

# **A GUIDE TO BUDDHA DHAMMA**

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The knowledge of Buddha Dhamma (Truth) enables us (Practisers) to find solace amidst turmoil and change. If properly developed and cultivated it leads to great fruit, great benefit and great Panna (Wisdom). One can experience life in concord and conquest (Daily problems big and small) in this so called modern, but lunatic World. This sublime truth expounded by Lord Buddha some 2522 years ago is still valid to-day as it is first proclaimed. It's a great wonder of what Buddhism can bring about, it enlightened men from ignorance to supreme enlightenment! And remoulded men of all classes and creeds into complete integrities. The path is up to each and every one of us to see and tread for ourselves.

## **How to Cultivate?**

According to the Buddha we all have inner conflicts with the other world (Six Senses). All along what we have received from our sense apparatus were contradictory to what we want, this is called inner conflicts resulted Dukkha (Suffering). This inner conflicts must be removed by Bhavana (Mental Development) step by step. The prime exigencies is to reduce the ego to see things as they really are and accept them from inside out but not outside in. If we see how suffering arises we also see cessation. Five precepts prescribed for laymen (Panca Sila) cleanse mental defilements and tranquilised the discursive minds. In brief, cultivation through the Noble Eightfold Path. For further details on Dhamma contact: BUDDHIST PUBLICATION SOCIETY, P.O. BOX 61. KANDY, SRI LANKA, OR BUDDHIST MISSIONARY SOCIETY, JALAN BERHALA, BRICKFIELDS, KUALA LUMPUR 09-06, OR PALI TEXT SOCIETY, 62, SOUTH LODGE, CIRCUS ROAD, LONDON, N.W. 8. 9ET.

Whatever Social and human progress are to be done in success it requires certain degrees of morality. I am not only implying sexual chastity but all fields of human endeavours, without this nothing can be achieved.

## **Elimination of Fears**

Our era is a cross junction of civilization where the whole World reside in fears of Nuclear terror. Fear of wars, fear of financial insecurity, fear of job competition, fear of industrial and commercial competition, and a dozen more varieties. The fear of financial status, social status, to upkeep with our next door neighbours or others is very common in the human minds. Fear springs up from ego "I" conceit and causes emotional disorders, neurotic and

psychosomatic are the usual cases. It is estimated that every one out of four persons in major cities needs psychiatric treatments. This high rate incident is due to environmental changes urban life and lack of knowledge in the law of nature – Change. Science has provided us abundant meanings to good life but science has not taught us how to live, Buddhism does. People are amazed what science can do but they forget what science cannot do. The Buddhist way of approach is pragmatic and therapeutic good in the beginning, good in the middle and good in the end. A good life is inspired by Metta – (Loving Kindness) and guided by knowledge. Sensuality must also be eradicated or at least slowed down through knowledge of Dhamma simultaneously and realize the truth (Dhamma) by your own self. We should make good use of this precious opportunity being born as human capable of learning and understanding the words of Ancient Sages. As far as spiritual upliftment is concerned Buddhism remains unchallenged throughout the last 25 centuries. Buddhism is always a question of knowing and seeing and not that of believing. The teaching of the Buddha is qualified as Ehi Passika, inviting you to see, but not to come and believe. Buddhism was also the first spiritual force, known to us in history, which drew close together such a large number of races separated by most difficult barriers of distance, by difference of language and custom, by various degrees and divergent types of civilization. It had its motive power, neither in international commerce, nor in Empire Building, nor in scientific curiosity, nor in migrative impulse to occupy fresh territory. It was a purely disinterested effort to help mankind forward to its final goal.

### **Impermanence**

There is only one reality in life – Change. To-day it may be your property tomorrow may be not. Everything in this world is in constant flux, material forms take a slower process, nothing can be pledged as a security. Mr. Big Moneybags said I am secured because he hasn't read the Bank vault robbery in the paper yet. Mrs Largeland said I am secured she didn't know the Government is going to nationalise the lands. Mrs Young Bob Cocksure said I am secured I am healthy she didn't know that the prevalent illness in society is the index of declining moral standard. Scientists succeeded in discovery of new wonder drugs but new diseases arise, there is never an end to it. Are you really secure? The rich are greedy the poor are envious. As long as you realize everything in this world is liable to dissolution you also find detachment is important. The nature of transiency is such that our lives are being curtailed right from the moment of birth. Life is a losing battle right from the word "GO". Each heart beat brings us closer to death. Life worn down by preparation for a living. Unhappiness comes about from wanting the wrong sort of things. It's true, money can fulfill a lot of things but in the process to struggle you suffer more than you can enjoy. Everyone I meet is fighting a hard battle be he a Director, Doctor, Journalist or Engineer, from their faces one can tell. Compare

to Buddhist art, there is nothing in this world more grand than the serene feature of the Buddha image his compassionate eyes cast-down with gentle smile, a brilliant sapphire at his fore-head representing his wisdom, his mind is calm, his heart is peaceful, the Buddha was certain that he found the truth. To my mind, no religious literature in the world can ever approach the grandeur of conception, the depth of feeling, and the gigantic scale of composition, as attained by Buddhism. No religious mind will turn back athirst or only partially satisfied. To read a little Buddhism is to realize that the Buddhists knew, two thousand and five hundred years ago, far more about our modern problems of psychology than they have yet been given credit for. They studied these problems long ago and found their answers too. A Tibetan Scholar said: “Youth is like summer flowers suddenly it fades away, old age is like fire spreading”. Life and death is just like yesterday and to-morrow. Human beings are the most complicated being living on earth, we have to live physically and spiritually, that is why the Buddha Truth is difficult to realize.