

A Study of Mythical Convictions of Non-Religious Meditation

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Introduction

Meditation is a wide spread topic in the present context of the world beyond religious purposes. It is highly visible phenomena that there is a keen interesting in meditation even among the young generation in present days. We people presume that mind practice has got very effective outcomes which are making far reaching effect on both physically and mentally. However, it is a scrutinized fact that wide range of medical researches on mind practices have proven the real effect on mediation scientifically with the help of current technological equipment. No one but Lord Buddha is the best teacher who revealed the real benefits of meditation and it dates back just 2500 years ago. It is therefore meditation has got unmet demand in present and occupies a marked place in all around the world. However, naturally, everyone does not touch the correct sense of the meditation. This is mainly due to the fact that many a misconception came into existence in the process.

Methodology

Here the research emphasis was laid on misunderstandings on meditation which are making novice pull-out from the idea of meditating. In this paper it is expected to discuss following 05 highlighted misconceptions on meditation by textual reading and common questions come through the social networks and media.

1. Meditation is difficult.
2. Meditation Is a Religious Thing.
3. There is no enough time to meditate.
4. Practitioner has to sit Cross-Legged on the Floor.
5. It takes years to feel the benefit of meditation.

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Discussion

Religious aspects are different from religion to religion and everyone seeks for consoling mind from their religious activities. While religious concepts argue each other, there is something which can be given serious consolation to everyone sitting beyond the religious purposes. It is meditation and therefore misconception of meditation should be eliminated among the people and here are few misconceptions on mediation which can be solved by giving correct attention.

Meditation is Difficult

Meditation seems to be a difficult practice though it makes very peaceful mind. Certainly, mind is a place where always stay busy. This is mainly due to the fact that we people have been training mind keep busy throughout the life span. In a moment, thousands of thoughts are flowing to mind and it is a normal phenomenon of the day to day life circle. But, when focus mind on mediation we realize that it is always become a hard matter to control flowing thoughts continually. On the other hand, it makes the sense of meditation is so difficult task. Here the mind makes reasons not to meditate which are very familiar such as I can't relax. I can't meditate. I just can't! My mind will not get quiet; it flies all over the place! My thoughts are driving me mad! I'm trying to get away from myself, not look inside. Eventually, mind decides that meditation is difficult and he who experiences such difficulties does not forget to share the idea with others and the receivers think same and as a result, the idea spreads effortlessly.

Naturally, mind doesn't hang on one thought "monkey mind"; as a monkey moves by branch to branch. It is therefore, realization of nature of mind is a must in this process. Meditation is not stopping think but realization of thinking.

In the citta vagga of Dhammapada, clearly explain what the mind is and its uncertain behavior. Further it shows the way of subduing mind. Meditation won't be further difficult it becomes enjoyable mind practice. Here it must be born in our mind that Buddha did not focus only Buddhist to be trained meditation.

Meditation Is a Religious Thing

The history of meditation dates back thousands of years and origin is rooted in ancient INDIA, where all the purpose of people turned religious. Aggañña sutta of Dīghanikāya in main text of Buddhism provides history of meditation and the reason why people started to meditate. It is therefore, a lot of people assume that meditation is only for religious or spiritual people or Buddhists but the hidden truth is meditation is a way of having good concentration on everything possible and finding peace in stillness and silence. Anybody can practice meditation and there's no specific religious or spiritual requirement to do meditation. Mixing up religion and meditation makes no good sense and provides an opportunity to religious

extremism. However, there is no any guilty find in Buddhist mediation, as a reality based peaceful philosophy to all the other religions and it shows accurate path to master meditation and way of picking the harvest.

There is No Enough Time to Meditate

It's a common question that there is no enough time to meditate in the busy life style. But, time management depends on the person's aspiration. The notion, that down lifts the courage of person is misunderstanding of meditation, before the time management there must be correct understanding on what meditation is? and how it can be mastered.

For the first time sitting for 30 minutes is not an easy task. How about 10 minutes? Even just sitting or keep silence for 10 minutes makes person feel better. it is all about having priorities and being realistic. People think that there is always need specific time, calm and non-noisy place to practice meditation. When it's started to meditate the practitioner realizes that meditation can be done at any place and any moment he wants. We people used to hear the social beliefs on meditation and it must be mentioned here that things coming to our ear influenced by the social beliefs are not always correct. By looking at swimming no one will able to swim until get into water and find its nature. In the same way, meditation must be master not by seeing or hearing but by practice.

Practitioner has to Sit Cross-Legged on the Floor

A lot of images can be seen that the Buddha sitting cross-legged on the earth under a Bodhi tree, yogis sitting in full lotus pose, and many Indian religious leaders sitting on straw mats with their eyes closed. This can seem uninviting if sitting on the floor is uncomfortable or unappealing to the beginner.

In this case, everyone should be known that there is no exact posture to meditate. There is no need to try to look like Buddha when practice meditation. If the practitioner's spine is reasonably straight and sit with a comfortable manner that's the right posture to meditate. Nonetheless, sit with cross-legged pose is very common as it is the most comfortable way to sit for long period of time to meditate with straight spine. This is mainly due to the fact that the Lord Buddha and most of the meditators choose cross-legged posture.

It takes years to feel the benefit of Meditation

Everyone who looks for practice meditation always focus on benefits can be gain through. The true is the benefits of meditation can be immediate and also, they can be long –term. It depends on the effort of person who meditates.

There are number of scientific researchers have been done focused meditation, in the sake of finding true benefits which are occur effecting both mental

and physical. In 2011, In the Harvard University research (eight-week practice) on meditation revealed that daily practicing of meditation makes measureable changes in the brain relating to stress and awareness levels.

Among the most effective meditation practices mindfulness meditation occupies a marked place as it gives immediate benefits. Just keep attention on present moment with awareness. Discourse Satipaṭṭhāna (Dīgha-Nikāya, Sutta Piṭaka) shows the correct way of meditation which make highly beneficial to the person.

By meditating for just a few weeks individual starts to notice increased awareness and less stress. Things that used to bother will not be causing further so much trouble. The results will become patient, tolerant, focused and better equipped to deal with whatever life makes us.

Conclusion

Not only followed myths but also, there are many mythical ideas or misunderstandings can be seen in the field of meditation. Such as, Meditation is a Mysterious Practice That Cannot be Understood, Meditation is about stopping one's thoughts and emptying the mind, it's all about being still and quiet, The Purpose of Meditation is to Become Psychic, Meditation is Selfish. There won't be any fear of meditation if one's opinion on mediation turn toward right way. Everyone could be mindful and less stressed once they practice meditation in their day to day life with positive thought of practice meditation.

We people used to see everything by psychical eyes. Simply, we are deceived by the forms. Our entire life is cheated and it's the nature of world phenomena. The true hidden behind these forms can be seen by improving the mind. The only way is correct understanding and realizing this world process. And as well as, it does not take any religious part. Everyone can be cured, healed, and mended by doing such a practice like meditation consequently the message must be shared correctly among the people.

Keywords: Meditation, Religion, Posture, Discourse, Awareness

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