

## **THE MEDITATION OF MINDFUL BREATHING**

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### **Abstract**

Yoga with eight fold path which develops into awareness of reality. The light that you seek within you so the search is going to be a inward search it is not a journey to some goal in the outer space it is a journey in the inner space you have to reach your core but you have to remove few layers ,here search for truth is negative ,it is not a positive search you have to delete something instead add. So that's why the method of Upanishads *nethi nethi* means go on negative until you reach negator. Then it comes when you are the negator then you reach the treasurer. In this regard you concentrate your mind on one point then the possibility of Dhyana or Meditation but in meditation even you drop that point also. Meditation is one of the parts of yoga. Yoga means union. Union between you and nature yoga means union between mind and body , yoga means union between you and you and from you to yourself. The meditation of breathing taught by Buddha is very practical we can apply into our daily life not doing anything at all bodily, mentally on no level and all activities has come to an end. And you simply are Just being that's what meditation is. In that you have to understand it and you never can find time. You be in your centre and utterly relaxed that is meditation

**Key words:** awakening, breath, daily life, Dharma, meditation, mind, thinking, yoga

### **Introduction**

Seven Factors of Awakening, which will give rise to understanding and Liberation."One practices as follows we must observe and concentrate on our daily regular breathings inhale and exhales two of breaths either it short or long , "These two breaths enable you to cut through forgetfulness and unnecessary thinking, at the same time giving rise to mindfulness and enabling you to run into life in the present moment. Forgetfulness is the absence of mindfulness. Breathing with awareness enables us to return to ourselves and too life. Be conscious in Breathing in, get awareness of our whole body and awareness of every part of the body allows you to see the wondrous presence of your body and the process of birth and death unfolding in your body and the breath helps you realize calmness and peace in the body and arrive at a state in which mind, body, and breath are one pleasant-sounding reality. in breathing out and feeling joyful and feeling happy.' "With these two in and out-breaths, you cross into the domain of feelings. These two breaths create peace and ecstasy that can nourish mind and body. You return to yourself, aware of the present moment. Happiness and joy arise within you, you stay in the wonders of life, able to taste the peace and joy mindfulness brings. You are able to transform neutral feelings into pleasant feelings. breathing in making the activities of the mind in us and calm and at peace

Here the breaths enable you to look deeply at all the feelings arising within you, whether they are pleasant, unpleasant, or neutral, and enable you to make those feelings calm and at peace. The 'activities of the mind' mean, in this case, the feelings. When you are aware of your feelings and can see deeply into their roots and nature, you can control them and make them calm and at peace, even though they may be unpleasant thoughts which arise from desire, anger, and jealousy and makes you aware of our mind.' it increases concentrating our mind after that breathing liberates mind. I am breathing out and liberating my mind. breath enables you to recognize the states of the mind, such as perceptions, thinking, happiness, depression, and doubt. You observe and ognize these states in order to see deeply into the minds ctivities. When the mind's activities are

observed and recognized, you are able to concentrate your mind, making it quiet and at peace. Then in breath we observe the impermanent nature of all dharmas. Observing the fading of all dharmas and contemplating liberation. And then have been observed contemplating letting go.

First is the observation of the impermanent nature of all dharmas. Because all dharmas are impermanent, they must all fade. When you clearly understand the impermanent and fading nature of all dharmas, we all are no longer bound by the endless cycle of birth and death. Once you have let go and attained liberation, you can live in peace and joy in the very midst of life. There is no longer anything which can bind you. So taught the Buddha how to observe deeply the body feelings, mind, and objects of mind through the sixteen methods of conscious breathing. He also applied these excises to the practice of the Seven factors of awakening.

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### **Practice of mindful breathing**

As per Buddha's view breathing in and breathing out is simple enough but the effect of practice can be very deep. If really we start breath in and breath out doing with attention would happens miracles since the only object of our attention is our in-breath we release everything else we release all things we release our regret our sorrow concerning in the past, we release the fear and thus uncertainty about the future just by focusing our attention on our our email and within like that can just you free. Free from the path of the future, from the future from your projects and while in breath taking in mindfulness and concentration and bring us lot of freedom plity, and then you can also enjoy your in-breath, Breath in is not a hard labour it is something that enjoyable, specially when air is clear enough fresh and nose is without allergy so breath in one should aware of his in breath within he enjoy my in-breath so happiness is possible already with one in breath and happiness is possible you are free fear, you are not caught by your sorrow, your regret about the past, and your fear your uncertainty about future so purpose is progress of freedom and freedom brings happiness and the same thing is our out-breath when we breath-out and we only focus our attention on our breath we remain free and we continue like that for five minutes or more whether we are in sitting position or walking position.

Our body is linking body and mind, usually we forget our body while we are in daily physical works then you reconnect with your body mindfully, If there is any tension in our body we might like to practice with in such way that allow the tension in our body to be released and when tension is released the amount of pain in the body would be decreased breathing in mindfully is a wonderful way to hold our body to make peace to conserve our body and to take care of our body and that is why first exercise of our breathing sounds so simple the effect it can bring it is very big enormous and we don't have to set aside some in order to practice mindfulness breathing we can do that day log works. With the practice of mindful breathing we can stop our thinking. Actually thinking brings us away from here and now, we very often get lost our thinking we go back to the past or we go to the future we get lost we are not there to live our life. The fact is that life is available only in the present moment here and now. The Buddha said that the past is no longer there and the future is not yet there. One moment you can truly to live your life that is the present moment and that is why to breath in mind fully is go back to the here and now become live again. Lost in the past last in the future you are not truly alive and there fore you think about awakening enlightenment so you recognise that you have a Life and you can enjoy and celebrate the fact that your whole life one in breath is good enough to bring enlightenment that a nothing is we ask you live and to be alive is miracle. Mindful walking and mindful breathing are amazing ways to celebrate the fact that you are alive. Stop thinking and talking while you walk, We just walk such a way that you touch the wonders of life with every step bring you home of "here and now".that is called mindful walking if

we practice it every step we celebrate gives compassion and nourishing. It leads to kingdom of god on earth means we can express it Pure land of the Buddha appealing is now and here. you don't need to die in order to be born in a Pure land .

The next exercise of mindful breathing stated by Buddha is Breathing in "I am aware of my body" recognising you that your body existing you go back to your body and. you recognise that your body has been there and you reconnect with your body. Observation of your body after twenty minutes you scan your body with the rays of mindfulness and take interview with all parts of your body smile and recognise as existed

Buddha said gentleman it is possible for you to be happy right here and now ,Buddha new where that businessmen they think too much about the future about their success. And they sacrifice the present moment for the future.in this regard in pali and chine the Buddha used that expression four times it is possible to live happily in the present moment. Only you need to clean yourself to bring your mind home of right here and right now. So good practioner of meditation of mindful breathing is supposed to have that capacity to bring in a feeling in a feeling of joy if we know of happiness she wants to and you can have the other person to do that you can remind.

### **Conclusion**

The meditation of breathing taught by Buddha is very practical we can apply into our daily life. not doing anything at all bodily, mentally on no level and all activities has come to an end. And simply you are Just being that's what meditation is. In that you have to understand it and you never can find time. You be in your centre and utterly relaxed that is meditation. Pathanjali says by practicing the different steps of yoga for the destruction of impurity for destruction of identity, Identification for the destruction of the mess that you have got in the chaos where everything has become everything else. Destruction of impurity arises spiritual illumination. So that a man becomes a Jina a conqueror, then a man becomes a Buddha. And you are emptied of energies sooner or later and that emptiness will not be the emptiness of your Buddha one who is awakened.

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