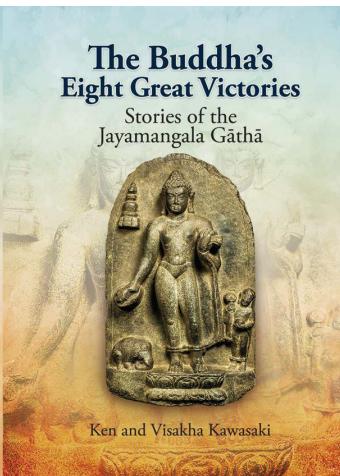
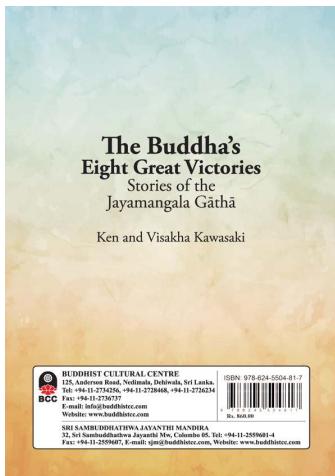


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## The Buddha's Eight Great Victories

### Stories of the Jayamangala Gāthā

By Ken and Visakha Kawasaki

First Edition 2024

48 pages

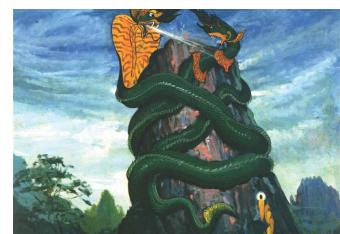
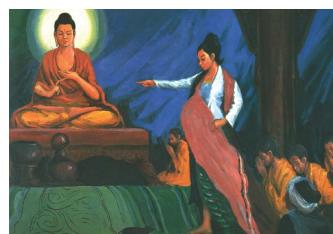
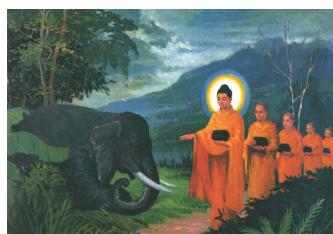
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In these stories, which inspired the popular Pali chant, the Buddha uses skillful means and non-violence to overcome the evil Mara, the vicious Angulimala, the ferocious Alavaka, and more. The Buddha's triumphs result from the marvelous, wholesome qualities which he exemplified and extolled, and which we should try to perfect in ourselves, namely, loving-kindness, compassion, generosity, courage, critical thinking, patience, and wisdom.



#### TABLE OF CONTENTS

Preface	vii
Introduction	xiii
1. Conquering Māra	1
2. Converting Ālavaka	5
3. Taming Nālāgiri	12
4. Reforming Angulimāla	16
5. Exposing Ciñcā-Mānavikā	23
6. Vanquishing Saccaka	27
7. Subduing Nandopānanda	35
8. Correcting Baka-Brahmā's View	41
<i>Jayamangala Gāthā</i>	45



#### 1 Conquering Māra



After Prince Siddhattha, the Bodhisatta, left the palace, he practiced asceticism in Uruvila for six years as the ascetic Gotama. Having gained no satisfaction and seeing no benefit from such practice, on the Vesak full moon day, when he was thirty-five years old, he accepted a nourishing meal of rice cooked in milk from a woman named Sujata. After his meal, he accepted a gift of kusa grass from a grass cutter named Sothiya. As he spread the grass under a Bodhi tree, a Diamond throne appeared.

He sat down on the Diamond Throne, facing east, and made a strong determination: "Even though my blood dries up, and my bones and skin waste away, I will not get up from this seat until I have attained perfect Enlightenment!" He began meditating and soon attained the tranquility of the *jhānas*. Many devas gathered around him to pay homage and to praise him for his determination.

At that time, Mara, the Evil One, seated in his abode in the highest heaven of the Sensuous World,<sup>1</sup> heard this determination and became both worried and angry. This mighty deva, the personification of death, realized that, if Gotama succeeded, he would free not only himself but also countless others from suffering. This would greatly weaken Mara's power over humankind.

Assuming the form of a fierce yakkha<sup>2</sup> with one thousand arms, each brandishing a deadly weapon, Mara mounted his elephant, Gürimekhala. Accompanied by his ten armies,<sup>3</sup> Mara roared loudly and stormed forward. All the other devas fled in terror.

Mara's soldiers assumed frightening forms and surrounded Gotama. They attacked him on all sides, but they could not break his concentration. All of

1. This heaven is called the Heaven of those who wield power over the creation of others (*Paranimitta-vassavatti*).  
2. A yakkha is a demon, often feeding on human flesh.  
3. Mara's ten armies are: (1) Discontent; (2) Lust; (3) Hunger and Thirst; (4) Craving; (5) Laziness; (6) Cowardice; (7) Doubt; (8) Hypocrisy and obstinacy; (9) Undeserved praise and gain; and (10) Praising oneself and looking down on others.

their dangerous weapons turned to flowers and fell at Gotama's feet. Then Mara plunged the world into absolute darkness. He created a thunderstorm and split the darkness with bolts of lightning. He first showered the meditating Gotama with ice and then with boiling water, followed by fiery hot sand and stones. He created a cyclone with a wind strong enough to uproot trees. He made the wind both foul smelling and poisonous, but Gotama remained calm and undisturbed. Falling at all of this, Mara sent his three daughters, Discontent (*Arati*), Passion (*Raga*), and Craving (*Tanha*), to distract Gotama. They danced seductively, but he never looked at them. Unable to break the Bodhisatta's concentration, these beautiful young maidens changed into ugly old hags and disappeared.

Mara realized that he could neither frighten nor distract Gotama, so he decided to tempt him with a seemingly irresistible offer. "Gotama!" He shouted. "I will make you king of the entire world. You will have unlimited power, and you will enjoy unlimited pleasures. All you have to do is abandon your quest."

Gotama replied that his attainments were already greater than anything Mara could offer. In desperation, Mara asked what right Gotama had to sit on the Diamond Throne. All of Mara's soldiers again rushed forward to push Gotama from his seat. Gotama calmly touched the earth with the middle finger of his right hand.<sup>4</sup> The deva of the earth appeared and testified

that the Bodhisatta had fulfilled the Ten Perfections<sup>5</sup> during his previous lives.

As proof of the Bodhisatta's virtue, this deva, who is sometimes called Mother Earth, wrung out her hair, releasing a great flood. From her hair flowed all the water which Prince Vessantara had poured in his innumerable acts of generosity.<sup>6</sup> There was so much water that it washed away Mara's armies. This perfect generosity was too much for Mara. He surrendered and paid homage to the Bodhisatta. As the sun was setting, all the devas joyfully returned and gathered around the Bodhisatta to celebrate his victory.

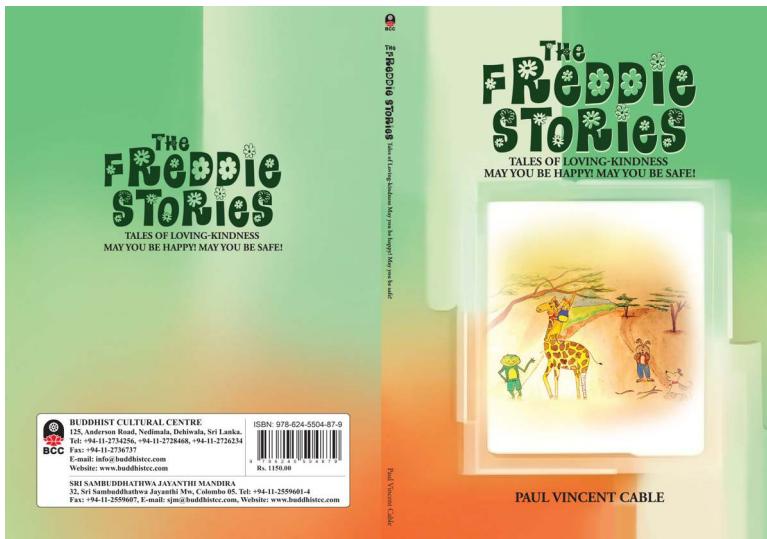
As the full moon arose, the Bodhisatta continued meditating and made even greater attainments. During the night, he recalled all his past lives. Then he saw the *kamma* and rebirth of all living beings in *samsāra*, the round of existence. Finally, at dawn, having destroyed all his mental defilements, he attained perfect Enlightenment and became the Buddha.

5. Generosity, morality, renunciation, wisdom, energy, patience, and equanimity.

6. It was Prince Vessantara that the Bodhisatta had spent his last life on earth. It was during this life that he supremely developed the Perfection of Generosity.

7. *Kamma* refers to intentional action or deeds. The law of *kamma* states that wholesome action (*kusala kamma*) produces favorable results (*kusala vipaka*) and that unwholesome action (*akusala kamma*) produces unfavorable results (*akusala vipaka*).

4. In Buddhist art, this hand gesture is called "Earth Witness."



# The Freddie Stories

## Tales of Loving-Kindness

*May you be happy! May you be safe!*

Created by Paul Vincent Cable

Illustrated by Carla George

Edited by Ken and Visakha Kawasaki

First Edition 2024

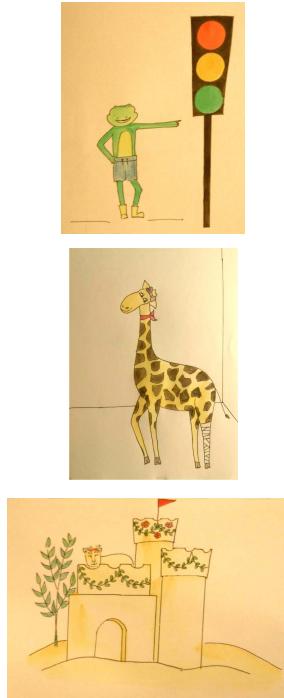
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21 delightful stories about Freddie the Frog, Robbie the Rabbit, Donnie the Dog, Leoni the Lion, and Jennie the Giraffe, pupils in a school in Africa, and their wise teacher, Ms Winnie. The adventures they have together teach kindness, compassion, and cooperation. This little book is invaluable for use in many different kinds of classes and is suitable for children of all ages.

### TABLE OF CONTENTS

	Page no.
Introduction	vii
Acknowledgments	ix
1. Robbie Doesn't Know How to Write	1
2. Who Will Win?	5
3. Leoni's Lost School Book	10
4. It's Really Raining	15
5. Robbie Falls in a Hole	21
6. A New Pupil	27
7. Stuck in a Tree	33
8. Donnie and Her Grandma's Favorite Mug	39
9. The Missing Dress	45
10. Robbie's Amazing Gift	52
11. A Very Important Visitor	58
12. The Football Match	63
13. Robbie Gets Stuck	68
14. Donnie Gets Angry – Again!	74
15. Donnie and the Packet of Biscuits	79
16. The Sandcastle	85
17. Donnie's Birthday Surprise	90
18. Jennie's Baby Sister	97
19. Leoni's Flower Heart	102
20. Robbie and the Football Book	109
21. Jennie Leaves	114



#### 1 Robbie Doesn't Know How to Write

It was the very first day of school for Freddie the Frog, Leoni the Lion, Donnie the Dog, and Robbie the Rabbit. They didn't know each other, and they didn't know anybody there. Ms Winnie, their teacher, who always had a huge smile on her face, was really nice, but, still, Freddie, Leoni, Donnie, and Robbie all felt pretty lonely.

After morning assembly, it was break time. Freddie was standing in one corner of the playground. Donnie was in another. Leoni was in another. And Robbie was in another. They were all too shy to talk to anyone or each other.



*The Freddie Stories*  
Leoni looked especially sad at being all alone, so Freddie walked over and said, "Hi, I'm Freddie. Let's be friends!"

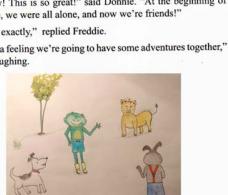
*The Freddie Stories*  
Leoni stood up in happiness and introduced herself. "Thank you, Freddie." she said. "Before, I was feeling lonely, but now I feel much better. My name is Leoni."

*The Freddie Stories*  
Freddie said, "Why don't we help the others, too?" Together they walked over to Donnie and Robbie, and before long, all four of them were friends. The bell rang at the end of the break, and they wandered inside together.

*The Freddie Stories*  
"Wow! This is so great!" said Donnie. "At the beginning of break time, we were all alone, and now we're friends!"

*The Freddie Stories*  
"Yes, exactly," replied Freddie.

*The Freddie Stories*  
"I've a feeling we're going to have some adventures together," he said, laughing.



*The Freddie Stories*  
When class started, Ms Winnie announced that they were going to learn how to hold a pencil and write their own names. The friends were very excited. They had never written anything before. Ms Winnie held up a huge pencil and showed the whole class how to hold a pencil.

*The Freddie Stories*  
Freddie, Donnie, and Leoni managed it with no problem, but every time Robbie tried, he dropped the pencil. He tried and tried and tried, but it was no good.

*The Freddie Stories*  
The tenth time he tried, the pencil fell on the floor and rolled around. Robbie was so sad that big tears started to roll down his face.

*The Freddie Stories*  
Ms Winnie was busy helping some others, and she didn't notice, but Freddie saw what was happening. He had over to Robbie and whispered, "Don't worry! We're your friends, and we will help you. May you be happy! May you be safe!"

*The Freddie Stories*  
Robbie stopped crying and whispered back, "Thank you!"



#### *The Freddie Stories*

After school, the four new friends walked home together through the forest. Freddie lent Robbie his pencil, and he, Donnie, and Leoni took turns helping Robbie hold it. By the time they were nearly home, Robbie could easily hold the pencil exactly the way Ms Winnie had showed them. He was so happy that he turned three wheels, shouting, "I can do it! I can do it! I can do it!"

When he arrived home, Robbie said, "Mummy, there's something I need to do. Can you help me?"

"Of course," she said with a smile, and they sat down to work together before dinner time.

The next morning, as the friends arrived at school, Robbie stopped them and said, "I have something for you."

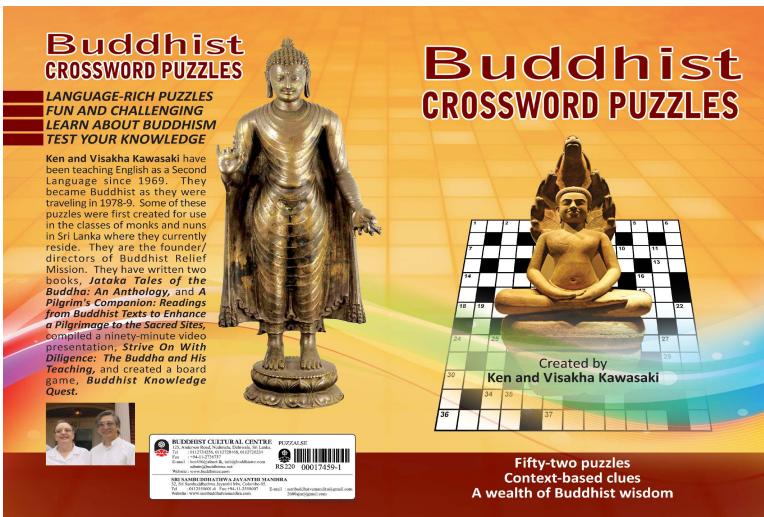
He gave them each a piece of paper with a beautiful picture of a heart. "Thank you so much for being my friends!" he said to them all. "I could draw this last night because you all helped me hold my pencil!"

"May you be happy! May you be safe!" replied Freddie, as they all smiled at each other.

#### THE END







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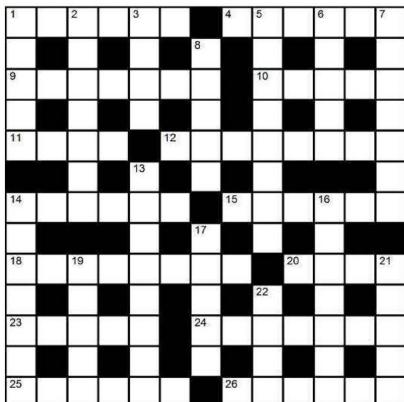
4

**Across**

- King Pasenadi's \_\_\_\_\_, Ven. Sumana, attained arahatship, and the king built a nunnery for her and other bhikkhunis in front of Jetavana. [sibling]
- Cittica-Manavika tried to \_\_\_\_\_ the Buddha by claiming that he had made her pregnant. [slander]
- For the arahat, there is no more \_\_\_\_\_. [new life]
- Virtuous acts can help to weaken the effect of past kamma, but cannot \_\_\_\_ it. [wipe out]
- The six senses are the five ordinary senses \_\_\_\_\_ consciousness. [in addition to]
- One should establish oneself in \_\_\_\_\_ before beginning meditation. [virtue]
- In the Sujata Jataka, the grieving landowner rushed to his son and cried, “What are you doing? The ox \_\_\_\_\_\_. It cannot eat! It cannot drink!” (2 words) [2,4]
- “Even though you have good intentions, if you \_\_\_\_\_ of delusion, you may end up causing harm.” (Ajaan Lee Dhammadharo) (2 words) [3,3]
- Every \_\_\_\_\_ (kalapa) of matter is composed of the four primary elements of earth, water, air and fire, and of the secondary elements of color, odor, taste, and nutrient. (*Abhidhamma*) [minute piece]
- “Wherever that cow stands, the creatures living there will nibble \_\_\_\_\_.” (*Puttamansa Sutta, Samyutta Nikaya 12, 63*) (2 words) [2,2]
- Upatissa (Venerable Sariputta) waited until Venerable Assaji had \_\_\_\_\_ his meal to approach him. [consumed]
- “As from a great heap of \_\_\_\_\_ many garlands can be made, even so should many good deeds be done by one born a mortal.” (*Dhammapada 53*) [blossoms]
- Right speech is \_\_\_\_\_ at the right time, in truth, affectionately, beneficially, and with a mind of good-will. [uttered]
- The expression on the face of an image of the Buddha is always \_\_\_\_\_. [calm]

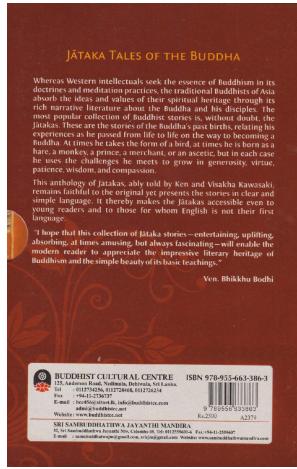
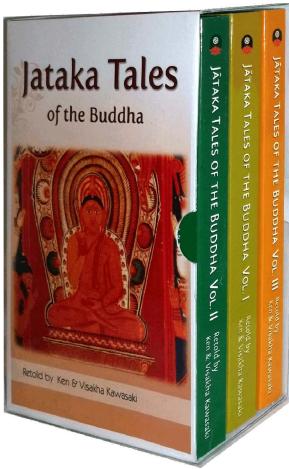
**Down**

- A bhikkhu often carries his bowl in an almsbowl holder with a \_\_\_\_\_ slung over his shoulder. [band of leather or cloth]
- Ven. Moggallana \_\_\_\_\_ the mighty serpent Nandopana by using extraordinary powers. (*Jayamangala Gatha*) [tamed]
- After the Buddha had accepted Brahma Sahampati's request that he teach the Dhamma, he replied, “Open are the doors to the Deathless for those with \_\_\_\_\_. Let them show their faith.” (*Ariyapariyesana Sutta, Majjhima Nikaya 26*) [auditory organs]
- The Sukhothai Buddha has been described as having a boneless, weightless \_\_\_\_\_. (See photo) [refined grace]
- Alavaka's mansion and banyan tree were near the city of \_\_\_\_\_. [place name]
- The Buddha said, “This man, in five hundred successive states of existence, was reborn as a snake and fell asleep; not \_\_\_\_\_ is he sated with sleep.” (*Dhammapada Commentary on Verse 251*) (2 words) [4,3]
- Rare, indeed, is human birth. Don't \_\_\_\_\_ away this chance. [cast]



- “\_\_\_\_\_ leads to Nibbana” is an old Burmese saying. [forbearance]
- The Buddha did not permit bhikkhus to use their extraordinary powers simply to \_\_\_\_\_ other people. [produce a vivid effect on]
- When asked why he lives in the forest, far from the town, a bhikkhu might reply, “I came \_\_\_\_\_ so that I could meditate in silence.” (2 words) [this far]
- Before bowing at the Buddha's feet, Angulimala hurled his weapons over \_\_\_\_\_. [precipice]
- I wonder what the \_\_\_\_\_ of sangha to laypeople is in an ideal society. [proportion]
- A fool, even though he is associated with a wise man all his life, does not understand the Dhamma, just as a ladle does not know the \_\_\_\_\_ of soup.” (*Dhammapada 64*). [flavor]
- It is customary to offer a \_\_\_\_\_ to the Sangha in the Kathina ceremony at the end of the rains retreat. [garment]





# Jātaka Tales of the Buddha

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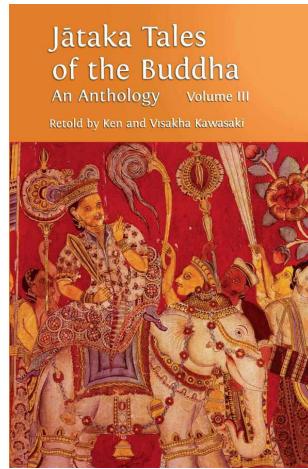
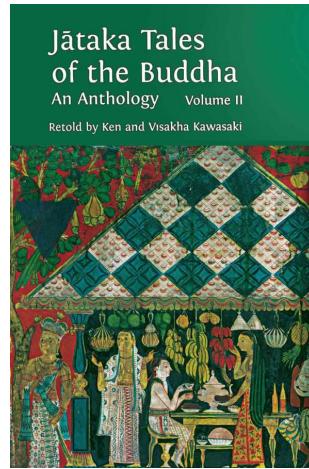
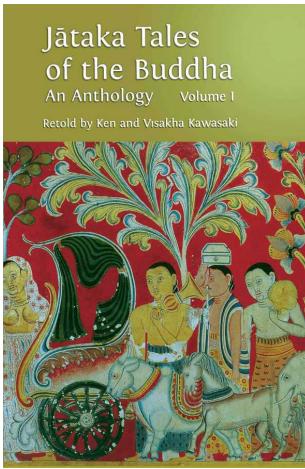
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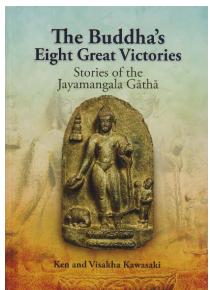
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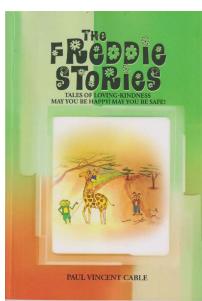
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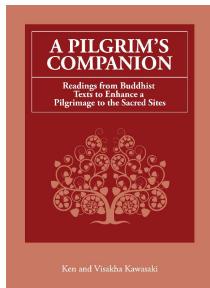


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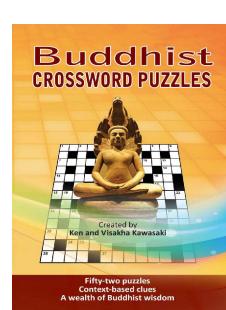
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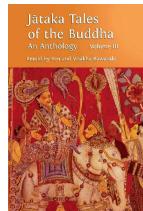
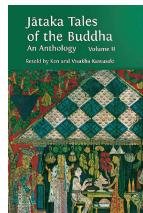
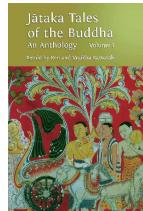
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