

# **A Study of Misconceptions in Approaching Meditation as a Mind Practice, in Present Context of the World**

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## **Introduction**

Mind practices are occupying a marked place in the present world. It is recognized as a mind practice which makes higher benefits in both spiritual and worldly. It is well known fact that the meditation has been practiced by people for thousands of years with few religious aspects. But nowadays it has got new view beyond religious purposes. With the advent of this demand there are many misconceptions came into exist in the present world. When novice begins meditation, it seems they come across with controversial difficulties which their mind on meditation makes full of gray areas. Therefore here, the emphasis was laid on few common misconceptions made novice full-out of the idea of start meditation.

## **Research Problem**

Here the research problem is “why apprentice leaves meditation at his/her first glance on meditation”?

## **Research Objectives**

The objective of this study is to clarify the precise way of starting meditation with self-reliance of person and recognizing of misconceptions in the subject field.

## **Research Methodology**

Here the research emphasis was laid on misunderstandings on meditation which are making novice pull-out from the idea of meditating. In this paper it is expected to discuss following 05 highlighted misconceptions on meditation by textual reading and common questions come through the social networks and media.

1. Meditation is difficult task.
2. Meditation is only can be done by Religious people.
3. There is need of specific time to practice meditation.

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4. Practitioner must master specific postures to meditate.
5. It takes years to feel the benefit of meditation.

## **Research Discussion**

The aspects of meditating are different from person to person and most of the followers are looking for console their mind by practicing meditation. It is true that, in present world, People leads busy lifestyle with stressful mind concurrently, there is a need came into exist that both mind and body must be healthy .Under such situation, it is highly visible phenomena that people believe in meditation as a practice which makes their mind and body healthy. It must be mentioned here that, this tendency seems to be spread out in the European countries very fast without a religious purpose than the Asia where, the roots of meditation held in. As a result, there is an unmet demand for the meditation and both Youngers and Elders have got keen interesting in this practice in the present context of the world unprecedentedly.

With followed new tendency, correct way of meditating is hiding under new untruthful forms of it. This mainly due to the fact that some are unsatisfied in the subject field. They who experienced meditation in wrong way express their negative idea among others and it makes far reaching effect on correct way of practicing meditation. Therefore misconception of meditation should be eliminated among the people and here are few misconceptions on mediation which can be solved by giving correct attention on it.

### **Meditation is difficult task.**

Meditation seems to be a difficult practice though it makes very peaceful mind. Certainly, mind is a place where always stay busy. This is mainly due to the fact that we people have been training mind keep busy throughout the life span. In a moment, thousands of thoughts are flowing to mind and it is a normal process. But, when focus mind on mediation we realize that it is always become a hard matter to control flowing thoughts continually. On the other hand, it makes the sense of meditation is so difficult task. Here the mind makes reasons not to meditate which are very familiar such as I can't relax. I can't meditate. I just can't! My mind will not get quiet; it flies all over the place! My thoughts are driving me mad! I'm trying to get away from myself, not look inside. Eventually, mind decides that meditation is difficult and he who

experiences such difficulties does not forget to share the idea with others and the receivers think same and as a result, the idea spreads effortlessly.

Naturally, mind doesn't hang on one thought "monkey mind"; as a monkey moves by branch to branch. It is therefore, realization of nature of mind is a must in this process. Meditation is not stopping think but realization of thinking.

In the chitta vagga of Dhammapada, clearly explain what the mind is and its uncertain behavior. Further it shows the way of subduing mind. Meditation won't be further difficult it becomes enjoyable mind practice.

### **Meditation is only can be done by Religious people.**

The history of meditation dates back just thousands of years and origin is rooted in ancient INDIA, where all the purpose of people turned religious. Aganna sutta of Diganikaya in main text of Buddhism provides history of meditation and the reason why people started to meditate. It is therefore, a lot of people assume that meditation is only for religious or spiritual people or Buddhists but the hidden truth is meditation is a way of having good concentration on everything possible and finding peace in stillness and silence. Anybody can practice meditation and there's no specific religious or spiritual requirement to do meditation

### **There is need of specific time to practice meditation.**

It's a common question that there is no enough time to meditate in the busy life style. But, time management depends on the person's aspiration. The notion, that down lifts the courage of person is misunderstanding of meditation, before the time management there must be correct understanding on what meditation is? and how it can be mastered.

For the first time sitting for 30 minutes is not an easy task. How about 10 minutes? Even just sitting or keep silence for 10 minutes makes person feel better.it is all about having priorities and being realistic. People think that there is always need specific time, calm and non-noisy place to practice meditation. When it's started to meditate the practitioner realizes that meditation can be done at any place and any moment he wants. Meditation must be mastered not by seeing or hearing but by practicing.

## **Practitioner must master specific postures to meditate**

A lot of images can be seen that the Buddha sitting cross-legged on the earth under a Bodhi tree, yogis sitting in full lotus pose, and many Indian religious leaders sitting on straw mats with their eyes closed. This can seem uninviting if sitting on the floor is uncomfortable or unappealing to the beginner.

In this case, everyone should be known that there is no exact posture to meditate. There is no need to try to look like Buddha when practice meditation. If the practitioner`s spine is reasonably straight and sit with a comfortable manner that`s the right posture to meditate. Nonetheless, sit with cross-legged pose is very common as it is the most comfortable way to sit for long period of time to meditate with straight spine.

## **It takes years to feel the benefit of meditation.**

Everyone who looks for practice meditation always focus on benefits can be gain through. The true is the benefits of meditation can be immediate and also they can be long –term. It depends on the effort of person.

There are number of scientific researchers have been done focused meditation in the sake of finding true benefits which are occur effecting both mental and physical. In 2011, In the Harvard University research (eight week practice) on meditation reveled that daily practicing of meditation makes measureable changes in the brain relating to stress and awareness levels.

Among the most effective meditation practices mindfulness meditation occupies a marked place as it gives immediate benefits. Just keep attention on present moment with awareness. Discourse Satipatthana (Digha-Nikaya, Sutta pitaka) shows the correct way of meditation which make highly beneficial to the person.

By meditating for just a few weeks individual starts to notice increased awareness and less stress. Things that used to bother will not be causing further so much trouble. The results will become patient, tolerant, focused and better equipped to deal with whatever life makes us.

## **Research Conclusion**

Not only followed myths but also, there are many mythical ideas or misunderstandings can be seen in the field of meditation. Such as, Meditation is a Mysterious Practice That Cannot be

Understood, Meditation is about stopping one`s thoughts and emptying the mind, It`s all about being still and quiet, The Purpose of Meditation is to Become Psychic, Meditation is Selfish. There won`t be any fear of meditation if one`s opinion on mediation turn towards right way. Everyone could be mindful and less stressed once they practice meditation in their day to day life with positive thought of practicing meditation.

**Keywords:** meditation, practice, awareness, misconception

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