

## **WHY DO WE DO MEDITATION ? – BUDDHIST PERSPECTIVE**

Kalana Dissanayake

First of all, we have to understand the nature of the human body. A human body consists of the tangible or hard component known as matter and the non-tangible component known as mind or consciousness. The hard part of a body is formulated with solid, liquid, air and heat elements. There is no life in a body without mind or consciousness.

A mind is like the wind. It does not stay in one position. A mind becomes more turbulent, if it is comprised with more thought waves in lust, anger and delusion. The meditation is the technique which calms down the mind from its turbulent state to onepoitedness or still position.

Generally, everyone's mind is filled with full of thoughts, in other words, full of mind. Through the meditation, a mind is trained to empty the thoughts and stay in mindfulness. In other words, full of mind converts to mindfulness.

There is a myth that the mind is operated centered with the brain or with the heart. According to the Buddhist Teachings, the mind or consciousness operated based on the six organs such as eye, ear, nose, tongue body and mind. When you see something, only the eye consciousness which is based on the eye is active at that time. No two consciousness operate or active at the same time. When you see a TV or a movie, you see and listen simultaneously. You feel like eye consciousness and ear consciousness operates at the same time because it happens very fast less than 23 milliseconds.

The consciousness or mind stays within a body. It acts independently. It captures objects and radiates thought waves in any part of the multi-verse. The thought waves generated in a mind are the fastest elements travel in the world. A mind is the most mysterious element in the world.

According to the Buddhist Teachings, you should practice generosity and moral disciplines in speech and body action before starts the meditation process. Generally, those who are starting this process have such qualities mentioned above. The people, with more discipline in speech and with their actions are generally carried calm, quiet and pleasant personalities.

Generosity is about non-attachment and lovingkindness. It is through giving a kind and loving heart that we develop our tendencies to let go. As we let go, we become free and happier.

You can discipline your speech by abstaining from false speech, from slandering speech, and from harsh speech. You can discipline your body action by abstaining from

killing or harm others, abstain from taking what is not given, abstain from sexual misconduct and abstain from taking intoxications.

The mind of the person with a calm and pleasant personality is not violent with turbulent thought waves with emotions such as anger, greed, sorrow, jealousy, stress and frustration. Therefore, their minds have built up with eager and desire to meditate and develop and raise the spirituality level further up. When the mind is calm, it will receive the onepointedness state with a little effort. In a still mind, you can visualize, observe and analyze the inner of the mind and the type of thoughts waves generated in the mind. Through this process, you will begin to realize the impermanent nature of the thoughts. They are arising and passing away constantly. They are beyond your control. The end result is a suffering.

When you realize impermanence, suffering, and selflessness, the three characteristics of real nature, your mind begins to realize that the unrealistic nature of permanent perceptions received through our six organs in all the time constantly, known as delusion. This is the base to manipulate your emotions such as anger, lust, de jealousy, stress, frustration, sorrow and to face the emotions with the lot of patience, tolerance, and understanding. The ultimate result will be the reduction of ego or conceit and desire which bring the happiness, relaxation and realization to the life.