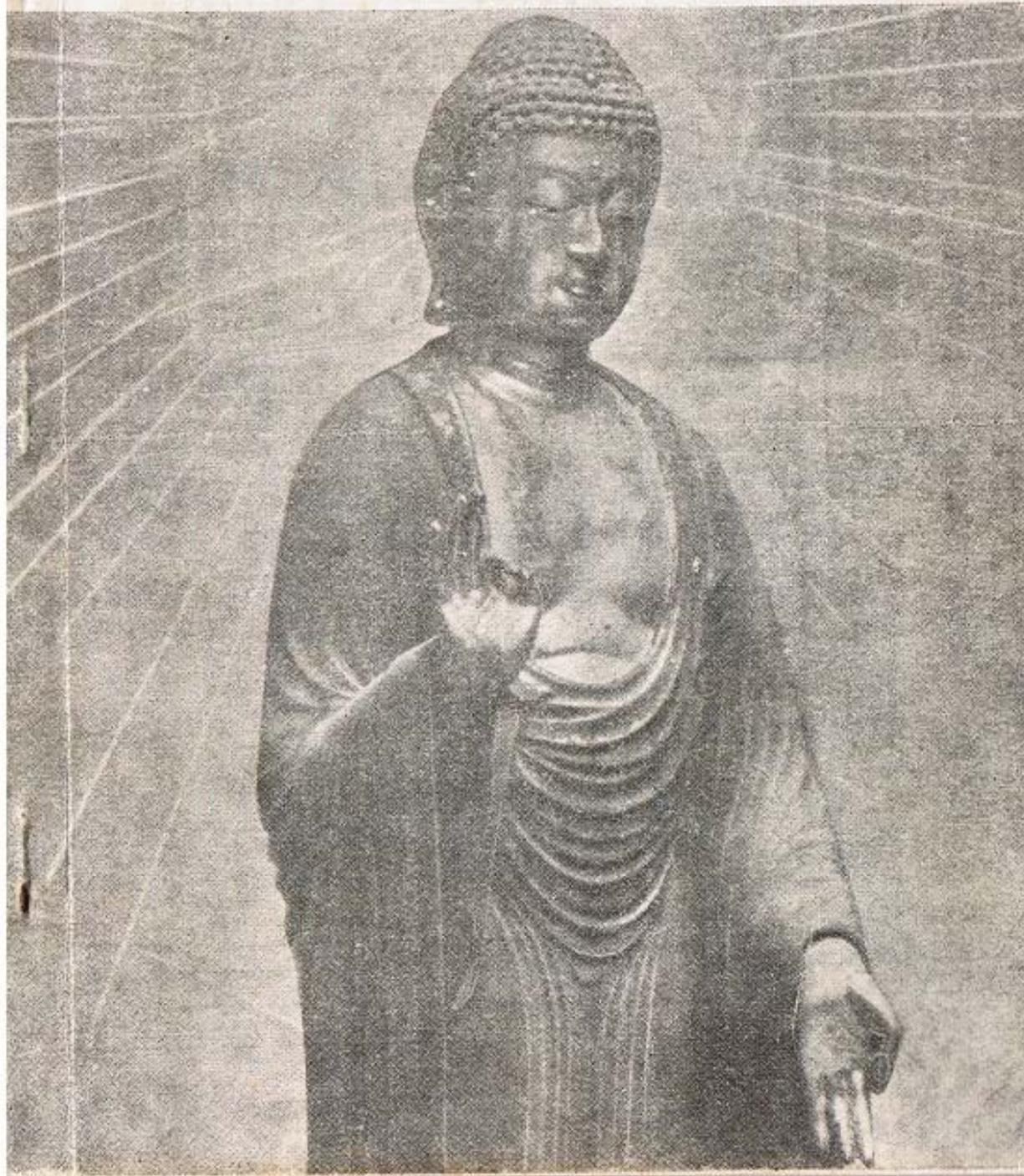


THE LIGHT OF TRUTH

Sermons Delivered By The Ven Lokanatha in
Singapore.



THE LIGHT OF TRUTH



SERMON DELIVERED BY
VEN. LOKANATHA.

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2008 Edition:

I discovered this existence of this book earlier this year while in Myanmar (Burma) researching my great Uncle, U Lokanatha, the first Italian Buddhist monk. I fortunately found a copy in a rare bookstore in Canada. This book contains a series of talks that Lokanatha gave while in Singapore in 1948, prior to his mission to America to preach and spread Buddhism.

While this book contains Lokanatha's talks, it was put on paper by someone else who likely was not a native English speaker. I have maintained the original book almost exactly as it exists; keeping words capitalized that wouldn't usually be; I did not change Pali spellings to commonly known words; i.e. Nibbana was not changed to Nirvana. The only exceptions are correcting some misspelled words, changing British English spellings to American English; adding a semi-colon here and there, or breaking up a run on sentence in some places, others were left as they existed. In addition the text was spread out and created a slightly shorter book, so chapters start a page or two early as the book goes on.

You will find at times, the themes repeat; keep in mind that they are taken from different talks and the some of the same ideas were discussed almost verbatim at different times.

Aside from fully absorbing everything the Buddha taught and the goal of reaching Nirvana; when not in meditation; my great uncle's life mission to teach the words of The Buddha and make them available to everyone, to exchange cultural ideas, world peace, and vegetarianism. My hope is that in rediscovering his words will give some insight about him and his ideas at this time in his life; that his mission will continue and that in some way this book will complement the efforts of the thousands of others who currently have the same goal.

Michael Cioffi

THE LIGHT OF TRUTH.

FOREWORD.

Scanning the workaday horizon of world conditions today, one is confronted with nothing but stark revelations of crude selfishness and deceitfulness of man and man's greed and lust for the basest things in life. After the Second World War, which nearly collapsed civilization, human destiny finds itself again at the mercy of career politicians and the trend of civilization a pawn to Power Politics. Expansion, traditionally the keynote of Power Politics, brings in its train, nothing but chaos and catastrophe in International Relations and Finance. In their insatiable quest for ever increasing power and vain glory, World Powers, in their game of Power Politics, will not hesitate running the risk of precipitating a Third World War the horrors of atomic warfare notwithstanding. From poison gas and the death ray to the atom bomb, there seem to be no end to this quest for more powerful weapons of destruction and annihilation—this time not of enemies but of the entire human race and consequently a total blackout to civilization itself. The intensive research into the potentialities of atomic power will reduce into child's play the horrors of Hiroshima compared to what is yet to come. With scientists toying with the atom bomb and politicians playing with conflicting political ideologies, a Third World War is as inevitable as it is near at hand. Thus with World Destiny perching on the brink of the abyss of everlasting darkness, more sensible people of the West cannot help realizing with morbid disdain the dismal end Western materialism is driving them to and in despair seeking solace in the asceticism of Oriental religions and philosophies. Many are seriously taking up the study of Buddhist Doctrines. The ever increasing numbers of Buddhist converts throughout the world is concrete manifestation of this trend in the mental attitudes of world Literati. Evangelists and Buddhist missionaries have not lost sight of this and are sparing no efforts in preaching the doctrines of "Ahimsa" and "Maitri" in an attempt to promote closer human amity and more permanent peace—though feeble as it may seem, I can see no other way out of avoiding war and disaster.

Ven. Lokanatha, world renowned and eminent Buddhist missionary, visited Singapore en route to America. Through his forceful propagation of Buddhist Doctrines and his enlightened discourses on "Four Truths", "Enlightened Paths" and "Cause and Effect", he has to his credit many converts in Malaya. Thus his fleeting visit has left in its train some lasting impressions of a dynamic personality of infinite culture and spiritual maturity. His Malayan lectures are compiled and edited by Miss Pitt Chin Hui under the

title of “The Light of Truth” and the Ven. Lokanatha has, unfortunately for this book, bestowed on me the rather undeserved honor of writing its foreword.

I am so deeply impressed by the exemplary life of self abnegation the Venerable has led as by his self-sacrificing devotion to his energetic efforts towards converting a wayward world to the “Eightfold Paths” of Buddha, notwithstanding the insurmountable obstructions of a sensually-minded humanity. His inspired lectures, as impressive as it is comprehensible, has touched the hearts of the people of Malaya and I hope, in course of time, the hearts of the rest of the world through this booklet. To a world of gloom, his gospel resembles one inextinguishable ray of hope penetrating the hitherto impenetrable fog of despair. This booklet, apparently unassuming, is rich with much-to-be-desired messages, and, if widespread by Buddhist brothers and sisters, will lead an erring world into the path of truth and convert a world of incessant conflicts into one of Perpetual Peace precipitating true happiness and goodwill among men.

It is with this fervent hope in mind, that, in spite of my literary handicaps, I have forced myself into writing this most undeserving foreword to what has been to me “The Light of Truth” and which I pray will also be “The Light of Truth” to would-be readers throughout the world.

LEE HOON SENG.

“THE FINEST PATH.”

Broadcast given by Ven. Lokanatha over Radio Malaya,

Singapore, on the 31st August, 1947, at 6.45 p.m.

HOW I BECAME A BUDDHIST.

TWENTY-FIVE years ago I was a Roman Catholic. Today I am a Buddhist Missionary, an ardent Buddha-Putta, son of our Exalted Buddha, eagerly bent on establishing the Sangha in the West! One Book -The Dhammapada - wrought the change. No man came to me. No man came to teach me Buddhism. One Book - The Dhammapada - completely changed my life. Had I not read The Dhammapada, I would today still be a Roman Catholic. Our Lord Buddha, in the form of The Dhammapada, was the Supreme Missionary who completely changed my life. Our Exalted Buddha has entered Supreme Nibbana; but His Glorious Dhamma still lives and works on.

I was born in Italy, brought up and educated in America, New York. I studied the Arts and Sciences, but specialized in Chemistry, receiving the B.Sc. Degree in Chemistry. My knowledge of Science began to conflict with my old Roman Catholic views, and at once Science began to get the upper hand, and Roman Catholicism began to recede. My Religion gradually became “The Religion of Science”; though I still retain a great love for Jesus Christ and St. Francis of Assisi.

One day in America, while busily engaged as analyst in the chemical laboratory of a great Industrial Plant, a fellow chemist, my friend placed into my hands a large book containing among other things “The Dhammapada” translated by Prof. Max Muller and “A Life of our Lord Buddha” by Asvaghosa. My friend read the Book; he remained a Christian. I read the Book; I became a Buddhist.

I had all along been seeking for a Scientific Religion. Here at last was what I wanted. Buddhism supplied the long felt want. I became a Buddhist, and greedily began to read all sorts of books on Buddhism. I was like a traveler on a desert, parched with thirst, who at last finds a cool lotus tank and greedily begins to drink the refreshing waters to his heart’s content. Our Lord Buddha resolved all my former perplexing doubts. My mind became so saturated with the Buddha-Dharma, that I felt the whole world to be on fire. I

felt as though I was in a burning house. “All is on fire!” said Our Lord, “the eye is on fire, the ear is on fire; the nose, tongue, touch, and Mind are on fire! On fire with what? On fire with Lust, Hatred, Delusion, Rebirth, Old Age, Disease, Death, Sorrow, Lamentation, Grief, Misery, Despair!”

I believed Our Lord Buddha’s Words; so I renounced the world, came to India, and was ordained in Burma.

THE FOUR NOBLE TRUTHS.

What is Religion? Religion is a method for destroying pain and sorrow. For, if there were absolutely no pain and no sorrow in the world, there would certainly be no need of any Religion. According to this true definition, Buddhism is The Finest Religion in the World, for It is the only Religion which really destroys pain and sorrow FOREVER. See how scientifically Lord Buddha diagnoses the world-disease and prescribes the cure:

(1) Lord Buddha surveyed the world and found only Suffering. What is Suffering? Birth is Suffering. Old Age is Suffering. Disease is Suffering. Death is Suffering. To be compelled to live with people we don’t like, is Suffering. To be separated from the people we love, is Suffering. Continual disappointments again and again, is Suffering. These are the Seven Sufferings of the world. And this is the Noble Truth concerning Suffering.

(2) But Lord Buddha did not stop there. Like a clever physician, He diagnosed the case and found the CAUSE of Suffering. For, “to’ know the cause is half the cure.” Lord Buddha said ‘that the Cause of Suffering is THIRST or CRAVING. This is the Noble Truth concerning the Cause of suffering.

(3) Therefore, remove the Cause and you will automatically remove the Effect. Destroy Craving and you destroy Suffering. This is the Noble Truth concerning the Destruction of Suffering

(4) But it is easy to say but hard to do. It is easy to say “Destroy Craving”; but how? Lord Buddha has given us a Marvelous, Scientific Prescription for destroying Craving, viz., THE NOBLE EIGHTFOLD PATH, consisting of Right Knowledge, Right Aim, Right Speech, Right Action, Right Occupation, Right Effort, Right Mindfulness, Right Concentration. This is the Noble Truth concerning the Way leading to the Destruction of Craving.

These are the Four Noble Truths which form the Four Corner Stones of Buddhism. And these Four Noble Truths are found in Buddhism alone and nowhere else in the world. The Fourth Noble Truth (i.e. The Noble Eightfold Path) is especially Unique; for here you find Eight Marvelous Steps scientifically connected by the Law of Cause and Effect. Behold this Scientific Formula!

Right Knowledge	gives scope for Right Aim.
Right Aim	gives scope for Right Speech.
Right Speech	gives scope for Right Action.
Right Action	gives scope for Right Occupation.
Right Occupation	gives scope for Right Effort.
Right Effort	gives scope for Right Mindfulness.
Right Mindfulness	gives scope for Right Concentration.

There are two more Sublime Steps which lead straight to Supreme Nibbana:

Right Concentration	gives scope for Right Knowledge of Realization.
Right Knowledge	gives scope for Right Deliverance.

In the above marvelous formula, if the First Step is Right, everything is Right. If the First Step is Wrong, everything is Wrong. Those who have “Right Knowledge” will go to Nibbana. Those who have “Wrong Knowledge” will go to Niraya (Purgatory). Therefore, let us save the people-of-wrong-knowledge by giving them Right Knowledge. There is no gift greater than the Gift of Truth, the Greatest of all Gifts!

As we see in the above wondrous formula, Knowledge in Buddhism is first and last. Simple Knowledge (from reading or hearing) comes first. Realized Knowledge comes last. THIS marvelous sequence of Cause and Effect is found in Buddhism and in Buddhism ALONE, nowhere else. Hence, Buddhism is the Finest Religion in the World as It is a Scientific Religion for Scientific Minds. Buddhism is the most optimistic of all Religions because It leads straight to Nibbana in this life itself.

HOW TO BECOME RICH, BEAUTIFUL AND WISE.

(1) Men are born poor because they were stingy in the past. Men are born rich because they continually gave alms to pious men in the past. To give is to receive; not to give is not to receive. Action and reaction are equal and opposite.

(2) Men are born ugly because they always became angry in the past. Men are born beautiful because they never became angry in the past. Loving-kindness is the cause of beauty. Anger is the cause of ugliness. You can prove this by a laboratory experiment: Take a beautiful man and strike him a good hard blow in the back; see how angry and how ugly he will at once become. So you see, anger makes him look ugly; anger causes ugliness. But take the opposite case of an ugly man overflowing with Boundless Loving-kindness for all humanity. See how beautiful he looks! An unseen charm envelops his person, giving him an appearance altogether lovely. Loving-kindness is the cause of beauty.

(3) Men are born ignorant because in the past they never cared for knowledge; they always associated with foolish companions. And even when they happened to visit a Holy Monk, they never took the trouble to “question him on what is right, what is wrong, what is faulty, what is faultless, what should be practiced and what not, what actions of theirs will conduce to their lasting well-being and welfare and what to the reverse.” Men are born wise because they always sought knowledge in the past by such questionings. Seek and ye shall find. They constantly associated with wise companions and thereby became Wise.

May you all walk on the Noble Path and thereby attain Supreme Wisdom.

THANK YOU.

“THE MESSAGE OF THE EXALTED BUDDHA.”

The Message of the Buddha is the Incomparable Message of the ages. The Buddhist way to happiness will show that Buddhism, far from being pessimistic as non-Buddhists claim, is The Religion leading to Highest Happiness right here and now!

How can we be happy? Do good. Refrain from evil. Cleanse the heart. This is the Teaching of all the Buddhas.

Happiness is attained by walking in the Footsteps of Truth. Wisdom gives Happiness. Ignorance gives Unhappiness. Do good and you will be happy. What is good? To practice the Five Precepts is good.

The Five Precepts must be observed in the Spirit as well as in the letter. “The letter killeth, the spirit giveth life.” What is the object of the Five Precepts? To destroy Dosa, Anger. Dana destroys Lobha, Sila destroys Dosa, Bhavana destroys Moha. Giving destroys Greed, Morality destroys Anger, Meditation destroys Delusion.

The Five Precepts are to be practiced in thought, word and deed. Everything depends upon the Mind. “Mind is the Precursor, Forerunner, Chief & Maker of all things.” Watch the Mind and all will go well! But how to watch the Mind? Buddhism is the system of mind training. If we do nothing else but watch the mind, we will purify it as sure as the sun rises. But how to purify the mind? If, while watching the mind, a bad or wrong thought associated with lust, hatred or delusion arises, then one must quickly switch’ his mind to its direct opposite; for example, love in case of hatred. If one switches the mind to the Thought of The Buddha, this is extremely efficacious because in the presence of the All Compassionate One, it is impossible to have a lustful or angry thought.

If the first method fails, try the second method. Try to reflect on the dangers of wrong thoughts, because the thought of anger often leads to murder. If an angry thought arises, nip it in the bud and destroy it at once.

If the second method fails, adopt the third method. We should not feed the wrong thought by nursing it, but by simply diverting its attention. Pay no attention to the wrong thought and it will die of its own accord. If the third method fails, try the fourth method. Try to allay what moulds wrong thoughts. Search out the causes and root them out.

If the fourth method fails, try the fifth method. This is “direct action”. I am not speaking of direct action in India because the Buddha is not Jinnah. He is Jina, a world conqueror. (It is spelt in another way - Jina). He is a self-conqueror, not an external conqueror; but naturally when one conquers himself, he wants to conquer others through infinite love. The Buddha after conquering himself at Buddhagaya 2500 years ago became the Light of Asia, the Light of the Universe. By direct-action, we mean clenching the teeth, throwing the tongue against the palate, and struggling to wipe out the wrong thoughts by sheer force of will-power! Just as a gigantic wrestler takes a dwarf by his shoulders and lifts him aloft in the air and throws him over the ropes, similarly you wrestle with your own wrong thoughts and by sheer force of will-power you throw them out.

Once the mind is purified by any of the five methods, then you enjoy calm, tranquility and peace, and the wrong thoughts will no longer disturb you. If you adopt these methods each time a wrong thought arises, then all wrong thoughts will become weaker and they will ultimately become extinguished. Enlightenment is nothing more than a purifying process. By using these five methods, we drive away the black spots in the mind and thereby attain mirror-like purity.

I said that to be happy, one must practice the Five Precepts. There was once a monk in Lord Buddha’s time, who was discouraged because he had to practice so many rules of the “Tipitaka”. There are 227 rules, and being discouraged as to his inability to observe them all, he wanted to disrobe. The Buddha asked: “What for?” The Monk replied: “My Lord, there are too many rules in this religion. I wish to return to the lay life.” Lord Buddha said: “Do not be discouraged so easily. Can you do one thing?” The monk asked: “What is that, My Lord?” The Buddha replied: “Can you watch the mind?” The monk said: “Yes, My Lord.” The Buddha said: “Then do not worry about so many rules. Watch the mind and nothing more.” So the monk went to the forest and began watching the mind night and day. By this method which the Buddha had outlined and by applying all given methods for purifying the mind, in no long time the monk attained Supreme Arahatsip. That is to say, he attained Enlightenment. Therefore if you try the same method, you will also attain Enlightenment.

To be happy we must practice the Five Precepts, and really, if the scientists of the West could hitch up the Five Precepts to their science, the world would enjoy eternal happiness. If the atomic bomb could be hitched up to the Five Precepts, then the atomic bomb would lose its danger and people would be happy; because there is no bomb in this universe more potent or

more powerful than the Buddha's Bomb of Love!

What are the Five Precepts?

The Five Precepts are as follows:

1. "Panatipata Veramani". Abstinence from taking life, all life, even the smallest insect. Why is this Precept first? Because where there is life, there is hope. Once a creature is dead, it cannot be brought back to life. And it loses the chance of climbing upward in its happier state. For this reason:

"Kill not—for Pity's sake—and lest ye slay
The meanest thing upon its upward way."

"No one has the right to kill who cannot bring the creature back to life or establish it in a better condition." Killing is the worst robbery as Life is the most precious possession of any being. The dying creature dies with anger in its heart towards the killer and it will try to take your life in the next life. Why make unnecessary enemies No one can kill with Boundless Loving-kindness in his heart. Why contaminate the heart with foul anger and shorten one's life? Why be a killer detested by all? Why not be a lover beloved by the whole universe? Killing hurts Character, destroys love, enhances hate, enhances selfish egoism, causes suffering, destroys happiness!

These are the examples of Panatipata:

Capital Punishment, hanging, etc.

In my booklet "The Crime of Capital Punishment" I wrote: It is useless to hang the body, as the body is never responsible for any crime. "Ignorance" is the real "murderer"! So we should hang the Ignorance!!! How? By giving the criminals Knowledge, Truth, The Buddha-Dhamma!

Can any one suggest a way for hanging the Ignorance? Ignorance is the cause of all crime. Judges make the terrible mistake; instead of rooting out the cause of crime, they simply try to destroy that empty bodily frame to which Gandhi referred to the other day when so many youths attempted to assault him. You remember in the newspaper? It was published that he came out and told the boys: "O' boys! What are you going to do? The only thing you can deprive me of is this empty carcass. If you like, take it, but you can never take me." That is the teaching of Buddhism. Therefore the judges always hang the empty carcass, which is not the criminal at all.

How can a poor criminal cultivate wisdom? By giving wisdom to the

criminal. Only by giving to him, can he receive. We give wisdom to the criminal and we hang ignorance by giving him wisdom. Once the ignorance is hanged, he will not kill. We won't hang ignorance by hanging the poor neck which is quite innocent of any crime. I never saw a neck which has committed any crime. It is to hang the wrong thing. I can give you hundreds of illustrations to show you how the world is upside down, how human beings only do the wrong things.

There are two kinds of leprosy, leprosy of the body and leprosy of the mind. If a man suffers from physical leprosy, he is shunned by all. He rushes to a physician and tries to cure himself. Lo and behold, when a man suffers from mental leprosy (and which is worse, physical or mental leprosy?), he never cares to get cured. He is not anxious to be cured at all. He thinks he is quite normal. What is mental leprosy? Ignorance. May I ask you how many people are suffering from mental leprosy? Have you a rough idea Over 99%. All humanity are mental lepers.

The pleasures of the six senses are poison. It is spiritual poison and yet everybody likes this kind of poison. They cling to the pleasure of the eye, of the ear, of the nose; although it is poison and they like it and pay money for this poison. Suppose a man gives you a goblet of champagne which is lovely in color and taste, but it contains poison: A foolish man takes it and drinks it and dies. A wise man says: "No, keep your champagne. I do not want it." And yet you will find more than 99% of the people, knowing that the champagne contains poison, will drink and pay more for it. The pleasure of the eye is that the champagne is very sweet and lovely, but it contains poison. Everybody enjoys the pleasure of the eye and they like it. If they die spiritually, there is no harm. Therefore they are lunatics.

Yesterday we had great celebrations—Independence. It is a very great thing no doubt, but what about internal independence? We are slaves to the eye, the ear, the nose. Once a man becomes free internally like the Buddha, who can enslave the Buddha? No one. Why? Because he has attained internal freedom and when a man is free inside, he is free outside.

"War is 'killing on a large scale.
Not filtering water containing creatures is a Panatipata."

Not saving the lives of creatures, when it is within our power to do so, is Panatipata. Suppose you see a drowning man and you know how to swim and you do not jump in to save him; you are violating the Law of Love —

Panatipata. Because that is selfishness. Love thy neighbor as thyself. Therefore, as you love him as yourself, you will jump in and try and save him.. The Buddha said once: “Love all creatures even as bothers.” “Just as a mother at the risk of her own life would protect her son, her only son, even so let one cultivate a boundless heart towards all beings!” The Incomparable Law of Love will lead to final deliverance. Anything which violates wisdom is also Panatipata. There should be no Sakkaya-ditthi (soul-belief) present. The thought of “I” should not enter into the Practice, because the thought of “I” spells ignorance. Supreme Selflessness is the way to practice the Panca-Sila perfectly.

Remember, the Five Precepts must be practiced in thought, word and deed. You can kill with your mind. If you say to yourself: “That man is my enemy. May he die soon,” you have killed with your mind. You have broken the flat Precept mentally. You can violate all the precepts with your mind. Therefore the mental practice of the Five Precepts is of extreme importance.

Precept No. 2 - Addinn'adana Veramani: “Abstinence from taking what is not given to one.” We never use the word “stealing” in Buddhism. We say “taking that which is not given to one”, because everything must be placed into our hands. Otherwise, we cannot accept it, because if the gift is not placed directly in our hands, we have doubts as to whether the thing is actually given to us or not, but once it is placed in our hands, we have no’ doubt; we know that it is an offer; the doubt is removed. Examples of Addinn'adana: Using false weights and measures. Taking high fees or charging high prices. Paying low salaries to servants. Exaggerating the value of goods. Falsifying by admixture of baser ingredients. Adulterating milk by adding water and other things. Pillage is robbery on a large scale.

If a man steals a loaf of bread for his starving children, he is promptly imprisoned. But if he steals a whole country through lust of power, he is hailed as a World-Conqueror! Such is this mad world! I give you a second illustration. When you steal a loaf of, bread, do you know why the judge punishes you? He punishes you for stealing too little. What the judge means is that when he puts a man. in jail for stealing a loaf of bread for his starving children, he means to say: “My dear man, you are too petty. You should be punished far your pettiness. You only go for bread. Next time go and steal a whole country. Then you will become a world conqueror. We will build monuments in your honor and you will go down in history as the conqueror of a nation and you will receive the title of “Great’ like Alexander, Caesar and Napoleon, world robbers of history who became great because they stole great things. They never go to jail because they are too great to go to jail. Great

robbers are too great for the small prison. No prison can be built which is great enough for these great robbers and hence they are free, and they are honored by great fools.” Naturally they are both great as each one is a specialist in his own line.

What is the Third Precept? Kamesu Miccha-cara Veramani “Abstinence from adultery”. The complete translation is: “I undertake to observe the Precept which is abstinence from adultery”. In Buddhism we undertake. In other religions they are commanded. Thou shalt not do this, thou shalt not do that. Someone compels you with a big stick to observe certain commandments, which is not found in Buddhism. The Buddha treats us as philosophers. He shows us the right way because he knows that if we are wise, we will follow his ways. If we are foolish, it is our fault. He does not compel us with a big stick to observe the Five Precepts. Out of compassion he says: “If you are wise, if you dislike suffering, be liberated from suffering.” If you are so madly in love with suffering, what is to be done? You can do as you like. We are treated with respect in Buddhism, not like babes. We are not compelled or forced. I am not trying to blame any religion because Buddhism is too high for that. I am only gently referring to certain differences, because the only way we can appreciate the height of a giant is by placing a little dwarf next to him and then you see the difference in their height. We do not convert anybody. We only present the truth. After presenting the truth, our work is finished. Whether a man accepts or rejects it, we are quite indifferent. Our work is done.

One should be contented with his own wife. Shun lust in all its forms. To look at a person with lust is to commit mental adultery.

O if the whole world would only become one Great Monastery, what a Paradise this world would be!

If every male and female go to the forest and practice ascetism, this world would be a paradise. There would be no paddy fields at all. Why should we have paddy fields? If everybody goes to the forest, paddy fields would be superfluous. The whole world would be full of trees. You would have dark forests everywhere and the climate of the tropics would be nice and cool. By cutting down the trees, we hurt ourselves, because we thereby suffer with the heat. The scorching heat of the tropics makes the world a desert for want of trees. The population is too great. If people will control their passions and go to the forest, the whole world would be one forest. The population would be too little. You see, my dear laymen, you are robbing the trees from us, because the trees belong to those who wish to meditate. By chopping down the trees,

you are robbing the trees from the hermits who wish to concentrate.

Once when I was in India, a layman joined me at the rail-way station of Patna. He said: "You are a Brahma-cariya. God will be angry with you." I asked: "What for?" He replied: "Because you are a Brahma-cariya." I said: "Your god must be a very strange god." He said: "He is giving life, but you are destroying the world." I asked: "How am I destroying the world?" He replied: "Because you do not procreate. You do not produce young." I said: "Your god must be a very poor god who needs my help to keep his creation going! He created the world, not I, and why should I worry about the creation of the world. He created it. Let him keep the world going if he wants to keep it going. If he wants to create it, surely he should have the power to keep it going after creating it. If he stops without my help, why should I be responsible? It is not my world. Why should I create it." Then I said to him: "How do you account for the fact that those who do not create, are worshipped and adored, while those who create, are not worshipped?" He remained silent and could not reply.

Lust creates!
Hate destroys!
Ignorance does both!

Virtue does not create!
Loving-kindness does not destroy!
Wisdom gives Indifference—no creation, no destruction!

A True Saint does not destroy, he simply refuses to lust or create. According to Buddhist philosophy, you are creating your world millions of times every fraction of a second. If you destroy your lust, your world will come to an end, so that life is only a continuous process. It is dynamic, not static. The world was not created once upon a time in six days, but the world has been created millions of times every fraction of a second. There is no beginning and no end to creation. The only end to creation is the destruction of the cause, which is ignorance. Once ignorance is destroyed, creation ceases, because ignorance gives rise to lust. Lust gives rise to grasping. Grasping gives rise to becoming. Becoming gives rise to birth. Birth gives rise to old age, disease, death, sorrow, lamentation, grief, misery, despair. If ignorance and lust are destroyed, the whole process comes to a standstill, and there will be no birth. So it is lust which creates and virtue which destroys. But lust creates the wrong thing and not a good thing. Virtue destroys the bad thing, not a good thing. Lust destroys this miserable world which is merely an empty process. Wisdom destroys Moha and gives rise to the highest reality of un-

changeable Truth. If you love the world, you must hate Nibbana. If you love Nibbana, you must hate the world. You cannot hate both. If you want the world, you must say good-bye to Nibbana. If you want reality, you must say good-bye to the world which is unreal. Who renounces more? The layman or the ascetic? What does the ascetic renounce? He renounces an empty world—nothing for something. What does the layman renounce? He renounces reality, Nibbana, for nothing, for the sake of this empty world. Who is the greater renouncer? The layman or the ascetic? The ascetic renounces, nothing, only this empty world. The ascetic does not renounce much. But the layman renounces Nibbana and is hence the greatest renunciant.

What is the Fourth Precept? Musavada Veramani. “Abstinence from telling lies.” There are four kinds of wrong speech: Lying, Slander, Harsh or Impolite Speech, Frivolous and Senseless Talk. Idle gossiping must be given up. Why be a chatterbox? Don’t you realize the world is in flames? Would you prattle and tittle-tattle in a burning house? Gossiping is the disease of the age! The editors are the biggest gossipers. Solitude is the advantage of being a Monk. Silence is my Sacred Monkright and nobody can take It from me. I shall be alone and shall enjoy the Void in the cave of my heart!

Take Spiritual Nourishment daily. Why starve spiritually? If one were to lose a single meal, one would certainly shout and grumble. But when one loses many spiritual meals, who grumbles? Take spiritual food for the mind. The whole world is suffering from spiritual starvation. Spiritual nourishment will give world peace. What is spiritual nourishment? Observe the Five Precepts. We want clean food for the body. We must also take clean food for the mind. Let us boycott the book sellers, who sell stories of murder, crime and sex, because they gradually transform mankind into a dustbin. By reading rubbish, you become rubbish all over. Let us read the Highest Scripture and thus purify ourselves because the Highest Scripture is that Spiritual Soap which cleanses the heart.

The Fifth Precept is Sura-meraya-majja-pamada-tthana Veramani. “Abstaining from any state of indolence arising from (the use of) intoxicants”. I mentioned the other day that this precept is not found in the Ten Commandments. “Thou shalt not drink” is not found in the Ten Commandments. Let us shun all kinds of intoxicants, laziness, excessive sleep, opium, drinking.

Drinking is the wholesale breakage of the Panca-Sila; for, under the influence of drink a man will kill, steal, lie, commit adultery and drink some more!

Buddhism is a perfect system of mind-control. The mind is everything in Buddhism and must always be kept at the highest pitch of efficiency; for, only the clear-thinking mind can develop that wisdom which will one day destroy all nescience and give Light. Then isn't it sheer folly and madness to dull and deaden by drink that Incomparable Tool which will hew our way straight to Supreme Nibbana?

These are the Five Precepts in Buddhism. There are only five, not ten. We are not allowed to kill even the smallest creature, by the First Precept, and by the last one, we are not allowed to drink.

The missionaries from the west are so kind to easterners by rushing here with all speed with their millions of dollars in order to convert "Infidels, pagans and heathen" to their ways of thinking. Can they offer something better than that which you already have? We have the Five Precepts. When boys are Buddhists, they are not allowed to kill or to drink. Anyway we admire the tremendous energy of the missionaries and now we have been infected with their tremendous energy and we are now rushing to the west to reciprocate their generosity, because there should be a happy exchange of culture. Only by this happy exchange will there be mutual understanding between all nations, which will lead to peace and goodwill among all the nations of the earth; and therefore we are going to America. Singapore is only a stopping stage. It is the third stopping stage. We went to Rangoon, Penang, Kuala Lumpur and now Singapore, Manila, Hong Kong, Honolulu and finally San Francisco. This is a preaching tour, three days here, five days there. We are going to the States in order to teach them the Five Precepts, so that they may include the animals in their waves of boundless loving-kindness. It is wrong for anybody to love any particular creature and forget all other beings. We must be altogether impartial and love friend and foe equally well. When the Exalted Buddha was asked whom He loved most, Devadatta the schismatic or Rahula, His Son, He replied: "I love both equally well!"

The love of a man for his wife is selfishness. He is like a frog in the well; the family is his well. He must love the whole wide world. The entire universe is one family. For, the exalted Buddha said: "It is difficult to find a single creature who has not been our mother, father, daughter, son, etc., in the past."

In the SAMYUTTA-NIKAYA, MAHA-VAGGA (Woodward's translation). The Exalted Buddha said: "The Ariyan disciple thus reflects: Here am I, fond of my life, not wanting to die, fond of pleasure and averse from pain. Suppose someone should rob me of my life (fond of life as I am

and not wanting to die, fond of pleasure and averse from pain), it would not be a thing pleasing or delightful to me. If I, in my turn, should rob of his life one fond of his life, not wanting to die, one fond of pleasure and averse from pain, it would not be a thing pleasing or delightful to him. For, a state that is not pleasant or delightful to me must be so to him also; and a state that is not pleasing or delightful to me,—how could I inflict that upon another? As a result of such reflection he himself abstains from taking the life of creatures and he encourages others so to abstain, and speaks in praise of so abstaining. Thus as regards bodily conduct he is utterly pure. The Ariyan disciple further reflects: If one steals from me, it will not be pleasing to me. If I steal from him, it will not be pleasing to him. What cannot be pleasing to me cannot be pleasing to him and vice versa. Put myself in his place, I will refrain from stealing. So he becomes utterly pure..... (And so on for the other Silas).

I have only given you the very elementary ethics of Buddhism, the Five Precepts. People may complain and say: “Do you think we are kindergarten children in the kindergarten class? We are living in’ Singapore. The people are intellectual and want high philosophy in Singapore; not elementary ethics.” But what I say is: “If you cannot practice the Five Precepts, how can you realize a higher standard?” Remember, 99% of the people are in the elementary class. Very few have reached a higher standard, and much less graduated. Only those who attain Nibbana, receive the degree of graduation. Therefore the majority are in the kindergarten. They should be satisfied with kindergarten things.

Just to give you a short gist of what is Buddhist philosophy: As I mentioned before, everything in Buddhism is considered as a flux. The Greek philosophers said that all things flow. Science says the same thing and the Buddha said the same thing. He said that all things are a flux. Science says that everything is a flux. You have atoms, electrons, protons. In Buddhism there is no soul. Life is a process of continual becoming. We are forever becoming and becoming and never become. Who becomes An Arahant becomes. Become what? Becomes a reality, the unchangeable state: We never become and are still becoming. Once the becoming process ceases, we become. Nibbana is the state where one has finally become and there is no more becoming for him. The Buddha has become once and for all. He can never return to the world. He can never go on becoming. The becoming process has ceased forever. He has become reality and reality can never enter this world again. The Buddha has finished as far as this world is concerned. He is a reality.

You must realize that the Buddha comes only when humanity is ready to receive his message. He cannot afford to waste his time 'for nothing. He is not going to cast pearls before swine. He will only cast pearls to those who appreciate the pearls. He is very economical. It is useless to give pearls to those who will trample them under their feet. The Buddha will come again, not the same Buddha, Gautama Buddha, but a new One. When the Buddha came 2500 years ago, India was at its peak of civilization and purity. Remember that 2500 years ago the whole East was overflowing with knowledge. In India we had the Buddha. In China we had Confucius and Lau Tsu. In Greece we had Plato and Socrates and others. That was the flower age. That is why the Buddha came. He came only when the people deserved his presence, when they were not unworthy. In Buddhism, we say that the Buddha comes when the world is good, when it can realize the Truth.

I am going to end up with a very short paper entitled: Italia is India"; remember it is not "Italy". "Italy" is an anglicized form of the Italian "Italia". "Italia" is India. India is Italia. Italia is the most marvelous country in Europe. India is the most marvelous country in Asia. Italia is the centre of religion in the West. India is the centre of religion in the East. Italia has its Rome. India has its Benares. Rome has its Pope; Benares has its "Mahanta". Italia begins with "I" and ends with "A", like India. The two names begin the same and end the same. Both are peninsulas bound on three sides by water. Each has a characteristic shape. Italia looks like a boot. India looks like a heart. Italia has its Alps. India has its Himalayas. Among the Alps we find Switzerland the playground of the West. Among the Himalayas we find Kashmir, the playground of the East. South of Italia we find Sicily. South of India we find Ceylon.

Italia and India are agricultural countries and the people are mainly vegetarians. Italian food is macaroni, spaghetti and vermicelli, which are vegetarian products. Italians and Indians are intensely religious and hospitable. Italia is the land of art. India is the same.

I am so pleased with the Indian flag as it has the emblem of King Asoka, the Dhammacakka, because this is a good sign, for we believe that in the Buddhist year 2500 Buddhism will reach its highest peak all over the world. It is only a question of 9 more years. Now the Buddhist era is 2491. The new Indian flag with its Buddhist emblem is a great prestige that Buddhism will again return to the land of its birth. Buddhism today is like a great tree spreading its branches to Burma, Ceylon, Siam, and Tibet. Outside India the branches are very healthy, but the trunk of the tree has become emaciated in India. So in 9 more years the trunk of this Buddhistic tree will again flourish with life and

renewed growth. The new flag of India is that great sign that the trunk, the mother, will again flourish with renewed vigor and life. India is the mother which has given milk to her daughters. Who are the daughters? Ceylon, Burma, Siam, Tibet are the daughters of Mother India. They received love, the spiritual milk, from India. After 9 years the daughters will bring the milk to the mother and then she will again become strong.

Italia is the land of sunlight and song. India is the same. Italians are the best singers of the west. Indians are the best singers of the east. Italia produced Marcus Aurelius. India produced Asoka. What sweet emperors they were and how loving. Italia produced St. Francis of Assisi. India produced Lord Buddha. Both loved animals as well as men. If you see the Buddhist Scriptures; you will find the word “mercy” stamped in large letters on every page. St. Francis’ love for the creatures is unique in the annals of church history. He loved the animals as no Christian saint ever did. Really he is the only Christian saint I know who loved animals as well as men. Lord Buddha formed the Order of the Yellow Robe. St. Francis formed the Order of the Brown and Yellow Cowl.

Christopher Columbus discovered America and the way to America. Lord Buddha discovered Nibbana and the way to Nibbana. One is material discovery. The other is spiritual discovery. If we try to show all the similarities between Italia and India, we must write forever, for Italia is India, India Is Italia.

May all beings be happy forever! With Blessings and Nibbanic Love!

You must remember that my face may be the face of a foreigner, being of another color, but I might be more Indian than Indians. To give you a slight example; Mr. So & So, you are wearing Western dress, the dress of a European. I am wearing the dress of ancient India. You an Easterner are Western in your dress. I, a Westerner, am Eastern in my dress. So the world is upside down—another illustration of the topsy-turvy nature of the world. Do not feel offended because this is only humor—for humor’s sake to lighten this profound philosophy, otherwise you would all fall asleep.

As a result of the great merit you have gained by patiently listening to this long sermon, may all your Highest Aspirations be completely fulfilled and may you all attain Supreme Nibbana soon!

“A H I M S A.”

It is very clear from the number of people who have come to hear the sermon “Ahimsa”, that “Ahimsa” is not a very popular subject, because if we had spoken on some other subject, I am sure there would have been 400 or 500 people, but as it is the subject of “Ahimsa”, the subject does not attract the many; because it is only the few who overflow with infinite loving-kindness. If the majority would overflow with infinite love, there would be no war.

Flesh-eating is wicked, for we should not kill, nor cause to kill. To purchase flesh in the bazaar is to cause slaughter; for the supply is proportional to the demand. Dogs are never slaughtered because there is no demand for dogs’ flesh. “He who consents to the killing, he who strikes, he who slaughters, he who buys, he who cooks, he who serves, he who eats—they are all murderers”. These are the words of Manu, an Indian philosopher. So every one is an accomplice in the murderous game; beginning from the butcher and ending with the one who eats.

It is written in our Scripture that the Buddha said: “In olden times there were only three diseases; that is to say: desire, hunger and decay”. Through the slaughtering of animals, however, these three diseases gradually increased to 98. Therefore let us refrain from slaying. Let us refrain from causing slaughter. Let us become life-long vegetarians and all disease will disappear from the face of the earth.

There is a common belief in Buddhist countries that any one may eat flesh provided he does not kill the animal with his own hands; but it is not so, because eating is the cause of slaughter. If we become vegetarians, all the butchers will have to close their shops and turn to a better profession. By eating flesh we keep a class of people in a miserable profession. It is not fair that we should force the butchers to go to hell for our sake. If we become vegetarians, then the whole world would be at peace. There are people who sacrifice to the gods, and there are people who sacrifice to their stomachs, -- I think that their stomach is their god. Let us practice infinite loving-kindness. It is impossible to say: “Let all beings be happy”. Because, if a flesh-eater says: “May all beings be happy”, while he is crushing flesh between his teeth, it will be sheer hypocrisy. Therefore if a flesh-eater wants to be logical, he should say, while eating flesh food: “May all creatures be happy, except those

creatures which I am chewing between my teeth”. For I am sure that the creatures which are being masticated, cannot be happy, or could not have been happy when they were killed for the sake of the flesh-eater. Therefore he cannot practice all embracing love when he is eating flesh, because by eating flesh, he automatically demands a certain proportion of the creatures in the world to die for his sake. It is the doctrine of selfishness that one should live on the flesh of another. When a plant lives on a plant, that plant is called a parasitic plant. Similarly, when an animal lives on an animal, that animal should be called a parasitic animal. A kingdom should never live on itself, but always the higher kingdom should live on the lower kingdom. The animal kingdom should live on the vegetable kingdom. If the vegetable kingdom lives on itself, the result is parasitism. So every flesh-eater is a parasite, because he lives on the members of his own kingdom. Hence we should not be parasites by eating flesh food, but we should live on harmless vegetarian diet and thereby avoid any criticism.

The Spirit of Buddhism is Compassion, Compassion, Compassion!!—Ahimsa. “Harmlessness is the highest doctrine”. If we turn the pages of the vast “Tipitaka”, we will find the word "compassion" stamped in large letters on every page.

Flesh food makes man ferocious. Vegetable food makes man tranquil. Why do they give flesh food to the soldiers on the battlefield? In order to make them very ferocious. If the soldiers were given a vegetarian diet, there would be no war, because they would be as harmless as gazelles. Look at the tigers, panthers, wolves. How ferocious they are! Look at the deer, lambs, gazelles. How tranquil they are! Therefore let us be peaceful in nature by living on a harmless diet which gives tranquility to the body and mind. Animal slaughter causes human slaughter, because he, who can kill a cow, can kill a man. Why be a slave to the tongue? Which is more powerful? The tongue or the mind? It is not fair for us to take the flesh of another creature without the permission of that creature, because a cow is the owner of her flesh. A lamb is the owner of its flesh. A fish is the owner of its flesh. So in Buddhism we are not allowed to take anything which is not given to us. We must always get permission before taking anything. Otherwise, it becomes “taking that which is not given”. If we want flesh from a creature, we must say: “O Miss Cow, kindly give us the flesh from your back.” If the animal gives permission and says: Take my flesh”, then we can take it without being guilty of stealing; but if we take it without permission, then we are guilty. Show me an animal who will give you permission to take its flesh. It is impossible, unless that particular animal happens to be a Bodhisatta. Therefore as an animal will never give permission to take its flesh, we should

never consent to take it without permission. We should never allow ourselves to be guilty of stealing.

The Buddha said: “You may eat flesh, if you do not see, if you do not hear, if you do not suspect that the animal was killed for your sake.” Believe me, I cannot see, I cannot hear, but I always suspect that the animal was killed for me, because for whom do the butchers slaughter the animals? The butchers do not kill the animals for themselves. They kill the animals for the purchaser, for the consumer. Therefore any one who eats flesh or buys flesh, it is he for whom the animal was killed. As he has doubts and as he suspects that the animal was killed for him, he should not touch it, according to the Teaching of the Buddha. Therefore we should practice Ahimsa and we should not eat animal flesh. And why not? Because it is written in the “Dhammapada”: “At the rod do all things tremble. All creatures fear death”. Putting yourselves in their place, kill not nor cause slaughter. That is the golden rule. Do as you would be done by. How would you feel if others would eat your flesh? You would not feel happy. Therefore putting yourselves in the place of the animals, we should not eat their flesh. Because, if you practice Ahimsa, if you overflow with infinite love, your life would be prolonged; because by prolonging the lives of others, you automatically prolong your own life. This is the law of cause and effect.

It is written in the Scripture that Subha asked the Buddha: “Why are some people long-living and some people short-living?”, the Buddha said: “Those people live long who always prolong the lives of the animals, by not killing them, and those people live short who continually shorten the lives of others by killing them and by eating their flesh”. Therefore if you wish to live long, refrain from slaughter. Refrain from causing slaughter. Then you will live long. There are people who hope to live long, who hope to rejuvenate by a monkey gland operation and other operations, but those methods are useless. You will live long if you only allow the creatures to live long, by never molesting them, by never shortening their lives through eating their flesh.

Why should one be a slave to the tongue? Which is more powerful? The tongue or the mind? Remember that for the sake of two inches of the tongue, one eats what is improper, but remember that according to Buddhism, feeling is only a thought. If you put a little piece of flesh on the tongue, the tongue does not know that the flesh is there. Neither does the flesh know that the tongue is there. Who knows that the flesh is there? It is the mind. So remember, feeling is only a thought and for sake of a little thought, people eat what is improper. But what is thought? Thought is a little mental energy. Why should people do anything improper for the sake of a thought which is

mental energy? If a man wants flesh, let him eat his own flesh, because we are the owner of our own flesh. We will not be guilty of "Adinnadana" if we slice and take a piece of flesh from our arm or thigh, because it is our own property and we can eat our own flesh without being guilty of "Adinnadana". (Stealing). This is a good way to become a vegetarian. Whenever we like to eat flesh, let us quickly take a' knife and cut our own flesh and eat it, and then you will see how quickly we become vegetarians! Remember that flesh quickly decays and causes disease. Nearly one-fifth of the animals slaughtered are diseased. Flesh-eating causes cancer, appendicitis, etc. There is a place in America where newly-born children are operated upon for the removal of the appendix. And why? Because the Americans believe that it is better to remove the appendix of the children from the very beginning so that the child may grow up without any fear, without any worry, without any anxiety that he will ever get appendicitis. Isn't it a horrible thing that a poor child which enters the world, weeping and crying, should feel and taste its first woe, that it should undergo a surgical operation as soon as it is born? Therefore if the children were to become vegetarians and remain vegetarians all their life long, they would not have to fear and worry about appendicitis and the surgical operation would be superfluous.

When an animal dies a natural death, it is promptly buried underground, but when an animal dies an unnatural death through the knife of the butcher, that animal is promptly buried in our stomachs. So our stomachs are graveyards and human beings are walking cemeteries. Lo and behold, though the stomach is so small in size, still it is capable of burying in a span of 60 years, not less than two lakhs of creatures; that is to say, 200,000 creatures are buried in one little stomach in 60 years! The human stomach is the biggest cemetery in the world! Why should we become the walking cemeteries of two lakhs of creatures? All beings are our relations. All life is one. Here are the statistics to show that two lakhs of creatures are buried in the stomach in a single life-span One consumes 20,000 birds, 60,000 fertilized eggs 120,000 fish, 3,000 other animals, making a total of 203,000 creatures. So if one has self-respect, if one has the slightest feeling of compassion, he should renounce the desire 'for flesh food, in order to save the lives of two lakhs of creatures.

If a single person today takes the vegetarian vow, then we will by preaching the sermon have saved the lives of two lakhs of creatures. If two people take the vegetarian vow, we will have saved the lives of four lakhs of creatures. If 100 people take tile vegetarian vow, we will have saved the lives of 200 lakhs of creatures. So let us hope that the little seed we are planting today will ripen and grow to bear the fruit of Ahimsa, which will save the lives of our neighbors, the creatures.

Whenever we eat, remember that hunger is a disease and that food is the medicine which will temporarily assuage or calm the hunger disease. So regard food as medicine to calm the hunger disease. We must eat to live and we must not live to eat. We must eat simply to remain alive in order to walk on the Eight-Fold Noble Path which leads straight to Nibbana.

The big fish eats the small fish. They say that God created the animals for man's use, but really, this is a selfish doctrine. If I were an animal and I were told that God created me for man's stomach, how could I ever love that God who created me for the stomach of another? Such a creator could not have Nibbanic love. Therefore it is false to say that the animals were created for our stomach. The animals were created to live their normal span of life, just as we were created to live our normal span of life. The Buddha said: "It is impossible to find a creature who has not been at one time or other our mother or father or brother or sister," Because, as we have been coming from the infinite past, all sorts of combinations are possible, so that by now it is difficult to find a creature who has not been our relative in the past. This being the case, remember that whenever you eat flesh, you are eating the flesh of someone who was your relative in the past, and it is not right to live on the flesh of others like cannibals.

Let us eat clean vegetables and not dirty flesh. In a hot climate, dirty flesh decays very rapidly. In a cold climate the flesh does not decay so rapidly. Therefore, especially in the tropics, we should live on a vegetarian diet, which decays much less rapidly than animal diet, because decay causes disease. The poisons are absorbed in the blood and circulate all over the body, giving disturbances everywhere. There are some flesh-eaters who actually say and try to console themselves by saying that the Exalted Buddha passed away by eating pork. It is wrong. Lord Buddha is called the All Compassionate One. Lord Buddha was a vegetarian all life long. How could He pass away by eating pork? Impossible! It is absurd to think that the All Compassionate One would set such an example by eating pork flesh at the end. He was a vegetarian to the last. He passed away by eating poisonous mushrooms.

Once I was traveling on a voyage and the captain said to me: "God created the fish in the sea. What harm can there be eating fish?" I replied: "God created the tiger in the jungle and what harm can there be in the tiger eating the captain of this launch?"

There was once an American farmer who was seated on a cart driven by two bulls, and that farmer had the false notion that strong bones can be made only by eating flesh. While he was thinking, of this thought, the bulls gave

him a sudden jerk and he almost fell off his seat. Then he came to his senses and realized that those bulls had big bones and their bones were made out of grass. So it is the grass, a vegetable product, which made those large bones of the bulls and not eating flesh. So, strong are not made by eating flesh. Strong bones are made by eating grass, vegetables.

The Yogi Krishanandji experimented with lion cubs, and he found that by feeding them on a diet of rice and dhal, they grew up to be quite tame and harmless. As a matter of fact, he went in a rickshaw with one of his lions and paid a visit to the Viceroy at the Vice-Regal Lodge at Simla. So you see that a vegetarian diet can change a cub into a harmless lion. Therefore, if we want to progress on the upward path, we should eat a diet which will help us in our spiritual progress, because the upward climb is full of obstacles and we should not increase the obstacles in our path; but should try to make the journey as light possible. By eating a vegetarian diet, we automatically help ourselves to be calm and tranquil and to enjoy Upekha, which is the aim of Buddhism. Therefore let us calm ourselves and not excite ourselves by eating an exciting diet, because by living on the creatures, we automatically increase the thought of anger within ourselves. We automatically increase the thought of selfishness by living on the flesh of others. On the other hand, by living on vegetables we decrease selfishness. We decrease anger, we overflow with love, and love develops character; and the aim of life is the enhancement of character. We are a success only if our character increases; we are a failure only if our character decreases; because success or failure in life is measured by the increase or decrease of character. It is not how much a man may earn which makes him a success. He may earn a million dollars and still be a failure because he has lost his character while earning the million dollars. On the other hand, he may lose a million dollars and still be a success if while losing the million dollars, he increases his character; because character is the highest wealth.

I remember very well when I was only a boy of eight. I was on the roof of my home when a pigeon flew into my hands. I was very much surprised to see the pigeon, so tame, fly right into my hands, and I went downstairs full of joy to my parents to show them the beautiful pigeon, because I never expected what, would befall. My father and mother began to grin maliciously and thought: "Tonight we will have nice macaroni with pigeon tomato sauce." I did not know, because this was only a thought passing through their mind and I was not a mind-reader at that time. My mother quickly took the pigeon and plunged it straight into the water and suffocated the lovely thing. When I saw the murder of my pet; I was simply horrified. This is another proof that I was a Buddhist in a previous birth. There are many 'proofs I can show you that I

was a Buddhist in the past life; but here is an outstanding proof. I was so horrified with the murder of my pigeon that I felt that I should die for that pigeon. So I went on a hunger strike. I told my parents that I would not eat at all. I said "because you have killed my pigeon, I will give my life for that pigeon." My parents thought I was only joking and said this was only a boy's threat; but I kept my promise. One day passed, I did not eat anything at all. The second day passed, I ate nothing. The third day passed, I ate nothing. I was only eight years old; remember that children cannot live long without food. Children are not grownups. A child can live only about a week without food. After three days my mother grew wild because she realized that she could not trifle with me. I never used to return home from school like other boys to take lunch. I simply used to wait through the recess hour and go back to school without eating anything. My mother went to the bakery shop and bought some hot buns cakes and waited for me to come from the school. When I came out, she began pleading very piteously, begging me to eat the hot buns in the paper-bag. I said: "Never. I shall eat nothing. You have killed my pigeon and I must die." She began weeping and groaning with misery. When I heard my mother weeping so piteously, my heart began to grow softer and softer, and moreover she displayed the hot buns and my boyish nature could not resist. So at last when my heart melted with compassion and pity for my mother and also for my empty stomach, I said to my mother: "Mother, will you ever do it again?" and she said: "No, I will never do it again". And again I repeated: "Will you ever do it again?" She said for the third time: "No, son, I will never do it again". I said: "All right, I will forgive you this time". And, so she offered the hot buns and I began swallowing them so ferociously (you can imagine, three days without eating for a boy of eight), that I was seized with terrible stomach pains and those pains were much worse than the pain of hunger which I was suffering before.

Nevertheless, I just mention this little biographical sketch to let you know that for the sake of a pigeon I was ready to pass away and it was the tears of my mother and perhaps the empty stomach which made me break my promise.

Before the coming of our Exalted Buddha, India was a nation of meat-eaters. Then the Exalted Buddha came. Out of love for the Exalted One, India as a nation renounced meat eating. Even today though Buddhism has left India, the Indians practice vegetarianism. Then why can't we Buddhists also practice vegetarianism like the Indians in India? Asoka, the great Emperor also became a vegetarian when he was converted to Buddhism. Formerly, before Asoka, cows were slaughtered and butchered, but during the time of Asoka and after Asoka, it was considered to be a great sacrilege to kill cows.

That is why in India today, cow slaughter is looked upon with great abhorrence by the Hindus. They consider the cow as their mother.

When we eat, we should masticate the food well. He prolongs his life by eating little food. People eat too much and thereby shorten their lives. The diet should be simple. Behold the new born children who live on milk alone. How they thrive! Therefore the diet should be simple so that the physiological chemist within our body can separate the ingredients safely without any danger.

We have given much time to vegetarianism. Why? Because the animals have been neglected so long that it is our duty to give undue emphasis to animal life. In giving this great emphasis to animal life, we must not forget, in a sermon on Ahimsa, human life should also be saved, and for that reason I wrote a booklet entitled "The Creatures' Prayer"; but also a book not only on vegetarianism but to save human life, entitled "The Crime of Capital Punishment".

Capital Punishment is a crime! Capital Punishment is murder! Capital Punishment is an abomination! Capital Punishment is a barbarous institution, and every true Buddhist must naturally revolt against it!

It is useless to hang the body, as the body is never responsible for any crime. "Ignorance" is the real "murderer"! So we should hang the Ignorance!!! How? By giving Truth and knowledge to the criminal. When a man is hanged, he dies with in his heart and goes to hell, as the last thought of a dying takes immediate effect. A murderer is spiritually sick and needs to be cured of his sickness. He should be reformed through loving kindness. A long period of imprisonment will give him time to reflect and meditate over his wrong-doings, and the result may well be that he will become a changed man if he is treated with kindness. Murder is murder, whether done by the state or by the individual. Whenever a man is hanged, the sin falls on the shoulders of every taxpayer as he participates in the crime by his assent.

I am so glad that I renounced the world, because I neither vote nor pay taxes. Therefore when any crime is committed by the State, such as declaration of war or hanging criminals, the sin does not fall on my shoulders because I am out of the world and I neither vote nor pay taxes. Therefore I do not participate in any wrong-doings performed by law. Karmic Law is the best judge and will do the killing whenever necessary. Man is a poor judge and can often err. And once an innocent man is hanged, he cannot be brought back to life again. A human judge often makes mistakes. Karmic Law is infallible and never makes mistakes.

Murder is generally committed under the influence of passion, and the murderer is never deterred by the fear of Capital Punishment. Hence, Capital Punishment as a deterrent to crime fails in its purpose and should be wiped out.

Lord Buddha, our last Stand-by, never made any exception to the

Panatipata Law. To err is human, to forgive Divine! Lord Buddha taught forgiveness and not retaliation. “Eye for an eye, tooth for a tooth, and life for a life”, is the law of uncivilized barbarians.

In jail a murderer may develop into a saint. Therefore there is no need to kill him. We do not kill those who are suffering with physical leprosy. Why should we kill those criminals who are suffering from mental leprosy? Let us cure the mental leper. We segregate and isolate the physical lepers. Why shouldn't we segregate and isolate the mental lepers—the criminals? Let us send them to an island far away where they cannot hurt society. There they could earn their livelihood, they will not be any burden to society and they will be reformed. Capital Punishment destroys loving-kindness and when loving-kindness is gone, peace is gone. Hence war. Retaliation leads to war; forgiveness leads to peace. Let us abolish Capital Punishment and enjoy world peace forever. There are many Christian countries which have abolished Capital Punishment. They find they can get along perfectly well without Capital Punishment. Then why can't Buddhist Countries do the same? The following countries have abolished Capital Punishment: Austria, Colombia, Latvia, Luxemburg, Panama, Portugal, Holland, Romania, Sweden, Argentine, Brazil, Costa Rica, Ecuador, Honduras, Norway, Peru, Uruguay and Venezuela. In the United States, Capital Punishment has been abolished in Michigan, Kansas, Minnesota, North and South Dakota, Tennessee, Rhode Island, Wisconsin and Maine. May all Buddhist Countries fall in line and abolish Capital Punishment soon!

People are always in the habit of putting the blame on someone else. This is human nature. For example, the hangman says that he is not responsible for hanging human beings. Then who is responsible? The chief jailer who told me to put the rope around the neck? The chief jailer says that he is not responsible. Then who is responsible? The Sessions Judge who ordered the man to be hanged? If we ask a Sessions Judge, he says he is not responsible. Who is responsible? The Law-Makers.? If we ask the Law-Makers, they say they are not responsible for killing the criminal. Who is responsible?

The Law-Makers reply: “It is our duty to protect society from the hands of the murderers”. I retort: “But we can protect society just as well if we send the criminals to an island”. And then they remain silent. Remember that if a single Sessions Judge had to pull the rope with his own hands, he would never condemn a criminal to be hanged; but simply because a Sessions can always find a poor devil to pull the rope for him, he calmly sits back in his soft seat and in a tone of utter indifference pronounces the awful sentence: “He shall be hanged by the neck until he is dead!” And after having pronounced those terrible words, he goes home, plays tennis, or else plays with his wife and children, utterly unmindful of the wicked deed done that day!

I have written a poem on Ahimsa and here is the poem:—

A HYMN TO MERCY.

All Life is One, your neighbor is yourself,
To kill another is to kill yourself!

In Mercy find the whole of Righteousness,
A Loving Heart gives Highest Happiness!

Have Mercy friend on e'en the meanest thing,
This is the way to become God and King!

In Mercy find all Virtues that are best,
All Bliss, all Peace, all Holiness Highest!

When all the world is full of pain and woe,
A Loving Heart is Best all Wise Men know!

Have Mercy you all, be happy and free
Sweet Mercy to all gives Sweet Liberty!

Love all your enemies the same as you,
Your lack of Mercy you will one day rue!

All Life is One, there is no distinct "Self",
Then always love your neighbour as yourself!

O if you knew the Hell waiting for you,
You would to Mercy be loyal and true!

Do you want Mercy? Give It to all!
Save yourself NOW from the great downward fall!

Have Mercy brother by Mercy be blest!
Love is the Highest and Love is the Best!

Give always to all the Mercy you crave!
From awful Hell-fire yourself timely save!

O' see Buddha gazing on you with Love!
And then will you basely kill e'en a dove?

The Mercy you crave be thankful you gave!
From now to the grave have Mercy be brave!

Follow the Buddha, Lord of Compassion!
His Love saves the world from quick destruction!

RESPONSE.

All Life is One, there is no distinct "Self",
To kill my neighbor is to kill myself!

O Mercy Highest! O Mercy Sweetest!
Never shall I kill in anger or jest!

To Buddha my Lord, hands humbly I clasp,
I shall never do wrong till life's last gasp!

To Buddha my Lord, knees humbly I bend,
My Love to all beings fore'er I send!

To Buddha my Lord, head humbly I bow,
My Love to all beings fore'er I vow!

As a result of the great merit you have all gained by so patiently
listening to this long sermon, may you all perfect yourselves in the Highest
Ahimsa, so that you may all, like the All Compassionate Buddha, enjoy the
Supreme Bliss of Everlasting Peace! Blessings!

“BUDDHISM: THE RELIGION OF SCIENTIFIC REASON.”

I shall begin in accordance with the ancient orthodox method by saluting and worshipping the All-Compassionate One.

I have been asked to make tonight's Sermon rather deep because they say that there are scholars here and they have forever listened to the Four Noble Truths preached by others until they are tired. Therefore we will give them something new tonight, something thought-provoking, so that they can think about it.

It is said in the Buddhist Scripture that he who understand the “Paticca Sammupada” understands the Doctrine, but he who does not understand the “Paticca Sammupada”, does not understand the Doctrine. I will not go into the 12 links of causation which you all know, but I shall try to give a Western scientific interpretation. I shall try to interpret in terms chemistry and physics, the ancient law of origination expound by the Exalted Buddha 2500 years ago.

The Buddha began by saying that all beings originate out of ignorance. Let us analyze the whole universe scientifically. What do we find? The world consists of molecules. Molecules consist of atoms. Atoms consist of electrons and protons. Electrons and protons are negative and positive particles of electricity. What is electricity? It is energy. Where does energy come from? From motion. If all things stand still, there will be no energy. Where does motion come from? Motion comes from attraction and repulsion, which is coming and going. Where does attraction and repulsion come from? From desire. Because the Arahant has no desire, He is attracted or repelled by nothing. Desire comes from ignorance. What is ignorance? Ignorance is the absence of Knowledge. What is Knowledge? Knowledge is Something. What is the absence of Something? The absence of Something is nothing. Isn't it wonderful how by means of chemistry and physics we arrive at the conclusion that ignorance is the origin of the world, in exactly the same way as the Exalted Buddha 2500 years ago? He also began with ignorance and wound up with the world in suffering. So in Science also, we start with ignorance. Ignorance gives rise to desire. Desire gives rise to attraction and repulsion; and attraction and repulsion gives rise to motion. Motion gives rise to electricity. Electricity consists of electrons and protons. Electrons and protons make up the atoms. Atoms make up the molecules, and the molecules make up the world.

Isn't it wonderful how modern science agrees with ancient Buddhism?

The Exalted Buddha preached the non-existence of the soul. There is no soul in Buddhism, because the Buddha said: "All mental states are impersonal. There is no immortal un- changing self. There is only an ever-changing consciousness in man, never the same for two consecutive moments". Man is

a burning flame. He consists of factors which are also burning. What factors? Body, feeling, perception, tendencies, consciousness. They are never the same for two consecutive moments, because life is dynamic and not static. All is a flow. Remember, the American psychologists have agreed that man is only an ever changing consciousness. There is nothing unchangeable. Therefore, when I go to America, it will not be difficult for me to convert the Americans, because the scientists and the psychologists have already agreed that there is nothing un- changeable in man. The elements—body, feeling, perception, tendencies, consciousness—are always flowing. They are never the same for two consecutive moments. There is nothing Un- changeable. Therefore, when we tell the psychologists in America that there is nothing immortal in man and that all elements are flowing continuously, they will grasp it at once. It took the scientists 2500 years to reach and arrive at the same point which Lord Buddha attained 2500 years ago in one single flash of Illumination.

In the world there are countless religions. All religions teach the doctrine of immortal soul. Buddhism is the only Religion which teaches the Doctrine of absence of soul; absence of anything immortal in man; because everything is subject to the law of change. Hence Buddhism is unique among all the world's religions, because it is the only religion which agrees with modern science that man is only an ever-changing consciousness, never the same for two consecutive moments.

So, modern science has paved the way for my missionary work. How easy it will be for me when I go to America and tell the American psychologists: "What you have attained today, Lord Buddha attained 2500 years ago. You do not believe in an immortal soul; neither do we Buddhists believe in an immortal soul. Therefore if you want something scientific become Buddhists, because Buddhism is the Scientific Religion for scientific minds."

What is Nibbana? Nibbana is the most important thing in Buddhism. People have confused notions of Nibbana. They do not know what it is. I will try tonight to give you a faint glimpse of the meaning of Nibbana. I told you at the very start the world originates from ignorance. I told you that ignorance is the absence of Knowledge. Knowledge is Something. The absence of Something is nothing. Ignorance is the absence of Something, which is nothing. The world is nothing.

There is nothing in my hand. I wish to destroy the nothing in my hand. How am I to do it? There is only one possible way. We destroy the nothing in my hand, not by means of nothing; because nothing can never destroy nothing. We destroy nothing only by something. There you are. I have put something in my hand and that something has destroyed the nothing which was in my hand before. Because Something is the absence a nothing.

The world is nothing and Nibbana is Something. By destroying the world (nothing), you get Nibbana (Something). The world is unreality. Nibbana is Reality. The world is a dream. Nibbana is an Awakened State. The world is darkness. Nibbana is Light. Therefore if all renounce the world, the world is destroyed, nothing is destroyed. Ignorance is destroyed. That is called good destruction. Destruction of ignorance is Wisdom. Destruction of unreality is Reality. When the world is destroyed, when all people become monks, there will be a great gain, because destruction of unreality is the Real

Nibbana. It is a happy change. We are glad to destroy darkness to gain Light. We are glad to destroy the dream to enjoy the Awakened State of Supreme Nibbana. We are glad to destroy the empty world to get the Real Nibbana. It is a good exchange. May the day arrive when all will become monks and this miserable world will give way to Blissful Nibbana! Nibbana is the Highest Happiness! May you all enjoy this Highest Happiness Soon!

I have given this short scientific introduction so that the few scientists who may be among the audience, may get satisfaction for the trouble they took in coming here, but if I go on like this for a whole hour, talking on abstract scientific subjects, I am afraid the majority may not grasp the meaning of science.

I am reminded of a certain high monk in Ceylon by the name of the Ven. Vajiranyana. Once he gave a very profound sermon on Buddhist psychology. After he had finished expounding, the old ladies left the preaching hall and began among themselves: "How learned is that high monk. I did not understand a single word of his sermon."

Now I do not wish to give the same impression to the audience as that venerable high monk. I do not want the people to go away and say: "How learned is that monk. We could not understand a single word of his sermon." The Buddha preached for the many and not for the wise few. Therefore, out of compassion, I must satisfy everybody. I have given scientific food for the wise and now I must begin for the masses.

The Destruction of Lust. Lust is the curse of the age. How is it destroyed?

Lust is destroyed by eating little, sleeping little, living on a vegetarian diet, reading Buddhist Books, living in a Holy Environment, living with Noble Monks, meditating on the nastiness of the living body and the dead body, watching the Mind.

Lust arises through thinking that the body is lovely. When we realise that the body is excrementitious, lust dies. The living body consists of 32 filthy parts as follows:

Hair of the head, hair of the body, nails, teeth, skin, flesh, tendons, bone, marrow, kidneys, heart, liver, pleura, spleen, lungs, lower intestine, upper intestine, stomach, faeces, brain in the head, bile, phlegm, blood, pus, sweat, fat, tears, grease, saliva, snot, synovial fluid, urine.

If the hair of the head falls into the rice and curry, the rice and curry is thrown away in disgust. So the parts of the body which fall are loathsome; while the parts which still stick to the body "appear" beautiful on account of Lust which blinds the eyes!

I must raise a question, because only by asking questions can we provoke thought. How do you account for the fact that the hair on the skull appears lovely; while exactly the same hair which falls into a plate of soup or the rice and curry, appears foul and loathsome? From the chemical point of view, both hairs are identical; whether it sticks to the skull or it falls in the food, hair is hair. How is it that people admire the hair on the skull, but they

are disgusted with the hair in the food? What is the difference? Chemically they are exactly the same. And why should we love the one and detest the other? I wonder if there are any scientists in the audience who can give a scientific explanation of this strange phenomenon. Because the title of my sermon is "Buddhism: The Religion of Scientific Reason", so I expect the scientists in the audience to give an explanation of this strange phenomena. Why does the hair on the skull appear so lovely, and why is the same hair which falls on the food, so foul and loathsome? Is there any one who can explain why? There is no reply. Anyway, here is the reply; because it is our duty to teach.

If you take a container of water, when the water begins to boil, it is impossible to clearly see the bubbles beneath. When the water is cool and still, the bubbles at the bottom can be clearly seen.

Similarly, when the hair is boiling all over with lust, it is impossible to see things clearly as they really are. Hence the eyes on fire with passion eagerly cling to the foul and loathsome hair on the human head, and thus, it appears beautiful; but when human hair is found in a plate of soup, the hair appears foul as the heart is cool and still; and so the soup is thrown away in disgust. It is the passion which blinds the eyes. The eyes cannot see clearly when they are blinded by lust. So, when we see the hair sticking on the skull, the eyes are blinded. They do not see things as they really are; when the hair is actually foul on the skull, it appears to be beautiful; but when the hair is in the food, there is no passion in the eyes. The eyes are opened. They see the hair as it really is; in the soup. Through the absence of passion we see the true foul nature of the hair, owing to the absence of lust when we are eating. Hence, we are horrified by the hair and will either throw away the food, or will remove the hair if we are economical, and eat the food. Unfortunately, even after removing the hair, there is a feeling of disgust when we eat the food without the hair, because we remember that the hair was there formerly. So you see, when the eyes are opened, the absence of lust makes us see things as they really are. On the other hand, when lust blinds the eyes, we admire the hair on the skull. But remember, hair is hair, whether it is on the skull, or whether it is in the food. It is exactly of the same foul nature.

The same thing applies not only to the hair of the head, but also to the hair of the body, to the teeth, to the nails, to the skin. When the teeth are in their sockets, the poets will glow with ecstasy of admiration, when they say: "She has teeth like a necklace of pearls". But when the teeth fall into the soup, you will throw away the soup. Remember, the teeth are exactly the same, whether they are sticking in the sockets of the mouth, or when they drop off. In one case there is passion; in the other case, there is no passion. So let us see things as they really are and then you will be disgusted with the 32 parts of the body; whether they are sticking to the body, or whether they fall off, they are the same. Then through detachment, by not clinging to the bodies of others, by not clinging to our own bodies, we will become thoroughly impassionate. Passion will be destroyed and then we will attain that full bliss which is Supreme Nibbana.

A dead body exposed in the open for a few days is an excellent subject for Meditation. The swollen stinking corpse bluish-black with swarms of worms issuing from the nine holes is enough to make any one disgusted with the foul nature of the body. We should sit down and identify ourselves with

the horrible corpse with the following reflection: “As I am now, so once was he; as he is now, so I shall be!” By thinking in this way, the thought will finally dawn upon us that our body is a corpse bound to our neck! And we shall loathe and hate our body and the bodies of others. This is the way to destroy lust for ever.

The living body is “cooked” by the combustion and metabolic processes, and is thereby kept from decomposing. But the body, living or dead is of exactly the same foul nature and should be hated. Look at the leprous bodies, how filthy they are!

When all lust is completely destroyed, Nibbana is attained! For “Nibbana” means “NO LUST”.

Nibbana is the Supreme Fireless State. Lust is the fiercest of all fires. When lust is destroyed, the cool state of Supreme Nibbana is attained!

There are 40 subjects of Meditation in Buddhism. They are Called “Kammatthanas”. Out of the 40 subjects of meditation, no less than 10 or 25% are devoted to cemetery meditation. In ancient days, corpses were thrown away in the cemetery and monks had a wonderful opportunity of practicing Asubha or meditation on the foul corpse in all the 10 stages of decomposition, but nowadays owing to sanitary laws, the bodies are not allowed to be thrown away. They must be buried or cremated, and so the monks have lost that wonderful opportunity of meditating on the foul corpse in all the 10 stages of decomposition. Hence we find that Arahats today are very few, because they have been deprived of the chance of practicing Asubha. Nevertheless, when I was in Rangoon, I was determined to practice Asubha. If ordinary medical students are allowed to have dead bodies in the anatomical laboratory to dissect the human body, why shouldn't the spiritual doctors, the monks, have the same opportunity of studying the dead bodies while they are decomposing? I tried my level best to get the authorities in Burma to establish meditation monasteries in cemeteries, where corpses could be allowed to decompose naturally, so that monks could destroy lust, by meditation on the foulness of the body. I was almost on the point of succeeding in establishing such meditation theatres, when the war (WWII) broke out. Nevertheless, even before the war, I made a pact with the police surgeon of the General Hospital in Rangoon and I told him: “Whenever you find corpse in the river, please call me up. I will come down, because I have to practice the 10 Asubhas given by Lord Buddha for the destruction of lust”. The surgeon replied: “Yes, Venerable Sir, I will surely ring you up”. Sure enough he kept his promise and one day I hurriedly went to the General Hospital. I met the police surgeon and he conducted me to the morgue, and there was a horrible swollen corpse. A swollen corpse is a very rare specimen, because it lasts only 24 hours. The corpse was swollen like a balloon. The eyes were swollen. The cheeks were swollen. The stomach was swollen. The legs and thighs were swollen. Everything was swollen. I told the doctor to place a seat not far away, to close the door and allow me to concentrate on the foul corpse. I wanted to make a photo; but I had no camera. So I made a heart photo by fixing my attention on the corpse. The corpse was full of flies. I covered my body with my robe, because the flies wanted to hover over my body. Perhaps the flies thought that I was the corpse. Nevertheless, I continued to fix my attention for half an hour on the corpse. I made a heart photo and it was time for breakfast. I went away with the swollen corpse in my system, and when I started to eat food under a

tree, I felt that I was eating that swollen corpse. I had no appetite whatsoever. It is the preaching of the Buddha that all bodies are foul corpses. We should realize the Asubha-nature, the loathsome nature of the corpse, and thereby be detached from the body and be detached from lust, which is Nibbana, the absence of lust.

What is Buddhism? Buddhism is the culture of the mind. The Buddha has given us Spiritual Soap for scrubbing away the dirty thoughts. There was once a monk who could not practice the rules and regulations The Buddha asked him: "Can you do one thing alone?" He replied: "Yes, My Lord". Lord Buddha said: "Watch the mind. Persevere with your religious life". So he followed the directions of the Buddha and he watched the mind; and in no long time attained Nibbana. If you watch the mind, you will also attain Nibbana. I will explain in the next paragraph how to watch the mind.

"A wandering mind lies in the fangs of the passions". Laziness is the devil's workshop. The Exalted Buddha said: "A Monk who applies himself to the higher thought should pass in review from time to time five phases of mind; and these are they:

1. If while watching the mind some lustful thought arise, we should at once divert the attention to some noble thoughts, like the thought of the Buddha, etc., and the wrong thoughts will disappear.

2. If, however, the wrong thoughts do not disappear by this method, we should ignore the wrong thoughts, and the wrong thoughts will disappear. For example, if we do not wish to see a man's face, we simply turn our heads in another direction.

3. If, however, the wrong thoughts do not disappear by this method, we should consider how the evil thoughts ripen into evil speech and evil actions. By thus considering the danger of evil thoughts, the evil thoughts quickly disappear. Remember that hate often leads to murder.

4. If this method fails, then we should allay what moulds wrong thoughts, i.e. searching out the cause; and rooting them out.

5. If all else fails, then we should resort to "direct-action", i.e. we should clench the teeth, throw up the tongue against the palate, and by sheer force of will-power we should root out the evil thoughts. Like a giant who grasps a dwarf by the head and shoulders, and throws him far away, even so, by striving hard, the evil thoughts will pass away and disappear, so that our heart stands firm, is steadfast, is focused and concentrated.

By thus always watching the mind, the mind will become clean and pure and Nibbana will be attained for ever!

We should eat as little as possible, simply to keep the body going, and no more. For, if we throw too much coal into the furnace, the furnace will become hot, and passion will arise. One meal a day before noon is the safest rule. For, if we eat at night, passion will increase.

This afternoon we gave a sermon on Ahimsa, non-hurting; I wish you had come to that sermon. Because there, we explained that we should live on a

vegetarian diet. The carnivorous animals are ferocious. Look at the tigers; panthers and wolves! So, become herbivorous like the gentle gazelles and lambs. A vegetarian diet will make you tranquil and calm. The teeth of man clearly show that he was intended to live on vegetables, fruits and nuts, like the monkeys.

Live and let live. The creatures are our neighbors. All life is one, thy neighbor is thyself; to love thy neighbor is to thyself, to hate thy neighbor is to hate thyself.

The Exalted Buddha said: "It is impossible to find a single insect which has not been our mother or father, or aunt or uncle, etc. in the past births". Hence all creatures are our relatives and we should refrain from eating our relatives like cannibals.

We should sleep as little as possible. The whole world is burning. We are in a burning house. How can we sleep in a burning, house? The human heart does not sleep. Then, why should the mind sleep? Is the mind less powerful than the heart? Science has proven that the Mind is the dictator of the body. At the Smithsonian Institution in Washington DC, a human being was placed in a cage and made to fast for 40 days. Of course, he was well paid for this experiment, and for the sake of money, he subjected himself to this strange experiment. His organs were weighed before and after. After the 40 days' fast, it was found that his liver and kidneys and other organs were reduced to half the original size; while the brain was exactly the same as before. So, all the organs had "sacrificed" themselves to keep the brain intact. Hence, the brain is more powerful than the heart and should work at least as much as the heart which pumps away unceasingly.

You see, sleep is really a bad habit of the mind. The Buddha slept only 1 hour and 20 minutes and even during the 1 hour and 20 minutes, He was fully conscious. The night is not for sleep; the night is for work. Remember that all the great saints attained Supreme Illumination during the night. It was during the night that the Great Exalted One attained Supreme Enlightenment under the Bodhi Tree at Buddhagaya. At the beginning of the world, if there had been no nights, I doubt whether people would get into the habit of sleeping. Owing to the fact that the sun went down and darkness prevailed, the first people at the beginning of the world said: "The sun has gone. Let us lie down and await its return". So they lay down and began waiting for the sun to return, because it was dark. But if there had been two suns, one during the day and another sun during the night, it would be always day and never night. Remember, the greatest men are those who sleep little. Napoleon Bonaparte only slept four hours. Therefore if you want to rise to great heights; train yourselves to sleep as little as possible. Because, remember, robbers come to steal during the night. And what is your greatest wealth? Virtue is your greatest wealth. Then why allow the Temptor, the greatest robber of all, to come during the night to steal your virtue or greatest wealth? If the heart begins to sleep, you will land in the cemetery. Then, why do you allow the mind to sleep? If the heart can pump away night and day, day and night; why can't the brain pump away night and day, day and night? If the heart can work without ceasing, the mind can also work without ceasing. Simply get rid of the bad habit of sleeping so much. Try to train the mind to work forever and you will see what little sleep the mind really requires. Because the Buddha's last words were: "Appamadena Sampadetha! Through Zeal the Goal

attain!" This is the quintessence of Buddhism. The whole of Buddhism can be explained in one Pali word 'Appamada' meaning 'intense earnestness'. Without earnestness, there will be no Nibbana. Be earnest! Train the mind to work night and day, day and night, and you will attain what the Buddha attained.

There are 13 special ascetic practices in Buddhism called 'Dhutangas', the best ascetic practice given by the Buddha, out of the 13 is sleeping in a sitting posture. Sleeping in a sitting posture is allowed by the Buddha; because, by sleeping in a sitting posture, the head becomes light, the blood and heavy particles flow down by gravitation; and man is always in earnest, always ready for meditation and never drowsy.

Today I am overflowing with Ahimsa, because I preached for about two hours on Ahimsa, one hour for me and one hour for the interpreter.

Let me tell the story of a Singhalese boy which I read in about in a newspaper. This is a real story. There was one Singhalese boy who was bitten by a snake. The boy, having been bitten by the snake, the father seized a great hatchet and wanted to kill the snake which had bitten his only son. The dying son pleaded with the father to spare the life of the snake. As this was the dying wish of the son, the father was compelled to obey. The snake crept away and the boy died. The dying boy, bitten by the poisonous snake, saved the life of the snake which had killed him. This is the rule of Ahimsa. This boy's life was taken and he wanted no retaliation. He had no feeling of vengeance against the snake which bit him. He forced his father to spare the life of the snake; the snake went away safely, and this honorable boy died. Therefore, let us act like this true Buddhist, this Singhalese boy. Let us also give our lives for other creatures, and let us nurse no anger in our hearts!

As you all know, we are on our way to convert America and through America, the entire world. The joy of seeing Buddhism spread all over the world should spur any ardent Buddhist to glorious activity. Without missionary work, no religion can long endure. Growth is health, stagnation is disease. Let us grow to be healthy. "The Gift of Truth is the Greatest of all Gifts!" Buddhism is a Scientific Religion for scientific minds. Now is the psychological moment in the aftermath of World War II.

The scientific Americans will readily embrace Scientific Buddhism. They are eagerly waiting for our Atomic Bomb of Love. Our Incomparable Skyscraper Pagoda in New York dedicated to World Peace will surely crown the world. The year 2500 will see the rise of Buddhism and we must start now by preaching to America and all the world to make that rise a living reality.

Remember that we are going to the west to bring the Incomparable Message of the Buddha to the hungry Americans. The Christian missionaries come to the East in order to give their religion to us, and we are going to the West to exchange or reciprocate; to give our Buddhist religion there. By this happy exchange, there will be mutual goodwill and understand amongst all the nations of the earth. Remember that spiritual starvation is the cause of war. Spiritual nourishment is required every day for the mind. Do not worry only for the physical nourishment, because a man does not live by bread alone. Children should receive spiritual nourishment every day. They should be trained in the love of the Buddha. They should be trained in the Dhamma.

They should go to Buddhist schools. Their plastic minds should not be fashioned and molded by foreigners; for, they may even change their religion by the foreign influence. Therefore send your children to Buddhist schools, so that they may remain Buddhists. Our religion will grow forever. I am working in the West to convert the Westerners to Buddhism, and you must work in the East by making sure that your children remain Buddhists. Because, it is your duty to see that your children receive Buddhistic education and that they remain loyal to the Buddhist Religion. Because the Exalted Buddha is the Greatest of all Teachers!

In order to close, I will say that I admire your great patience in having listened so long to this lengthy sermon. You will gain much merit by enjoying this spiritual nourishment. I should not give you much. Otherwise you might get spiritual indigestion. So, you will reflect when you go home, on the few points you have received today and try to gain spiritual nourishment every day, until all the fires of the six senses are extinguished. Then you will enjoy the Bliss of full calm, where the passions are extinct. This is Nibbana, the Supreme Bliss.

**Address of Welcome by Kong Beng Sia (Buddhist Mission),
Singapore, to Ven. Lokanatha, on the 18th August, 1947,
At the Singapore Buddhist Association, Singapore**

Your Worship,

**NAMO TASSA BAGAVATO ARAHATO SAMMA
SAMBUDDHASA.**

The President and Members of KONG BENG SIA (BUDDHIST MISSION) are indeed very grateful to Your Worship for giving us this opportunity of extending to Your Worship our most hearty WELCOME in Singapore, and also to hear from Your Worship, Our NOBLE LORD THE BUDDHA'S Glorious DOCTRINE this happy day.

Although there is no significance in the Buddhist calendar of this happy day, so to speak, nevertheless it means to us a day of further learning into the fundamentals of BUDDHISM.

This Mission has recently obtained exemption from registration under the law of this Colony since its establishment in January, 1946, during which time we had the privilege of WELCOMING under similar circumstance, the MISSION TO CHINA, in May last year; comprising of There as Pannasiha, Soma, and Kheminda, to whom we paid HOMAGE, as we are now paying to Your Worship.

Whilst Your Worship will be proceeding to America shortly, we are now feeling the atmosphere of confidence that Your Worship's mission to that part of the World, which is wonderfully scientific in all branches of developments, will crown with SUCCESS especially considering the fact that it is the wish of OUR LORD THE EXALTED ONE to have HIS TEACHINGS propounded

far and wide.

Who can resist the magnetism of Your Worship's personality? The answer is not far to seek when we are before us, the crowds that flock whenever Your Worship is in audience. This being the fact and the Americans being no exception to feelings and inclinations of humanity, we further feel more sure that America will WELCOME Your Worship as that country had done to all great men past and present.

We have joyously heard Your Worship's public lectures in Singapore and read with keen interest the texts deliver in Kuala Lumpur and Penang which we greatly admire in their simplicity and true understanding of the religion of Science - BUDDHISM.

We therefore collectively tender to Your Worship our most humble thanks for giving us this audience and to wish most sincerely and heartily for Your Worship's well-health and also to hope that Your Worship will work with full of GRACE and FORTITUDE upon which the heart of Your Worship is so firmly set.

WITH GRATITUDE AND METTA.

We are,

Your Worship's

Most Obedient Disciples,

KONG BENG SIA (BUDDHIST MISSION)

Sd. Chia Tek Chye	— President.
Sd. C. K. Seow	— Hon. Secretary.
Sd. Lim Hock Koei	— Hon. Treasurer.

Most Venerable Lokanatha,
World's Buddhist Mission,
En Route AMERICA.

His Worship's reply:—

Thanks for your most cordial and warm welcome. If the pleasure is yours in welcoming me, how much greater must be my pleasure in again receiving this excellent opportunity of offering "Dhammadana" to the eager devotees assembled here. Material gifts are "Amisadana". Destroy Lobha, Dosa, Moha; and you will receive the Highest Happiness. May this Highest Happiness soon be yours.

Only the gift of Truth can destroy the world fires of greed hatred, and delusion, and give everlasting peace. The world is suffering from spiritual starvation, and spiritual starvation is the cause of war. Spiritual nourishment is the panacea for world peace. The entire world is swept by a deluge of greed, lust, anger, and delusion. The only remedy is spiritual nourishment. We take daily nourishment for the body. Shouldn't we take daily spiritual nourishment for the mind and heart? Only peace within can give peace without. Only

individual sanctification can lead to universal sanctification, which will overcome universal degeneration and give universal peace.

Truth is the Atomic Bomb which will destroy suffering born of ignorance and bring Supreme Bliss to this grief-stricken world.

I am delighted to know that the Dayakas and Dayikas have taken out instruction to heart and have organized themselves into a Buddhist Mission for the cleansing of the mind through constant reflection and self-watchfulness. May Bhagavan Buddha's glorious Maha-Sati-Patthana Sutta be your eternal inspiration on the path to Highest Enlightenment.

Missionary work is of supreme importance. Without missionary work, no religion can long endure. Growth is health. Stagnation is disease. A religion must grow to be healthy. When people make no genuine efforts to diffuse Buddhism all over the world, it simply means that they have lost all their love for their noble religion.

Malaya is a rich country. We export rubber, tin and other products. Why not export Buddhism, your most valued possession? To give is to receive. By giving the Truth, you will receive and realize the Truth. We must go into the Truth-exporting business, not only rubber exporting business. Because to give rubber to the world is useless. We must give the Truth to the world. Rubber is a transitory article. It is useless. It will not give liberation. Only the Truth is indeed immortal speech. Only Truth is the Highest Gift. Therefore we should give the Highest things to the world, and not only rubber to the world. If you give rubber to the world, rubber will make you bounce from life to life. You must give the Truth, which will stop this bouncing process and give liberation.

The Americans sent their missionaries to Malaya. Why shouldn't Malaya reciprocate by sending her missionaries to America? Let there be a happy exchange of thoughts and ideas. Did not our Exalted Buddha say that the Gift of Truth is the greatest of all Gifts? We are a Truth-giver and so we must give the Gift of Truth to the whole world, and especially to the non-Buddhists. All the chief religions of the world have their missionary champions to spread their doctrines all over the world. Then why shouldn't Buddhism, the finest Religion in world, have at least one champion to spread the Truth all over the world? We are ripe and ready to diffuse Buddhism in non-Buddhist countries, and it is the duty of the Buddhists to send us to America to spread the Incomparable Dharma of our Exalted Buddha. No man can sincerely love his religion, unless he loves to see it spread all over the world. Buddhism is a Scientific Religion for scientific minds, and the scientific Americans will readily embrace Scientific Buddhism.

Our Exalted Buddha was the first missionary in the world. He organized the first Missionary Movement. The Great Asoka organized the second Missionary Movement, and now we are trying to organize the third Missionary Movement. Building pagodas is meritorious, but giving the Gift of Truth is the Highest way of gaining the Highest Merit. Malaya has no submarines, no bombing planes and no machine-guns to give to the world. May Malaya give the greatest weapons of Love and Truth to suffering humanity! A man who sincerely loves his religion will try his level best to see it spread all over the world. And if he himself cannot give it and preach; he can at least support a competent missionary to preach in his place, the glorious Dhamma

all over the world. By supporting a competent missionary, he will gain the highest merit of spreading the marvelous Doctrine everywhere. Only freedom born of universal love can destroy the poisonous fumes of slavery and dependence, which spread everlasting discontent, war and bloodshed. World War III can be avoided only when all nations, as well as all individuals, are free, dignified and wrapped together in the fraternal bond of universal brotherhood. May a king arise today who will follow the Great Emperor Asoka, by substituting love for the sword! If the spirit of Buddhism can penetrate throughout the universe, suffusing all beings with infinite Buddha Love, wars will become only grim reminders of a past savage age.

There is no joy higher than Supreme Harmlessness and Supreme Passionlessness, born of Supreme Wisdom. May this Highest Buddha Joy be yours for ever and ever. This is the Buddha himself, for he who sees~ the Truth, sees the Buddha. And there is no other Buddha but the Supreme Truth, the Highest Reality, Nibbana, which knoweth no change. We are a spiritual fire brigade and our duty is to quench the world fires of Lobha, Dosa, Moha, with the glorious water of Truth. Then let us give spiritual nourishment to the starving millions, who are depressed, suppressed and distressed, by their own ignorance, the chief enemy of mankind. The whole world is burning. All is on fire. On fire with what? With Lust, Hatred, and Delusion. On fire with birth, old age, disease, death, sorrow, lamentation, grief, misery, and despair. Our World Buddhist Mission is the great fire brigade, whose aim is to put out the great world fires of Lust, Hatred, Delusion, Birth, Old Age, Disease, Death, Sorrow, Lamination, Grief, Misery, Despair. Then keep this great fire brigade going. Help the fire brigade so that it may sweep all over the world with its powerful extinguisher, the most powerful fire extinguisher in the world, the Noble Doctrine. May the whole world become cool once more. May we gain Knowledge, Supreme Bliss and Peace for evermore.

The year 2500 will see the rise of Buddhism and we must start now by preaching. In America and all over the world to make that rise a living reality. We are proceeding to America to preach the Incomparable Doctrine of our Exalted Buddha there. We shall make a lightning preaching tour throughout the States and shall capture America by storm. We shall not hesitate. The time is ripe. Time is precious. The field is prepared. We are the cultivator. We shall preach Buddhism all over America for the glory of our Glorious Exalted Buddha!

Why have we selected America?

1. The Americans know “dukkha”. They understand suffering after Great World War I and Great World War II.

2. The Americans are scientific. Scientific Buddhism will surely appeal to the scientific Americans.

3. The Americans are dynamic, full of energy. America is the most progressive and most powerful country in the world.

4. The Americans for ever want something new. They are always tired of the old. They want something new every day. So, I raise this question: “Is Buddhism new or old?” Will you please let me know how it is new and old as well? There is a scientific reason why Buddhism is new; because I know very

well that Singapore is very fond of science; so I am going to give a scientific reason to prove why Buddhism is new.

Is Buddhism Niccam or Aniccam? Changeable or un-changeable? That which never changes, does it grow old? No. Then it is always new. Buddhism never changes and never grows old. It is always fresh, like a new blown rose. So even if Buddhism is 1,000,000 or 1,000,000,000 years old, it is always fresh, because the Truth never decays, never grows old, never changes. Hence, it is always fresh and always new, because it is never subject to the law of change.

5. Once the Americans are converted, they will diffuse Buddhism all over the world by their power of organization, wealth, charity, and advertising driving salesmanship ability.

Now there are American Christian missionaries coming to Malaya to convert your children into Christianity. Do not be surprised if in the future you find American Buddhist missionaries coming to Malaya to convert your children to Buddhism. Because everything is possible. Within the next 9 years we expect a great revival of Buddhism all over the world.

This is my reply to your address of welcome. May you all enjoy the Highest Bliss! We send our loving thoughts to you for ever! Blessings and Loving-Kindness to you all!

His Worship's SERMON is continued on page 47.

THE BUDDHIST WAY TO HAPPINESS.

His Worship said:—

The Buddhist Way to Happiness will show that Buddhism, far I from being pessimistic, as non-Buddhists claim, is in reality the Religion leading to the Highest Happiness right here and now.

How to be happy? Do good. Refrain from evil. Cleanse the mind. This is the teaching of all the Buddhas. Happiness is attained by walking in the footsteps of Truth. Wisdom gives happiness. Ignorance gives unhappiness. Do good and you will be happy. What is good? To practice the Five Precepts is good. There are people in Singapore who want deep science, but if they do not know the Five Precepts, what is the good of their sciences? The Precepts come before the Science. We must begin with the elementary class before we can go to the graduation class. Therefore, we will give the Five Precepts. The Five Precepts must be observed in the spirit as well as in the letter. The letter killeth; the spirit giveth life. What is the object of the Five Precepts? To destroy Dosa, anger. Because Sila destroys Dosa. Morality destroys anger. So the object of the Panca-Sila is to destroy anger; because if you analyze the Panca-Sila very carefully, you will find nothing but Infinite Love from the beginning to the end of the Panca-Sila. What is the meaning of the First Precept? Infinite Love for all the creatures by not killing them. What is the meaning of the Second Precept? Infinite Love for humanity. “I will never take anything which belongs to another.” That is, love for your neighbor. What is the meaning of the Third Precept? Infinite respect for your neighbor, that you will never steal his wife. What is the meaning of the Fourth Precept? Infinite respect and love for your neighbor, because you will never try to take unnecessary advantage of your neighbor by lying and cheating him. What is the meaning of the Fifth Precept? Infinite love for your neighbor as you do not want to be dangerous to him by getting drunk. Because a drunkard will violate all the Panca-Sila. A man under the influence of drink will kill, steal, commit adultery, lie and drink some more.

Dana destroys Lobha. Sila destroys Dosa. Bhavana destroys Moha. Giving destroys Greed. Morality destroys Anger. Meditation destroys Delusion.

The Five Precepts are to be practiced in thought, word and deed. Everything depends upon the mind. Mind is the forerunner; the chief; maker of all things. Mind is the centre of the universe. Everything depends upon the mind. Watch the mind all will go well. You know how to watch the mind, because I taught you before. Remember, the Five Precepts must be practiced not only by word, or by deed, but also by mind. That is to say, we must not commit mental killing. What is mental killing? Suppose you say: “I wish that my enemy would die.” You have killed him with your mind. Suppose you see a man in a fancy limousine car and say: “I wish that car were mine.” You have stolen his car with your mind. In the same way, if you see a lovely form and you have desire in your heart for that lovely form, you have committed mental

adultery. It is the same way with lying and drinking. Everything can be violated by the mind. So don't think that you have perfected the Panca-Sila. I hear many people say: "I always practice the Panca-Sila". If he could, always practice the Panca-Sila, he would be an Arahant by now. Because it is no joke to practice the Panca-Sila in thought, word and deed. It is the most difficult thing possible. I will not go into the details of the Panca-Sila, because it will take too long. I have done it before when I preached at the Ramakrishna Mission. I will only say that I should try to remove some misconception. If you practice Dana, Sila, Bhavana, you have fulfilled the layman's duties. The monk of course will start with Sila, because he has fulfilled his Dana when he renounced the world. What Dana can a monk give? He can only give Truth, Truth-Dana, but not material. When he renounces the world, he has fulfilled Dana. What more can he give.

Wrong understanding gives wrong aspirations, which lead to wrong speech. Wrong speech leads to wrong action. Wrong action gives wrong occupation. Wrong occupation gives wrong effort or wrong exertion. Wrong exertion gives wrong mindfulness. Wrong mindfulness gives wrong concentration. Wrong concentration gives wrong knowledge. Wrong knowledge gives wrong deliverance. What is wrong deliverance? It is hell. I must let you know what is God. God is any one who attains Nibbana. If you attain Nibbana, you are God. Is that clear? There is no God higher than Visuddhi-Deva. That is called God by purity. There are three kinds of Gods in Buddhism. There is "Samutti Deva", a God like the Emperor of Japan, any Emperor, or like, the King of England. The King of England is also a God in the worldly point of view. Then there is the God by birth, such as, Opatatika-Deva. In the heaven worlds, angels are Gods. Any one born in any of the heavenly planes or Devaloka, is a God. They are always subject to birth and death like us. They are not free from Sansara. They have to work for their deliverance; the same as us. Then there is the highest class of God, called Visuddhi-Deva, God by purity. The Buddha belongs to the class of Visuddhi-Deva, God by purity. The Buddha is Devati-Deva, the God of all the Gods. How can you have a God higher than the God of all the Gods? Therefore, our God, Devati-Deva, is the God of Jesus, Mohammed, Rama-Krishna and Vishnu. He is the God of everybody. Because He is Devati-Deva, God of Gods.

What is the second question? People always say 'soul'. Our children going to missionary schools also echo the word "soul"; but they must realize and appreciate that there is no soul in man. Why? Because man is an ever-burning flame, never the same for two consecutive moments. There is nothing un-changeable in this universe. Everything from the highest to the lowest in the world is subject to the Law of Change. There is no exception to this law. You must consider that there will always be suffering so long as there is change. The only world where there is no suffering is an unchangeable world, a world which is not subject to the Law of Change. Only that world will be free from suffering. When the world is free from change, what do you call it? Is it Nibbana? Then you want the God to create Nibbana? But Nibbana is always there! All you have to do is to strive for it. For those who are willing to pay the price, Nibbana is always there. What is the price for Nibbana? The price for Nibbana, in one word, is Renunciation. Only by renouncing the world including your Panca Kkhandas, can you reach Nibbana. You must renounce these five factors of existence to get Nibbana. They are not your property. The body is not yours. Feeling is not yours. Perception is not yours.

Tendencies are not yours. Consciousness is not yours. Why not? Because they are changeable, painful and empty. Empty things—how can they be yours? Moreover, who are you? There is no “you”, no “I”. You must always say: “This belongs not to me. This I am not.” This thought of “I” must be destroyed. Renounce everything and you become free.

We cannot have both the world and Nibbana. You must make your choice. Either the world or Nibbana. If you cling to the world, then you must say good-bye to Nibbana for the time being. How many people in the world love Nibbana, and how many people love the world? Kindly let me know. How many people love Nibbana? In other words, over 99% of the people in the world are world-lovers; and only a fraction of 1% are Nibbana-lovers. But you tell me that Nibbana is good, and you tell me that the world is bad. How is it that although you believe the world is bad, you still cling to the bad and renounce the good? Has not the mind the power? Suppose a man gives you a choice. Here is a handful of gold and here is a handful of lead. Which are you going to take? The gold. Supposing the Buddha came to you and said: “Here is a handful of the world, and here is a handful of Nibbana”. You say you will take the world. That is very foolish. That is why the Buddha said: “People prefer the painful world and not a Glorious Nibbana.” If, you ask: “Why do you not like Nibbana”, they will tell you things like: “We do not like Nibbana, because there is no cinema in Nibbana. I think we should have Nibbana with a cinema in order to attract the people to Nibbana!”

A monk told me that if a layman attains Nibbana, he can live only one day. Once a young Burmese boy dressed himself like a ghost, and he came to an old woman at night. He spoke in a very solemn tone: “Madam so-and-so, tonight you will read Nibbana. That means to say you will also die after reaching Nibbana.” The old woman began shouting at the top of her voice: “I do not want Nibbana.” She wanted to live. She did not want to die. Imagine! She preferred to live in misery and not enjoy the Supreme Bliss of Nibbana.

The only way to purify oneself, is by doing good. Refrain from evil, do good, and cleanse the mind. Of course, it is said in the Buddhist Scripture, that when Buddhist monks confess to Buddhist monks, they are purified to some extent. That is to say, the weight of remorse becomes lighter. Once they tell their fellow monks what they have done, the burden becomes lighter. To keep a secret, it makes the demeritorious action heavier when it is kept secretly. Once we expose it to our colleagues, then it becomes lighter through confession.

Let us come to the Buddhist Trinity. Buddha, the God of Gods, is a historical character. In every history book you find the Life of the Buddha. Moreover we have the relics of the Buddha, and that is the best proof that the Buddha exists. Then comes the Dhamma. The Dhamma we have in the Tipitaka. Every monastery has the Tipitaka. We can read the Dhamma. The Dhamma is before our eyes. The Buddha is before our eyes. The relics, the books, and the Sangha are before our eyes. There are so many yellow-robed monks in the world. So the Buddha, the Dhamma, and the Sangha—the Buddhist Trinity is quite tangible and visible before our eyes. Any time you like, the relics can be seen. The Doctrine can be read, and the monks can be seen.

Prince Siddattha became mature after seeing an old man, a dead man, a

sick man, and a monk. But how many old men have you seen? How many sick men have you seen? There are so many in the General Hospital. How many dead men have you seen? How many monks have you seen? Many. And still you cannot renounce. Prince Siddattha saw only one old man, one sick man, one dead man, and one monk; and He renounced the world. He was a thoroughbred. Give a thoroughbred horse slight touch, and he runs like the whirlwind. If you go on a hack or a nag, you have to whip it. It does not move. Therefore, He was so ripe that the fruit had to fall, and no one, not even his father, King Suddhodana, could stop the Prince. The Prince escaped from the Palace, which was guarded by soldiers. Why? Because, even one hundred million soldiers cannot stop the ripe fruit from falling, once it is ripe. Haste is waste. It is better to wait for the ripening process to take its course.

So ordinary human beings of other religions marry and a priest performs the marriage ceremony. In Buddhism, if a layman comes to a Buddhist monk, and if the Buddhist monk performs a marriage ceremony for the layman, he commits an offence which is punishable by temporary expulsion from the Order. The monk is not allowed to join two persons together.

The Buddhist Way to Happiness is to practice Dana for the destruction of Lobha to practice Sila for the destruction of Dosa, and to practice Bhavana for the destruction of Moha. Then you will enjoy Alobha, Adosa, Amoha—absence of Greed, absence of Hate, absence of Delusion; which is Nibbana, the Highest Happiness.

May you all enjoy Supreme Happiness as a result of the merit which you have gained by so patiently listening to this sermon. Blessings!

“HOW TO BECOME RICH, BEAUTIFUL AND WISE.”

I was very much pleased last Sunday to give my first sermon in Singapore. Naturally when I saw such an eager audience and when I saw the room was overcrowded and people were standing outside; I was so much delighted and then I began to study and reflect as to the cause of such an enthusiastic audience. I thought to myself that perhaps some had come to see a strange person just as we might go to the zoo to see a strange creature; because no doubt I must be a little strange as formerly I was a Roman Catholic and from Italy where there are 45,000,000 Italians and I am the only Buddhist out of 45,000,000. Anyway, I remember very well that once a Reverend came to see me and he said: “You are the only Buddhist believer of the 45,000,000 Italians. This is the best proof that your religion is false.” I was very much surprised at those words. Simply because I am the only Buddhist out of 45,000,000, he said that Buddhism is false for that reason. That was his logic and argument, that if the religion is true, all the Italians would have become Buddhists.

When I renounced the world in 1925, my mother not knowing where I had gone, because I never told her that I had become a Buddhist, I took French leave and went to India and for a whole year never wrote a single letter.

Why did I renounce the world without permission? Because Prince Siddhattha who became a Buddha, also left His parents without permission. We are alone in the ocean of transmigration and each one covers the path for himself without seeking help from any one. Buddhism teaches self-reliance and alone we must walk the path. The only regret I have is that my parents passed away as non-Buddhists. If they had passed away as Buddhists, I would be very much satisfied and happy. I regret that they passed away without my receiving a chance of giving the greatest of all gifts, the gift of Truth. So I decided to become a Buddhist missionary in order to preach to everyone in the world. My mother passed away 22 years ago and by now if reborn she must be 22 or 21 years. My father if reborn is about 16, old enough to comprehend the doctrine. Therefore when I preach, perchance my parents reborn might hear the doctrine and become Buddhists. Anyway I renounced the world to attain deliverance and thereby convert my parents either now or in the distant future. We should not enjoy the Truth by ourselves but should have our parents share in the great gift of Truth which is the highest of all gifts.

It is the Buddhist rule that we are not allowed to renounce without first taking the permission of our parents, but as Prince Siddhattha renounced without permission, he is my guide. He gives me the permission, the Sublime Buddha. Moreover, it should be remembered that our father and mother gave us the material life, but we have the Buddha who gave us the spiritual life and the spiritual father is the highest father of all. His book, the Dhammapada, completely wrought the change. The Buddha passed away 2500 years ago. His book converted me and it was a pure accident in America. If I had not read the book, I probably would not have become a Buddhist. Therefore as He has given me permission, I renounced the world.

Without my permission I was dragged into this miserable world. So, naturally without asking the permission of my parents, I dragged myself out of the world. Each one must save himself. No one can save another and therefore it is wise to save oneself. It is pure commonsense to do so. No one should postpone his own deliverance for the sake of another, and the best way to help the world is by perfecting oneself. Until one is perfect, one cannot do any good to the world. A physician must first cure himself. "Save thyself Oh Physician."

Last time I could not finish one point and that was this: Once the Buddha placed a grain of sand on the tip of His finger nail. He said: "Oh Monks, which is greater, the sand on my finger nail or the mighty earth?" The monks replied: "Exalted One, the grain of sand on your finger nail is nothing comparable with the mighty earth." The Buddha said: "Similarly, Oh Monks, those beings who pass away and are reborn in the human world or heaven world are as nothing in comparison to those beings who, passing away from this life are reborn in the animal world or in the ghost world or in purgatory. As you all know, there is no hell in Buddhism, no eternal damnation. In Buddhism there is always a chance and one is never lost because there is justice in this world and justice never fails. So when I heard that those beings are immortal who are reborn in purgatory out of great compassion, I decided to become a Buddhist missionary; because it was purely my accident that I became a Buddhist and hence why should not all the others partake of the good fortune which you are at present enjoying. It will be selfishness on our part to enjoy the sublime Truth of the Buddha and not to share it with the rest of Humanity who have not been so fortunate. Hence we are now on our way to America to diffuse the doctrine all over the world.

The Buddha taught the Four Noble Truths which are the Four Pillars of Buddhism. Just as the table has four legs, so Buddhism stands on the Four Noble Truths. We have 45 volumes of the whole Buddhist Scripture. The first deals with discipline, the second with discourses, and the third with psychology. The Four Noble Truths are the essence of Buddhism and the 45 volumes are merely the commentaries on the Four Noble Truths. So if you understand thoroughly the Four Noble Truths, you understand the whole of Buddhism. I explained the Four Noble Truths in my first sermon and now I will go on and raise the question: What is Right Knowledge?

Right Knowledge is to know the Four Noble Truths. Right Knowledge is to know the Three Characteristics of the Cosmos, i.e. transiency, suffering and

emptiness; emptiness is absence of soul. Since there is no soul in Buddhism; what takes the place of soul is consciousness, which is never the same for two consecutive moments. As a matter of fact, modern psychology has arrived at the very point which the Exalted Buddha attained 2500 years ago; the knowledge that there is no immortal self, no unchangeable soul, but only an ever-changing consciousness, never the same for two consecutive moments. As the modern psychologists have agreed that there is no immortal soul, it will be so much the easier for me when we reach the states to preach on Buddhism, because the soil is already prepared. They have agreed there is no unchanging soul and therefore they understand the Buddha's philosophy of "Anatta"—non-self. All things are changeable. All things are painful. All mental states are impersonal.

Right Knowledge is to know the Origin and Destruction of the Universe, as follows:—

Ignorance is the Cause of The Tendencies.
The Tendencies are the Causes of Consciousness.
Consciousness is the Cause of Mind and Body.
Mind and Body are the Causes of The Six Senses.
The Six Senses are the Causes of Contact.
Contact is the Cause of Feeling.
Feeling is the Cause of Craving.
Craving is the Cause of Grasping.
Grasping is the Cause of Becoming.
Becoming is the Cause of Birth.
Birth is the Cause of Old age.
Disease, Death, Sorrow,
Lamentation, Grief,
Misery, Despair.

Ignorance is the Cause of Birth and Suffering. Ignorance is the Origin of the Universe. The Destruction of Ignorance is the Destruction of the Universe. The Destruction of Ignorance the Destruction of Birth and Suffering.

Ignorance is the creator of the world. Mara is the creator of the world. Mara means the Tempter. He is not a devil in Buddhism. He is Kama-Deva. He is a god. What kind of a god? The god of the Pleasures of Six Senses. The world is dynamic and not static. This is the teaching of chemistry, physics and mathematics. The world is never the same for two consecutive moments. Each man is creating his own world, millions of times, every fraction of a second.

All is on fire. All is aflame. And what is burning? The eye, the ears, the nose. They are all burning with the fires of greed, anger, delusion, birth, death, and sorrow. Hence the whole world is aflame in Moha. Why? Because the Six Senses are burning. If we can extinguish the fire of the Six Senses, if we calm the Six Senses by practicing self-control, by not adding fresh fuel to the fire, it will die a natural death. What we must do, we must pour water on the fire and the fire will be extinguished and you will enjoy the full bliss which is Supreme Nibbana. Once the fires are extinguished, they are extinguished forever. This is called Nibbana, that state of perfection attained by the Buddha 2500 years ago under the Bodhi Tree at Buddhagaya. What man has done, man can do. What He attained, you can attain if you try. The Arahant has destroyed his world and has attained Nibbana. Truth is the Atomic Bomb

which destroys the Universe and gives Supreme Nibbana.

They say that the world of today was created in six days. We Buddhists feel that life is “Dukkha” - suffering. It does not take us six days to create the world. We are creating the world in each and every second. As I have said before, the world is changing and because the world is changing, it is being created and destroyed each and every second. For changing means continual dying and being re-born, like a flame. So long as the fuel of craving is present, that flame continues to burn. Remember, the world is only a process, a becoming process, and the process continues so long as the cause for its going exists. When the cause is destroyed, the world is destroyed. It is a good thing to destroy the world and not a good thing to create it. It is a good thing to destroy suffering and a bad thing to create suffering, because once we destroy the suffering of existence, we enjoy the Supreme bliss of Supreme Nibbana.

The more we tickle the eyes, the more we want to see. The more we tickle the ear, the more we want to hear. The more we tickle the nose, the more we want to smell. There is no satisfaction. “The eyes are never satisfied by seeing, nor the ears by hearing.” The more we see the more we want to see. The more we hear the more we want to hear. When we enjoy as much as possible, more enjoyment becomes agony. If you begin to eat food, the most delicious in the world, once you are full, to eat more is painful. Prince Siddharta in the Palace where He was enjoying Himself for the first 29 years, having had His fill of human pleasures, more pleasure was distasteful to Him. So He renounced the world to seek the other pleasure of Supreme Nibbana because that is the highest pleasure of all. One is never born with the Supreme pleasure of Nibbana. Therefore what we must do is we must destroy this process of changing by cultivating wisdom, which destroys craving. Wisdom destroys birth and gives you Supreme Nibbana.

What is the Aim of Life? Self-Purification, the cleansing of the Mind! Life is a failure if the Mind is not purified! Life is a success if lust is wiped out! They say: “O Youth, what doth it profit a man if he gains the whole world and lose his Character?” Success or failure is measured by the gain or loss of Character. For Character is everything, all else is nothing.

They say that a man is a success in life if he makes a million dollars, but it is not so, because in Buddhism, if a man makes a million dollars and loses his character while making his money, he is the biggest fool in the world. On the other hand, if a man loses a million dollars and gains his character while losing the million dollars, he is a great success in life. Success is not measured by accumulation of wealth; wealth you can get, but is measured by the amount of character accumulated. Do not worry about money. Worry about character. If you have accumulated character, you are successful and if you have lost character, you are a failure. Whenever you wish to do anything, question yourself first before doing that action. Ask yourself: what I am going to do now, will it increase my character or decrease it. If the reply is: it will decrease your character, refrain. If the answer is that it will increase your character, go right ahead bravely and perform that action. You have nothing to fear by doing anything which will increase your character, but always fear doing anything which will decrease your character, because as I have said before, success or failure in life is measured only by the amount of character we gain and the amount of character we lose; because the Aim of Life is nothing else, but the enhancement of character. Do not think that the Aim of

Life is tickling the Six Senses. The Aim of Life is to attain that spiritual wealth which means the highest increase of character till it becomes overflowing. With that character the Exalted Buddha overflowed 2500 years ago under the Bodhi Tree. It is this overflow of infinite character of the Buddha which has saturated the world for the past 2500 years and which will continue to saturate the world until we reach the age of 2500, when Buddhism will attain its highest peak and then as all things are subject to the law of change; that highest peak will go down and down till the age of 5000. This is the belief of all the Buddhists. The light will be extinguished until the next 'Buddha will come down on this planet to take rebirth, in order to rediscover the same Truth discovered by the Exalted Buddha 2500 years ago. Then once again the Light of Truth will lighten the Universe and people will again strive for perfection.

The Exalted Buddha is the World's greatest physician because He has shown the way how to cure the three greatest diseases in the Universe. The Three Diseases are Lobha, Dosa, and Moha, or Greed, Anger, and Delusion. The Three Medicines are:

1. Alms-giving (Dana) destroys Greed (Lobha).
2. Moral Conduct (Sila) destroys Anger (Dosa).
3. Meditation (Bhavana) destroys Delusion (Moha).

What is the Road to Wealth? Destroy Lobha by Dana. Give! To give is to receive; not to give is not to receive. Action and reaction are equal and opposite. Men are born poor because they were stingy in the past. Men are born rich because they were generous in the past. Therefore don't be jealous of the rich driving in a fancy limousine car. Give as he did and you too will become rich. Purchasing a lottery ticket will not make you rich. Giving is the road to wealth. People as a rule have the gambling spirit. All like to take a chance. All believe they can become rich overnight simply by buying a ticket for \$1 or \$2. They are only disappointed as they never get a prize. Therefore We cannot become rich simply by buying a ticket, but a ticket given by the Buddha is the safest lottery of all, i.e. give and you will receive. Remember that giving is like planting a seed in the soil. If you plant a good seed on good soil, the result is a good plant which bears good fruits. If the seed is good and the soil is not good, the fruits will be few. So, if you give to one who is not worth of it, naturally you cannot expect a great harvest; but if you give to the Buddha, you will receive the highest prize of all. Therefore a clever Dana will naturally plant his excellent seeds in the most fertile soil in order to get the highest harvest or crop of all. He is an intelligent giver. The real giver will give with the intention of destroying his Lobha, because no matter to whom you give, even if you plant the seed on stony soil, at least the act of giving is renunciation and by giving you destroy that greed, Lobha. Remember, wars originate especially out of Lobha, that sateless greed which cannot quenched. The more we reap, the more we want to reap. The more we earn, the more we want to earn. The more we grab the more we want to grab. We are never satisfied. When man has conquered the whole world, he then wants to conquer moon, after that the sun. There is never satisfaction in taking, but there is satisfaction in performing the opposite experiment, Renunciation. When one renounces the perishable things of the earth, one gets the imperishable gift of Nibbana. If greed is extinguished, we enjoy that peace of mind which the Buddha enjoys. While in the Palace he could not destroy His greed; He could not quench His thirst for pleasure. Once He had renounced, He quenched all

desires.

It is written in the “Dakkhina-Vibhanga-Sutta”: “Herein, Ananda, the yield to be looked for from a gift to an animal is a hundredfold; to an ordinary non-virtuous man a thousand-fold; to the Saint who is on his way to enter the Path, incalculable and beyond all measure. What words can express it for the higher stages? What words can express it for a Truth-Finder, Buddha, Supremely Enlightened One?”

That is to say, if you give a glass of water to a dog, you will get 100 glasses of water in return. If you give a glass of water to a human being, you will get 1,000 glasses of water return. If you give a glass of water to a saint, to an Arahant, the return will be infinite. Therefore this is the highest spiritual insurance because by giving one glass you can get so many glasses. So therefore one should invest in spiritual and not ordinary lottery.

How to become beautiful? What is the way to Beauty? Destroy Dosa by Sila. Destroy anger by love. Practice the Five Precepts which are full of Love. What are the Five Precepts (Panca-Sila)?

1. To abstain from killing even the smallest insect.
2. To abstain from taking what is not given to one.
3. To abstain from adultery.
4. To abstain from telling lies.
5. To abstain from any state of indolence arising from the use of intoxicants.

When I was a Roman Catholic I was taught the Ten Commandments and now when I search the Ten Commandments, I find that there is no Commandment which says: Thou shalt not drink.

Therefore I am extremely happy to have become a Buddhist which gives only Five Precepts instead of Ten Commandments and the Five Precepts are more complete and more conclusive than Ten Commandments. There are no commandments in Buddhism because no one commands us. We are treated like men. The Buddha merely advises us. When we undertake the Five Precepts, there is no command or injunction. We are quite free. We are treated like philosophers and not like babes. Like philosophers, we understand what is right and what is wrong. Once you are shown the correct way, if you have commonsense, you will observe the correct way without being forced by any threat of punishment. Therefore, being scientifically inclined as well as philosophically inclined; I naturally became a Buddhist because I do not wish to be treated like, a child, but like a man, and in Buddhism we stand on our own legs. We practice self-reliance. The Buddha is the guide and we walk the Path.

What is the road to Beauty? To Overflow with Infinite Love. Love gives beauty. Love is the best cosmetic. Anger gives ugliness. Ugliness is chronic anger. Here is a practical test to prove this. Take a handsome man and strike him a good hard blow in the back. See how angry and ugly he becomes at once and at the same time! So you see, anger makes him look ugly; anger causes ugliness. You see at once anger changes beauty into ugliness by this experiment. It is rather a dangerous experiment to perform. If you try to experiment on him, he is also likely to perform the same experiment on

yourself. So instead of performing the actual experiment, you may take my word for it and not take the risk of having the same experiment performed on you. Let us overflow with love if you want to be beautiful, because love is the best cosmetic. After the war we have depression. Owing to the fact that people have squandered so much instead of learning to use money for building universities and great institutes of learning; they prefer to use the money in order to buy arms. Therefore what we must do is, we must try to perform the opposite experiment —overflowing with love; because if one is born ugly, no matter how ugly his face may be, if he cultivates infinite love, that infinite love will give him an inward eternal charm which emanates outwardly and pervades his whole being with that supernatural charm which will make him attractive, because charm is the real beauty and not the shape of the face. We can take the most handsome looking person. Sometimes people may not be attracted towards him because his beauty may be disfigured by the conceit or pride in his own beauty. Take the person who is ugly but is overflowing with boundless loving-kindness and you will see how attractive that person will be to everybody. You can take the living examples of history. If you look at Greek history, Socrates was the wisest of the Greeks, but not the wisest in the world as Buddha. They were contemporaries. It is amazing how 600 years before Jesus; we have such gigantic minds as the Buddha in India, Confucius in China, Socrates, Plato and others in Greece. Anyway, the wisdom of the Buddha is spiritual wisdom. The wisdom of Socrates was material. Nevertheless, through his wisdom he overflowed with love and thereby attracted so many people. Today you have the example in India of Gandhi who was not lucky enough to be born with a beautiful face as well know, but by his non-violence, by Ahimsa, by the teaching of the Buddha, he has acquired a charm which made him attractive to Hindus and others. Therefore we should not have to rely on cosmetics. They give only deceptive beauty and not the real beauty. We can only cultivate beauty by the cosmetics given by the Buddha Himself. The Buddha's cosmetic costs nothing and gives real beauty which is called charm in the East but is called glamour in the West.

What is the Road to Wisdom? Destroy Moha by Bhavana. Try to understand the Three Characteristics of the Cosmos. There is no separate self. Destroy selfishness and become selfless. Men are born stupid because in the past they never cared for knowledge. They always associated with foolish companions. And even when they happened to visit a Holy Monk, they never took the trouble to question Him for the removal of their doubts. Men are born Wise because they always sought knowledge in the past by questioning Holy Monks on what is right, what is wrong, what is faulty, what is faultless, what should be practiced and what not, what actions of theirs will conduce to their lasting well-being and welfare and what to the reverse. "Seek and ye shall find." By constantly striving for knowledge, you shall attain Wisdom.

When Lobha, Dosa, Moha are destroyed by Dana, Sila, Bhavana, the result is Alobha, (absence of greed) Adosa (absence of anger), Amoha (absence of delusion), which is Nibbanam Paraman Sukham or Nibbana the Highest Happiness.

When we go to see a monk, we should not simply go there to see his face. We must go to see the mind of the monk; and the way to see the mind is not by simply remaining silent, but by questioning him to find out what is the cause of certain Things and how certain evil things can be destroyed. Remember, Truth is the highest wealth. A man may be rich in money, but if

he is foolish, he is poor. He may be poor in money, but if he is wise, he is rich.

In a few minutes you have been taught how to become rich by giving, beautiful by loving and wise by diligence, by seeking for the truth. So I imagine that having learned how to become rich, beautiful and wise in so short a time, you have your money's worth. Anyway, remember that it is not enough to know how to become rich, beautiful and wise, unless you take the prescription and drink of the prescription, and naturally the medicine will have no value if you simply admire it.

In Buddhism, you must take mental and spiritual nourishment because the whole world is suffering from spiritual starvation which is the cause of war. If we want to avoid war, we must take spiritual nourishment every day. If one loses a single meal, he will certainly shout and grumble, but if he loses a spiritual meal, he is quite contented. Once I was preaching in a school and some boys remembered there was a football match going on, and so off they went in the middle of a sermon to attend the football match. I told the audience after their departure that ours is the spiritual football game and we teach how to kick out the ball of ignorance from our system in order to enjoy the Supreme bliss of Nibbana. We take clean material nourishment and why should we not take clean spiritual nourishment? If you speak to any bookseller and ask him which books have the greatest sales, he will tell you that the more dirty the book, the better they sell. In other words, people like to buy foul literature and not clean literature. Therefore you should take clean food for the mind which is the Buddhist Scripture. If you read it, your mind will be purified, but if you read foul literature, your will become foul like a dustbin. Talking about food reminds me of a story. Once there was a father and mother and child crossing a desert. When they were in the middle of the desert, their provisions became exhausted and they did not know what to do. So the father said to the wife, "O' wife, one dead is better than three dead. Therefore here is our only chance. Let us eat the flesh of our only child and thereby we will remain alive to cross the remaining half of the desert. Otherwise all of us will die. So with tears in their eyes they killed their child and ate the flesh of the child. They were not eating the flesh of the child to become fat or plump or good-looking or become pugilists or wrestlers, but simply to cross the desert to remain alive and nothing more. Similarly the Buddha said; "O' Monks, there is death in every plate. All flesh is child's flesh and we must eat with tears in our eyes simply to cross the ocean of "Sansara" or transmigration in order to reach the other shore. So we must eat simply to live and not live to eat. We must not eat for pleasure, but we must eat to gain sufficient strength to walk on the Eightfold Noble Path. The Romans used to eat from morning to night. They were always at the banquet table and used to swallow the food down in great quantities, and when they could not bear any more food in their stomachs, they used to go into the bathroom and vomit and come back to the table and start all over again. Well, that was the cause of the fall of Rome. So if you do not want to fall as the Romans fell, simply eat to live and do not live to eat, because food is like medicine to calm the hunger-disease.

I wish to end the sermon by exhorting you all to kindly establish at least one Buddhist school in Singapore. We should agitate for a Buddhist school because to send your children to an alien school is to give the alien teacher a chance to capture their minds. They want, to capture the children's minds while still young, because while young, their minds are plastic. I am sure that if people try to steal the body of your child you will worry a great deal; but if

they steal the mind of your child, you do not care. Therefore you should worry a great deal when foreign teachers try to steal the mind of your child. Now can you love your children or your religion when you undermine your religion and children by sending your children to foreign schools? If you love your children and your religion, you will try to see that your child should have thoroughly Buddhist education. Thereby, your religion will flourish and your child will have a bright Buddhist future because the child will avoid killing animals and avoid drinking. In the West they say killing animals is a form of sport and those who kill animals are called sportsmen. Well I do not think the animals, when they are being killed, would relish such sport. Therefore let the children attend Buddhist schools. In Penang there is a Buddhist school and was so extremely delighted to address the children of that school in Penang. It is amazing to find that Singapore which is so much bigger than Penang, has not a single Buddhist school. Therefore, remember that Truth flourishes only when it grows. When it stops growing, it stagnates and dies. Religion will stagnate and die if there is no growth and the only way of making it grow is to see that your children remain Buddhists. I am going to America to increase the number of Buddhists in the world by reciprocating with the foreign missionaries who come here. Therefore help me out by seeing that your children remain Buddhists. I remember Java was once upon a Buddhist country. You can read in great books that there are wonderful world famous pagodas there. Do not allow your religion to decay by placing your children's plastic minds in the hands of non-Buddhists who like sculptors, will take that clay and fashion it according to their way. See that the children are trained on Buddhist lines, and our religion will flourish throughout the world. In the year 2500 Buddhism like a great umbrella or canopy will shelter the whole Universe from the flames of suffering. Pain and pleasure go together. They are inseparable, and Buddhism shows the way to Deliverance.

WORLD PEACE.

I have written a paper entitled “Abolishing War Forever”. That is the equivalent of World Peace. In this paper I have advocated the only true way of preventing war. That is, by destroying the cause of war. I have consistently sought to disarm the outside world by disarming the man within. I have sought to destroy war by destroying the root cause. We have scientifically diagnosed the case and have given the scientific remedy. Lust is the root cause of universal armament and world war. Destroy lust and you will achieve universal disarmament and world peace. Many grand economic schemes of achieving universal disarmament have already been brought to light, but all economic methods are useless in that they do not remove the cause of war. It is like applying an external remedy to a skin disease without purifying the blood and destroying the root cause which is found within the body, not outside the body. What is the result? The evil remains as long as the root cause remains undestroyed. Even if the successful application of an economic scheme were to prevent international conflicts, still the fighting spirit of men would assert itself in producing civil wars; as in the case of Spain many years ago and as in China today. If civil wars were prevented, the fighting spirit would find full play in family strifes, where mother fights with son, son with mother, father with son, son with father, etc. And even if all external troubles were to cease; the fighting spirit in man would cause man to fight with himself as well. Why? until in agony and despair he would tear under. Why? On account of his lusts which are active within.

So we must destroy the root cause. Therefore to bring about real peace, we must wipe out the root cause of war, i.e. the “lusts that war in our members”! I am using a phrase which is found in the New Testament, although I am a Buddhist).

In my paper I have sought to show how to disarm each and every man so as to bring about real disarmament and world peace. I interpret “universal disarmament” to mean “complete total disarmament” i.e. disarming each and every man of his “Lusts that war in his members”. Let us disarm the world by disarming man. That is, perfecting man. We want everybody to become saints. Then there will be world peace forever. Then history will be a new history and not the tyrannical history of old when we have one war following another. There is no harm in mentioning Sig. Mussolini who said: “War is continuous. Peace is only a breathing space in this continuous war”. Why do people stop fighting? Because they cannot fight anymore. They are too tired to fight and have exhausted all possibilities of fighting and take a breathing space, using the breathing space to prepare for the next war. When they feel strong enough to fight the next war, they go on and fight.

Sensual pleasure is the cause of egoism, avarice, quarrels between kings, nations, and families. It leads to warfare, murder, torture and madness. Would you like to hear what Lord Buddha said 2,500 years ago about war, its origin and its cessation? The Buddha said: “Fivefold are pleasures of senses:—(1) Forms perceived by the eye, (2) Sounds perceived by the ear, (3) Odor perceived by the nose, (4) Tastes perceived, by the tongue, and (5) Touch

perceived by the body,—all of them pleasurable and exciting to passion.

“It is because of pleasure, from pleasure, by reason of pleasure, verily with pleasure, and pleasure only, as the originating cause; that kings contend with kings, nobles with nobles, brahmins with brahmins, citizens with citizens, mother with son, son with mother, father with son, son with father, brother with brother, brother with sister, sister with brother, friend with friend, until in their quarrels contentions and strifes, they fall on one another with fists, clods, cudgels, and, knives, whereby they come by their death or deadly hurt. These are among the perils that attend pleasures of sense, here and now, with all that makes up the sum of Ill,—all because of pleasure, from pleasure, by reason of pleasure, verily with pleasure, and pleasure only, as the cause.”

This is from the “Majjhima-Nikaya”, which is one of the Buddhist Scriptures:

“It is equally because of. pleasure that, girding on sword and buckler, bow and sheaf of arrows, men charge in battle array, while arrows and javelins hurtle through the air and swords flash and hack; with arrows and spear they deal wounds, with their swords they hew off heads, so that men come by their deaths or deadly hurts—These are among the perils that attend pleasures of sense, here and now with all that makes up the sum of Ill; all because of pleasure, from pleasure, by reason of pleasure, verily with pleasure, and pleasure only, as the cause.”

On the battlefield tire last thought of a dying soldier cannot be a thought of boundless loving kindness, because the enemy is trying to kill him. It must be a thought of Dosa, anger, and of hatred while he is dying, and his last thought is harmful to himself and to others. He cannot have a good rebirth. The last thought is the thought which influences our next re-birth, according to the Buddha.

What is deliverance from the pleasures of the senses? To subdue and to shut all desire and appetite forever. This is the deliverance from the pleasures of the senses, which is the of universal armament. Sensual pleasure is the cause of universal armament and world war. Therefore, let the people of the world renounce sensual pleasure and they will secure universal disarmament and world peace!

What is Buddhism? Buddhism is the Religion of Boundless Loving-Kindness, through renunciation. Nothing can be loftier than this. By renouncing unreality, we gain the Highest Reality of Supreme Nibbana!

Greed leads to hatred. The desire for acquisition leads to hatred. Hatred leads to war. Destroy greed, we will destroy hatred. Destroy hatred and we destroy war. We must destroy the lust, the greed, the love for gain and power. As I once said before, if a man steals a loaf of bread, he is promptly put in prison, but if a man steals an empire, he is acclaimed as a world conqueror and people build monuments in his honor. Why? Because he is the biggest robber of all. Therefore, if you want to rob, rob as much as you can. Otherwise, if you rob too little, you will be in jail. If you want a monument, rob the world. Then you will be a world conqueror. Your name will go down in history. People will sing your praises eternally, as they sing the praises of Napoleon Bonaparte; but Napoleon himself defined a soldier to be no better than a cut-throat, and he was the leader of cut-throats!

Abolish war forever. Hate will never stop hate. The ancient law holds good; when hate no longer answers hate, hate dies. War will be abolished only when the people of the world will refuse to become soldiers. And the people of the world will refuse to become soldiers only when they are taught to hate killing, all killing, even insects. Therefore let me train the young to despise killing. This is a deficiency in the religions which do not teach universal loving-kindness. They say, Love man, and they stop right there and do not go beyond man to the creatures. Their love is one-sided. Their love is not universal and all-embracing. One might kill animals because the animals were created for man's stomach! He is a very obliging Creator, who creates the creatures for the sake of other creatures. So we the favorites!

If the people of the world wish to achieve universal disarmament, they must first disarm their own hearts. If human hearts continue to remain mean and bitter and fully armed, how can such hearts achieve universal disarmament?

It is lust which makes a man say: "This is my own native land!" It is lust which makes a man despise all countries except his own! Therefore let a man destroy lust and he will love all nations equally. When a man loves all nations equally, with whom will he fight? This is the way to secure World Disarmament and World Peace.

"From whence come wars and fighting among you? Come they not hence, even of your lusts that war in your members?" (James IV, 1) So, the lusts are the Cause of war. Therefore, let us disarm ourselves by destroying the lusts "that war in our members", and we shall enjoy individual peace. Let us enjoy individual peace, and we shall enjoy family peace. Let us enjoy family peace, and we shall enjoy national peace. Let us enjoy national peace, and we shall enjoy international peace. This is how to secure universal disarmament and world peace.

Therefore let us disarm ourselves. Let us destroy our lusts and hatreds. Let us instill Love and Peace into the hearts of the young. Let us teach them how to be virtuous. If every man is at peace within, the whole world will be at peace, and universal disarmament will be a reality in the twinkling of an eye.

The nations are armed because the individuals are armed with their lusts and hatreds. When the individuals become disarmed of their lusts and hatreds, the nations will be disarmed.

Very often people blame the warlords and they say that the warlords are the cause of war, but the poor warlords are our servants. It is a cumulative hatred of the whole population which forces the hands of the warlords. The warlords are our helpless tools. When the whole nation wants war, the mental effect of a whole nation compels the warlord to declare war, because you know very well that the thought waves influence other people. They cannot do anything, but satisfy the majority who want war. Sometimes it may not be the people. Sometimes it may be something else, may be the industrialists. Wall Street may force the hands of the leaders of a nation if it is to their capitalistic gain. Anyway, whatever it is, the people are responsible for the universal disarmament. Let us not blame the governments and the warlords. Let us

blame everyone who has hatred and lust in his heart. We are contributing to whenever we have internal war within ourselves. We are instrumental. Only when each man is at peace within, can he sincerely say that he is not responsible for war. Every thought of anger and hatred is increasing the fuel which leads to eventual war.

The word "Patriotism" has been responsible for more murders than anything else. The newspapers heat the blood and excite the people. So let us stop the newspapers or place them in the hands of peaceful editors who hate war, but then if the editors are peaceful and do not write any alarming news, who is going to buy the newspapers? So they are out for their money and money makes the newspapers alarming. It excites the people and they want war. How money is a poisonous snake! It is money which makes war, as the French say.

By means of patriotism, lies, false shame, etc., soldiers are persuaded to kill each other like dogs! And when they die on the battlefield, they are glorified by the term "heroes". How they are cheated. Lord Buddha said these "heroes" suffer Hell on earth and Hell hereafter! Because their last thought cannot be a thought of infinite loving-kindness.

A soldier cannot stick a bayonet into another soldier with infinite loving-kindness. If the soldiers knew this, who would ever dare to think of becoming a butcher of men?

You may be interested to know that one day I refused to become a soldier. It was in Italy. Perhaps you will remember my biographical sketch when I said that I renounced my father, mother and brothers and sisters in America. I came to Burma. After six months in Burma I got dysentery and I went to Italy for a change. I was so enthusiastic in those young years at the age of 27. When I went to Italy, they grabbed me and said: "You must become a soldier". I wore a yellow robe. I have renounced the world. I pay no tax and I don't vote. I am out of the world and they want to bring me back into the world. The world has not renounced us. They said: "Become a soldier". I said: "I cannot. I am a disciple of the Lord Buddha. I cannot kill an ant or a mosquito which sucks my blood. How can I kill a human being who is my brother?" When I was in Italy in 1926 I was ordered to serve as a soldier for the usual period of 18 months. Of course I refused! I was born in Italy, but I love all nations equally. All men are my brothers. I told the authorities that I dislike the soldier's uniform, which is the uniform of a murderer, and that my religion is Buddhism, the Religion of Boundless Loving-kindness which inculcates Compassion for all creatures both great and small. The conversation was a long one. They tried hard to entrap me, but they were defeated by the philosophy of the Buddha. They released me and I became free. We won the battle against war. And if everybody did as I did, there would be no soldiers in the world. If there were no soldiers, there would be no war. Remember, the punishment in Italy for refusing to serve is life imprisonment. There is no capital punishment in Italy. If there were, punishment would be capital punishment. They give the highest penalty for refusing to be soldier. Anyway, I convinced them by arguments. If they want me to be a soldier, the only way I can serve the country is as follows. When there is war between Italy and another country, I will walk in the middle of the battlefield and sit down, squatting in the Buddhist mode of meditation, and radiate waves of loving-kindness to both sides without distinction. I told them

if they can use me in this capacity, I can serve. They said: "You cannot. You have to take a gun." I said: "My dear sir, I cannot kill a bed-bug. How can I kill a human being?" They wanted to save face and said: "All right we will make you a Major. You are a graduate of chemistry. Take charge of the laboratory and you will heal mankind." I replied: "I will do that, but without the soldier's uniform." They replied: "You must wear the soldier's uniform". I said: "You keep your Major. I want to wear my robes." It is a long story. Anyway, the battle was won and I did not become a soldier and I was not put in jail for life. So, if everyone has the courage to refuse, there will be no soldiers and no war. Everyone should become a sincere practicing Buddhist and there will be no war.

How can the people of the world achieve universal disarmament? The people of the world will achieve universal disarmament only when they refuse to become soldiers. And the people the world will refuse to become soldiers only when they are taught to hate killing, all killing, even insects. Therefore let us train the young to despise killing. Let all slaughter-houses be abolished. Let capital punishment be abolished. Life imprisonment is infinitely better than capital punishment.

When the boys are young, they are given soldier's uniforms, toy guns, toy cannons etc. Naturally the psychological make-up becomes a military make-up and they have a great desire to become soldiers when they attain maturity. Let us train the boys to love all creatures that breathe upon the earth. "Love thy neighbor as thyself". To love thy neighbor is to love thyself. To hate thy neighbor is to hate thyself. They do not give the reason why you should love thy neighbor. Thy neighbor is thyself. If you hate your neighbor, then you are automatically hating yourself. This is the reason why we should love our neighbors as ourselves. There is no self in Buddhism. All love is one. If you love yourself, love all. That is the way to be happy.

Vegetarianism destroys ferocity. It has been conclusively proved that vegetarianism can tame fierce lions into harmless pets. The Yogi Krishanandji has tamed many lions and tigers into such thoroughgoing vegetarians that they refuse to look at meat. Vegetarianism had changed them into harmless pets. Then why not let vegetarianism tame human beings into peaceful citizens who will refuse to cut each other's throats? Only when the people of the world become tranquil and calm can they hope to achieve universal disarmament.

Meat is given to soldiers because meat excites and makes the soldiers more ferocious. If they give "grass" to the soldiers, they become gazelles. They will be loving each other and embracing each other and there will be peace.

The public conscience must be aroused before anything can be done. When the public conscience was aroused against slavery, slavery was abolished. When the public conscience is aroused against war, war will be abolished. Vegetarianism makes people mild and calm, and is therefore a great factory in arousing the public conscience against war.

The prophet Isaiah said: "He that killeth an ox is as if he slew a man." We say: "He who will kill a cow will kill a man." There are cases on record of butchers killing human beings. There are even cases of small boys killing their own little brothers after seeing their own fathers slaughtering pigs.

Look at the criminal statistics. There are eight times more criminals in the flesh-eating West than in vegetarian India in prewar days. Look at the Great War of 1914-1918, how the countries cut each other's throats. There is Chicago, the slaughter-house of the world and the city of crimes of violence against mankind.

Dr. Arundale was once asked whether he could suggest a way out of the madness of the present time. He replied that the only way out was not by some economic scheme, but only by diminishing in every aspect of life the spirit of war. "Why go on meat-eating?" he asked. "I certainly am of the opinion that meat-eating fosters are the spirit of war. The spirit of war in man is a repercussion of man's war on the world of dumb beasts."

Declare war on animals and we declare war on man, because men are also animals, according to zoology. If the creatures could speak, what would they say? They would say: "Man is our worst enemy, and man is his own worst enemy! He uses his intellect to capture and slaughter us. Result: His murderous greed compels him to use that same intellect to find ways and means of slaughtering mankind on a vast scale. Look the Great War with its poison gases, submarines, airplanes and atomic bomb. By becoming a vegetarian, let him refrain from slaughtering animals and he will refrain from slaughtering mankind. Let the people of the world become vegetarians and they will achieve universal disarmament. Let them refuse to become soldiers, butchers, hunters, fishermen etc. Let the manufacture of arms and poisons be forbidden. Let capital punishment and slaughter-houses be abolished.

Drinking inflames man and dulls the thinking process. Under the influence of drink, a man will kill, steal, fornicate, and lie. Therefore, let the people of the world avoid alcoholic beverages. Let them become mild and peaceful by drinking water, the most perfect of all drinks. The universal avoidance of alcoholic beverages tends to disarm the people of their lusts and hatreds. When every man is at peace within, the whole world will be at peace, and Universal disarmament will be a reality.

Sensual pleasure is the cause of war. Buddhism is the Religion of Boundless Loving-Kindness through Renunciation. Renunciation produces Loving-Kindness. Craving produces hatred. Craving is the cause of war. But what is craving? The craving for the pleasures of the six senses (mind as the sixth sense). "The world is on fire," said Lord Buddha, "On fire with what? On fire with Lust, Hatred, Delusion, Birth Old Age, Disease, Death, Sorrow, Lamentation, Grief, Misery, Despair!" War is fire. Where there is no fire, there is no war. Sensuality is the fiercest fire. Where there is no sensuality, there is no war. Sensual pleasure is the cause of egoism, avarice and quarrels between kings, nations, and families; it leads to warfare, murder, torture and madness. Lord Buddha said:

Sensation is the cause of craving.
Craving is the cause of Search and Quest.
Search and Quest is the cause of Receiving.
Receiving is the cause of Deciding
(what to do with one's gains).
Deciding is the cause of Exciting Desire.
Exciting Desire is the cause of cleaving to.

Cleaving to is the cause of Seizing on.
Seizing on is the cause of Stinginess.
Stinginess is the cause of Watch and Ward.
Watch and Ward is the cause of Blows and wounds, dispute,
quarrel, contention, strife, backbiting, lies, and countless
wicked and de-meritorious qualities of character.

“All is on fire!” said Lord Buddha, “the eye is on fire, the ear is on fire, the nose, tongue, touch and mind are on fire! On fire with What? On fire with Lust, Hatred. Delusion, Birth, Old Age, Disease, Death, Sorrow, Lamentation, Grief, Misery, Despair!” When a man knows and sees this, he becomes divested of passion. Becoming divested of passion, he is free. And when he is free, he knows he is free; and he enjoys Nibbanic Bliss and Peace for evermore.

Buddhism conduces to universal disarmament. Lord Buddha said: “If villainous bandits were to carve you limb from limb with a two-handed saw, even then, the man who gives way to anger would not be obeying my Teaching. Even then, be it your task to preserve your heart unmoved, never to allow an ill word to pass your lips; but always to abide in compassion and goodwill, with no hate in your hearts, enfolding in radiant thoughts of love for the bandit (who tortures you) and proceeding thence to enfold the whole world in your radiant thoughts of love; thoughts great, vast and beyond measure, in which no there is no thoughts of hatred or of doing harm.” 600 years later, Jesus said: “Love thy enemy. If thy enemy should strike you on the right cheek, turn unto him the left.” The Buddha is a little more positive. Not only should you turn to him the left, but also you should enfold the bandit with Nibbanic love.

“Lord Buddha taught the most sublime Doctrine that ever fell from human lips; the Doctrine, namely, of love for all living creatures without respect of kind or person and for the whole visible creation. A man must love his fellow-man as himself, returning good for evil and love for hatred. But this is not all. He must extend his love to the fishes of the sea and the beasts of the field and the fowls of the air; to the plants and the trees, to the rivers and the mountains. A man must not kill his fellow-man even in self-defense. All war is unholy.

The only thing we should kill is lust and hatred. They are all inside and not outside. Man is his own best friend and worst enemy. Lord Buddha said: “Destroy hatred with loving-kindness; observe the Five Precepts.”

They are:—

1. Not to kill even the tiniest insect.
2. Not to steal.
3. Not to commit adultery.
4. Not to lie.
5. Not to drink intoxicating beverage.

War is wholesale killing, stealing, fornicating, lying and drinking. War is the wholesale breakage of the above Five Precepts. Therefore, let us teach

the children to diligently observe the Five Precepts. If each and every child is taught to have an utter abhorrence for killing, stealing, etc., where will be the possibility of future war? We must transform society by infusing Love and Peace into the plastic minds of the young. When the young grow up, they will volcanically declare: "We refuse to fight!" And this grand cry will travel around the world. This is how the people of the world can achieve Universal Disarmament.

Although we have policemen in abundance, still we have murder, robbery and adultery with us. Although we have the League of Nations, still we have war with us. There is only one way to completely stop crime and war. We must have internal policemen inside all men's hearts. Let each man be his own policeman. When all men diligently police themselves by themselves, where is the need of external policemen, League of Nations, or Universal Armaments? Therefore, let us teach the young to observe the Five Precepts. Everything rests with the young. We must train the young. This is how the people of the world can achieve Universal Disarmament.

Only the Five Precepts can destroy war, because the Five Precepts teach us to love animals and refrain from drinking, which the Ten Commandments do not teach. In other Commandments, they are allowed to kill animals and there is no 11th Commandment forbidding drinking. There is an injunction in Buddhism not to drink. The mind is the power which hews the way to Nibbana. Unless the mind is 100% clear, how can a man liberate himself from the lust and internal enemies which obstruct his passage to Nibbana? Therefore, we must keep the mind at knife-edge sharpness, so that we can hew away the internal enemies which obstruct us from our deliverance. Let us give correct religious instruction to the young. Train the young people to despise the pleasure of the senses. Material nourishment is required daily for the body. Spiritual nourishment is also required daily for the mind and heart. The whole world is suffering from spiritual starvation today. Spiritual starvation is the cause of war. So the world needs spiritual nourishment of the right kind. When the Universal Spiritual Starvation ceases, Universal Disarmament and World Peace will be attained.

What is the Key to Universal Disarmament and World Peace? Is there a single example in history where a ruler has secured peace without resorting to arms? Yes, this single example in history is Emperor Asoka. When Asoka was a non-Buddhist, used to fight like the dickens. Remember his war with Kalinga. He massacred the people right and left without mercy and killed over 100,000 people and led another 150,000 into slavery, because he wanted to capture a province! That lust and greed to annex a province led him to massacre hundreds of thousands of people. Behold! Once he was converted later on, he laid down the sword and became like a harmless lamb. He told the neighboring kings: "I refuse to fight, I am a Buddhist." And he never fought again. Filled with remorse for what he had done during his non-Buddhistic days, he built hospitals for animals as well as for men. He dug wells by the roadside and planted shaded trees. He became a Vegetarian and enjoined vegetarianism with all those who lived in his palace. This remarkable Apostle of Peace has astonished the world with his imperishable Pillar-Inscriptions which breathe the spirit of the Highest Loving-kindness preached by Lord Buddha. He overflowed with Buddhistic Love and sent missionaries all over the world, including his son and daughter whom he sent to convert Ceylon. Asoka is the key to Universal Disarmament and World Peace. Let all men

study his life.

In the words of Sir Edwin Arnold, author of “Light of Asia”, Buddhism is the Religion which has in it the Eternity of a Universal Hope, the Immortality of a Boundless Love, an indestructible Element of Faith in Final Good, and the Proudest Assertion ever made of Human Freedom! It is the proud boast of Buddhism that not a single drop of blood has ever been shed in the name of Lord Buddha during the 2,500 years of its existence.

In Buddhism there are no fiery crusades or persecutions, Bartholomew massacres or Spanish Inquisitions. There is no burning of any Buddhist, because Buddhism teaches infinitive love. You may be surprised to know that they wanted to burn even me alive during internment for preaching one single sermon on Buddhist philosophy. I do not want to go into detail, because after all we are here to explain Buddhism.

Self-conquest is the great test of all conquests. For, Lord Buddha said:

“If a man in battle conquers
A thousand times a thousand men,
And another conquers himself alone.
He indeed is the Greatest Conqueror.”

Therefore, let each man battle with Himself. Let each man conquer Himself. And the whole world will be at peace.

Let all men overflow with Boundless Loving-kindness, Boundless Compassion, Boundless Sympathetic Gladness, Boundless Equanimity. Let each man treat his neighbor as himself for his neighbor is himself; as all life is one. And the whole world will be at Peace. For, Lord Buddha said:

“Never indeed by hatred,
Does hatred cease here ever;
By Love alone hatred can cease here;
This is the Law for ever.”

People believe they can destroy hatred with more hatred. That is impossible. Only by its opposite, by Love, can hatred cease. If the world will only boycott hatred, there will be infinite peace.

Capital punishment is one of the causes of war. Law-makers! Why not feed the murderers in jails for life? Don't you know that they can easily earn their own livelihood by doing some useful work in jail? Don't you know that Capital Punishment causes War? Capital Punishment destroys Loving-kindness. And when Loving-kindness is gone, Peace is gone. Hence War! Killing men in jails leads to murdering men on the battlefields! So it is indeed poor economy to think of saving a little money by murdering murderers, when such murder leads to mass murder on battlefields, with the consequent loss of vast sums.

Capital Punishment is the practical application of the Law Moses, i.e. “Eye for an eye, tooth for a tooth, life for a life.” But this Law of Retaliation is quite different from Jesus Christ's Law of Non-Resistance, i.e. Resist not evil; but if any one strike thee on the right cheek turn unto him the left.” Retaliation

leads to War. Forgiveness leads to Peace. Then let us abolish Capital Punishment and enjoy World Peace forever!

You will be interested to know that while the Great War was raging in all its fury, I tried my level best to stop war, but of course prevention is better than cure. Once the war has started, how can you stop it. I wrote a paper entitled "To All Nations at War" and I sent a copy to all the statesmen, dictators, emperors and kings; reminding them of the Loving Message of the Exalted Buddha. But naturally, what can our humble effort do, once the people have lost all sense of reason and they have become enraged with blood boiling all over with hatred! It is like stopping a fiery chariot with a little finger. It is impossible.

Anyway, this was what we sent to the leaders of the warring nations:

"Greetings! Our Heart overflows with Boundless Loving Kindness and Compassion in your present agony! May you be Happy and Well soon!"

"Why are you fighting? Land is worth nothing! Human blood is priceless! I don't believe you really know what you are fighting for. Lust and ignorance blinds your eyes and makes you fight. Why do you want to set flowing oceans of blood? For worthless land or mud! What a pity! What horror! Oceans of tears are combined with oceans of blood as men, women, and children are torn to pieces in the wholesale agony of war!

"While the nations are mercilessly destroying each other, should we not raise our voice and let it ring all over the world to save suffering humanity from destruction and Hell? Should we not remind this mad angry world of Lord Buddha's glorious Teaching of Boundless Loving-kindness and Compassion?"

"Never indeed by hatred;
Do hatreds cease here ever;
By love alone they cease here;
This is the Law for ever."

"I would rather allow myself to be massacred than disobey Lord Buddha's Glorious Teaching of Non-resistance, Love and Compassion! You are not civilized. You are simply barbarians when you savagely cut each other's throats like mad animals!

Knowing that life is short at best and filled with miseries,
Who 'gainst another for its sake would let his anger rise?
"Who on another for its sake would let his vengeance light,
Through want of power to grasp the truth & blindness to the right?"

"Don't you realize that you are killing your friends instead of your enemies? All the Nations are our friends! Lobha, Dosa, Moha, Greed, Hatred, Delusion are your enemies!!!! Your enemies are within you!

The Bodhissata said: "Better for me to die battling with the Tempter than that I should live defeated!" Self-Conquest is the greatest Conquest!

"If the victorious king would cease to fight

And live in peace with his friends and follow right,
Conquering those passions which his bosom rend,
What happy lives would all his subjects spend!"

Kings are fond of fighting, but not of internal battles. If kings try to conquer themselves instead of external enemies, their subjects would enjoy peace. In ancient days it was the custom of kings to fight with one another. If I remember very well the history of Ceylon, when King Dutugemunu fought with King Elara, he said: "Let me fight with him". The soldiers were spectators and kings fought with kings, but nowadays it is the opposite. If the king had to do the fighting, I am sure there would be far fewer declarations of war. The soldiers will see who wins the battle and he who is defeated, loses the war. King Dutugemunu killed King Elara and all the soldiers of the defeated king ran away and the war was over. That is the way to save human lives. It is a very economical kind of warfare. Only one of two men die and the rest live. Everybody is happy.

People think they are wise today, but people were wiser in ancient days. Lord Buddha said; that the "heroes" who die on the battlefield go straight to Hell. i.e. "The Hell of Quarrels"!! What for? Because their last thought was a thought of hatred. Thousands of soldiers who are now dying daily are being reborn in Hell; isn't war miserable? Enjoy yourselves yet a little while and after that go straight to Hell. Therefore we should not enjoy ourselves by killing others, but we must forgive and forget. A nation which loses a war, nurses anger in its heart. We only create enemies by being victorious. Therefore we should forgive. The winner and loser should embrace each other as they do when they fight a wrestling match. After a boxing match they shake hands. In the same way, when they have finished the world war, nations should shake each other's hands. We have enough of it. Let us help each other. This is the Buddhist spirit.

"Not the whole world, the ocean-girt earth,
With all the seas and the hills that girdle it,
Would I wish to possess with shame added thereto."

What is the use of conquering the whole world with shame added thereto? If we cannot conquer the world without shame, let us not conquer it.

"O Emperors, Kings, Statesmen! Remember Prince Temiya! For 20 years he sat upon the throne and for 80,000 years he burned in Hell!

Victory breeds hatred, for the conquered is unhappy! "Tis wrong to conquer him who sues for mercy!" said Lord Buddha.

MERCY—

"It is an attribute to God himself;
And earthly power doth then show likest God's
When Mercy seasons justice."

All Nations yearn for Peace! Still they are agonized by the bloody horrors of war! Greed makes them fight! The malice of men is infinite! The destruction of the creatures is the cause of the destruction of mankind! War is fire, internal fire, external fire, fire all around! "Lust is the fiercest fire!" Sensual Passion is the cause of war. The war within is the cause of the war

without.

Spiritual Starvation is the cause of war! The entire world is swept by a deluge of Greed, Anger, Delusion! The only remedy is Spiritual Nourishment! We take nourishment for the body; should we not also take daily spiritual nourishment for the mind and heart? Only a Flood of world-wide spirituality can overcome the present flood of world-wide greed, anger, and delusion! Let the world return to Religion! Outside of Religion there is no hope!

The Greatest conqueror the world has ever seen is Lord Buddha. He is the Incomparable Conqueror! Who is Alexander, Caesar, Napoleon, when compared to Buddha, the Incomparable Conqueror of the world? Let others try to do the impossible. Let them vainly try to conquer the world by hate. We will do the possible. We will follow Lord Buddha and conquer the world by Love. The conquest by hate is doomed to fail. Lord Buddha conquered the world 2,500 years ago by His Infallible Weapons of Love and Truth, and He is still the Master of the World, the Light of Ten Thousand Worlds.

Let all beings become Love-Dynamos, Love-Batteries, Love-Broadcasting-Stations and let them radiate thoughts of Boundless Loving-kindness all over the universe! "Standing, sitting, walking, lying-down, let all beings overflow with Universal Love!" Love alone can overcome Hatred! Universal Sanctification will overcome Universal Degeneration! Universal Sanctification will give Universal Peace!

My heart overflows with Compassion and Sympathy for the agonized nations at war! I shall mightily beseech the "Devas" (Angels) to work for Peace! May all suffering disappear from the face of the earth forever! May all beings attain the Highest Bliss of Supreme Nibbana soon!"

This is our little might, which we offered to the nations at war during the second Great World War. We did our duty. We sent this message of the Buddha all over the world, and even if it did not stop the war, at least we had the satisfaction that we have tried our best. Moreover, we were in the internment camp and we could not do more than this.

Let us hope that the world will evolve into a Buddhist world which will overflow with Love for the whole wide cosmos of infinite beings, because only when love becomes all-embracing, where there are no frontiers, no boundaries, no distinction, will the world enjoy universal peace. Remember that even in Heaven there is war. We are taught in Buddhism that the Gods and Titans fought with each other. If the angles cannot have peace, how can man? It sounds rather pessimistic. Anyway, each man can conquer himself; all will eventually enjoy self-conquest, for the whole is equal to the sum of its parts. When all have conquered themselves, the whole world will enjoy Universal Peace!

**Address of Welcome to Ven. Lokanatha given on 21st
August, 1947; by the Pali Class of the Singapore
Buddhist Association, Singapore**

Most Venerable Sir,

On behalf of the members of the Pali Class who are assembled here this evening, I beg, most reverently, to thank you in accepting our, most humble service.

I

Your radiant personality and sermons which you have delivered during your short stay here will be forever treasured in our minds. You have not only destroyed our doubts with Wisdom, but have inspired us to march onward to the goal of Wisdom with a new vigor. I have no need to introduce you this evening, but nevertheless, we would like you to know, Venerable Sir, that your fine qualities have found a place in our hearts. We are overjoyed with your Mission, and may your Torch of Truth light the Way for suffering humanity.

Before concluding this short humble address and before asking you, most Venerable Sir, to accept our humble presents as a memento, I would also like to take this opportunity of expressing our deep gratitude to the office-bearers of the Buddhist Association and last but not the least, our master the Venerable M. M. Mahaweera, under whose careful guidance and unfailing effort, we are all here this evening to make this occasion a success.

I thank you.

MAY ALL BEINGS BE WELL AND HAPPY.

Yours in the Dhamma,
A Pali Class Student.

Sd. Soh Boon Tee.
Sd. Wee Beow Chwee.
Sd. Loo Boon Kwee.
Sd. Aug Seng Hoe.
Sd. Wee Ting Guan.

**Reply by Ven. Lokanatha given on August 21st, 1947,
at the Singapore Buddhist Association
to the Pali Class.**

I

INFINITE thanks for the warm reception and for the kind gifts which were offered tonight. It gives me intense pleasure to be with you all, because never before in history was such a Mission launched to such a distant land as America.

Malaya has no hideous weapons to conquer other nations, but she has the most glorious armamentarian; the great arsenal of All Conquering Buddha-Love, which instead of adding fuel to the fire of dukkha, dispels the gloom and bestows happiness. A Sangha-warrior clad in this invincible armour, will conquer all obstacles and bring glory to the land of Malaya.

Having, been benefited by the Buddha-Dhamma, having drunk deep of the soothing waters of the Doctrine of Deliverance, it is but natural for us to share our joys with~ other nations. Freely we have received, and freely we shall give. Moreover, to give is, to receive. By giving Truth, we shall receive and realise the Truth. The year 2500, 9 years hence, will see the rise of Buddhism all over the world. Isn't it wonderful that we are now embarking on this great Mission to usher in that wonderful world-wide renaissance?

Philanthropy consists in giving money, Love and Truth. What philanthropy can be greater than the philanthropy of giving the Gift of Truth to the blind masses struggling in the darkness of , \$ansara? Missionary work is of supreme import~ance. Without missionary work no religion can long endure. Hence, the importance of this Mission to America—is indeed startling and momentous. Without missionary work a religion steadily dies. Why? Because growth is life. Stagnation is disease. Truth must grow to flourish. Similarly, Buddhism must grow to flourish. Stagnation is death. We are proceeding to America to prevent stagnation and to make fluddhism flourish all over the world.

Malaya exports rubber, tin etc. But why stop here? Why should you export only worthless material things? We are about to export the most glorious product of all, the Buddha-Dhamma. Let us rejoice! We have at last launched this Tru~h~exporting business to show the world that Malaya exports not only rubber,

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tin and other things, but the most Priceless Gem of all, th Buddha-Dhamma---
The Incomparable Gift of Truth whic~ ex~els all other Gifts!

The Americans are delighted that we have at last starteø to reciprocate by giving them Buddhism in exchange for theii Christianity. The whole world is

burning. Palestine is burnl~~ Indo-China, Indonesia, Burma, India, China—all are b

We are the fire brigade to pour the water of Truth on the 1 of Lobha, Dosa and Moha. What merit can be greater than th merit of extinguishing the all-consuming world flame whic~ threatens to consume everything to ashes. Building pagodas meritorious, but the Dhamma-Dana is even more so. Post-wal Malaya is at last awake to the supreme importance of Buddhist missionary work and she will henceforth observe a strict sense of proportion by following the middle path of building less pagodas and giving more support to Buddhist missionary w~ all over~ the world. May our Glorious Mission be followed by 1 many more in the future!

Anyway, we must try our level best to co-operate in~ Buddhist missionary work. If we cannot go ourselves to preach Buddhism all over the world ,we can do missionary work in~directly by participating in the glorious giving of Truth, by sup~porting Buddhist missionaries all over the world You will be kept duly informed of the progress of our Mission. We are the army on the missionary battle-field, and ~the harmonious co~operation of the home frOnt is vital to the Successful Accomplish-mont of our Mission on the field. Our Buddhist Mission to America will most certainly be a success. Long Live Buddhism For Ever!

May the heavenly Devas send down showers of Blessings and Good Fortune on you all for the warm welcome you have given: us tonight, and for the kind and generous presents which you have offered. As a result of the great merit you have all gained by participating in our missionary work may all your highest ~aspirations be completely fulfilled, and may you all at~tain Supreme Nibbana soon! Wishing you the best and thanking you all immensely for your wonderful co-operation Blessings! Thanks and Infinite Metta to you all!

NOW BEGINS BY SERMON.

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