

## **MEDITATION**

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Meditation is what is used as an object of meditation for mental development; it is a series of tactics to train the mind to stay with the object of meditation, and not to allow the mind muddling aimlessly. The Importance of Meditation

The key point of meditation comes like an alarm to the human being - that there is mental harm which is invisible to the eye (dukkha), and that ultimately the human being does not believe that it really exists. The effects of an untrained mind means is that man has a very limited understanding of the world and sees only one part of it, the material side. The untrained mind only sees and knows the material world which gives him both convenience and comfort; he also uses his material development and modernity to encourage and support his own opinion. He chooses to follow his own opinion and overlooks or ignores the problems that arise after acting on that misunderstanding of the way things truly are (delusion, not seeing things as they are and wrong view).

The duty of meditation is to show the truth of the world and life to the human being so that he can live carefully and blamelessly. It teaches him which thoughts are beneficial and which are not, which actions should be taken or not, and to encourage him to understand the world and life exactly as it is. Once he understands what is happening with mindfulness and clarity, he is more able to act in appropriate ways. By doing this, the suffering that comes from living with the challenges of life becomes easier to deal with. He becomes more able to deal with conflict and irresolvable problems and can find the way out of any controversy as well as live in the world of conflict comprehending causes and conditions and be peaceful.

## The Aim of Meditation

Meditation practice is a critical activity in Buddhism and is the fundamental support for understanding the cycle of life (dependent origination). Though meditation has the highest aim of attaining Nibbana (Nirvana, complete liberation from suffering and rebirth), the mind cannot transcend doubt about the state of existence and birth that has existed from the ancient unknown past into the present, and there will also be doubt about this even in the future. If desire, mental intoxication and latent tendencies in the mind are not completely eradicated, the highest goal of achieving one's own liberation cannot be attained, or cannot even arise. The cost of not clearing the mental intoxicants and unwholesome tendencies is the danger of remaining in the state of continued existence and birth being repeated over and over again without an escape.

The danger of continual round of birth and rebirth is human living with all its happinesses and sufferings which change according to causes and conditions that is not in line with human requirement. Until reality of continual round of birth and rebirth is seen clearly, the defilements are destroyed permanently and latent tendencies are eliminated; the man will change his way of life into life of mindfulness and clear comprehension, will live according to way of freedom from suffering and the way to permanent escape from the rounds of rebirth.

Understanding and knowing the danger of continued living in conditioned reality, which is the true state of existence and birth, is critical to help make the human being change the way of his life into a way of life built on mindfulness and clear comprehension so that he can live on the way of Noble Path with stability.