

To insight into the 3 Universal Characteristic of nature (anicca, dukkha & anattā) to realize the unreality of the 5 aggregates of Form & Mind.

### DEFINATION

Meditation is to de-condition one's Heedless thinking via training the mind to be Heedful then use it to insight into the 3 Universal Characteristic of nature (cultivate wisdom) to liberate the mind so that it is at peace with all life situations.

### HOW

To develop the 5 Spiritual Faculties with strong determination to overcome the 5 hindrances of mind?

### Final RESULT OF MEDITATION

MEDIATION is about realising the WISDOM to be at peace via accepting the reality of the moment.

## What is MEDITATION as taught by the BUDDHA?

### TECHIQUES

- 1) Pūjā
- 2) The Mind Sweeping Method + Mettā
- 3) Anapanasti + 4 postures + Daily mindfulness
- 4) Use the Heedful Mind to cultivate the 3 turnings of the 4 NTruths & 4 Foundations of Mindfulness

### WHAT ARE THE 5 Mental HINDRANCES?

- 1) Sensual Desire
- 2) Ill Will
- 3) Sloth & Torper
- 4) Restlessness
- 5) Doubt (Skeptical)

### WHAT ARE THE 5 SPIRITUAL FACULTIES?

- 1) Saddhā/ Faith
- 2) Viriya/ Spiritual Resolve
- 3) Sati / Mindfulness
- 4) Samādhi / Collected or unwavering mind
- 5) Paññā / Wisdom

**Pūjā** is to develop the 5 Spiritual Faculties to overcome the 5 hindrances.

**Mind Sweeping Method** is to de-condition the heedless thinking through feeling and relaxation without thinking.

**How to develop Heedfulness?** Cultivate kāyānupassanā via:-

- 1) Ānāpānasati
- 2) Mindfulness of the 4 Postures;
- 3) Daily mindfulness (Sati Sampajañña)