

“Namo Tassa Bhagavato Arahato Sammá Sambuddhassa! “

The Religion of Scientific Reason (A Few Principles of Buddhism)

THE EXALTED BUDDHA is the World's Greatest Physician and His Methods are utterly Rational and Scientific!

When a doctor sees a patient, he first satisfies himself that the patient is sick, then he diagnoses the case (finds the cause), prescribes the remedy (removes the cause), and the patient is cured. Similarly, the Exalted One, the Greatest Spiritual Physician, saw that the world was sick with Suffering; He saw that Craving is the Cause of Suffering; He saw that Suffering is removed by destroying Craving; and He prescribed the Remedy: Craving is destroyed by walking on the Noble Eightfold Path of Right Knowledge, Right Aim, Right Speech, Right Action, Right Occupation, Right Effort, Right Mindfulness and Right Concentration. These are the Four Noble Truths, the Four Pillars of Buddhism.

Ordinary doctors are QUACKS—they give only temporary cure. A doctor is simply a mechanic to overhaul the broken-down bodily frames. He patches up one part of the body and the other part promptly breaks down. He cures the malaria and the patient gets dysentery ; he cures the dysentery and the patient gets pneumonia ; he cures the pneumonia and the patient gets typhoid, etc., etc., till the patient reaches the cemetery where he is beyond treatment or cure. But the Exalted One gives the Permanent Cure of Supreme Nibbána where one never ails again and where all diseases cease for evermore! Hence he is the only Real Physician, the Finest Physician in the Universe!

Buddhism is the “Doctrine of Deliverance.” The Exalted One said : “Just as the great ocean has but one taste, the taste of salt, even so, O Monks, this Doctrine has but one taste, the Taste of Deliverance!” (Udána).

The Exalted Buddha taught only one thing alone: “Suffering and destruction of suffering! “And who will brand the “DOCTRINE OF DELIVERANCE” as PESSIMISM?

1. 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.

This is the First Noble Truth.

2. WHAT IS THE CAUSE OF SUFFERING?

Craving and Thirst is the cause of suffering. Thirst for the pleasure of the six senses is the cause of suffering.

This is the Second Noble Truth.

3. WHAT IS THE DESTRUCTION OF SUFFERING?

The destruction of thirst is the destruction of suffering.

This is the Third Noble Truth.

4. WHAT IS THE WAY LEADING TO THE DESTRUCTION OF THIRST?

The Noble Eightfold Path is the Way leading to the Destruction of Thirst. What is the Noble Eightfold Path? The Noble Eightfold Path is as follows:

Right Knowledge is the cause of Right Aspiration.
Right Aspiration is the cause of Right Speech.
Right Speech is the cause of Right Action.
Right Action is the cause of Right Occupation.
Right Occupation is the cause of Right Exertion.
Right Exertion is the cause of Right Mindfulness.
Right Mindfulness is the cause of Right Concentration.

This is the Fourth Noble Truth.

Right Concentration leads to Right Knowledge of Realization. Right Knowledge of Realization leads to Right Deliverance or Supreme Nibbána.

Thus the Monk under training has Eight Stages to go and the Arahát (Perfected One) Ten.

(i) In the above marvelous formula, if one starts with Right Knowledge, everything is right. If one starts with Wrong Knowledge, everything is wrong. Hence the importance of starting with Right Knowledge. The Wise Ones attain Nibbána, while the deluded ones go to Purgatory. Hence let us help the deluded ones by preaching the Religion of Truth! "The Gift of Truth is the greatest of all gifts!"

(ii) Once the Exalted One, taking up a little dust on the tip of His finger-nail, addressed the Monks, saying : `Now what think ye, O Monks? Which is the greater: this little dust I have taken up on the tip of My finger-nail, or this mighty earth?

`Greater, O Lord, is this mighty earth. Exceeding small is this little dust taken up on the tip of the Exalted One's finger-nail! '

`Just so, O Monks, few indeed are those beings that, deceasing as human beings, are reborn among human beings or among the Devas (Gods) : more numerous are these beings that, deceasing as human beings, are reborn in Purgatory, in the womb of an animal; in the Realm of Ghosts.'—(from the Saíyuttanikáya, Mahá-Vagga.)

Without the Sublime Doctrine the world is lost. Then let us preach the Truth out of Compassion for Suffering Humanity! The above two points made Me a Buddhist Missionary.

What is Right Knowledge?

Right knowledge is to know the above Four Noble Truths. Right Knowledge is to know the three Characteristics of the Cosmos, i. e., Transiency, Painfulness, Emptiness (absence of Soul).

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 Cause of Consciousness.
Consciousness is the Cause of Mind & Body.
Mind & Body are the Cause of The Six Senses.
The Six Senses are the Cause 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 is the Destruction of Birth and Suffering.

Ignorance is the creator of the world. Mára is the creator of the world! This world is dynamic and not static. Each man is creating his own world millions of times every fraction of a second. The Arahant has destroyed his world and has attained Nibbána. Truth is the Atomic Bomb which destroys the Universe and gives Supreme Nibbána!

What do men live for?

For Pleasure?

What is pleasure? the tickling of the senses?

What do they gain? Hunger!

What do they lose? Nibbána!

Craving is the Universal Disease which can be uprooted only by Non-Craving rooted in Knowledge!

What Knowledge?

The Knowledge that there is NO BEING but only an IMPERSONAL BECOMING-PROCESS!!!

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!

There are Three Diseases in the world and Lord Buddha has given Three Infallible Medicines.

The Three Diseases are Lobha, Dosa, Moha, or Greed, Anger, Delusion.

The Three Medicines are :

1. Alms—giving.
2. Moral Conduct.
3. Meditation.

1. Alms-giving (Dána) destroys Greed (Lobha).
2. Moral Conduct (Sìla) destroys Anger (Dosa).
3. Meditation (Bhávaná) destroys Delusion (Moha).

1. Alms-Giving: (Dána) The more we give; the less greed we shall have.

2. Moral Conduct: (Sìla) destroys Anger by observing the Five Precepts. (Pañca Sìla) with Loving-kindness. The Five Precepts are:

To refrain from killing even the smallest insects
To refrain from stealing, adultery, and lying; and
To refrain from drinking intoxicating beverages.

3. Meditation (Bhávaná) destroys Delusion (Moha)

Meditation on what? Meditation on the Three Characteristics of the Cosmos: Transiency, Painfulness, Emptiness (absence of Soul).

When Lobha, Dosa, Moha are destroyed by Dána, Sìla, Bhávaná, the result is Alobha, Adosa, Amoha, which is Nibbánaí Paramaí Sukhaí.

How Is Lust 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!

Explanation : When water boils, it is impossible to clearly see the pebbles beneath. When the water is cool and still, the pebbles at the bottom can be clearly seen. Similarly, when the Heart is boiling all over with lust, it is impossible to see things clearly, as they really are. Hence the Heart on fire with passion eagerly clings to the foul loathsome hair on a woman's head and thinks it is beautiful. But when human hair is found in a plate of soup, the hair appears in its true foul nature, as the Heart is cool and still, and so the soup is promptly thrown away in disgust.

Hence we should constantly see the body as it really is, a foul Latrine on two legs! And it is ridiculous to beautify a walking latrine!

Anecdote : A man was once assiduously engaged in bedecking with the finest Benares silks the watercloset in his back yard. His friend chanced to pass by, and, on seeing him engaged in such a strange occupation, exclaimed,

“What on earth are you doing, old pal! “The man calmly replied, “You see, I am trying to beautify the watercloset by decorating it with silks! “His friend exclaimed, “You are mad to waste precious silks on a dirty watercloset! ““And so are you!” promptly retorted the man, “for you are trying to beautify with precious silks your own body which is more foul than this watercloset in my back yard ; and so I have done this to show you the folly of devoting too much time and attention to this vile bodily form which is a 'Walking Latrine'! “And then he added the following admonition of the Venerable Adhimutta :

“If ye to this gross body give such heed,
Greedy its pleasures to enjoy, the while
Life's energies do ebb away, O whence
Shall come perfection in the Holy Life?”

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 anyone 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 hereby 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, Nibbána is, attained! For “Nibbána” means “NO LUST”. Nibbána is the Supreme Fireless State. Lust is the fiercest of all fires. When lust is destroyed, the cool state of Supreme Nibbána is attained!

Lust is destroyed by watching the Mind. “A wandering mind lies in the fangs of the passions.” Lord 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 our mind to some, noble thoughts, like the thought of Buddha, etc., and the wrong thoughts will disappear.

2. 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.

3. 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.

4. If, however, the wrong thoughts do not disappear by this method, we should make these evil thoughts vanish one after the other in series, i. e., we must bethink us how to allay all that moulds and fashions thoughts. Just as a man who is running fast, may decide to walk slowly—or stand still—or sit down—or lie down—and thereby passes from the more violent to the easier posture,—even so is it with this Monk in his allaying of all that moulds and fashions thoughts.

5. If, however, the wrong thoughts do not disappear by this method, then 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 his heart stands firm, is steadfast, is focused and concentrated.

By thus always watching the mind, the mind will become clean and pure, and Nibbána 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.

We should live on a vegetarian diet. The carnivorous animals are ferocious. Look at the tigers, panthers and wolves! Then 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 neighbours. All life is one, thy neighbour is thyself, to love thy neighbour is to love thyself, to hate thy neighbour is to hate thyself.

Lord 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 proved that the mind is the dictator of the body. At the Smithsonian Institution at Washington, a human being was placed in a cage and made to fast for 40 days. 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 does.

Four hours' sleep in the lying posture is quite sufficient. If possible, the lying posture should be renounced forever, and a man should train himself to “rest” in the sitting posture all night. By renouncing the lying posture the Tempter will never get an opportunity to enter. For, VIRTUE is man's most precious treasure and should be guarded zealously night and day, day and night.

WHAT IS MAN?

Man is a combination of five factors (Pañca-Khandha) which come from CRAVING rooted in Ignorance. The five factors are:

- Rúpa Khandha—Body
- Vedaná Khandha—Feeling
- Saññá Khandha—Perception
- Saòkhára Khandha—Tendencies
- Viññáóa Khandha—Consciousness

And these five factors are Anicca, Dukkha, Anatta 4w Changeable, Painful, Empty (absence of Soul).

Man is a burning flame never the same for two consecutive moments. Life is a process of continual becoming. Change denotes continual dying and being reborn.

Life is a dream. Proof :

- (a) Where is the past?
- (b) Life is purely a mental phenomenon.

A dream is a mental phenomenon. Hence life is a dream. (Q.E.D.)

Life is purely a mental phenomenon and hence life is a dream

The eye was never satisfied by seeing nor the ear by hearing. To see and hear with passion is like drinking salt water, and the thirst is never quenched.

“The world is on fire”, said Lord Buddha, “The eye is burning, the ear, nose, taste, touch and mind are on fire. On fire with what? On fire with the fires of Lust, Hatred,

Delusion, Birth, Old Age, Disease, Death, Sorrow, Lamentation, Grief, Misery, Despair!

How is the fire destroyed?

- (1) By adding water.
- (2) By not adding fuel.

(i) Add water to the fires of the six senses by reading Spiritual Books daily and by listening to Holy Sermons. Truth is the water which destroys the fire of the six senses.

(ii) Refrain from adding fuel to the fires of the 6 senses. How? By seeing dispassionately, hearing dispassionately, etc. Passion is the fuel for the fires of the six senses. By constantly guarding the 6 senses and using them without passion, the fires of the 6 senses will die through want of fuel.

And when the 6 senses are cold, the Cool state of Supreme Nibbána is attained forever!

The price of pleasure is pain. Pleasure cannot be gained without paying the price. The pleasure is small and the remorse is great. An Arahant wants neither pleasure nor pain. He wants the Neutral Bliss of Everlasting Peace!

No one can escape Renunciation. A man must take his choice. Either he must accept Voluntary Renunciation or Compulsory Renunciation. By Compulsory Renunciation we mean Death. When King Yama, King of Death, comes and grabs the trembling victim by the neck and mercilessly drags him to the Cemetery or Graveyard, this is called Compulsory Renunciation. Voluntary Renunciation gives us great reward, for, at one stroke we destroy about 50% of our attachments. Compulsory Renunciation brings nothing but pain and misery and no reward. Hence, renounce the world now of your own accord before King Yama compels you to do so. Man has been born an infinite number of times in the past. If all the bones of one individual were to be collected together, they would make a mountain bigger than the Himalaya Mountain. The blood that has flowed from the neck of one individual if collected together, would make more than Four mighty oceans, when his neck was cut as a fowl, as a goat, as a robber, murderer, adulterer. The tears that have flowed from the eyes of one individual if collected together would make more than four mighty oceans.

Life is a dream and only NIBBÁNA IS REAL. Therefore, throw away the unreal world and enjoy the REAL NIBBÁNA. A man cannot enjoy both the unreal world and the Real Nibbána at the same time. One is the absence of the other. A man who loves the unreal world hates the Real Nibbána. By clinging to the nothing world he automatically renounces the REAL NIBBÁNA and hence he is the greatest renunciant, for he renounces Something for nothing. A man who loves to dream will dream on and on forever. Only the Wise who hate this dream world will wake up and attain Nibbána forever!

Ignorance is Spiritual Leprosy. Which is worse, Spiritual Leprosy or bodily leprosy? Spiritual Leprosy is the worst leprosy! Then how can you be happy, when you are suffering with such a loathsome disease? Would you not be willing to accept bodily leprosy in exchange for Spiritual Leprosy? Would you not be willing to accept bodily

leprosy and Supreme Arahathship at the same moment? You are blind, Spiritually Blind! And Spiritual Blindness is the worst kind of blindness. We are eye specialists! Come here and let us remove the cataract from your eyes! We charge no fees.

We work purely out of love and compassion. Come here. When you have seen the Truth, you will rejoice forever!

How is Nibbána attained quickly? By not adding fuel to the fires of the six senses! The eye is on fire with Lust, Hatred, Delusion, Birth, Old-Age, Disease, Death, Sorrow, Lamentation, Grief, Misery, Despair! The ear, nose, tongue, touch, and Mind are also on fire with Lust, Hatred, Delusion, Birth, Old-Age, Disease, Death, Sorrow, Lamentation, Grief, Misery, Despair! Let us not add fuel to these fires! Let us guard the six senses! Let us not cling to sensual pleasure! The six senses are leprous sores! Let us not scratch the sores! “The eye was never satisfied by seeing, nor the ear by hearing. “Don't cling to sensual pleasure! Don't drink salt water! The more you drink, the more thirsty you will become! By not clinging to sensual pleasure, the fires will die through want of fuel! Throw oceans of water on the fires! How? By Study and by Meditation! Strive with fiery zeal! Study Lord Buddha's Glorious Doctrine! Digest what you read by ARDENT MEDITATION! Study and Meditation are the best FIRE EXTINGUISHERS! Let the Fire Extinguisher do their work! Strive furiously! Work Terribly! Burn up the greater and the lesser sins in the Fire of Intense Earnestness! `

Conquer fire with fire! Let the Fire of Intense Earnestness conquer the Fire of Sensuality! When the sensual fire is dead, it will be dead forever! This is the Cool State of Nibbána where all lust—fire HAS DIED FOREVER!!

Our Lord Buddha said that there are two pleasures: The pleasure of household life and the PLEASURE OF RENUNCIATION. Of these two pleasures, the Pleasure of Renunciation is by far the greater. No man can live without pleasure. We must have either one or the other. Then let us enjoy the Pleasure of Renunciation.

Sweet is the pleasure of Renunciation, reflecting on Impermanence, seeing Impermanence everywhere, no self, emptiness!!! Continually beholding IMPERMANENCE in all component things, seeing Life as a continual process or flux, nothing stable, observing the ebb and flow of things, KNOWING that there is no “Self” anywhere and hence no pain or sorrow, THIS is the Pleasure of Renunciation. Enter the “Realm of Non-existence “! Dwell joyfully in the “Realm of Non-Existence”! And you will KNOW how truly great the Pleasure of Renunciation really is. And when you have tasted the rare Pleasure of Renunciation, you will despise lust and anger forever.

MAN IS A FLAME CONTINUALLY BURNING NEVER THE SAME FOR TWO CONSECUTIVE MOMENTS. Life is only a Process of continual becoming. Who clings? Who craves? Who desires politics? The PROCESS clings! The PROCESS craves and the PROCESS desires politics, etc.! Then isn't it foolish to cling to anything? Ignorance clings. Wisdom is detached. There is clinging, but no “ONE” is really clinging. There is a process, but no

“ONE “is behind the process. There is suffering, but no “ONE” is really suffering. Ignorance is the cause of all suffering. Wisdom is the cause of all Happiness. Destroy Ignorance by Wisdom, see things as they REALLY are, i. e., IMPERMANENT and

SELFLESS, and you will pass beyond suffering. LIFE is A DREAM, UNREAL! Wake up p from this long dream! Dream no longer! Why suffer again and again? A man who suffers is a lunatic. Wise Men do NOT suffer. Therefore, become WISE, and pass beyond Suffering forever!!!

When you are Wise, you may lead others on the Safe Path!!!

Shun the companionship of fools. Seek the companion ship of the Wise. You are interested in Politics. Politics fills up the Stomach! Kindly be interested in Religion. Religion fills up the Mind and the Heart! Read Noble Books on Buddhism EVERY DAY. Daily Spiritual Nourishment is more necessary than daily material nourishment. Spiritual Starvation will increase the lusts. Starve the lusts out of existence by keeping the Mind full of Spiritual Instruction. "A wandering mind lies in the fangs of the passions." Watch the Mind. Don't allow it to wander hither and thither. Concentrate your attention on the in-breathing and out-breathing and constantly reflect on the Perishability, Painfulness, and Emptiness of all component things.

- i. All things in the Universe are Perishable!
- ii. All Perishable things are Painful!
- iii. All Perishable and Painful things are Unreal, Void, Empty (absence of Soul)!!!

Meditate on these Three Characteristics day and night, night and day, in Solitude and Silence, and Success is CERTAIN. By constant MEDITATION of Impermanence, you will destroy the "Self" and enjoy the Bliss of Nibbána right here in this life itself!

Our Lord Buddha said: "In the seen there can be only what is seen. (There is no `Self', as all things seen are perishable.) In the known there can be only what is known. (There is no `Self', as all things known are perishable). Since in the seen there can be only what is seen, in the heard there can be only what is heard, in the thought there can be only what is thought, in the known there can be only what is known, therefore You are NOT THERE! And since you are NOT THERE, You Are Nowhere! And since YOU are NOWHERE, this is the end of all Suffering"! When you have by continual practice fully realised that there is no "Self "anywhere and that you are nowhere, who is going to suffer?. This indeed is the end of all suffering! Meditate hard on Lord Buddha's Words and enjoy Peace of Mind FOREVER!!!

Realise that there is no "Self" since all things are fleeting, and fleeting things have no real existence!!! The whole phenomenal world is the result of IGNORANCE! Destroy Ignorance, see things as they REALLY are (i.e. Perishable, Painful, Empty) and the unreal universe will VANISH and THE REAL NIBBÁNA will be attained forever.

You must strive to develop the power of tremendous continued thought and thinking by perpetually realizing that in the thought there can be only what is thought, no "Self" "no "I "since' all thoughts are fleeting. When there is no "L" present, thought becomes tremendous and continuous as no pain or effort is required in selfless thinking!!! Such tremendous continued thought leads to profound depths where the Light of Wisdom must forever shine and the gloom of Ignorance will be entirely swept away forever. This is the secret of ardent Concentration and Jhana Practice induced by selfless thought, i. e., knowing full well that "In the thought there can be only what is

thought,” no “Self” no “I”, since all thoughts are fleeting and fleeting thoughts cannot be the “I”..

While you are striving for Arahathship in the above manner, you must constantly endeavour to develop within yourself an intense loathing and abhorrence and disgust for all perishable things (as they are soulless, selfless, not “I” not mine.; Our Lord Buddha said: “How does the Monk who is still under training come to enter the True Path? Take the case of a Monk in whom, as he sees a given form—or hears a sound etc.,—there arises a something—agreeable, a disagreeable, or neither—and on its arising he is filled with loathing and abhorrence and disgust.—'This is how he comes to enter the True Path.” It is this utter loathing and abhorrence and disgust which will completely detach you from all perishable things, giving you the utter Peace and Bliss of Supreme Nibbána forever!!!

WATCH YOUR THOUGHTS!!! This is very necessary! Only those who continually watch their thoughts, to observe how perishable and selfless they are, can quickly attain Arahathship! Therefore joyfully watch your thoughts, continually! No efforts is required in this wonderful practice as there is no “Self “in the perishable thoughts, and hence no pain of thinking! Watching your thoughts, to observe how perishable and selfless they are, gives the bliss of Holy Loathing, Abhorrence, Disgust, which leads to the Supreme Bliss of Nibbána!

Renunciation IS THE ROAD TO PEACE! This is the only way, there is no other! You have been created long enough by these murderous enemies, the six senses; therefore renounce the world and extinguish the burning fires of the six senses. When the six senses have become cold, you will enjoy Nibbánic Peace Forever!!!

THE CALL TO FREEDOM

Come now, sit under trees and effort make.
Who knows, perhaps, you might to Wisdom wake.
Walk up and down, the Eightfold Path to gain.
Who knows, perhaps, you will Sweet Peace attain.
Walk up and down, and let the whole earth shake.
The Devas know you will to Wisdom wake.
By sheer might and main, Nibbána attain.
I know you will the Highest Freedom gain.
Follow The Buddha, strive hard for the Prize.
As sure as sun's rise, to Freedom you'll rise!

May you always be happy and well! May all your Highest Aspirations be completely fulfilled! On this Thrice Sacred Day we have come to honour Lord Buddha. The Best Way to honour Him is by walking in His Actual Footsteps. By walking in His Actual Footsteps we will soon attain Supreme Nibbána! May you all attain Supreme Nibbána SOON! Highest Blessings and Boundless Loving kindness to you, to all the Indians, and to the whole universe!

LOKANÁTHA

Italian Buddhist Monk