



Freedom from Mind

Part 03

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

| Buddothpado |

English Translation from the Sunday night Zoom discussion presented by Buddothpado Aryanwahanse on 27/08/2023.

Participant: Theruvan saranai! Aryanwahansa, I have spoken to you many times and I have also listened to about 100 discourses given by you. I feel peaceful. awareness is like the ocean.

Aryaneahanse: Yes, I have mentioned this example many times. Awareness is like the ocean and thoughts are like waves in the ocean. Waves rise and fall, then disappear. Thoughts are also like that. Isn't it? Awareness is associated with every thought. That means, we can't say, we feel. This is very deep. We can't make awareness a thought. Thoughts are a result of the vibrations in the senses. Awareness is related to the wisdom and also supreme wisdom. Actually, the path to Nibbana is led by awareness. We explained what awareness, wisdom and supreme wisdom are. Again, mindfulness is not awareness. However, to be mindful, awareness is needed.

Participant: When I do activities, I do them with awareness. Very seldom, I become confrontational or resistant.

Aryanwahanse: Is it a problem, that you are not resisting? Or is it a problem if you are resisting?

Alamariya Jnana Darshanaya: A supreme wisdom gained by *Arahaths*; this refers to all activities done in a normal manner, without clinging onto them and without the sense of doership. Everything just comes and goes. There is no effect on them. Do you remember the incident on the bus that Aryanwahanse experienced when he was with those noisy people and their loud music? During this time, Aryanwahanse gained this supreme wisdom, because, he understood that, all these things didn't bother him. He was neutral and calm. If you think, I am getting aroused, that is what happens. If you think, I am calm, that is what happens. There is no progress in you, in this situation. Sounds, colors, hot, cold, are these problems?

To be able to enter the path to Nibbana, one must improve the seven Enlightenment Factors (*Bogganga Dharma*) after improving the five powers. (*Bala Dharma*). They are: faith, energy or effort, mindfulness, concentration and wisdom/insight. Enlightenment factors are: the investigation of the *Damma*, the

energy enlightenment factor, the rapture enlightenment factor, the tranquility enlightenment factor, the concentration enlightenment factor, the equanimity enlightenment factor, and the mindfulness enlightenment factor. Aryanwahanse, perfected the path systematically. That is how he became practical.

There are two parts to the path. They are:

(1). The first half of the Nibbana path *i.e.* entry to the path of Nibbana (*Purwa bhaga pratipada*), and

(2). The second half of the Nibbana path *i.e.* journey along the path of Nibbana (*Apara bhaga pratipada*).

The first half is related to the true knowledge. This is important. Without it, you cannot proceed. One must thoroughly understand that there is no existing individual soul. This situation occurs in the mind and as a result, the realization of how soul dissolves can be experienced. There are five steps to achieve this level. Please refer to the “Layers discourses”. When you reach this stage, you will be able to see how defilements such as desire, anger, and ignorance are fading.

Everybody is entitled to escape from the clutches of the mind. When you are not trapped inside the thoughts of me, my or mine, it is very peaceful. It is a liberation. The material world created in the illusions in the mind does not exist anywhere. They are unreal. They are impermanent. When this is realized, one cannot see any value in these things. Just the thoughts come and go in a normal way. There is no clinging to the thoughts that come and go. A person should be able to observe that there is nothing valuable in sounds or colors. He /she will know, there are no objects such as vase, pot, or clay houses. Everything is just clay. Names were given. Even the clay belongs to the five elements and also five elements are conditional and changing. You should perform daily activities, such as walking, sitting, and eating, without the concept of I am doing this. You do all your duties for your mother, without attachment and without having the idea, I am helping; everything is an action happening without me, my or mine; you do not give any value to anything. Mother is present, but she does not exist as a person in your mind. No worries and no clinging or grabbing. Think of objects and people only as sounds, shapes, and colors. At times, you feel the value and also feel that there is no value. This situation is very deep. This *Damma* advice will help

you to remove the personality view or the sense of individuality. Escaping the illusory mind is the path to Nibbana!

Participant: Your explanation of the *Damma* is very practical. Thank you! Ven. Sir.