



# Kumudra Meditation Center

## A MEDITATION HEAVEN at CHINATOWN

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### Approved copy

### Meditation Instructions

#### Introduction

The teaching of all Buddhas – avoid evil, do good and purify the mind (Sabbapapassa akaranam, Kusalassa upasampada, Sacitta pariyodapanam – Etam Buddhana sananam). The only way to purify the mind is through meditation. Meditation is basically training the mind to understand the Buddha's Teaching through realised knowledge. Human being with an untrained mind would live a life of the two extremes of aversion and attachment. These are habits inculcated in the mind from the past and would be carried forward to the future existence in lives. So there is a need to break these habits and as true Buddhist, to meditate as a first step to liberation from samsara.

#### Meditation

The main purposes of meditation are:

- 1) Purify the mind.
- 2) Overcome worry.
- 3) Cessation of desire and discontent.
- 4) Attain the magga noyna (Path).
- 5) Enlightenment (Nibbana).

#### Meditation at Kumudra Meditation Center

The meditation instructions at Kumudra Meditation Center (KMC) are based on the Maha Satipatthana Sutta. KMC provides a good foundation for mental development and caters to the needs of both beginners and long-time practitioners. Meditators are guided on a step by step basis and progress to the advance level in meditation can be achieved in our present life time. The meditation instructions are given by Bhante DhammaSiri and approved by Venerable Bhaddanta Eik Di Ba La.

#### Meditation Instructions I

##### Contemplation On Loving-Kindness (Metta)

May I be well and happy.

May I be free from enmity, disease and grief.

May I take care of myself happily.

May all beings in front be well and happy.

May they be free from enmity, disease and grief.

May they take care of themselves happily.

May all beings in the right direction be well and happy.

May they be free from enmity, disease and grief.

May they take care of themselves happily.

May all beings behind be well and happy.

May they be free from enmity, disease and grief.

May they take care of themselves happily.

May all beings in the left direction be well and happy.

May they be free from enmity, disease and grief.

May they take care of themselves happily.

May all beings above be well and happy.  
May they be free from enmity, disease and grief.  
May they take care of themselves happily.

May all beings below be well and happy.  
May they be free from enmity, disease and grief.  
May they take care of themselves happily.

May all beings in the surrounding .....  
May all beings who are dear to me .....  
May all beings who are neutral to me .....  
May all beings who are unfriendly to me .....  
May all beings be well and happy.  
May they be free from enmity, disease and grief.  
May they take care of themselves happily.

## **Meditation Instructions II**

### **Anapanasati: Breathing in and out**

#### **Explanation**

An untrained mind scatters from one object to another and is continuously creating thoughts causing restlessness. We have not allowed the mind to rest even for a second. The mind keeps on thinking of this and that and thus arise thoughts through the six sense base. These consciousnesses are not allowed to rest. It is difficult to make out the time duration between two thoughts.

#### **Method**

Beginners in meditation are advised to sit comfortably on the floor with legs crossed and back in upright position. He then sits and be mindful of his breath. He breathes in and out naturally. He keeps his awareness on his breath and he will feel relax and calm. Continue to breathe in and out in this natural state without any worry or care for anything else. Hold on to this natural state of breathing in and out for at least 10 minutes or longer if you can. You need to know that you must reach a state of perfection before your meditation can progress to the next higher level. Be patient and you will progress. Check with the instructors/Bhante if in doubt.

If for any reasons, you are not able to do so for 10 minutes, stay calm and you may walk mindfully to the second level hall to do walking meditation. Walking meditation will in this instance helps your body to relax and overcome any bodily pain. Walk slowly in the hall with the eyes looking 4 yards ahead and nothing else. Focus your attention on your walking and nothing else. If you need to stop walking, you note stop walking. If you need to make a turn after the end of walking path, you note turn and mindfully you turn in your walking meditation. You may proceed to the upper hall to continue sitting meditation.

Progress in Anapanasati Meditation will evolved into one pointedness concentration of the mind (Ekaggata). The mind is now developed into a higher state and through concentration, the mind will develops further. Check with the instructors/bhante for further instructions.

If your one pointedness concentration is strong, you would experience Nimitta. Please check with Bhante. Not everybody can gain nimitta and it is not a must for further progress.

## **Meditation Instructions III**

#### **Explanation**

Further progress in your meditation is possible. You are advised to seek instructions from Bhante DhammaSiri and/or Venerable Bhaddanta Eik Di Ba La. From the Maha Sathipathana Sutta, meditation will progressively developed in the following stages:

#### 1) **Absorption / Jhana Stage**

Absorption is deep concentration of the mind. There are four level of Jhanas as follows:

Jhanas		Jhana Factors				
1st	1st	Vittaka (Initial Application)	Vicara (Sustained Application)	Piti (Joy)	Sukkha (Happiness)	Ekaggata (One - Pointedness)
2nd			Vicara (Sustained Application)	Piti (Joy)	Sukkha (Happiness)	Ekaggata (One - Pointedness)
3rd	2nd			Piti (Joy)	Sukkha (Happiness)	Ekaggata (One - Pointedness)
4th	3rd				Sukkha (Happiness)	Ekaggata (One - Pointedness)
5th	4th				Upekkha (Equanimity)	Ekaggata (One - Pointedness)

## **2) Vipassana / Insight Meditation**

After absorption, there are four stages to attain. The meditators at this stage are guided by the teacher to develop wisdom, to see, understand and realise the true nature of life. The four stages are realised by contemplating on the Four Foundation of Mindfulness (Satipatthana) as follows:

1. Contemplation of the Body (Kayanupassana)
2. Contemplation of Feelings (Vedananupassana)
3. Contemplation of Mind (Cittanupassana)
4. Contemplation of Mind-Objects (Dhammanupassana)