

The Buddhist Attitude of Right Mindfulness



1) Man is supreme

Buddha was a human, all his attainments are results of purely human endeavor and intelligence. According to Buddha, both men and women can attain enlightenment. We are our own masters; no higher being in judgement of our actions or control of our destiny

2) Mindfulness or awareness is the seventh step on the Buddha's Noble Eightfold Path. Mindfulness is a quality of mind which clearly apprehends experience and observes it in a noninterfering, nonjudgmental manner. Normally, each experience we have triggers desires, thoughts and memories and these prevent us from seeing the experience as it actually is.

3) The purpose of mindfulness meditation is to strengthen the ability to be mindful and then use it to observe the body, feelings, mind and the contents of the mind. In time these things come to be seen as nonsubstantial, fleeting, impersonal phenomena and a calm detachment towards them arises. Even from a mundane point of view this has numerous benefits. If this mindful detachment can be maintained in daily life, one can remain unruffled in the face of provocation and develop more contentment and peace of mind. Thus the Buddha said: 'Mindfulness is helpful everywhere').

4) Mindfulness also has a crucial role to play in the enhancement of wisdom and positive attitude of our life.