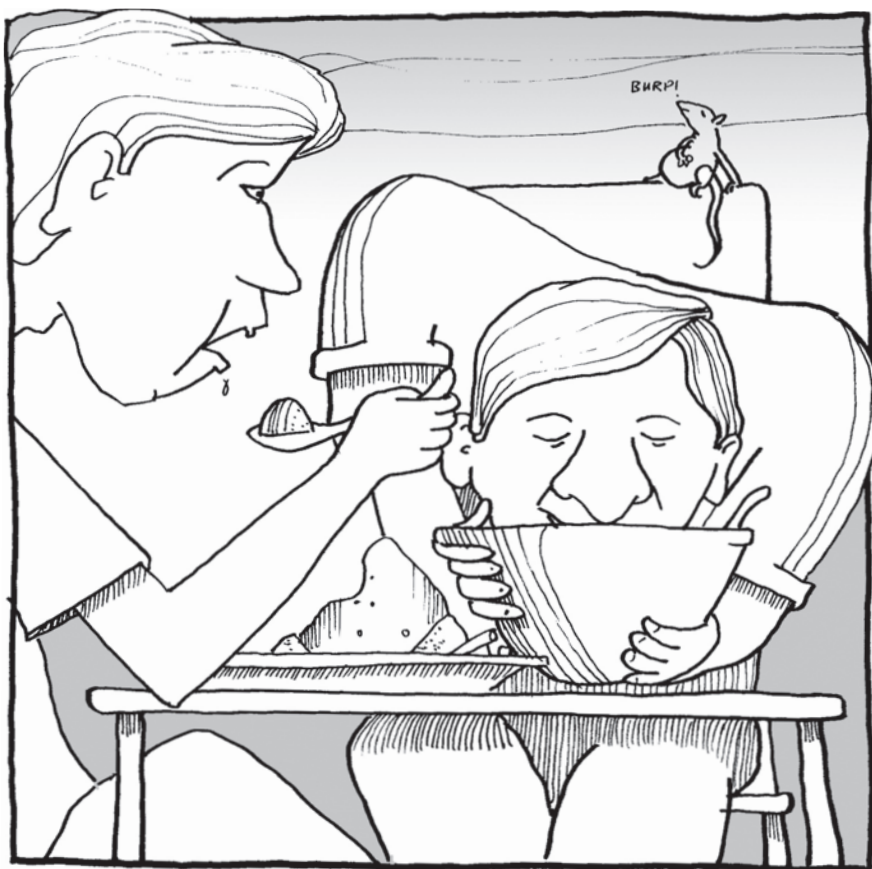


You don't need to observe every detail!

Do not worry about observing every detail, just remain aware of your experience.

Your personal time and activities are also very important times to be mindful. You tend to lose your mindfulness most easily when you are on your own. Are you aware when you close doors, brush your teeth, put on your clothes, take a shower, go to toilet? How do you feel when you do these activities? Do you notice what you like and what you dislike? Are you aware when you are looking at something? Are you aware when you are listening to something? Are you aware when you have judgments about what you see, hear, smell, taste, touch, think, or feel? Are you aware when you are talking? Are you aware of the tone and loudness of your voice?

It is important that you regularly check whether you are relaxed or tense; if you don't, you will not be aware whether you are relaxed or getting tense. When you find yourself tense, watch the tension. You cannot practise when the mind is tense. If you get tense, it indicates that your mind is not working in the right way. Inquire into the way your mind has been working. If you do this often enough during the day you may



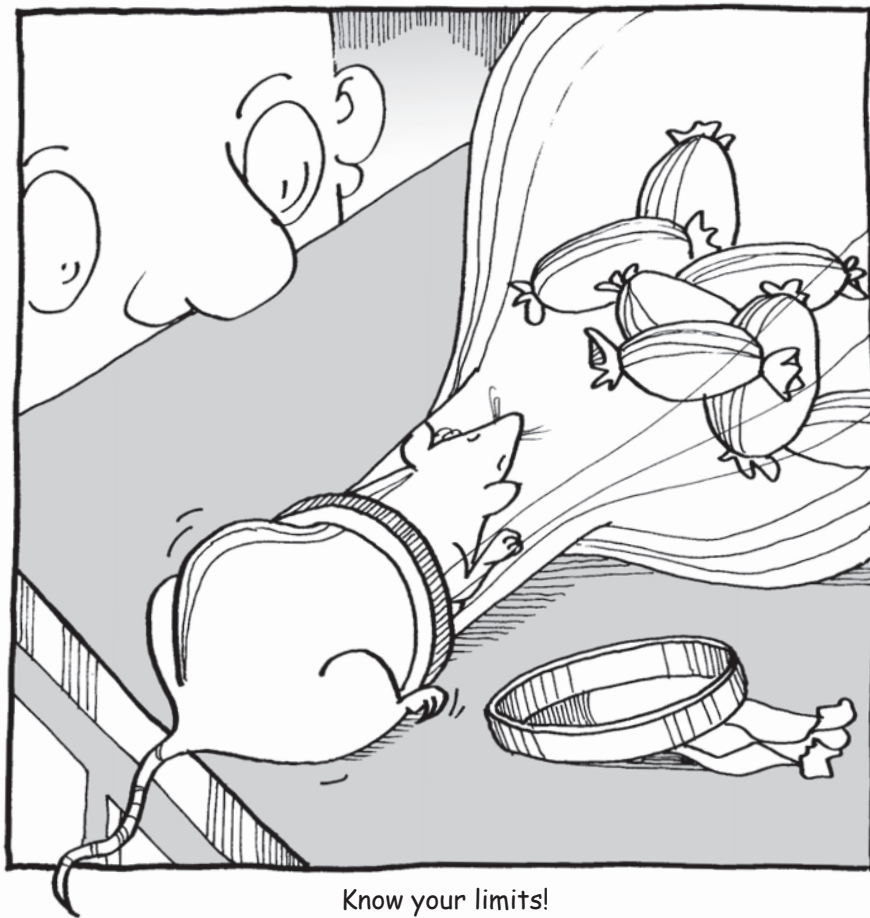
The defilements are eating you.

prevent a buildup of tension. With practice you may also become aware of the reason for your tension. Do not forget to observe tension! If you become tense easily, do lying down meditation once a day. This will also help you to practise awareness in every posture you are in.

Wandering Mind / Sounds

When the mind is thinking or wandering, when a sound keeps catching your attention, just be aware of it. Thinking is a natural activity of the mind. It is natural that, if you have good hearing, you will hear sounds. You are doing well if you are aware that the mind is thinking or hearing. But if you feel disturbed by thoughts or sounds, or if you have a reaction or judgment to them, there is a problem with your attitude. The wandering mind and sounds are not the problem; your attitude that 'they should not be around' is the problem. So understand that you have just become aware of some functions of the mind. These too are just objects for your attention.



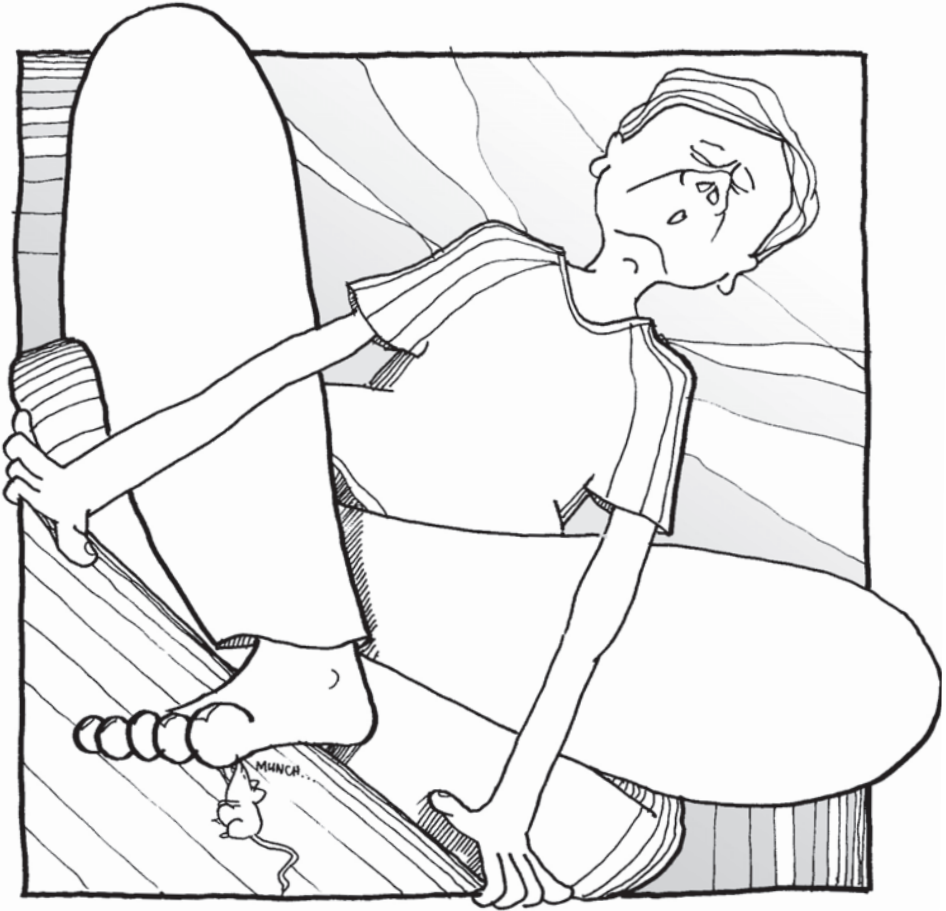


Know your limits!

Thinking is a mental activity. When you are new to this practice you should not try to watch thinking continuously. Neither should you try to avoid observing thoughts by immediately going to your primary meditation object. When you realize that you are thinking, always pay attention to the thought first and then remind yourself that a thought is just a thought. Do not think of it as 'my thought'. Now you can return to your primary meditation object.

When you feel disturbed by the thinking mind, remind yourself that you are not practising to prevent thinking, but rather to recognize and acknowledge thinking whenever it arises. If you are not aware, you cannot know that you are thinking. The fact that you recognize that you are thinking means that you are aware. Remember that it does not matter how many times the mind thinks, wanders off, or gets annoyed about something – as long as you become aware of it.

It does not matter whether thinking stops or not. It is more important that you understand whether your thoughts are skilful, unskilful, appropriate, inappropriate, necessary or



Being able to bear with pain does not mean you are equanimous.

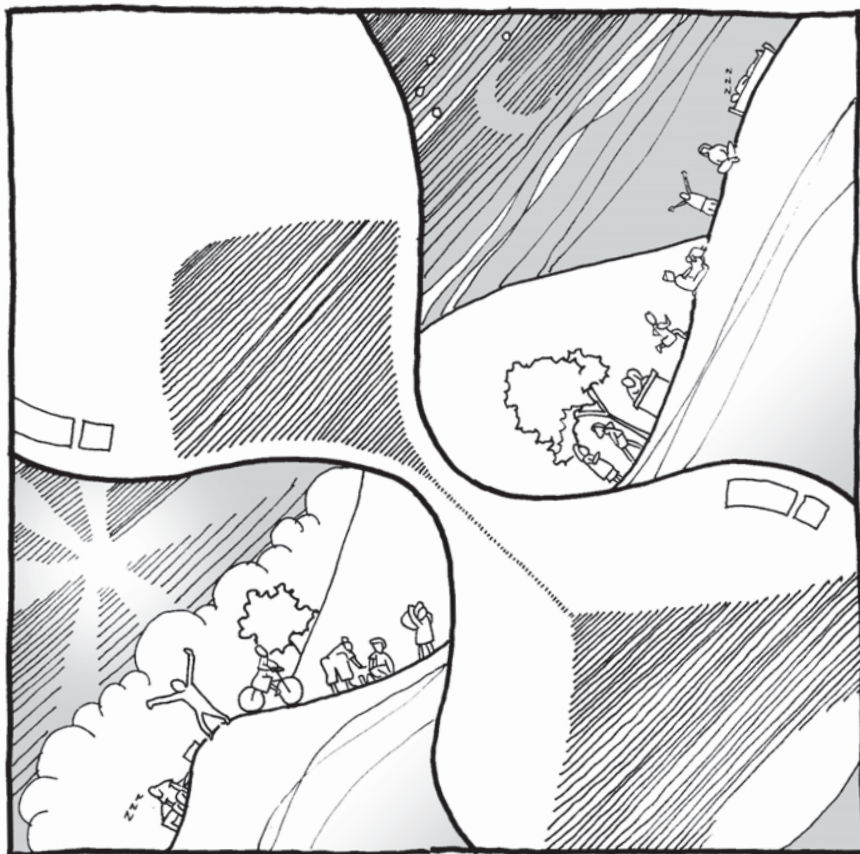
unnecessary. This is why it is essential to learn to watch thinking without getting involved. When a thought keeps growing no matter how much effort you put into trying to simply observe it, you are probably somehow involved in the thought. When this happens, when thinking becomes so incessant that you can no longer observe it, stop looking at the thoughts and try to watch the underlying feelings or bodily sensations instead.

No matter whether you are sitting, walking, or going about your daily activities, ask yourself now and again: What is the mind doing? Thinking? Thinking about what? Being aware? Being aware of what?

Pain / Unpleasant Sensations / Emotions

When you experience pains, aches and other bodily discomforts, it means you have a mental resistance to them and therefore you are not ready yet to observe these unpleasant physical sensations directly. Nobody likes pain and if you observe it while still feeling any resistance towards it, it

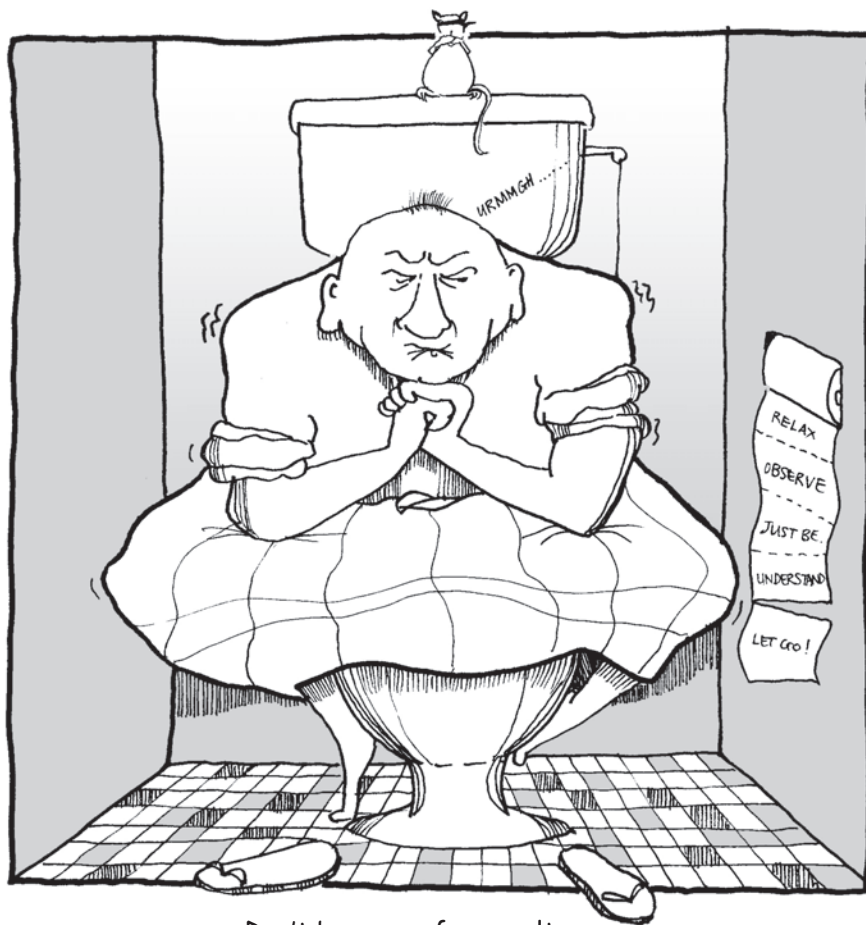




Don't waste your life, practise in daily life!

will become worse. It is like when you are angry with someone; if you look at that person again and again you will become even angrier. So never force yourself to observe pain; this is not a fight, this is a learning opportunity. You are not observing pain to lessen it or to make it go away. You are observing it – especially your mental reactions to it – in order to understand the connection between your mental reactions and your perception of the physical sensations.

Check your attitude first. Wishing for the pain to decrease or go away is the wrong attitude. It does not matter whether the pain goes away or not. Pain is not the problem; your negative mental reaction to it is the problem. If the pain is caused by some kind of injury you should of course be careful not to make things worse, but if you are well and healthy, pain is simply an important opportunity to practise watching the mind at work. When there is pain, the mental feelings and reactions are strong and therefore easy to observe. Learn to watch anger or resistance, tension or discomfort in your mind. If necessary, alternate between checking your feelings and the attitude behind your resistance. Keep reminding yourself to relax the mind and the body, and observe how it affects your



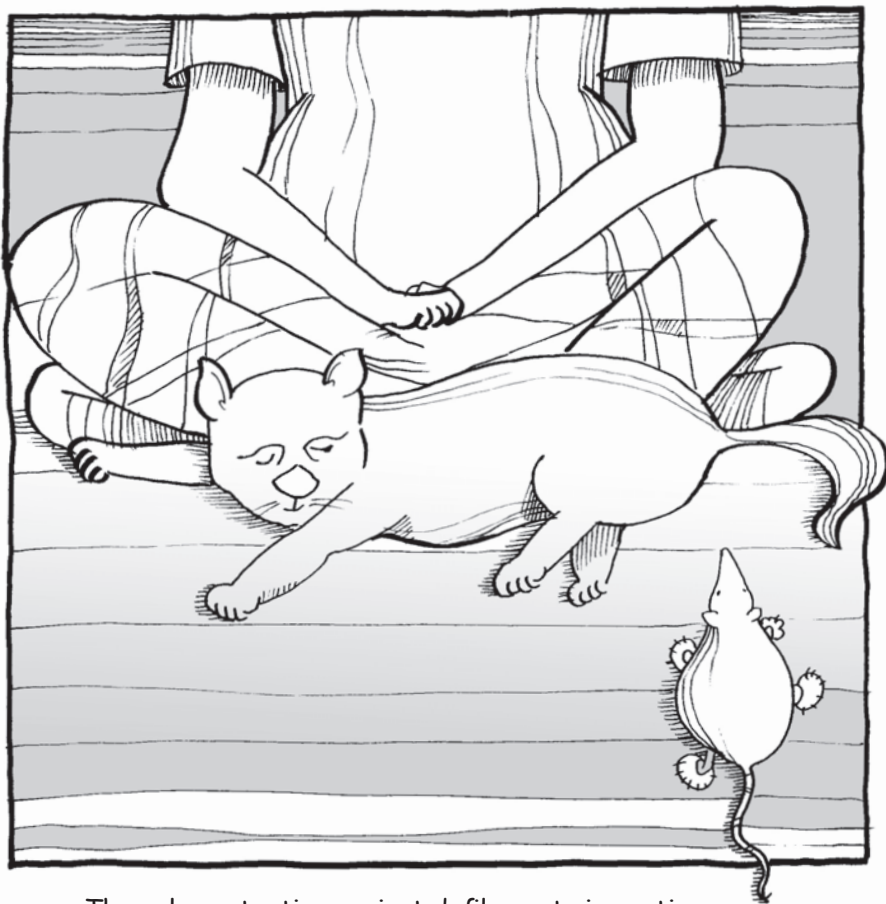
Don't be eager for results.

mental resistance. There is a direct link between your state of mind and pain. The more relaxed and calm the observing mind, the less intense you will perceive the pain to be. Of course, if your mind reacts strongly to the pain (i.e. if you experience pain as unbearable) you should change your posture and make yourself comfortable.

So if you want to learn how to deal with pain skilfully, try this: From the moment you start feeling pain, no matter how weak it is, check your mind and body for tension, and relax. Part of your mind will remain aware of the pain. So check for tension again and again, and relax. Also check your attitude and keep reminding yourself that you have the choice to change your posture if you experience too much pain, as this will make the mind more willing to work with it. Keep repeating this until you no longer feel you want to watch the tension, the fear, the desire to get up, or the unwillingness to stay with the pain. Now you should change your posture.

When you are able to bear with pain, it does not mean that you are equanimous. Most of us start off by trying hard to sit for a fixed period of time, forcing ourselves not to move. If we





The only protection against defilements is continuous mindfulness and wisdom.

succeed to sit for that full hour we feel great, otherwise we feel we have failed. We usually try to bear the pain longer and longer, i.e. we work on increasing our threshold of pain. However, in this process we neglect watching the mind and we are not really aware of our mental reactions to the pain. We fail to realize that developing a high threshold of pain does not mean that the mind is not reacting to the pain.

If you stop forcing yourself to sit for a fixed period of time and instead start watching the mental reactions in the ways described above, your resistance to the pain will gradually decrease and your mind will become more equanimous. Understanding the difference between equanimity and being able to bear with pain is really important. Mindfulness meditation is not about forcing but about understanding. Real equanimity is the result of true understanding of the nature of liking and disliking through observation and investigation.

It is best to look at pain directly only if you cannot feel a resistance to it. Keep in mind that there may be a reaction at a subtle level. As soon as you recognize mental discomfort, turn your attention to that feeling. If you can see subtle mental

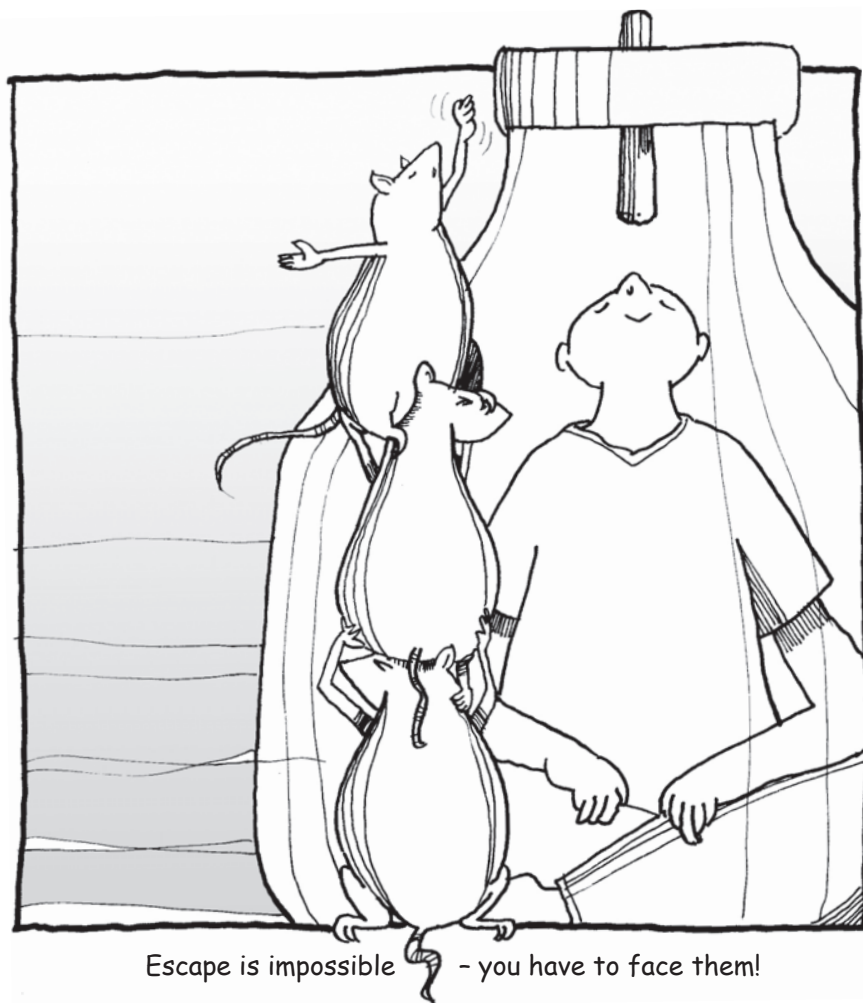


Relax. Observe. Learn.

discomfort, watch it change; does it increase or decrease? As the mind becomes more equanimous and sensitive it will recognize subtle reactions more easily. When you look at mental discomfort at a more subtle level you may get to the point when your mind feels completely equanimous. If you look at pain directly and if there is true equanimity, mental discomfort will not arise anymore.

Remember that you are not looking at the reactions of the mind to make them go away. Always take reactions as an opportunity to investigate their nature. Ask yourself questions! How do they make you feel? What thoughts are in your mind? How does what you think affect the way you feel? How does what you feel affect the way you think? What is the attitude behind the thoughts? How does any of this change the way you perceive pain?

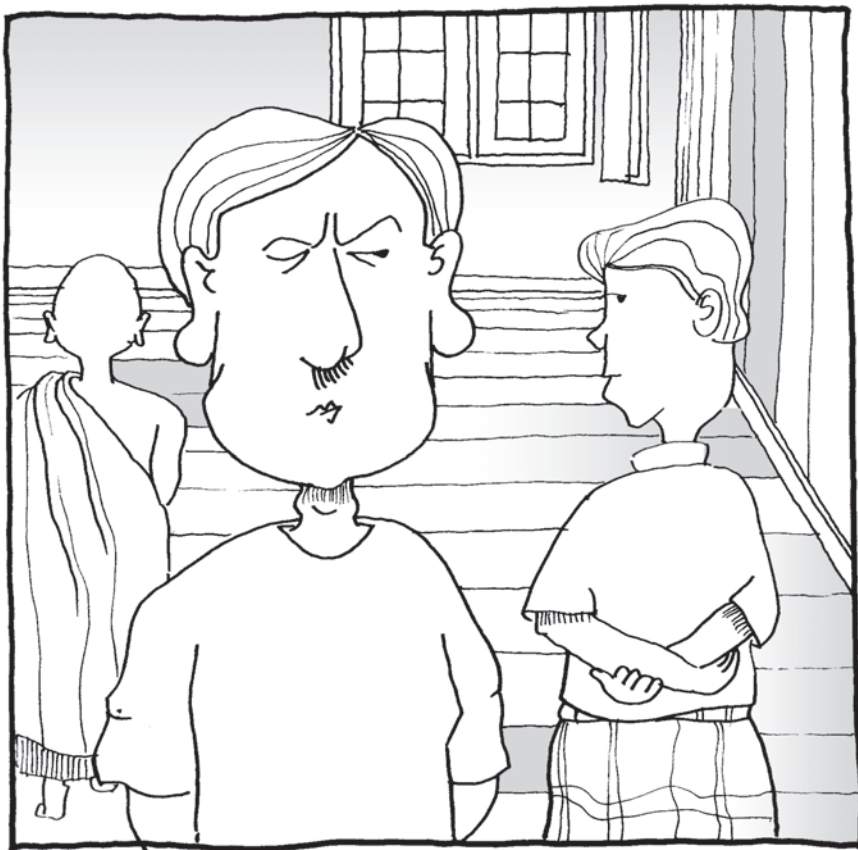
Try to apply the relevant points mentioned above to deal with any other physical discomforts such as itching, and feeling hot or cold. Moreover, whatever skills we learn in dealing with our reactions to physical discomforts can also be applied in dealing with defilements such as emotions of anger,



frustration, jealousy, disappointment, or rejection as well as happiness, pleasure, lust or attachment. They and all their relatives – even their distant ones – should be dealt with in similar ways as pain. You need to learn to recognize and let go of both attachment and aversion.

When you investigate such emotions, it is important that you remind yourself that they are natural phenomena. They are not ‘your’ emotions; everybody experiences them. You always need to keep this in mind when you examine the thoughts and mental images that accompany emotions. All thoughts you identify with actually ‘fuel’ the emotions.

However, when the emotion you experience is very strong, you might not be able to look at the accompanying thoughts without getting even more emotional. In such a case, it is usually best to first become very clearly aware of and look at the pleasant or unpleasant feelings and sensations that accompany the emotion. But if you find even looking at these feelings and sensations too overwhelming, you could turn your attention to a neutral or pleasant object, for example your breath or a sound. Doing this will skilfully distract the mind and stop it from thinking – or will at least reduce thinking. ‘You’ will



Be aware whenever you look at something.

no longer be so involved in the 'story' and therefore the emotion will subside. But do not completely ignore those feelings and sensations; take a look at them every now and then!

When a strong emotion has subsided, or when you are looking at a weak emotion, you will be able to look at the feelings, the thoughts plus the bodily sensations. The better you understand how they all interrelate, the more skilfully and effectively you will be able to handle any kind of emotion.

Don't forget to check your attitude: Check to see whether you really accept the emotion or whether you have a resistance towards it. Any unnoticed resistance to and any unnoticed identification with the emotion will 'feed' it, will make it grow bigger (snowball effect). Remember that the emotions do not need to go away at all. The objective is to know what the emotions feel like, to know what you are thinking when there are emotions, and to understand their 'nature' and the mind's behaviour.





Be mindful of every step you take, every move you make.

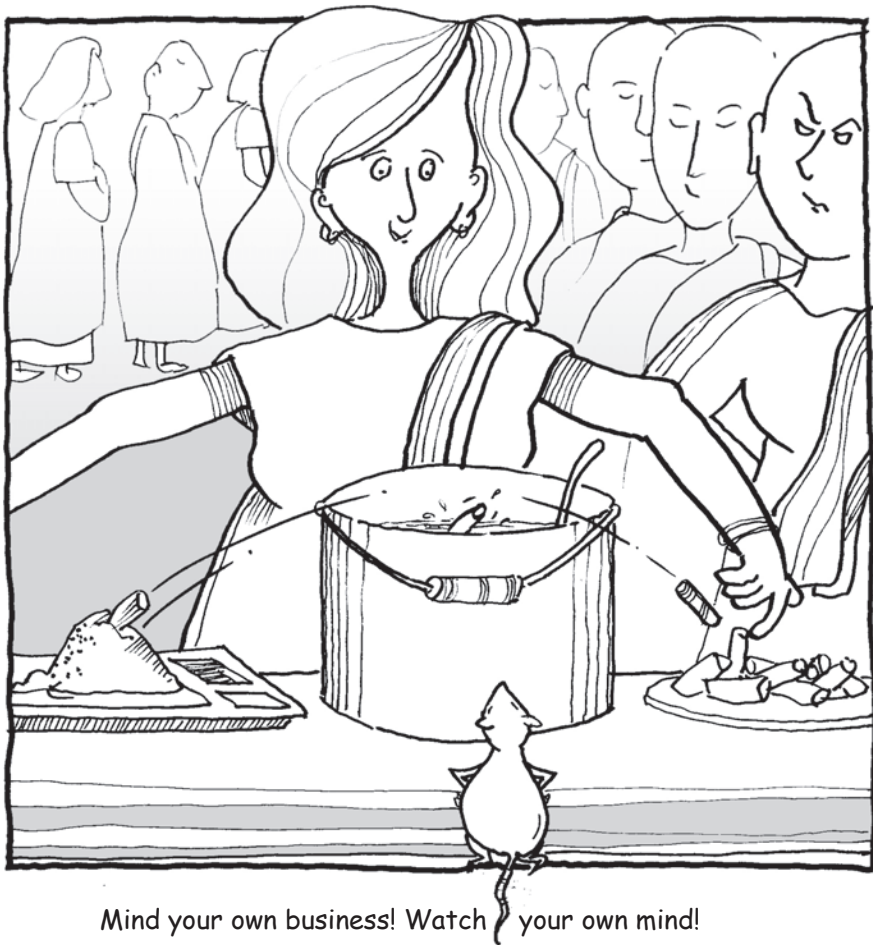
Continuity Of Awareness

You need to be aware of yourself continuously, whatever posture you are in, from the time you wake up until you fall asleep. Do not let your mind become idle or run freely. It is important that the mind keeps working, i.e. keeps being aware. Whatever you do, it is the awareness that is important. Continuity of awareness requires right effort. In our context, right effort means to keep reminding yourself to be aware. Right effort is persistent effort. It is not energy used to focus hard on something. It is effort which is simply directed at remaining aware, which should not require much energy.

You do not need to know every detail of your experience. Just be aware and know what you are aware of. Ask yourself often: “What am I aware of now?” “Am I properly aware or only superficially aware?” This will support continuity of mindfulness. Remember: it is not difficult to be aware – it is just difficult to do it continuously!

Momentum is important to strengthen your practice and this can only be achieved with continuity of mindfulness. With continuous right effort, mindfulness will slowly gain momentum





Mind your own business! Watch your own mind!

and become stronger. When mindfulness has momentum, the mind is strong. A strong mind has right mindfulness, right concentration, and wisdom.

Make a consistent effort. Keep reminding yourself to be mindful and your mindfulness will become more and more continuous.

Why?

At this point you might feel overwhelmed by all the information that you have been asked to bear in mind while you meditate. Why do you need to know so much before you even start practising? Giving you all this information, all these suggestions and all this advice basically serves one purpose only: to give you the right view or the right understanding that helps you to meditate with the right attitude. When you have the right understanding you will naturally apply the right effort and develop right mindfulness and wisdom. The information you have accumulated and understood forms the basis for the views that you hold, and these influence the way the mind naturally operates in any situation.



Essence Of The Practice

Develop a right understanding of the practice.

•

Practise continuously; it is absolutely essential
for the development of your practice.

•

Relax!

•

Have the right attitude;
accept your experience just as it is.

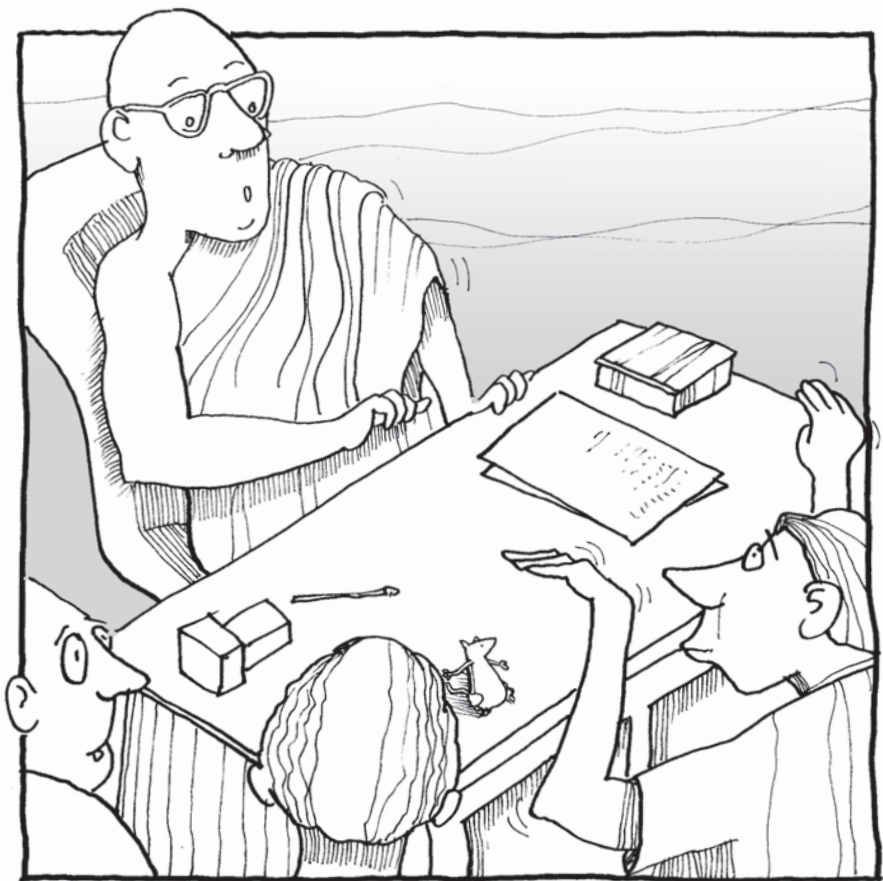
•

Be aware intelligently.

•

Recognize the defilements.





Dont be afraid to show your real face in Dhamma discussions.

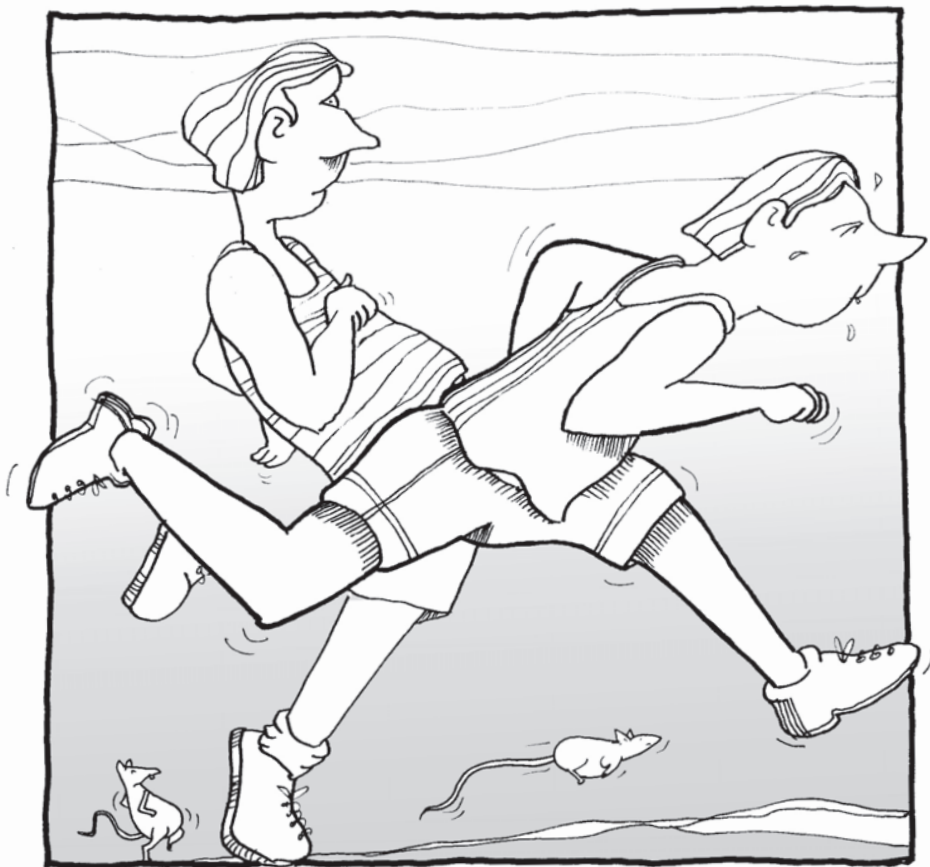
Dhamma Discussions

Dhamma discussions or meditation interviews give you an opportunity to share your meditation experiences with your teacher and get some advice.

The teacher wants to know how you are doing – whether you are able to be relaxed and aware, whether your awareness is continuous, whether you can recognize your wrong and right attitudes, whether you can recognize and observe your reactions, how you feel, what you have understood, etc. Such information forms the basis for Dhamma discussions; only if the teacher knows your strengths and weaknesses can he give you proper guidance for your practice.

You can talk about where you are at and where you would like to be. You have to be true to yourself. If you report only on your good or only on your bad experiences, it will be difficult to give you the advice you need.



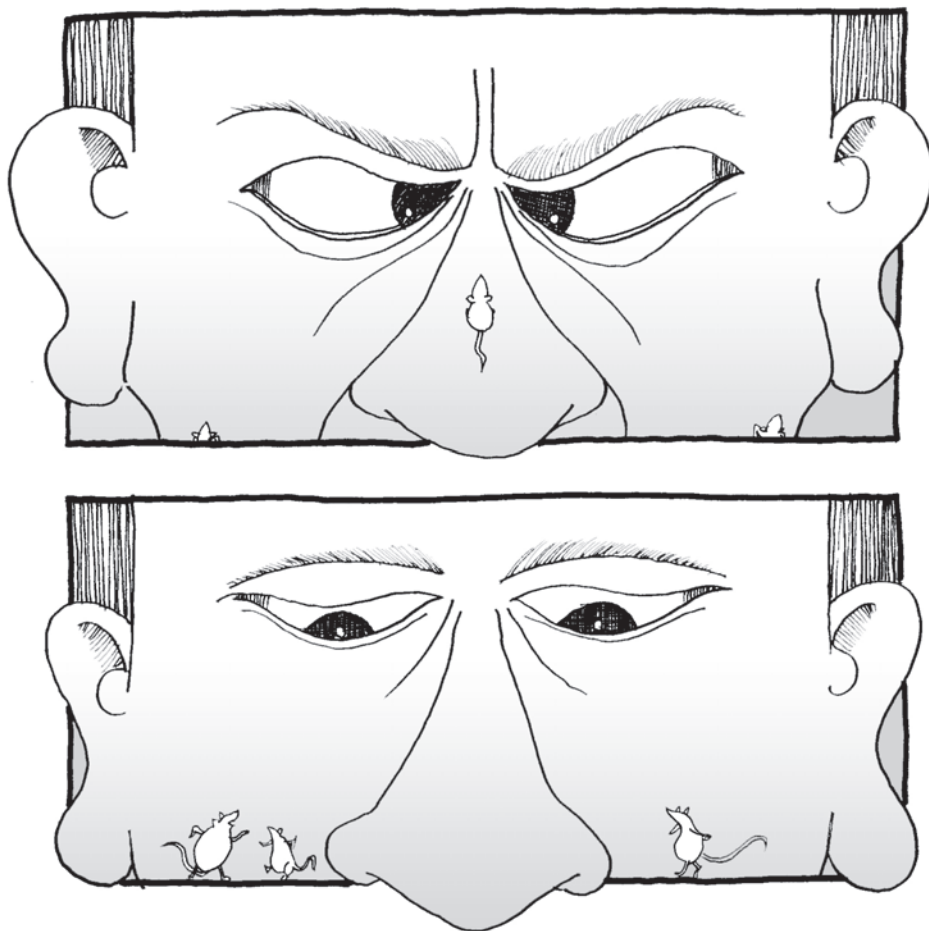


Meditation is a marathon, not a 100 metre dash!

Mindfulness Gains Momentum

When you are new to the practice you will have to remind yourself often to be aware. At first you will be rather slow in noticing that you have lost awareness and probably think that it is fairly continuous. But once your awareness becomes sharper, you will begin to notice that you actually lose it quite often. You might even get the impression that your awareness is getting worse when in fact you are just becoming more often aware of losing awareness. This is a step in the right direction. It shows that your awareness is getting better. So never give yourself a hard time, simply accept where you are at and keep reminding yourself to be aware.

Just reminding yourself to be aware or mindful, however, is not enough. In order for mindfulness to become stronger you also need to have the right attitude, to have an observing mind free from defilements. Observing becomes difficult if, for

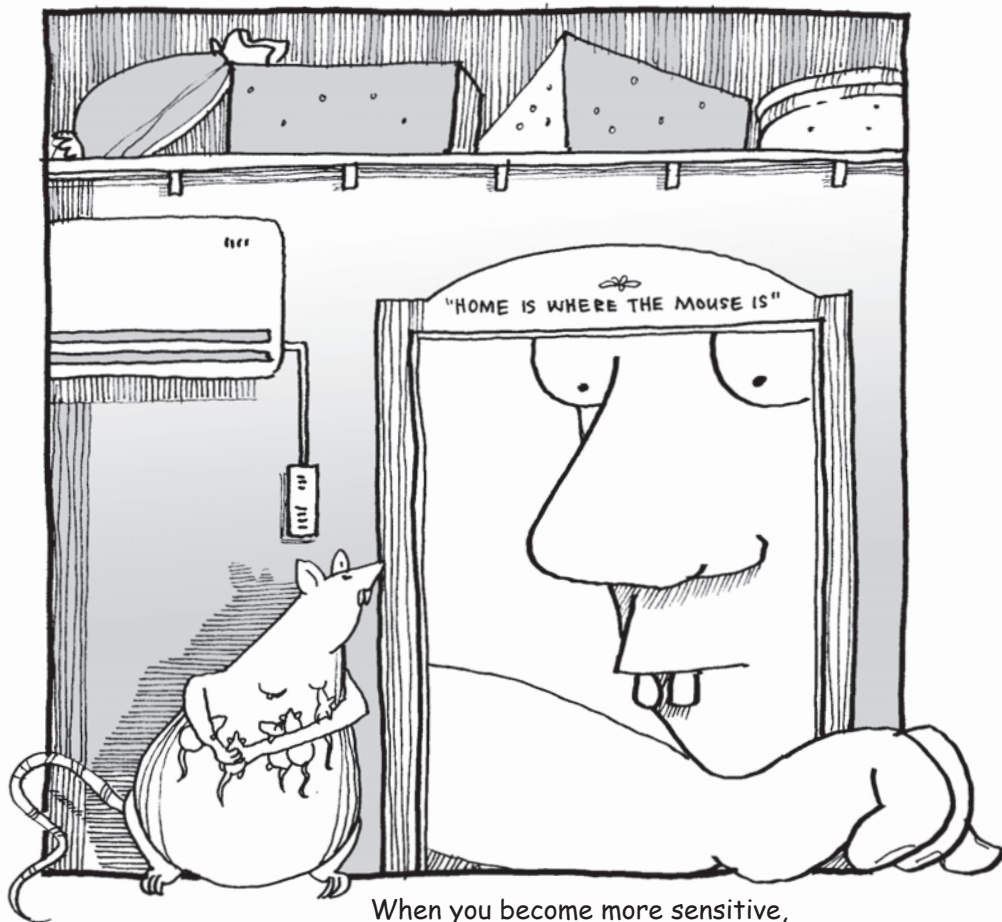


The less you focus, the more you see.

example, you are worried about your progress. First you need to become aware that this is a defilement and then make it your object of observation. Whenever you experience doubt, uneasiness, dissatisfaction, tension, frustration or elation, look at them. Examine them, ask yourself questions such as: “What kinds of thoughts are in my mind?” “What is my attitude?” This will help you to understand how the defilements affect you. You need patience, interest, and a sense of curiosity to do this. As you gradually become more skilful at observing with the right attitude, mindfulness will become stronger and more continuous. This will help you gain more confidence in your practice.

At this point you will start seeing benefits and the practice of mindfulness will become less work and more fun. You will find it easier to remind yourself to be mindful and to spot the defilements. As a result, mindfulness will become even more continuous and over time, as the practice matures, mindfulness will gain momentum.

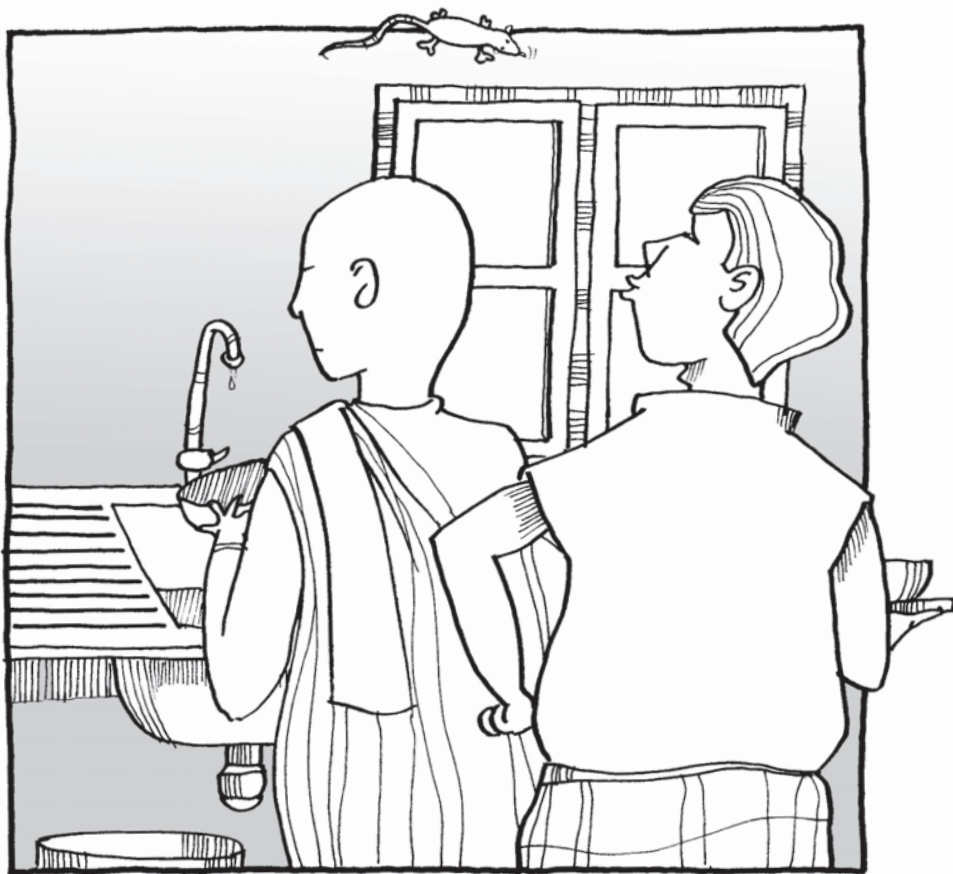
Once your practice has momentum, you will remain aware naturally. This natural awareness has an almost tangible feel to it and gives you a sense of freedom you have never



When you become more sensitive,
you become aware of subtle defilements.

experienced before. You simply always know when it is there and you experience it most of the time. In other words, you are aware of the awareness, the mind becomes an object of awareness. When you have this kind of momentum, the mind becomes more equanimous.

Now awareness will be strong and you will need very little effort to sustain its momentum. You will always be aware of several different objects without conscious effort. For example, while washing your hands you will probably notice movement, the touch and smell of the soap, the sensation and the sound of the running water. While knowing all this you might become aware of the sensation of your feet touching the floor, hearing the loudspeakers blaring from the monastery across the field, or seeing stains on the wall and feeling an urge to wipe them off. While all this is happening you might also be aware of any liking or disliking. Every time you wash your hands you are of course likely to be aware of different objects. Natural awareness is constantly shifting, constantly sweeping around, letting go of some objects and taking in other objects, shifting from one set of objects to another.



Every moment is the right moment for meditation.

When you have natural awareness it might feel as though things have slowed down since you can now take in so many different objects, whereas at the beginning of the practice you struggled to be aware of only one or two objects. However, you can still lose your balance quite suddenly when you unexpectedly experience the stronger forms of greed or anger. The difference is that now the mind usually spots gross defilements or wrong attitudes very quickly and they will then either dissolve immediately or at least immediately start losing their strength. You will still lose awareness, the mind can still wander off or awareness can fade, but you usually become aware of this quite soon, i.e. natural awareness snaps back into action.

Before you get too excited though, here is a word of warning. It is not easy to get this kind of momentum. You cannot make it happen. You need to be patient. It is possible to experience momentum after meditating full time for only a few weeks but it will not last very long. Maintaining momentum takes skill and practice. When you first get it you are likely to lose it again within hours or minutes even. Never try to get it

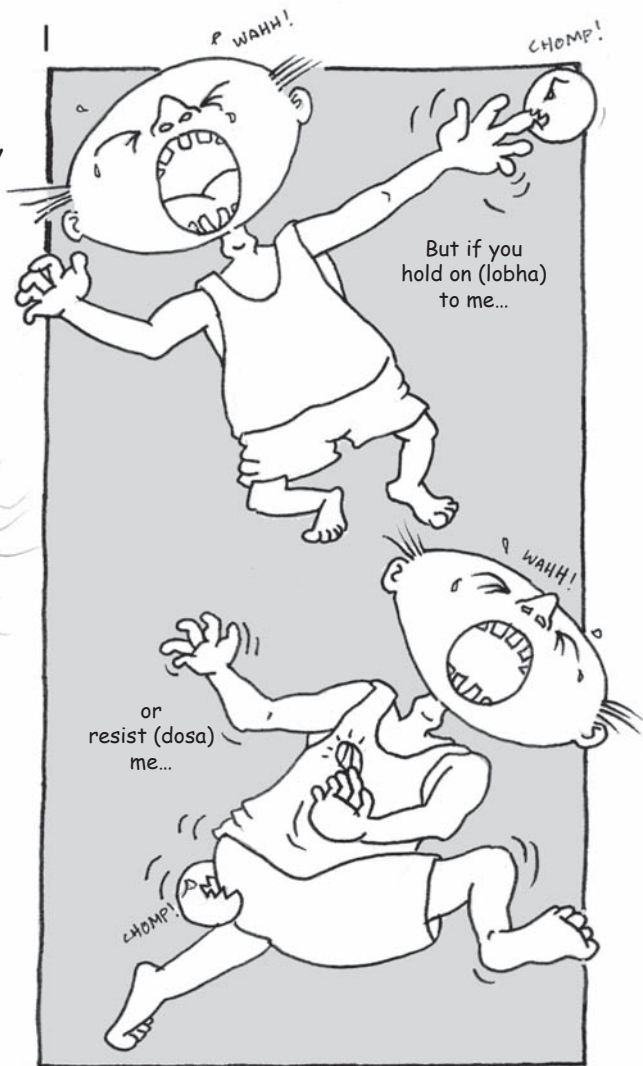
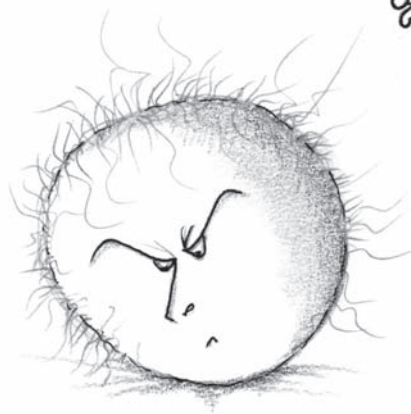


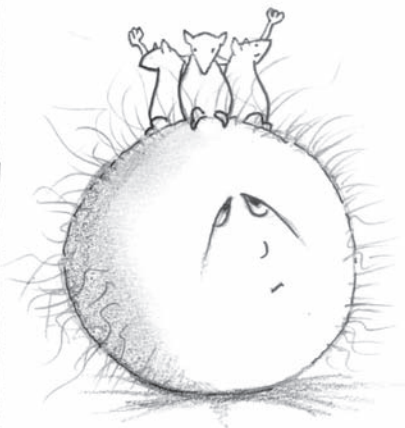
back; this can only happen naturally, simply through persistent practice. Most people will take many months or years to acquire the necessary skills and understanding to have natural awareness throughout the day.

When your practice has momentum, concentration naturally becomes better, i.e. the mind is more stable. The mind also becomes sharper, more content, more simple and honest, more flexible, and more sensitive. It can usually spot the subtle defilements quite easily and yet still remain aware of other objects. Natural mindfulness not only enables you to be aware of many different objects, it also enables you to understand cause and effect, to observe details and to deal effectively with more subtle defilements.

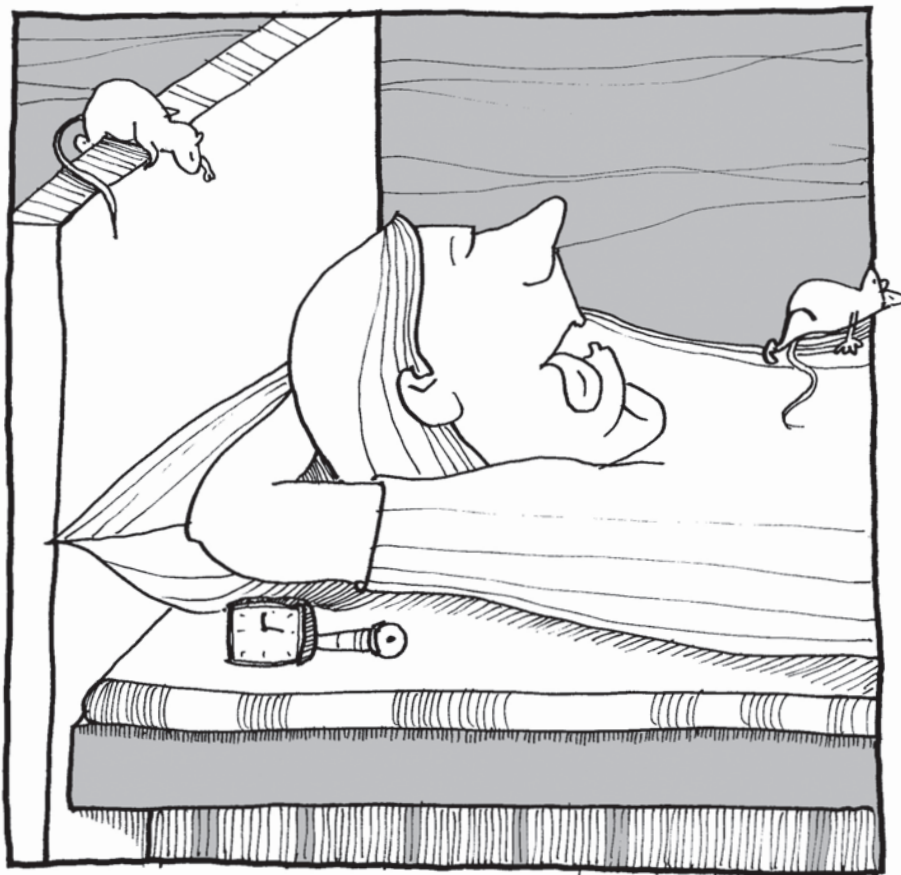
You might, for example, feel quite relaxed and calm while walking to the meditation hall and then notice subtle restlessness during sitting meditation. The mind is now aware of the defilement, accepts the experience and starts getting interested. The question “Why is there restlessness?” will probably come up. The mind then simply stays with this question. At the same time you also explore any thoughts,

I'm just an ordinary
OBJECT
arising at a
sense door.





I'm just an
innocent
OBJECT.

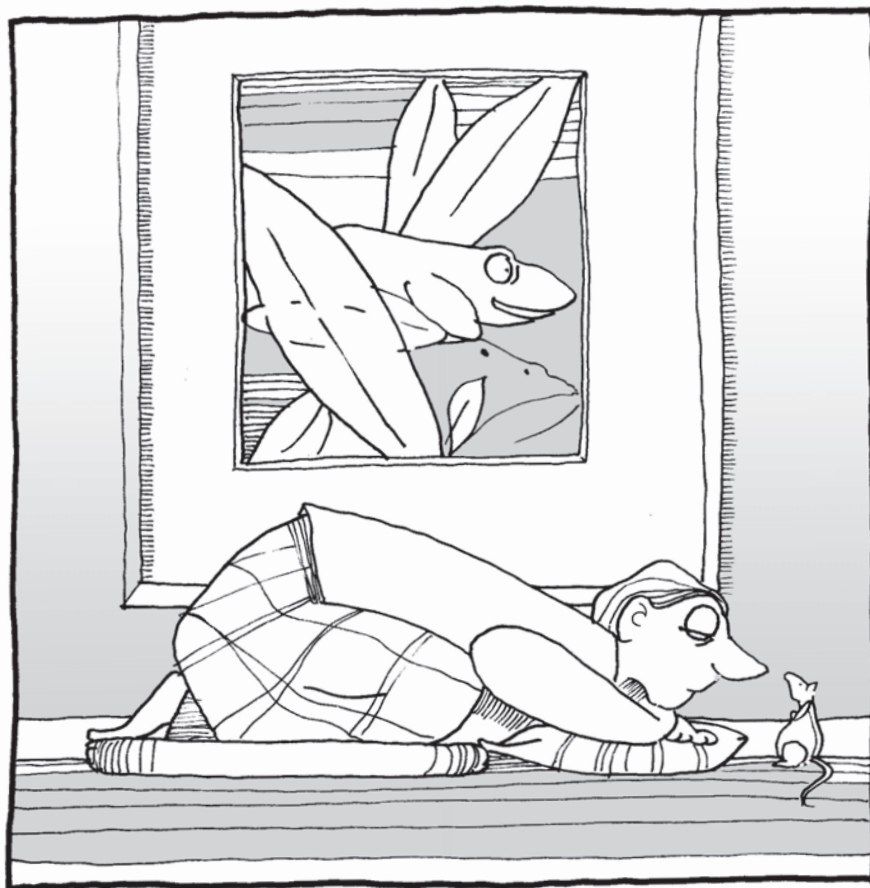


Try to maintain awareness in every posture.

feelings and physical tensions which you know are somehow connected to the restlessness. Then, suddenly you might understand that it is an accumulation of small incidences of stress, frustration, or elation that lies behind this restlessness and the physical tension. In other words, wisdom starts sorting things out. As the mind now understands the causes for the restlessness, it immediately starts getting weaker and the tension in the body starts softening up too.

If you continue observing you might discover that some restlessness and some tension still remain. The question “Why did those incidences happen?” might come up and bring you a step further. You might see the unnoticed wants, resistances, views, hopes or expectations that led to these incidences. Since you now see the ‘original’ causes for your restlessness, your mind can let go of it completely.

Since the mind has become aware of the causes for this restlessness and tension, it will be on the lookout for similar kinds of incidences that lead to stress, frustration, or elation. When they come up again, wisdom will spot the defilements behind them. This way mindfulness becomes even more

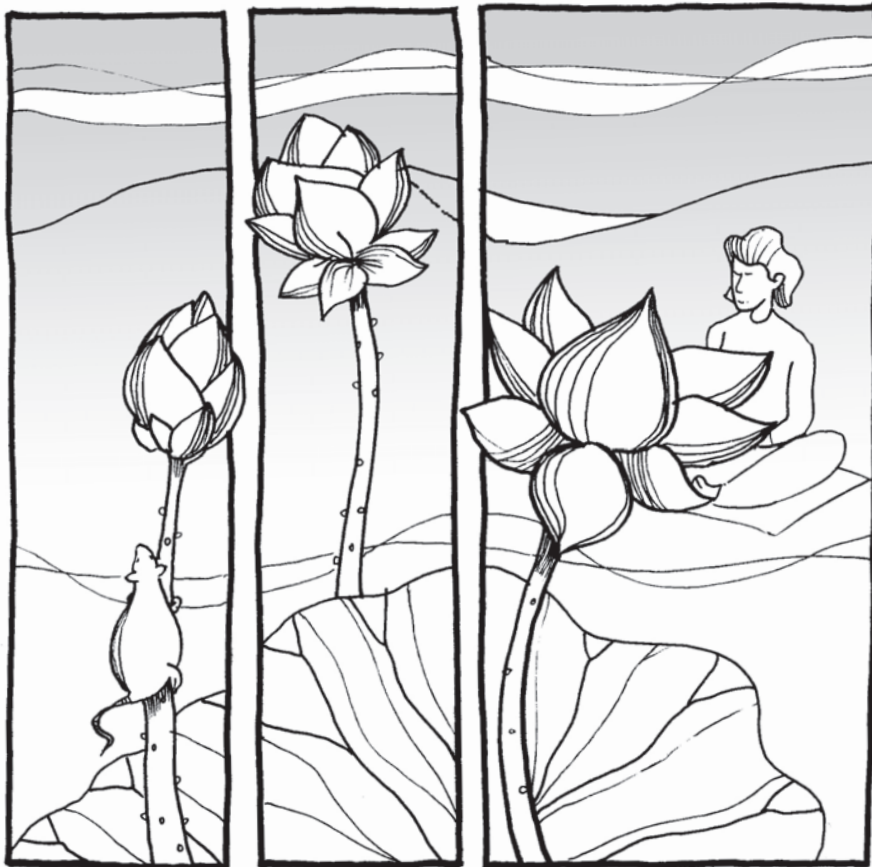


Don't try to imitate others.

continuous, the mind even stronger. Now faith, effort, mindfulness, concentration, and wisdom work very closely together. In other words, the Dhamma is doing its own work.

However, even natural mindfulness cannot always recognize defilements. We all have our blind spots, ingrained habit patterns which we are not aware of. Natural mindfulness will not be able to see blind spots. They are deeply hidden in the mind and therefore inaccessible to direct observation. What mindfulness can see though are emotional reactions in other people. So whenever you notice that people around you become defensive in some way, reflect on your behaviour and your attitude. Usually, however, it will not become clear to you how you could possibly have offended the other person. If you feel comfortable with the person you seem to have upset, you could ask for feedback. Otherwise it is best to describe the situation to a good friend to see whether he or she is aware of your shortcoming in this area. Once you know your problem you could also bring it up in Dhamma discussions. It is important to uncover and explore such hidden habits. Only if you are aware of the wrong attitudes that cause 'blind' habits, will wisdom become able to look out for them.





When you are continuously aware, wisdom unfolds naturally.

When you are new to the practice you have to make an effort to bring wisdom into play. You have to use your mindfulness intelligently in order to practice effectively. Particularly when you come across difficulties you have to think of ways to deal with the situation. Over time though, as mindfulness becomes more continuous, wisdom starts coming in more quickly to do its work. Wisdom knows the difference between wrong and right attitude, wisdom dissolves the defilements. When your practice gains momentum, mindfulness and wisdom start working together. When mindfulness has become natural, the wisdom you have acquired is always available.

No matter how often you lose mindfulness, always gently and patiently bring yourself to the present moment. Remind yourself persistently to be aware but never be eager for progress. Never mind if others seem to progress much faster than you; you are walking your own path at your own speed. All you need to do is persevere and sooner or later mindfulness will naturally gain momentum.





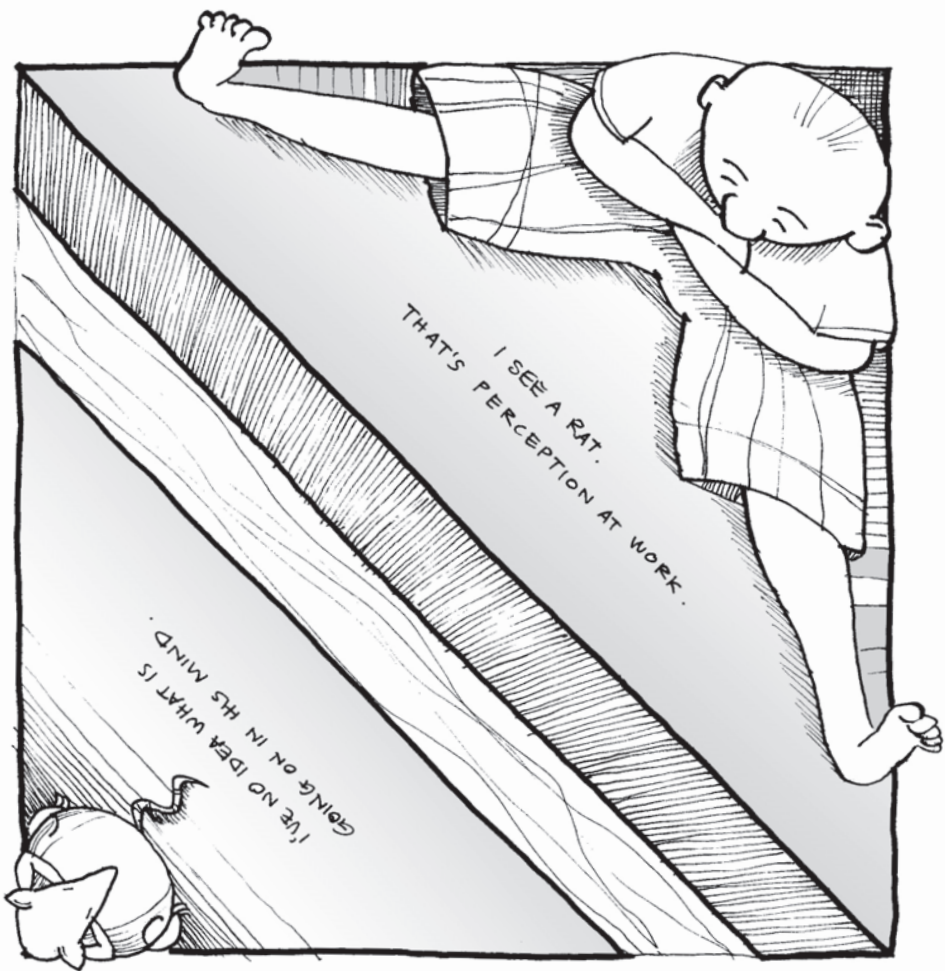
The choice is yours: spiritual journey or rat race.

Wisdom

We usually acquire wisdom or knowledge by learning through reading or hearing (*sutamayā paññā*), by thinking and reasoning (*cintāmayā paññā*), and through direct experience (*bhāvanāmayā paññā*).

Sutamayā paññā is acquiring the right information to get us started. Cintāmayā paññā is the process of digesting this information. Bhāvanāmayā paññā is understanding which arises through direct experience. We need both sutamayā paññā and cintāmayā paññā in order to practice mindfulness effectively so that experiential wisdom, bhāvanāmayā paññā, can arise. All three are part of meditation, all of them are essential for vipassanā.

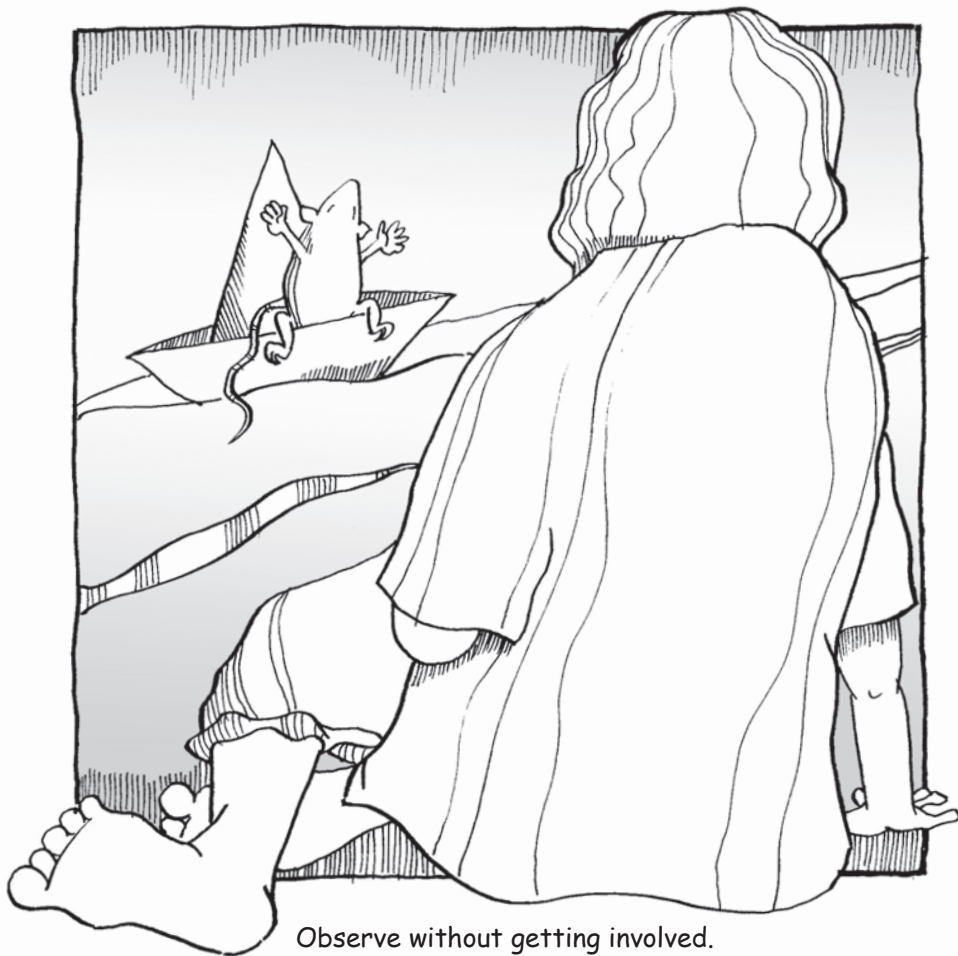
When we are new to meditation we need to read Dhamma books or at least listen to and participate in Dhamma discussions. This gives us the information and advice we need to practise, some ‘material’ to think about. We need to



remember information and advice, we need to reflect when confronted with difficulties, and – of course – we should also ask questions in Dhamma discussions.

Making this conscious effort to bring in wisdom is essential. However, it is also very important to bear in mind the impact that this acquired knowledge will have on our practice. All such information will keep working at the back of our minds, will influence the way we think, the way we see things. So make sure that you have really understood ‘the basics’; make sure that you know what you are doing. Whenever you are uncertain or when you cannot figure things out by yourself, clarify your understanding with a teacher. It is vital to have the right information, the right motivation and the right thinking to practise intelligently and effectively. For most of us this process of acquiring wisdom is a slow and often painful learning experience – we keep making mistakes.

Don’t be afraid of making mistakes and – even more importantly – never feel bad about having made a mistake. We cannot avoid making mistakes; they are in a sense the stepping stones of our path, of our progress. Becoming aware of, carefully looking at, and learning from mistakes is wisdom



Observe without getting involved.

at work! As we learn from our mistakes, wisdom will start coming in more naturally, more automatically. Over the years, as our practice progresses, as we become more and more mindful, the knowledge and understanding we have accumulated will naturally come in more quickly. Wisdom and mindfulness will start working as a team.

When awareness becomes natural, the mind is strong and the wisdom you have acquired is always available. You no longer need to make an effort to bring it in. When the observing mind gets stronger, wisdom can deal more competently with defilements. As your wisdom grows, the mind becomes purer and more equanimous. Eventually you will start experiencing moments of equanimity and clarity in which you begin to see things in a completely new light. In other words, you start having insights.

Having an insight means understanding deeply what you previously only understood superficially, intellectually. It is something that happens naturally, spontaneously; you cannot make it happen. The account of someone describing certain experiences leading up to an insight and the actual insight



Give yourself time to grow.

itself are two fundamentally different things. So having similar experiences yourself does not at all mean that you are having an insight or that you will have an insight. When the time is ripe, when you are ready, you will have your distinct experiences and your own distinct insights. Then you will understand the vast difference between whatever you have read or heard about insight and the actual insight. You can express the effect an insight has on you or the experiences 'around' it but not the depth of understanding you gain through the insight.

Such a direct experience of reality will have a profound impact on your practice, on the way you perceive the world and on the way you lead your life. In other words, the wisdom you acquire in this way will immediately alter the way you see things. However, an 'insight-mind' is not permanent; it only lasts for a moment. What perpetuates, what remains 'alive' is its quality, its potential. Unless we keep nurturing this quality it can fade away. Only continued practice will keep it alive, will make sure that the wisdom you have acquired keeps doing its job and that you keep growing in wisdom. Continued practice





You can meditate anywhere, anytime.

does not mean you have to spend a certain number of hours per day or per week sitting in meditation, even though it certainly helps. Continued practice means being mindful in whatever you do, to the best of your abilities.

At this stage of the practice, wisdom is moving into the limelight. Awareness remains as always at its side but now wisdom is running the show. This kind of wisdom will help us make significant progress in our practice.

Sutamayā, cintāmayā, and bhāvanāmayā paññā also work hand in hand. The wisdom you gain by thinking will increase your faith in the Dhamma and therefore further stimulate your interest in the practice. Increased interest in the practice will result in more learning and thinking. You will stop being afraid of making mistakes and will start exploring new ways of dealing with difficulties. You will see the benefits of the practice more clearly and understand what you have learned at deeper levels. All this will further increase your faith. Once you start having insights your faith in the Dhamma will get a tremendous boost. This will yet again strengthen your determination to practise wholeheartedly. The practice of



Always leave the door open for new and deeper understandings.

mindfulness will become the mainstay of your life and your world will never be the same again.

No matter how experienced you are, no matter how much more knowledge you have than everyone else, never be satisfied with the wisdom you have acquired or with the depths of insight you have had. Do not limit yourself; always leave the door wide open for new and deeper understandings.

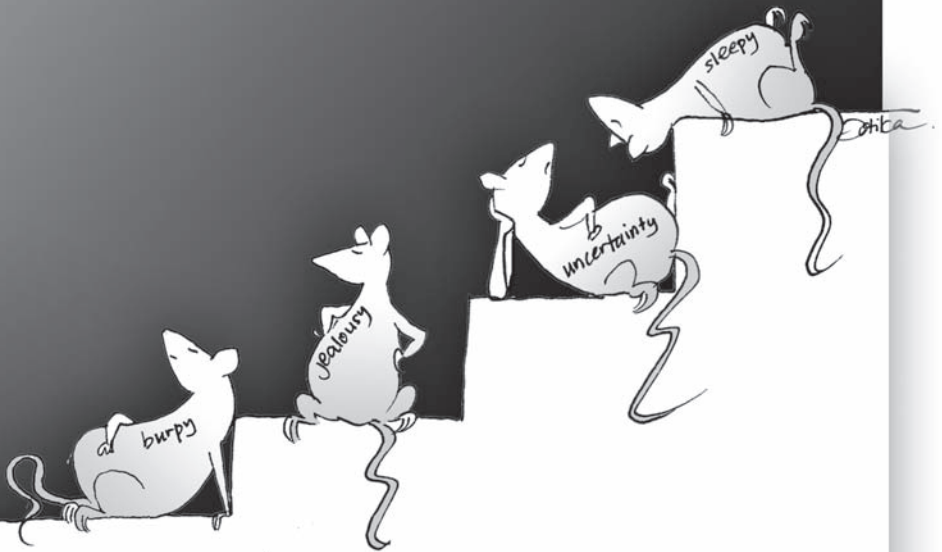


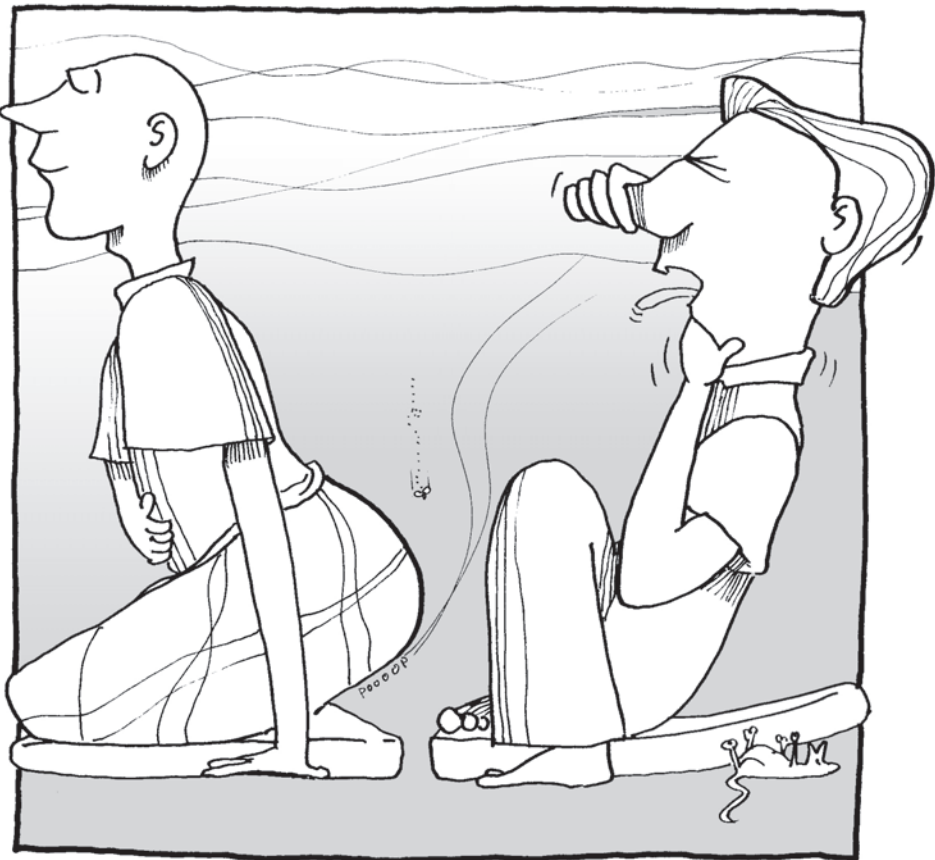
When you interfere with the watching mind,
insight cannot arise.

Learn to watch objectively.



FOOD FOR THOUGHT





The defilement is in your mind.