

"We are all used to taking a physical bath to clean and cool the body. After the bath we feel fresh and comfortable. It is very rarely, however, or even never do we get the opportunity to clean our minds in the same way."

"We tend to carry into adult life the dirt we have been accumulating since our infancy, and probably we even carry accruements from our former lives.

Therefore the reason for our meditation is clear: — by purifying the mind we become GOOD, HAPPY, AND WISE. The individual creates society, and society creates the world. Therefore, we begin with the individual, and that is: -- YOU. The impurities to be eradicated are the self-centred emotions, which the Buddha called lust (lobha), hate (dosa), and delusion (moha), the sense of 'self,' which is the basis of all selfishness.

These emotions not only pollute our minds, but they also interfere with our physical health. This problem is what is today called STRESS. Emotions have been useful for some lower animals for the preservation of life and the propagation of the species. But the human beings have a better tool for that purpose, which is intelligence.

Intelligence is the one distinctive faculty that makes the human being stand out among all other animals."

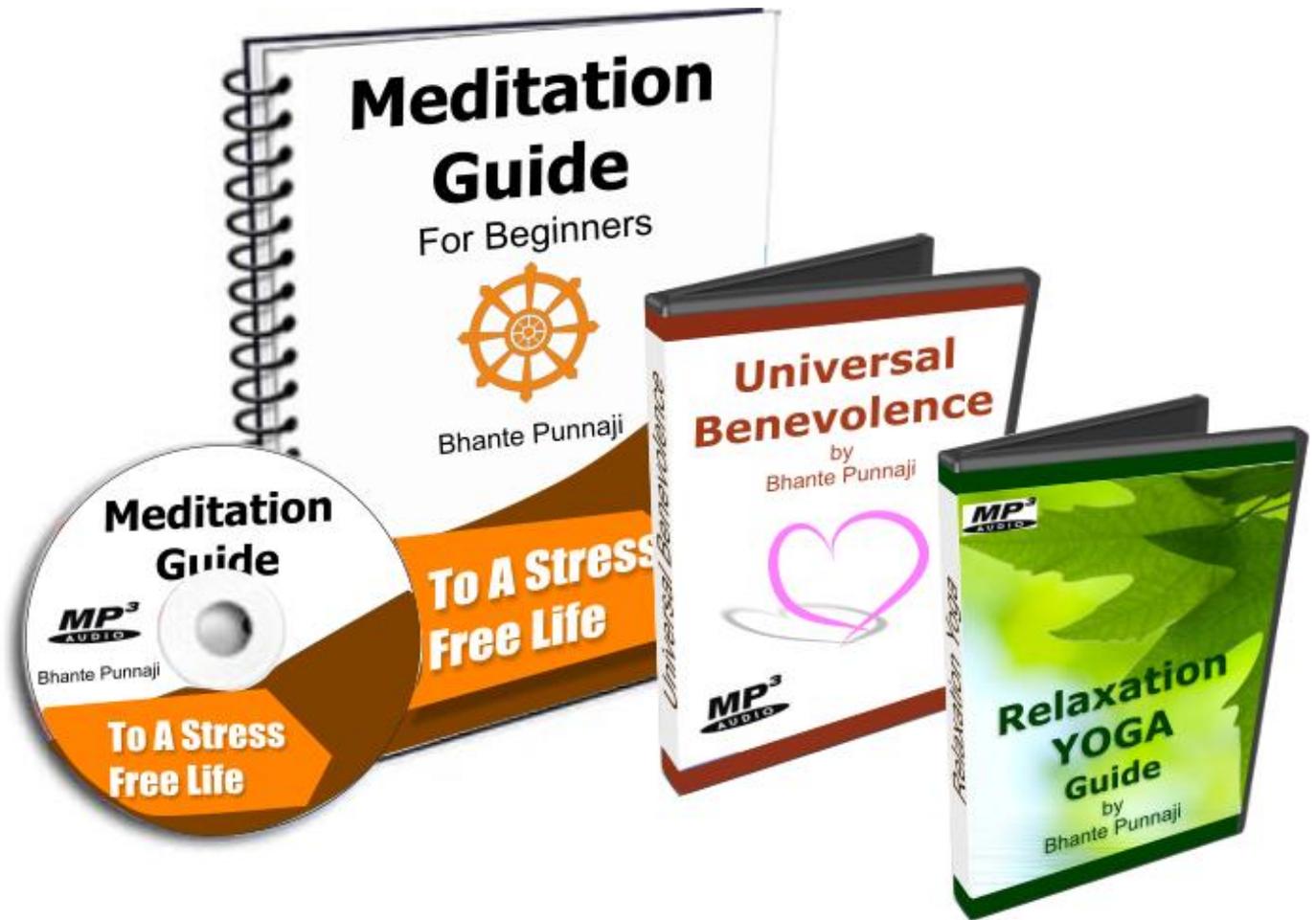
(This Meditation Guide is a step by step guide to help you to achieve a do-it-yourself mind cleansing activity. Download the guide book & mp3 audio to get a complete understanding)

*******READ ON*******

Meditation Guide

Written by Administrator

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STAGE I: RECOLLECTIONS (ANUSSATI)- SELECTIVE THINKING

Reflect on:

- (A). BUDDHA – who became perfect in purity of mind.
- (B). DHAMMA – the technique of purification
- (C). SANGHA – the followers of the way to perfection
- (D). YOURSELF (a beginner on the way.)

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We begin by **replacing unconscious emotional thoughts with conscious good and rational thoughts** :

conscious good and rational thoughts are:

- (1) Dispassion (viraga)
- (2) Compassion (metta)
- (3) Happiness (piti)
- (4) Equilibrium/ Tranquility(samadhi)
- (5) Introspective experiential thinking (dhamma)

Unconscious emotional thoughts:

- (1) Passion (raga)
- (2) Hatred (vyapada)
- (3) Worry (kukkucca)
- (4) Anxiety (uddhacca)
- (5) Extrospective existential thinking (bhava)



STAGE II: CULTIVATION OF GOOD THOUGHTS (Please proceed to listen to the "Universal Benevolence" mp3 track)

After reflecting on the Buddha, Dhamma, and the Sangha, and even on oneself, and having got the inspiration to practice, one then begins to practice cultivating these qualities within us.

Reflect on:

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(A). AWARENESS THE REALITIES OF LIFE

Reflecting on the instability, painfulness and impersonality of all conditioned phenomena.

(B). DISPASSION

Reflection on the disadvantages of the pursuit sensual pleasure and attachments

(C). COMPASSION

Selfless interest in the welfare of all beings

(D). HAPPINESS

Experiencing the Happiness of selflessness

(E). TRANQUILITY

Focusing attention on the experience within and the resulting stillness of mind

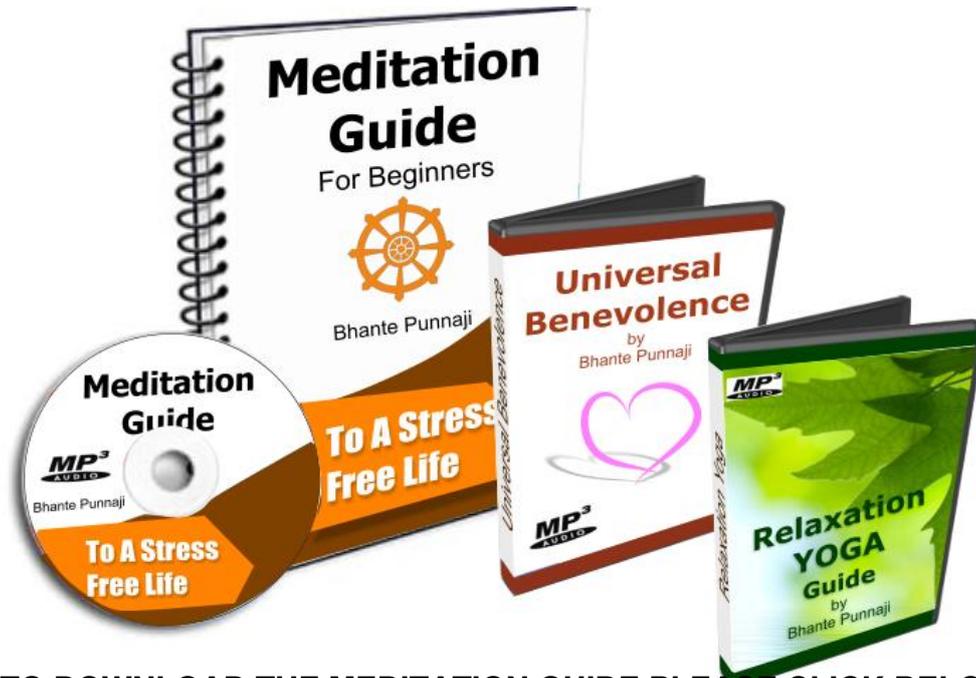
(F). AWARENESS THE REALITIES OF LIFE

Reflecting on the instability, painfulness and impersonality of all conditioned phenomena.

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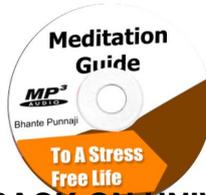
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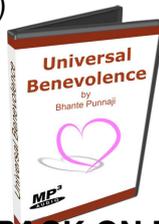
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