

## What is the Right Attitude in Meditation?

Adapted from U Tejaniya's, Right Attitude of Meditation

1. Meditating is watching and allowing with relaxed attention whatever pleasant or unpleasant experience is happening.
2. Meditation is learning from everything we encounter. We learn whether we desire, fear, or have no interest in each experience that arises.
3. It is staying present and alert, free of the past or future.
4. Relax, observe, and allow everything that is occurring.
5. Stay soft without rigidity, focused without straining, and sit straight without tension.
6. Neither try to create nor encourage any experience. Be with things just as they are.
7. Practice without expectation, and with the courage to open to every experience.
8. Meditation is not waiting for something to occur or waiting for something to go away. It is being patient with all things.
9. Meditation is being present for both pleasant and unpleasant experiences.
10. Know the attitude with which you meditate: are you resisting or wanting something? If so you are inducing stress into meditation.
11. Don't be disturbed by the thinking mind. You are not practicing to prevent thinking but to recognize thinking when it arises.
12. What is the mind doing? Thinking or being aware?
13. What story is the mind promoting right now?
14. The object of attention is not as important as the observation. If the observing is done with the right attitude, the object will be the right object.