

MEDITATION CHALLENGE

Meditating and Praying to Focus your Mind

I've talked a part about Vipassana, a meditation method.

The 18th and 19th series = March 17, 2018 issue, 24th issue =

One day, Master Goenka, my master of meditation in Vipassana, was walking along a back road in Rangoon when he found a sign saying, "Meditation Dojo" and walked in. The dojo was a dojo that had been going on for more than 2,000 years, since the time of the Buddha. The disciple of the dojo would become the master, and the next disciple becoming the teacher. There was a teacher with a straight lineage from the time of Buddha (who became Minister of Economy at the time of the independence of Burma = present Myanmar =), where Master Goenka began studying meditation and continued for thirty years.

Fundamentals of Seiza, Sitting-in-Stillness

A simple sitting and breathing method established by Okada Torajiro



ILLUSTRATION BY KEISUKE SUZUKI

Meditation Begins with Harmonizing with Nature: Breath & Mind

And it's the control of the mind. It's about how much you have complete control over your mind.

1. **How to sit.** In the "training" that I teach, I do a special way of sitting. Ever since humans stood on two legs, the spine became bent. Therefore, we must straighten this spine. Sit so that your tailbone does not stick to the floor. Sit with your spine straight, pull the left and right shoulders together to drop the strength of your shoulders, and open your chest.

1. The human mind runs around like a wild horse. To control it is a breathing exercise. Breathing exercises use abdominal breathing. First, inflate about three centimeters below the bellybutton. This is called *Tanden*. At this time, the chest and the lung do not move at all. Air naturally enters when the area under the bellybutton becomes inflated. When the bottom of the *ona* is shrunk, air comes out. In this *Tanden* breathing, there is no conscious of the lungs. If you take a few breaths and exhale, you will notice that only the bottom of the stomach moves, and you can breathe.
1. The breath enters in through the nose and comes out of the nose. Repeat this many times to bring your mind's consciousness to your *Tanden*.
1. When air enters and exits through the nose, the consciousness of the mind, you transfer your focus or concentration to the wall of your nose. You are aware that there is a cold sensation when fresh breath enters your nose. You feel warm, moist air when you breathe out of your nose. As you focus your mind, you will notice that the breath that enters your nose and the breath that comes out are completely different sensations. Focus your mind and capture this feeling.
1. It will take four days at Vipassana training camp until this feeling is clearly captured. When you can fully feel this, you will be able to concentrate your mind considerably.
1. In the next stage, you will bring what you felt in the concentration of your mind to the top of your head. There is no help to breathe here, so you need to focus a lot with powerful concentration. Then, you will sense something on the skin at the top of your head.
1. Then train this sensation on your skin throughout your entire body. Can you gradually come down from the top of your head and feel something between your eyebrows, something on your eyes, or something in your throat? That's how we use our skin to feel our senses. And our minds are sharpened and our senses are felt with our entire bodies.

The consciousness of the concentration of the mind gradually disappears while doing so, and it becomes "empty." Then we enter the "state of nothingness." That's how Vipassana meditation works.

The Process You Need to Pray

This process is also necessary when praying. And if such a state of mind can be achieved, true prayer is obtained. So pray cosmically. Praying is not asking but thanking. First, develop a heart of gratitude for your life. It is a prayer where the ego is gone, and it becomes a state of nothingness to the last and it approaches God. Prayer is not a please. It is to give the heart of gratitude to God.

