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## A STUDY ON DIFFERENT MEDITATION STEPS OF BHAGAVAN GOUTAMA BUDDHA'S

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### ABSTRACT:

Bhagavan Buddha lived 2000 years ago and has contributed to the world in his own. He has given 4 truths to the world. They are misery, the Aryan truth and also the Aryan truth that connects the misery to the reason, and a Aryan truth of relief from misery, and Aryan truth of way of of maintenance of misery, If we consider these 4 Aryan truths seriously we will come to know that we are in misery which is a mental truth. But the 4th truth is a truth that is a exit way from all this agony, the 4th Aryan truth. We have to walk forward by keeping this in our mind. Now a day's immersed in modernization we have stepped in to mechanical life abandoning human life. Due to this mechanical life the mental health of the human beings is being deteriorating and crores of people have become mental patients. The reason behind this is our greed, so to quit this greediness we have to adopt different types of meditations reached by Bhagavan Buddha based on his life experience.

**Keywords:** Meditation, Mind, Mental Status, Jhana.

### INTRODUCTION

One fine day when Siddhartha was going on in his chariot along with assistant Channa in order to know his people's status, first an old man came across. After looking at him Siddhartha thought that whomever borns have to be old gradually and become charmless, ugly is there anybody who can prevent this phenomenon? Likewise, he saw a patient and thinks that nobody can avoid diseases, whom ever born have to bear with diseases. nobody can escape from this. When he passed forward, he saw a corpse, immediately a thought strikes his mind that nobody can skip death. Further he saw a saint who was begging and roaming and spreading the good things to people, and was very cheerful. Motivated by that saint Siddhartha decides to give good message to the people Siddhartha sat beneath a Bhodhi tree where he got enlightenment. He declares that the root cause is misery, world is full of pain, agony, and meditation is the only solution for all this, and explained 4 types of Meditation which are given below.

### MEANING OF MEDITATION

“Yogave jaayati bhuri  
Ayogaa bhuri sankayo  
Tetang dvedaa patajnatva  
Bhavaya vibhaya ca  
Tatataanang nivesayya yatha bhuri pavaddati”

-Bhagavan Bhuddha

Through meditation knowledge increases, knowledge reduces if meditation is not done. By grasping the 2 path's we can develop in salvation, or can destroyed. When you lead yourself in that way your consciousness will growth.

Meditation means a tool that make our mind to grow. Meditation makes our mind clean, it's like ousting the dirt from our mind and breeding the good. Keeping away the greed, hatred, innocence, is itself is meditation. In the period of Bhagavan Buddha meditation was a part of daily routine, people of that period were performing their duty as doing meditation.

### PHASES OF MEDITATION

1. **First phase of meditation or Prathama Jhana:** Here the person have to deprived from all the earthly pleasures like lust, and have to be with stable mind, then he will enters in to the first phase of Jhana and relaxes there which state is with reasoning, and views and composed of love and eternal pleasure (have to make our mind as exceptional from love and hate, and to concentrate) this stage is called as first phase.



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2. **Second phase or Dwitiya Jhana:** Here the human being enters in to the second phase after fully get rid from the unlogic and point of views and he will be with an internal interest and with an acceptable feeling. and from this state of stationary evolve love and eternal Bliss which is called ad secondary phase.
3. **Third phase of meditation of Tatiya Jhana:** Here the person enters this phase after eradicating the wordly pleasure's, here evolves the mind set which is exceptional from love and hatred, and from this state his body will compose this wonderful pleasure and will be roaming in that state. To this divine pleasure the Aryans named as equanimity and calls this roamong as pleasure trip, this is called as third phase.
4. **Fourth phase or Chaturth Jhana:** Here the person completely abandones the wordly pleasures and worries and gradually over comes the worrying and enjoying mindsets will enters the 4th phase and will start jaunting in that state. This state is a kind where the mind is in equanimity and even aware this state is called as 4th phase.
5. **Fifth phase or Aakassnanchayatana:** Here the person stands high from all the structural signs, over comes the sensual signs, will not observes the diversities and awakens his feeling of the sky is infinite and Jaunts in this mood, which is called as "Aakasananchayatana".
6. **Sixth phase or Vinyananchayatana:** In this phase the person crosses all the signs of Aakasananchayatana in full pledge and will not notices the sky and will be Jaunts in the feeling of 'Vinyana Anantha', which is called as Vinyananchayatana.
7. **Seventh Phase or Akinchanayatana:** Here the signs of Vinyananchayatana are fully crossed and will not give importance to the designing and will be aware in the feeling of simply (conception of nothing) nothing and Jaunts in this feeling which is called as Neva sagnasanyatana.
8. **Eighth Phase of Nevasanyanasanyayatana:** Here Akinchanyantana symbols are fully crossed and will be jaunting in the feeling of Nevajnanasanyayatana which is a perception of there is a perception of nothing and no perception at all Here the signs of Vinyananchayatana are fully crossed and will not give importance to the designing and will be aware in the feeling of simply (conception of nothing) nothing and Jaunts in this feeling which is called as Nevasagnasanyatana.
9. **Ninth phase Or Animitta or symbol less:** Here the human being completely stands high from all the symbols of nimitta and will be jaunting in the feeling of 'Animatta chetosamadhi' with an awareness which is called as Animitta cheto Samadhi.
10. **Tenth phase or sakka sutta:** After crossing the Animitta chetosamadhi Bhagavan Buddha became Arahamth, samayak sambudda, saint with chastity, personified conscience, and a mentor of persons and guider of gods. Like that in this stage the goddesses will get longitivity, divine beauty, divine pleasures,fame, monorchy and divine structure, aroma, taste and touching sence.
11. **Eleventh Phase or chandana Sutta:** People who attained this stage will change to God's form; Bhagavan Buddha speaks about such people like.

Atha kho candano devaputto...pe...!  
 Atha kho suyamo devaputto...pe...!  
 Atha kho santusito devaputto...pe...!  
 Atha kho sunimmito devaputto...pe...!  
 Atha kho vasavatti devaputto...pe...!

## EXPLANATION

Bhagavan Buddha has explained the 4 stages of the meditation based on his experience. We being common people will get clarity about each stages after adoption and practicing of meditation. To reach to this first phase we have to turn our back to all kinds of lust and earthly pleasures and to control the desires that arises in our mind and concentrate on attaining a state of stable mind what ever the feelings flow in our mind. In the second phase the mind will be in a state of single feeling above from dilemmas. In the 3rd phase our mind will be blooms with a calmness which is above from joy. In the 4th phase mind will crosses previous mind state of happy and sorrow and will be Jaunts. This divine state where happy and worry are equally received with a same is always cautious,. In 5th stage the mind is cautious after passing all the sensual perception, and will not notice the diversities and will only cautious in the feeling of infinity. In the 6th phase he will not give importance to the vinyana and will be jaunting in the feeling of there is nothing. In 7th phase he will not observe Vinyana and jaunts in the same feeling of nothing. in 8th phase he will jaunts in the feeling of perception is not there and its there, which feeling is called as Nevasanyanasanyayatana. In 9th phase he will jaunts in Animitta chetosamadhi with out giving any importance to symbols. 10th phase is a phase where Bhagavan Buddha has become mentor of Arihant, samyak sambudda, and personified chastity, an unanimous guider, personified conscience, and mentor for philosophers,, God's, and humans. This phase is a phase where God's will get some divine powers. After reaching the 11th each and every one will become forms of God.



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## CONCLUSION

In total perception meditation is a process where our mind will grow, as we practice meditation our heart becomes pure, frailty will fade, and mind attains a state of stability. Mahamoggalana a disciple of Bhagavan Buddha explains that as our heart will bloom phase after phase. They are gradually first, second, third, Fourth, Aakasanachayatana, Vinyanachayatana, Akinchanyantana, Nevasanyanasanyayatana, Animitta, Sakka sutta and Chandana sutta, which are introduced here.

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5. Bhikkhu Bodhi, Comprehensive Manual of Abhidhamma, Buddhist Publication Society Kandy, Srilanka, p.28
6. Mr. Aung writes in his introduction to the Compendium, p.2. "The Grammarian's definition of term citta (mind) is arammanam cinteti'ti cittam (thought = thinking of an object). Here the word cinteti is used in its most comprehensive sense of vijanati (to know). Mind is then ordinarily defined as that which is conscious of an object. From 234. this definition we get our definition of vinnana (consciousness). Consciousness may therefore be tentatively defined as the relation between arammanika (subject) and arammaṇa (object)." There is no reason why such a distinction should be made between Citta and Vinnaṇa.
7. Bhikkhu Bodhi, Comprehensive Manual of Abhidhamma, Buddhist Publication Society Kandy, Srilanka, p.27.
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10. Mahathera Narada, A Comprehensive Manual of Abhidhamma, translated by Bhikkhu Bodhi, Buddhist Publication Society Kandy, Srilanka, 2006, p.30.
11. The six heavens are, in ascending order, the Heaven of the Four Heavenly Kings, the Heaven of the Thirty-three Gods, the Yama Heaven, the Tushita Heaven, the Heaven of Enjoying the Conjured, and the Heaven of Freely Enjoying Things Conjured by Others.
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