

Meditation for the committed beginner

Watch the breath closely – let interest and enjoyment draw you in – there is no need to try to get rid of any of the stuff that comes up. Breath through the whole body – breath through all the stuff.

Have faith that a peaceful, clear awareness of body and mind together will teach you all you need to know and resolve everything, but that this just takes time to develop.

If you cannot stop adding new thoughts, use the mantra ‘Buddho’ along with the breath to protect your mindfulness in the present.

That which comes up to distract you as you continue is craving in its various forms. If it keeps coming, note the state of mind (anxiety, boredom etc.) – if the noting is correct the mind will brighten a little just by that, and become a little bit clearer.

Also, are you aware of the body? Are you aware of what is happening in the mind right there at the body, or have you lost your awareness of either body or breath? If so continue to establish and develop this awareness of body and mind together.

If the craving still keeps coming, if your awareness does not lead you to the abandonment of it, are you then willing to make a resolve to avoid whatever it is that is the cause of this in the future; or to keep investigating to find this cause – for the sake of your peace of mind? (To have faith and commitment to the Buddhist Five Moral Precepts can be a massive step forward in this).

If you can find a skilful response to this craving it will leave you in peace, if you follow it you will make it stronger, not nice is it?

I offer this for your reflection.

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