



Freedom from Mind

Part 01

**From the Zoom Discussions presented by
Buddothpado Aryanwahanse**

| Buddothpado |

From the Morning Zoom Discussion presented by Buddothpado Aryanwahanse on Saturday, 19/08/2023

Participant: “ We have heard the *Angulimala* incident only as a story. However, I feel that in that story, as you point out, there is a deeper meaning. When his mother calls his name (*Ahinsaka*), I feel that his deluded state of mind disappeared and he was able to experience the true knowledge of the righteousness, at that moment. Ven. sir, I am calling you to get a clarification about this statement, **Thank you!**

Aryanwahanse: Amme, (Mother), All that you said are volitional formations (*Sankara*). We use words through mental formations, when you think carefully, you can find the *Damma* everywhere. We use what we receive from the three baskets of the *Damma*. (*Thripitaka*) The person who is able to see the truth, can realize that these thoughts are all delusions created in the mind through the utilization of senses. What should happen is the Inner transformation through realization of the truth. This change, can be explained only through your own experiences. By offering Buddothpado lectures, what we expect to do is to help people understand the *Damma* and achieve *Nibbana*. This situation cannot be realized only with *Damma* knowledge that people get from books or by imitating and copying discourse offered by someone else. This is a unique situation, that must be experienced and realized by each person. “ *Mata mama nathi vena hati*, “How I lost me in myself” discourses were presented by a group of people as if they were created by themselves. Actually, they have twisted the deep meaning given in these discourses . Is this society that cruel to do such foolish things? The reason for these actions is their *Damma* arrogance.

What I am trying to say to you is, that your inner spiritual transformation is the important thing. We appreciate and respect the effort taken by Ven. *Katukurunde Ghanananda*, Ven. *Sudarsana*, Ven. *Ududumbara Kasyapa* and Ven. *Aranadhamma*. All of them are like flowers gathered in one basket of flowers.

According to the *Damma*, it's not possible to find “self” in any actions, this is important to know. This is selflessness. All these efforts are treasures. However, there are places that need correction and modification. Just like Baru Dereya, lets follow instructions correctly. Lets stay with the pure Buddhist doctrine, lets recognize wrong view, let's talk openly and lets appreciate only righteousness. The four foundations of the Mind fullness are all about a world that doesn't exist anywhere. Are you following *Satipattana* , with the idea that you are in a sensual world? Do you take this world for real or do you follow *Satipattana* after realizing the truth of nothingness? Buddothpado discourses, are offered to reveal the true nature of the world. They focus on how the concept of I or self are formed and how it can be discovered.

Participant: Through your *Damma* presentations, the true *Damma* is given to the world. Discourses are given under *Lovama dedarai* (World is shaken) and “How I lost myself in me, (*Mata mama nathi vuna sati*) are very valuable.

Aryanwahanse: Today there are so many practices such as Mediation therapy and Concentration meditation. These are not real Buddhism. These are Hindu practices. Try to understand, the Doctrine that you have never heard before in your lifetime. That is the emptiness, to know there is nothing existing in this world. Do, meritorious deeds with the understanding that there is really nothing existing. Then, there is no attachment or detachment. There is nothing; Understand that all these are only mental creations, created by the power generated by the varied levels of vibrations in the phenomena. Therefore, what ever thought you get is limited to only an illusion that comes and goes. When you see this truth with an inner change, you can experience that sensual desires and anger are dissolving in your mind. This is the liberation from the mind. Try to reach this state of mind by turning inwardly.

Angulimala, tells the Buddha, the problem with the woman who was suffering from labor pains. Buddha, answers, make a wish, thinking that you have never killed anybody, and with that wish, her pain will go away. *Angulimala* was wondering, I have taken lives of many people. According to the common way of seeing things. Lord Buddha explains, and asks him to contemplate in this manner. (Your thought is coming from the past. Past is gone. The thought that occurs in the present is only a thought. This will be gone, too, instantly. The present is only a thought, it's only limited to a thought. In that case, in that present thought, a killer cannot exist. If there are existing past, present and a future, a self or a person exists. In passing thoughts, there is no self or a person to be found. In this situation, there is no person. then there is no killer. (*Attetang natha gammeyya.....*) The entire Buddhist doctrine can be found in this section. If nothing is there, *Angulimala* is also not there. (*Nissatto, nijjevo, sunno*),

Please don't add this to your system as knowledge. You must feel an inner transformation in your mind. That is the understanding that you can't find anything even in this moment. *Angulimala* understood. He said, I understood, my Lord. Sadu! Sadu! At this moment, *Angulimala* became an *Arahant*.

Don't you think, this *Damma* is worthwhile, listening to, by the prisoners in correctional facilities. (*Hira geval*). There is no such doctrine anywhere else. The same way, Buddha helped *Angulimala*, these people need help. Please try to understand this *Damma*. Please listen to the advice given by the true friend [*Kalyana Mithra*]. You can attain the bliss of *Nibbana*. This is your last life. Through These Buddothpado discourses, you can find *Nibbana*.

From the Saturday Night Zoom Discussion presented by Buddothpado Aryanwahanse on 19/08/2023

Participant: Theruvan saranai, Aryanwahansa, I humbly request you to explain some points from the Cause-and-Effect doctrine.

Aryanwahanse: Buddha's Doctrine is actually based on the principles of the cause-and-effect doctrine. This may look very simple to some people. But, when I say, sounds, colors, shapes, taste, smell, touch are cause, and effect is the creation of the Self or soul, it is quite remarkable and unique. In Buddothpado presentations, the explanation regarding this subject is also unique. The practical side of this cannot put into words or write in a book. This part in the *Damma* is very important to the growing children. Without mastering the concepts on science and other learning materials, they cannot understand this unique *Damma* principle.

Only with practical experience, one can understand and realize this principle. When true personal practical experiences are expressed to the world, it's quite wrong and inhuman to insult them. Having a self, it's impossible to preach the path. Buddothpado discourses show the path correctly. No one can poke fingers to make holes in them. Because he presents the *Damma* only after understanding and realizing it. People who listen to these presentations, experience a change inwardly in them. Aryanwahanse, explains how concentration develops when practicing Insight meditation. If someone tries to tie up concentration meditation to Insight meditation, Insight disappears. In this *Damma* path, one should be able to see and observe how the concept of Self dissolves. If mind is there, there is also a way to stop it. *Gatikara* was a lay person. But he was an *Anagami* or Non Returner. Just because he was a lay person, no one can disregard him. He had attained a very high spiritual level. The status of a *Bikkhu* cannot be judged by what he is wearing. A robe doesn't make someone a real *Bikkhu*. This is a misconception. You have to match *Damma* with the discipline. That is the understanding of the nonexistence of the current thought. Must be able to observe the origin, cessation, consequences and liberation in the thought. If one is able to observe how objects are formed and how they disappear, that is important. This is also putting an end to the *atmeeya bhavaya* (*Bava Niroda*). Wrong view is everywhere. Aryanwahanse, spent his time in these Meditation centers for about 20 years. He reveals his experiences in the bases of *Arupa*, including the Base of neither perception nor non-perception (*Neversanna nasanna*) to the world. Reaching these states can be very harmful and dangerous. Because once you are there it's hard to get out of it. These are not the path *Nibbana*. These are *NIGANTA Bavana*. The bliss of Awakening to the moment (*KSHANA Samapatthiya*) means seeing the truth here and now, in this moment. Please refer to the Main channel. All discourses are systematically presented in that. These discourses reveal true *Damma* through practical experiences. You will definitely attain *Nibbana*. Please experience it.