



# Freedom from Mind

Part 15

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

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**English Translation From the Morning Zoom Discussion presented by  
Buddhpado Aryanwahanse on 14/10/2023.**

**Participant:** Theruvan Saranai! Aryanwahansa,

Aryanwahansa, during your previous discussions, it was mentioned that we think of ourselves as people or men and women. Now, when we talk over Zoom, it is caught by our awareness that we are using Zoom. It is also a thought. However, when we say, that we are men or women, this does not catch our attention through awareness. After your explanation only, we realized that, oh! Yes, this is also just a thought. Now, when we recognize our defilements, we also realize that there is a reduction in the occurrences of them. Even this situation is caught by awareness, it is also obvious that underneath this improvement, we still have the ego that: I am quite advanced in my observations etc. When someone gives me recognition and praise, it does not affect me. However, the notion that I am in an advanced place still exists in the mind. When you also approved my achievements, I used to feel happy. But, not anymore, I get that feeling. Also, when I realize that there are people who are much more advanced than me, I get an inferiority complex. I also get the thought, that they are more advanced than myself. Now, when you say, we are people, the above stated thoughts are not being recognized.

**Aryanwahanse:** This is a deep concept

**Participant:** Now I understand that the thought that I have as, I am advanced, is merely a thought only.

**Aryanwahanse:** The illusions in the mind can be compared to as if you are hiding behind a door. That is the reason why, I said, do not talk about results.

**Participant:** I feel that I have a liking for the results.

**Aryanwahanse:** Now, what I am trying to do is to look into your question. Now you are talking through the vibrations and currents. Our sensors, all of them work together. But they do not represent the Notion of a Self. A sound is only a sound. That is also “ear consciousness”. When all of the senses, such as, sounds, colors, taste. smell and sensation combined; child, house, etc. are formed. Due to the actions of the senses, the notion of a Self comes into being. That is why, Sela Therani stated: “*Nahidan attakatan bimbam, nahidan parakatan agan*”. There is no one who does this. When cause is present, results come into existence. When

cause disappears, results disappear too. Even *Rahulovada Sutra* preached by the Buddha explains this so very well. These are creations that occur through vibrational energies and the feeling that “I am alive” gets created. Now, you talk due to this reason. Now, it is not because of the sounds and colors that you get this notion of an individual Self. When sensors stop functioning, this body turns into a log. There is no action in it and must be discarded. Sensors are currents. In the future, a syllabus under the heading “Wisdom Science” will be presented in which you can find topics and explanations of how this notion of a Self is created, how the cycles of birth and death continue and dissolve. This is the Wisdom of Asia that will be forwarded by the Buddothpado Aryanwahanse. It will be a treasure to the world. Buddha stated about *Seela*, *Samadhi* and *Panna*. (morality, concentration and wisdom). Wisdom does not refer to a knowledge. Knowledge is associated with the illusionary mind. Knowledge is nothing else, but a thought.

Let’s talk about your question again. This is a situation created with a vibrational system. This also means, that it is being created through a process. For example: The light is one of them. The light does not exist anywhere. When a dog goes near a lake and bend down to discover that there is another dog in the water, which is an illusion; you also think in the same way, that objects exist, but in reality, there is nothing that exists just like the dog’s experience.

This is a quite delicate and sensitive subject. Understanding this situation is very important, because according to the level of your understanding only, you can observe the devolvement of the ego and feeling of an existing Self. The power to see is related to a vibration (*Prasada*). If someone does not have the ability to see certain colors, for example, red, he/she is unable to see that color. In the same way, a bull can see only red and to a bull, the whole world is red. That is why we state that this world is a mere creation via sensorial activities. Therefore, it is also a creation of the mind consciousness.

Vibrations tally. If a vibration occurs here, a resulting vibration occurs elsewhere too. They must tally and therefore, it is also a telepathy system. When this process is not understood, first, things occur as sounds, colors, etc., then, it turns into objects and the creation of a living Being or a Self is formed, (*Bava sanna*). This is the reason why; we feel the notion that we are alive. (*Ajjosaya Thitthathi*). Now, the result is the feeling of a separate existence or *Jathi* ( that is objects, me, mine

are created). However, these are only thoughts, nothing but, thoughts. When you say a wall, it is an object. If objects exist, you also exist on this end. The sensations such as taste, sweet or burning tastes are not related to the notion of an existing Being- When these are turned into thoughts, (*Nama rupa pachxhaya vinnanan, teenansangathi passo or tadapi pachachaya passo*) they are stated as: “With the arising of mentality and materiality, arises mind consciousness”. The sensations are only sensations, the seeing is only a vision. These come as kind of neural impulses or shots to us. But, for Noble Arahants these are only sensations or just a vision. When these shots continue in a rapid motion, (they depend on a rapid speed) a feel of solidity is created. This is the reason why Aryanwahanse, state that Quantum Theory is a word of the Buddha.

When we say, we are born, that is also a thought (*Skandanam patilabo, ayatanam patilabo*). In order for the mind consciousness to be created, all these aspects must come together. If a child is unable to get neural sparks, he/she cannot learn. When the teacher’s sparks and the child’s sparks combine, the creation takes place. The creation occurs according to a frequency system. Aryanwahanse gained this status through an inner spiritual change. the listerners gain this situation via a telepathy system. What does Aryanwahanse preach? It is the pure doctrine that takes people towards the bliss of Nibbana or into the state of *Vimukthi sara* or Arahant level. This also can be referred to as the liberation from the mind.

Without swimming into the depth, it is not possible to achieve this state of the mind. It does not happen by words or knowledge. Within this understanding, the outside world gets abandoned and as a result, a separate Being cannot be found. Only if the sensors vibrate these can be found and these are created through the eight particles (*Suddaashta*) that create the materiality. In every particle, these eight particles exist. Although the system called the mind consciousness, make a creation of a thing or objects or people, there is no such thing in existence. This situation can be detected by the system. This refers to the finding of the true nature of an existing Being.

All of you will be able to attain Nibbana only if you can adopt the ability to destroy ego and become spiritually qualified. During that time, everybody will gather around the Buddothpado discourses. This will be the Blooming Era of the Buddha Sasana. It will be the command of the nature or the natural phenomena.

**English Translation From the Night Zoom discussions presented by Buddothpsdo Aryanwahanse on 14.10.2023.**

**Aryanwahanse:** The people who are getting closer to the achievement of the Nibbana, are confronted with very sensitive issues that they worry about. In the morning discussion, this has been talked about. There is no particular pattern to this situation. We have preached in our previous presentations regarding (*Sabba sankara samato*), the neutralization of all mental formations.

When things exist, mental formations occur. When things do not exist, mental formations subside and ceased. There are the three ways that things come into existence. 1) through/ mind consciousness, 2) actions and 3) verbalization. This was explained in terms of how mental formations can be created. If an outside world exists, then a separate being or soul, me, mine exist. In reality, there is no such thing called external and internal. External becomes external things due to the illusionary mind.

*Kussalassa upasampada*: meritorious ordination has been stated by Aryanwahanse through his own experiences. These have been practically experienced by him. What is meant by meritorious deed? This has been explained so very well and it can be detected by a super awareness. It was also further stated the difference between a thought and awareness. A thought refers to the illusionary mind (*Vinnana maya*). When thoughts are being recognized as just thoughts, that is where, the awareness comes into being. In other words, *Sihya* or “undifferentiated awareness”. Instant bliss, dependent origination, the three worlds, all of these can be experienced within one thought or subject. According to the Buddha’s word, everything has been explained in a pure manner.

If an outside world exists, a continuation of a separate Being also in existence in that respect. Then, a Karma World is also in existence. Therefore, in this situation, the doctrine of cause and effect cannot work. If someone sees the truth in a thought in a given moment, that person can achieve Nibbana. In this entire *Damma*, what you can discover is the way an individual Self is created and the way to dissolve it. This is also the way to become a Stream Enterer. As long as you believe things come from the outside, even the nature is included in this category; You are in a wrong view. The notion of a Self occurs due to vibrational systems and

when you get advanced, the awareness (*Sihya*) you build up, detects this situation.

You cannot find the world anywhere. It is created only in the mind and the end of the world is the unshaken nature (*Akammhita*) in it. *Damma* and the Buddha are the same. It is also the selflessness or unshaken nature in the mind. Don't you think that the body disintegrates or vanishes because of the cessation of vibrations? Let's also talk about the practical side and the term, *Sabba sankara samato* (the neutralization of all mental formations). This vibrational power and its creation of the sensation that indicates a being alive, is the fact that can be found everywhere. When you see this through awareness, this situation can also be described as meritorious. Within thoughts and actions, a feeling of a separate Self exists. I am the one who see or here comes from the idea of an individual Self or the feeling of individual existence. When this is felt, it is a sensation. However, when thought patterns revolve around the wrong idea, its related to the wrong view of an existing being (*Athma dusti*). The sensation is only an indication or perception. When I hear, I exist because I am the one who hears. In this situation, it is related to a perception of a Self. If someone gives you an invitation for your death, don't you get scared of your life. That fear is created by the perception of a separate Being. The wisdom that comes through undifferentiated awareness (*Sihya*) is able to detect this situation.

What is this wisdom referring to? Can someone answer.

Participants gave answers irrelevant to the questions.

**Aryanwahanse:** The answer we received to the question: are you afraid to die? People got startled. Why? Because The notion of a Self exists in them. In Labunoruva, in the remote jungle, when the wild elephant came, all the monks in the dwelling, ran for their lives except for Aryanwahanse. This represents a higher level of a spiritual standard. It should also be stated, as a result, Aryanwahanse had to go through severe chores such as cleaning jungles. Such cruelty was demonstrated by the head monks. But the excuse was to check the patience of Aryanwahanse and to find some kind of fault. Why did this happen? Answer is the same. Ego or the notion of a Self in them.

If someone can achieve this level, that person does not have a death. Why? There is no existing separate Being to face death. No one can kill you either. The inner

spirituality will bring you to this level. When this vibrational power has been detected, the spiritual path opens up. This is the place where you should reach and we try our best to help you achieve this goal. Try to observe where and when the notion of a Self gets faded. This is the meritorious ordination and only through super awareness this can be done. The subject/Thoughts cannot be the reality for these people. This happens gradually. Therefore, it is a gradual process. You may find obstacles in the path, however, finally at the final stage, the notion of a Self disappears completely. Ananda Thero experienced this situation at the final step. He realized that as long as he was holding on to the notion “I will achieve”, obtaining Arhathood was not possible. With this realization, he gave up the idea and went to sleep. This was a complete renunciation. The end refers to letting go of every possible thing or *Patinissaganupassanava*. Now observe silence. The pure path to the bliss of Nibbana stays here. We will talk about this some more in the future. Everybody, please follow the path.

***Theruvan Saranai!***