

Meditation

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Forms of meditation

Personal experience with

Concentration meditation

Zen Buddhism

California

Insight (vipassana) meditation

Theravada Buddhism

The Netherlands

Goal of meditation

Suppose we are in a situation that is unpleasant
we can try to do two fundamentally different things

- change the situation science, technology
- change our consciousness of it meditation

Control of situations is limited for reasons that are
scientific, financial, political, ethical, ecological

Consciousness can be developed

The three forms of conditioning ('sins')

We want something, but dont have it	greed
We dont want something, but have it	hatred
We do(nt) want something, but not knowingly so	ignorance

These are called *sins*, because they create suffering
Nothing to be ashamed of

But need to be purified in order to become flexible

Mind over mind

Meditation: not mind over matter, but mind over mind

Agustine

*If my mind orders my body to do something,
then my body obeys so well,
that I can hardly distinguish the order from its execution.
If, however, my mind orders my mind to do something,
then it does not listen, even if it is the same mind.
What is the origin of this monstrous phenomenon,
and what it's purpose?*

In this state of mind, he would have enjoyed vipassana

Mental development

Freedom comes from insight

Insight from sustained mindfulness

Such mindfulness needs concentration

Concentration is built upon discipline

discipline \mapsto concentration \mapsto wisdom

Sila, samatha, panna

Basic exercises

Sitting: being mindful on the movement of the belly while breathing

Walking: being mindful on the footsteps

Five hindrances

Greed

Hatred

Restlessness

Sleepiness

Doubt

Technique of switching object of meditation

Five faculties

Confidence

Effort

Mindfulness

Concentration

Analysis

Penetrating power of mindfulness

Chemistry: $2H_2O \xrightarrow{\text{energy}} 2H_2 + O_2$

Vipassana: splitting the mind

If a word is repeated often, its meaning “gets lost”

Psychology: semantic fatigue

Vipassana: splitting the *khandhas*

Annoying pain \mapsto pure pain + resistance

The five khandhas (groups)

1. Body, input (5 senses + memory)
2. Feeling (positive, negative, neutral)
3. Cognition (this versus that)
4. Conditioning, output
5. Consciousness

Maha Hanya Paramitra Hrdaya Sutra

Avalokiteshvara Bodhisatva

When practising deeply the Prajna Paramita
percieved that all five skandhas
in their own being are empty
and was saved from suffering and distress.

Nature of Mindfulness

reality

consciousness



observation (of colour)

observation (of colour)

observation of observation

'mindfulness'

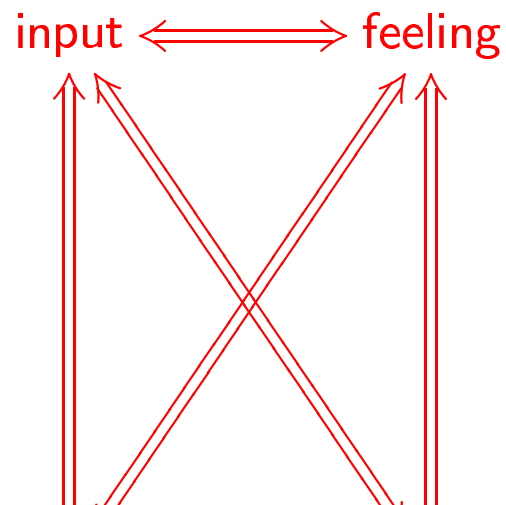
happening \mapsto sadness

sadness \mapsto observation of sadness

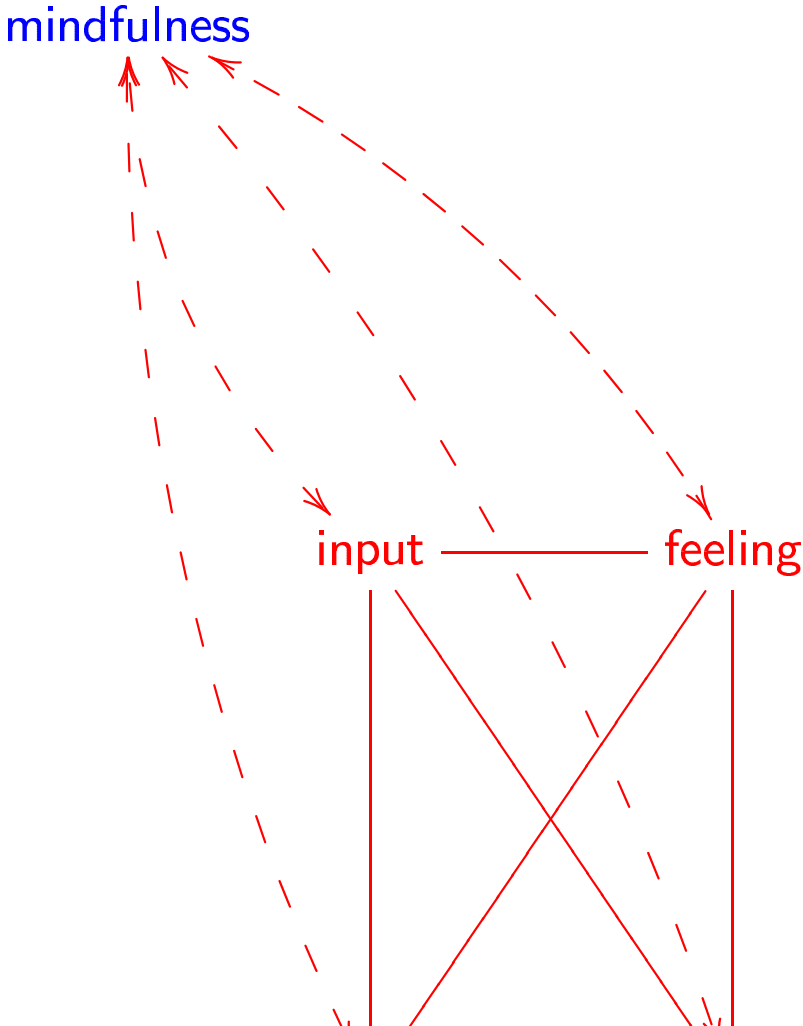
Nature of Mindfulness

Contents of consciousness are
↳ *Conditioning*

Spinoza has described this process
his solution ethics (as duty)



Nature of Mindfulness



Mindfulness is non-active
↳ less conditioning (virtue)

Defilement of Vipassana

The purifying work has its effects

The meditator gets more and more concentration and mindfulness

Then rapture and bliss develop

The state of mind like those described in mysticism

This state of consciousness is usually confused with enlightenment

Teacher: **It is a waste of time!**

Purification of View

Mindfulness is also applied to positive feelings

The meditator who is working hard applies mindfulness to all ph

And then something happens:

the three fundamental characteristics become visible

- chaos non-permanence *anicca*
- nausea suffering *dukkha*
- no control no-self *anatta*

These three are sides of one and the same process

Things that may happen

The process

Fear

Depression

Nausea

The meditator wants to leave the monastery

The teacher exhorts the student to go on

Full time work

One moment of precise mindfulness gives relief

Working hard the meditator makes it into two moments

Four, eight, sixteen, ...

Falling back

Starting from scratch ...

Strong desire to be free from all this

More purification

The meditator develops

1. Energy
2. Equanimity
3. Analysis
4. Concentration
5. Mindfulness
6. Bliss
7. Serenity

Surrendering

The switching technique is still needed

But that is all

At some moment the meditator surrenders

The switching is done automatically

The process disintegrates

Four processes

Cessation proces #	Psychological change
1	Elimination of <i>insecurity, superstition, be</i>
2	<i>Dilution</i> of greed and hatred
3	Elimination of <i>greed</i> and <i>hatred</i>
4	Elimination of <i>pride, sleepiness, restlessne</i> <i>attachment to existence</i> and <i>ignorance</i>

ment one has become an arhat

completely purified

MBSR: Mindfulness Based Cognitive Therapy

Used in 80 hospitals in East Coast of USA