

Key to the Practice of Meditation

——Maintaining Right Mindfulness

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Date: 16 December 2021



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01

Introduction



1. Introduction



1. Introduction



1. Introduction



Let it go

1. Introduction

Meditation

- Rest mind
- Reduce stress
- Calm emotion
- Improve concentration
- Change eating habits and sleep quality.



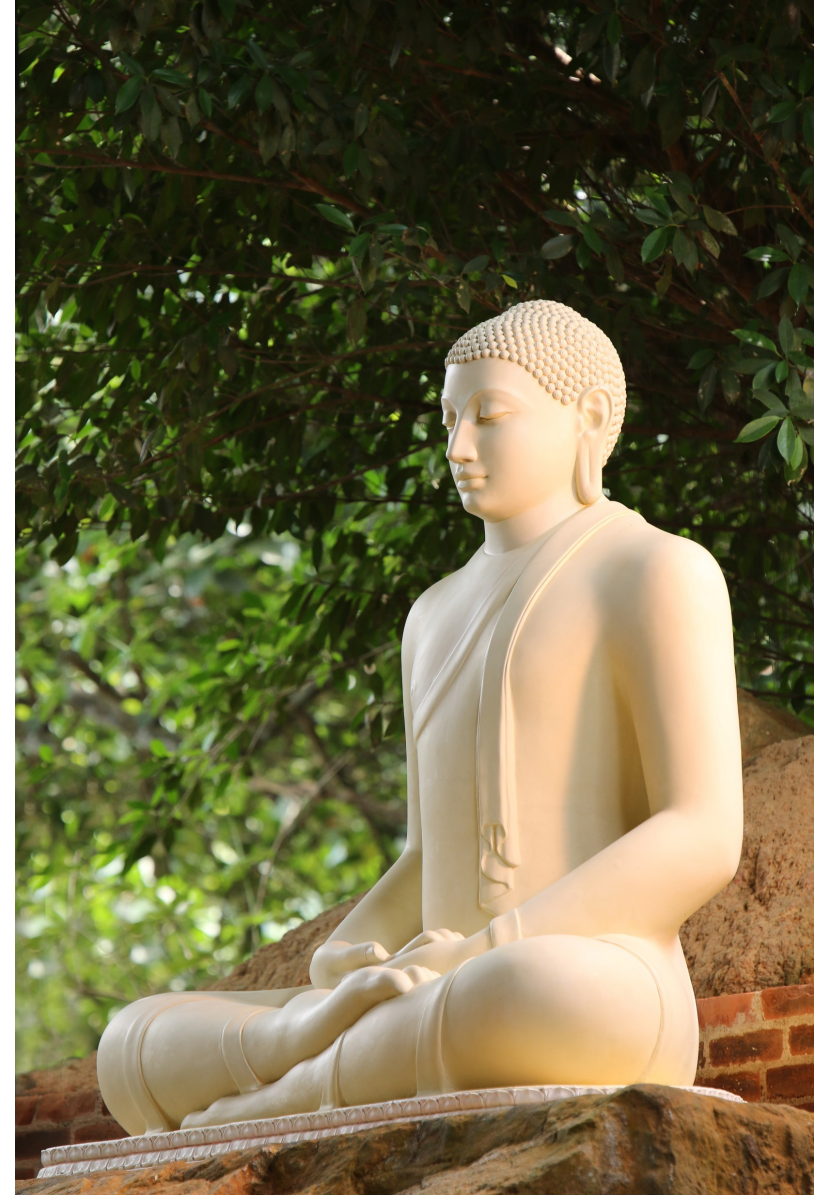


Peace and love, Devon

(Pctures from theguardian.com)

What the secret of happiness is?

- Concentrate on the moment 安住當下
(Maintain right mindfulness 保持正念)



02

What is Maintaining Right Mindfulness?



2.1 Four Bases of Right Mindfulness 四念處觀



- ‘Where should all monks rely on after your Nirvana 涅槃?’
- ‘Relying on four right mindfulness.’

——*Nirvana Sutra* 涅槃經



2.1 Four Bases of Right Mindfulness

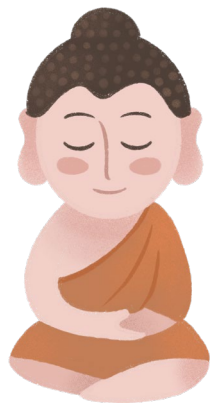
- Contemplation of the body as impure 觀身不淨
- Contemplation of sensation as inseparable from suffering 觀受是苦
- Contemplation of the mind as transient 觀心無常
- Contemplation of all dharmas as being without self 觀法無我



2.1 Four Bases of Right Mindfulness

Contemplation of the body as impure 觀身不淨

- Concentrating on our breath 安般念
- Concentrating on our postures 四威儀
- Keeping in correct awareness 正知,
- meditation on impurity 不淨觀,
- Observing the four elements (earth, water, fire and wind) of our body 四界分別觀
- Observing nine state of corpse in burial ground 九種墳場觀



2.2 Keeping in Right Mindfulness

- **Focusing our awareness on the present moment.**



03

How to Maintain Right Mindfulness?

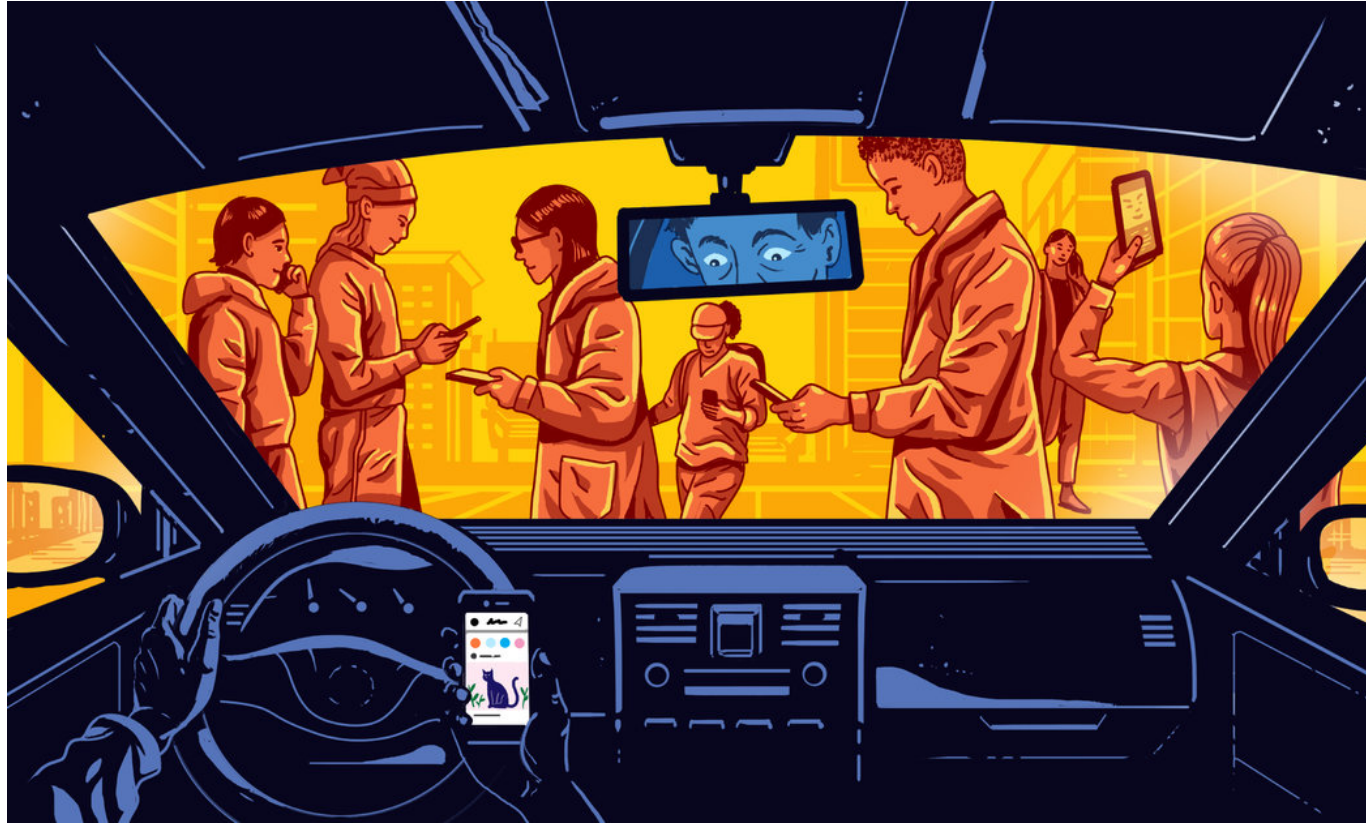


3. How to Maintain Right Mindfulness?

- 1) Knowing exactly what we are doing now.
- 2) Do not do two things at once.
- 3) Take our time and don't rush.
- 4) Continually practicing and developing a good habit.



3. Warm reminder:



Do not use mobile phone when we are walking!

(Picture from <https://cn.nytimes.com/technology/20191115/distracted-walking-twalking/>)

3. Warm reminder:



Obsessed and restless mind

(Picture from <https://flic.kr/p/yB4Lj>)



Peaceful and sensible mind

04

The Benefit of Maintaining Right Mindfulness



4.1 the Power of Heart

**Maintaining right
mindfulness
(Concentration)**



The mental power



Working efficiency



4.1 the Power of Heart



Laser

(Pictures from <http://www.wsxlasers.com/news/218-cn.html>)



Water knife

(Pictures from <http://m.waterjetmall.com/h-nd-139.html>)

4.1 the Power of Heart



4.2 Pure Land practitioners



Two thought

- Chanting 'Amitabha Buddha'.
- Concentrate on our postures

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Conclusion



4. Conclusion

- ‘What is practice 修行?
when are you practicing?’
- ‘When our mind
concentrates on the
moment, that is practice’



4. Conclusion



Act is meditation, sit is meditation. Whether speaking, silence, action, or stillness all can show the state of peace and quiet.'

(行亦禪，坐亦禪，語默動靜體安然)。

——Master Yong Jia 永嘉大師



Thank you for listening.