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## THE IMPORTANCE OF MEDITATION ON MINDFULNESS

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### ABSTRACT :

Nowadays, in contemporary technology, human humans have more benefits in having instruments and gadgets such as computers, television, mobile phones and so on, to fulfil their pleasure of life. Nevertheless, many individuals today seem to experience more pressure than those of ancient days. Although contemporary techniques were intended for the convenience and convenience of our human lives, individuals seem to be more busy and stressful than before. Those involved in big business, politics, staff, employers; and even those working in Hollywood movies are now seeking both physical and mental relaxation. To meet their requirements, a number of meditation centres have been set up to assist them decrease stress and anxiety so they can deal with and carry on their hectic lifestyle. Not surprisingly, the Buddhist Mindfulness Meditation, discovered by the Buddha over 2500 years ago, is now spreading far and wide.

**KEYWORDS :** contemporary technology , big business, politics, staff.

### INTRODUCTION

With regard to mindfulness, the Buddha has declared that "this is the only way to purify humans, to overcome sadness and difficulty, to destroy pain and grief, to reach the correct route, to attain the greatest joy (*Nibbana*)." The most important thing is what we think about thinking, talking and acting. If we take good care of our minds and thoughts, our verbal and physical actions will follow. When we meditate, we work with the mind, making an effort to make the mind calm and clear. We make the mind more aware so that when there is a problem, we will not be adversely affected or react in such unhelpful ways. Of course, we're always going to have emotions, but when the mind is troubled, even tiny issues feel more magnified and unworkable than when we're calm. From this tiny disruption, our minds are creating all kinds of major issues. Initially, we're just uneasy with something, and that discomfort causes us to see stuff negatively and benign to feel dangerous. Thinking that the situation is worse than it is, we may become agitated, which then impacts our discernment and behavior.

It's already an excellent help if we can prevent making issues that already occur worse, but it's the reverse of what generally happens. By caring for the mind with meditation, we safeguard it. By the same token, our speech and actions are also shielded, preventing us from stating or doing stuff that we may regret. This is how we find ourselves in a much better position to help ourselves and others.

### WHAT IS MINDFULNESS MEDITATION?

Mindfulness meditation is about being conscious of our movements paying attention to what's going on in our body and mind, and in the globe around us, but without judgment or response to anything. Staying in contact with reality in this manner from time to time would lead to seeing stuff as they are. It would assist you to take care of yourself so that we can live your life in a fuller and more complete way.

**Mindfulness meditation** is also known to help individuals with a range of physical and mental issues, but it is not necessarily useful to cure a particular disease. There are moments in our life when we encounter trouble, stress and struggle, and for some of us this is just our daily experience.

**Mindfulness meditation**, as recognized by excellent individuals and researchers, encourages a way of being that helps to address the issues of life—physical, mental, social and emotional. Overall, dealing with a continuing trouble is often useful—the issue may not alter, but the way we relate to it can. However, mindfulness meditation has nothing to do with any miracle or supernatural energy as such. It's just a kind of mental practice and self-culture that helps us live a happy and active life.

Mindfulness Practice to efficiently practice mindfulness, one will basically involve theoretical understanding of the exercise along with real training under the guidance of an experienced teacher. Indeed, the finest source of theoretical awareness is the discourse called "*SatipaṭṭhānaSutta*." One should read it with his commentary and get a fair understanding of the teacher's technique. It is vital to think long and deeply about the instruction until one gets the hang of its implementation in daily life. The Buddha has instructed the Four Objects of Mindfulness in the *Sutta*, namely, body, sensation, consciousness, and mental objects. These four can be regarded the start of the path to insight and inner peace. They are effectively "starting points." Mindfulness is aroused within the meditator by concentrating on any of the four objects. With the Arousing of Mindfulness, one wakes up carefully, consciously and carefully, and is in a state of complete mental attention with respect to any job in hand.

According to *SatipaṭṭhānaSutta*, meditation of mindfulness can be practiced at anytime and anywhere by simply paying attention to our mental or physical movements. By intensively contemplating your breathing, you can practice mindfulness. You can also exercise this while sitting, standing, walking or lying in bed. By reflecting on your enjoyable or unpleasant emotions, you can create awareness. You may reflect on the Buddha's characteristics. You may observe a dead body as an object of meditation. Above all, you can place any items from inside or outside your body to create your mindfulness.

Intensive mindfulness practice of breathing, although mindfulness meditation can be practiced in many respects, intensive practice is essential for a beginner. Here, as an instance, I would just like to mention briefly the Intensive Breathing Practice of Mindfulness. When offering instructions to *Bhikkhus* (monks), the Buddha said, "O *bhikkhus*, a *bhikkhu*, who has gone to the forest, to the foot of a tree, or to an empty location, sits down, cross-legged on his lap, his body erect, and awakens mindfulness in the object of meditation, namely, the life that is before him. Beware that he breathes in and he breathes out. By this, here is the clear marking of having an appropriate location for a meditator who wants to intensively cultivate awareness. This implies that certain locations and methods are essential for the Intensive Breathing Mindfulness Practice, such as those used since the moment of the Buddha, even today in the Buddhist meditation centres around the globe on a periodic basis.

"Bending your legs crosswise on the lap" is essential for the firmness of the posture and ease of breathing. "Keeping your upper body erect" means keeping the vertebrae in such a place that each part of the spine should be positioned upright and keeping your upper body straight. "Mindful he breathes in and mindful he breathes out" implies a meditator breathes in and out without leaving his mindfulness.

In the start, a meditator's mind generally wanders on visual and other objects rather than breathing. It's so difficult to maintain one's mind on the meditation path and runs off the street just like a wild young bull yoked to a cart. Like a horse-tamer who wants to break a wild young bull should bind it firmly to a stout-stake, a meditator should bind his / her mind fast to one's breath, which is the object of meditation. The aim of this Breath Intensive Mindfulness Practice is for understanding and memory only. That is for the sake of wider and wider understanding, or further and further measure of understanding, and for the sake of increased awareness.

### **MORE ALERT AND CAREFUL IN THE TIME OF DANGER**

Actually, in the moment of risk, it is factual that one is more mindful. For instance, while driving a vehicle, when you think of crashes that occur here and there every day as we have heard on radio or

watched on television and magazines, you will be more alert and mindful. The Buddha taught us the same manner with regard to the exercise of mindfulness. Those who have some fundamental level of awareness should go further and deeper as contemplating other severe items such as components of our human bodies, dead bodies, and we should also contemplate poverty, disease, pain, suffering, etc. that all humans must inevitably face sooner or later. The aim of this sort of meditation is to be conscious of the misperceptions we have of our bodies and property. Because of misperceptions, we become proud of ourselves and forget about the downfall and decline of life. These things are very much component of our lives and it is very essential to have the correct attitude towards them. Therefore, these kinds of meditation can assist us face both good and bad conditions in life wisely.

In brief, Mindfulness exercise, inherited from the Buddhist tradition, is used in psychology to relieve a range of mental and physical circumstances, including obsessive compulsive disorder, anxiety, and the avoidance of relapse in depression and drug addiction. Vipassanā meditation has acquired popularity in the West through the contemporary Buddhist Vipassanā movement, modeled after the Theravāda Buddhist meditation practice, which uses Vipassanā and ānāpāna (ānapanasati, mindfulness of breathing) meditation as its main methods and places emphasis on the doctrines of the Satipaṭṭhāna Sutta. This shows how scientists have found Mindfulness Meditation that could boost the brain and immune system elements. Indeed, the above observation shows the increasing proof of the importance of mindfulness of meditation.

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