

HAPPY VESAK 2554 B.E.



AS WE REMEMBER THE BIRTH,
ENLIGHTENMENT, AND
PASSING AWAY OF THE
BUDDHA, LET US BE GUIDED BY
HIS TIMELESS TEACHING.

FROM KEN AND VISAKHA



Buddhist Relief Mission
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ONE'S OWN THOUGHTS

THOUGH NOT SKILLED IN KNOWING THE WAYS OF OTHERS' MINDS, ONE SHOULD RESOLVE, "I MUST BECOME SKILLED IN KNOWING THE WAYS OF MY OWN MIND."

AND HOW IS ONE SKILLED IN KNOWING THE WAYS OF ONE'S OWN MIND? IT IS JUST AS IF A WOMAN OR A MAN, YOUTHFUL AND FOND OF ORNAMENTS, WERE TO LOOK INTO A CLEAN, BRIGHT MIRROR OR INTO A BOWL OF CLEAR WATER. ON SEEING A BLEMISH, THAT PERSON WOULD MAKE ALL EFFORT TO REMOVE IT. IF THERE WERE NO BLEMISH, HOWEVER, THAT PERSON WOULD BE GLAD ABOUT IT AND WOULD THINK, "HOW GOOD! I AM CLEAN!"

SIMILARLY, SELF-EXAMINATION IS VERY HELPFUL FOR THE GROWTH OF WHOLESOME QUALITIES: "AM I OFTEN COVETOUS OR NOT? DO I OFTEN HAVE ILL WILL IN MY HEART? AM I OFTEN SLUGGISH, LAZY, EXCITED, DOUBTFUL, OR ANGRY? IS MY MIND OFTEN DEFILED BY UNWHOLESOME THOUGHTS? IS MY BODY OFTEN RESTLESS? AM I OFTEN UNCONCENTRATED?"

IF, BY SUCH SELF-EXAMINATION, ONE FINDS ONESELF OFTEN COVETOUS, FULL OF ILL WILL, SLUGGISH, LAZY, EXCITED, DOUBTFUL, ANGRY, MENTALLY DEFILED, PHYSICALLY RESTLESS, AND UNCONCENTRATED, THAT PERSON SHOULD APPLY THE UTMOST ZEAL, ENERGY, EFFORT, AND EXERTION, AS WELL AS UNREMITTING MINDFULNESS AND CLEAR COMPREHENSION, TO THE ABANDONING OF ALL THOSE EVIL, UNWHOLESOME QUALITIES.

JUST AS ONE WHOSE CLOTHES OR TURBAN WERE ON FIRE WOULD APPLY THE UTMOST ZEAL, ENERGY, EFFORT, AND EXERTION, AS WELL AS UNREMITTING MINDFULNESS AND CLEAR COMPREHENSION, TO THE EXTINGUISHING OF THAT FIRE; ONE SHOULD STRIVE TO ABANDON THOSE EVIL, UNWHOLESOME QUALITIES.

IF, BY SELF-EXAMINATION, ONE FINDS ONESELF MORE OFTEN WITHOUT COVETOUSNESS AND ILL WILL, FREE FROM SLUGGISHNESS, LAZINESS, EXCITEMENT, DOUBT, AND ANGER, WITH A MIND UNDEFILED AND A BODY FREE OF RESTLESSNESS, AND WELL CONCENTRATED, THEN, GROUNDING ONESELF FIRMLY IN ALL THESE WHOLESOME QUALITIES, THAT PERSON SHOULD MAKE A FURTHER EFFORT FOR THE DESTRUCTION OF ALL DEFILEMENTS.

—ANGUTTARA NIKAYA, 10, 51