



Freedom from Mind

Part 16

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

| Buddothpado |

**English Translation From the Morning Zoom discussion presented by
Buddothpado Aryanwahanse on 15/10/2023.**

Participant: Theruvan Saranai ! Aryanwahansa,

When we get concepts in our mind, the mind gets influenced by the vibrations. You said, when thoughts accumulate in the mind, in the same way, the objects from the outside also get accumulated. Does that mean that the objects from the outside also get multiplied? I have difficulty understanding this. Please explain.

Aryanwahanse: When you observe this situation, it should be carefully done. Let's explore the *Damma*. Accordingly, we can understand the cause has nothing to do with the effect. Again and again, cause has nothing to do with the effect. The light, sounds and colors are created by the sensors. You do not see the light when you see objects such as chairs, tables and beds. These two can be referred to as cause and effect.

The cause is a speed of sensory sparks and effect are the resulting objects. In a previous discussion, a lengthy explanation about five aggregates have been discussed. It is not easy to absorb this unique *Damma*. The light, sounds and colors, they are created through a rapid sparking speed. When the vibrational energy becomes very powerful, the perception of a world with objects are being created and finally, this turns into my objects or me or mine and with this notion, a feeling of an individual Self gets created in a powerful manner. Therefore, the perception is the cause and the notion of an existing being is the effect.

In order to attain Nibbana, the notion of an individual Self must be seen through awareness (*Sihya*). Because of this feeling of being alive or, I am alive, all defilements such as sensual desires, anger, craving, ignorance get created. Also, because, the concepts of, (it happened to ME, I see, I hear, I should be the only one, etc) all defilements including what has been stated above become visible.

Asavakkaya Jnana refers to the awareness of catching the defilements and the notion of a Self (or the Ego). That is how the feeling of being alive (separate being) gets faded. All these are caused by a rapid speed of the vibrational energy. With super awareness, the process and what it creates should be observed and make part of your life. Then you will able to detect and get rid of the notion of craving

and aversion. If these are present, that means, the notion of a separate Self still exists.

Participant: In that case, I will follow your advice to detect when the notion of a self takes over my thoughts.

Aryanwahanse: Yes, Theruvan saranai!

English Translation From the Sunday Night Zoom Discussion, presented by Buddothpado Aryanwahanse on 15/10/2023.

Participant: If the brain is dead, that is also regarded as death, I believe. However, I also feel that if parts of such a body can be donated, that is a great deed.

Aryanwahanse: You must look at this situation as the inactivity of the senses.

I am now going to answer a question asked by a child. The notion that the mind is located in the heart is a misconception. The Buddha never declared such thing. *Damma* sparks cannot be placed in a particular spot.

Now, I take your permission to answer a question asked by you, Sir.

You cannot observe the Super mundane plane by being in the mundane plane. Aryanwahanse does not require anything from the mundane world. The great Mugalan Thero did not find himself in him. People who wrote books state that he was massacred to death because of a karma. When there was no Mugalan Thero, how could someone say, his death occurred. There is another misconception. That is, Aryan do not break branches or leaves from a tree. How is this possible, when they do not consider these as objects or trees. The Buddha declared that he would not preach what he preaches to the mundane, insane world to the *Arya* world and vice versa.

The mundane world has been entangled in the karma concepts. In the past, the innocent people were misled by brainwashing them with karma effects. Aryanwahanse came forward and destroyed these misconceptions by offering the true *Damma* which refers to: The base of all the occurrences depends on sounds, colors, taste, sensations, etc. and the vibrational energy. It was clearly exhibited, that there is nothing you can hold onto in the phenomena. This is the time to learn about the doctrine of cause and effect and not Karma effects. When trapped in the belief of *Karma pala*, as a result, the fear of death gets stronger that leads to anxiety and depression. In the English Zoom discussion, it was discussed about various type of addictions. People are addicted to various things such as alcohol, drugs, body building exercises, and also something called meditation therapy. Parents brainwash their children to become certain people with what they think as social status and the children, run and run after these for material well-being

and to compete with the others. Therefore, it is correct to say, these people get addicted to sensors and walk towards destruction. The humanity and the association with the nature and its wonders are forgotten. This race ends up in having severe mental illness. Is this what we live for? Within the technology of artificial intelligence, the minds of people have turned abnormal. Finally, this intelligence destroys the human race in abundance. All these refer to an addiction and a reconstruction created by the vibrational energies. The *Damma* has been preached in order to help people escape this madness. This is all related to an illusionary mind.

In order to have peace and tranquility, the superior wisdom of truth must be realized. That is the reason why, the five power faculties (Faith, mindfulness, effort, concentration and great wisdom) must be gained. The Buddha clearly explained how this mind is created. That is to bring out the wisdom in people. When the mind is in action, suffering is inevitable. When utilizing the great wisdom, peace and tranquility are the results. Along with this great wisdom, when you escape the concept of a Self, you are considered a liberated being.

Participant: Peace can be reached when mine is given up by me. It is the *Damma*.

All, wrong views must be destroyed completely. (*Saptanam visuddiya*). to reach purification.

Aryanwahanse: What is your *Damma*, Sir.

Participant: An existing Self is present within the supreme emptiness.

Aryanwahanse: Within that experience, is there a me or mine?

Participant: Here, in this situation, one should be able to catch the notion of a Self. It is difficult. This must be observed through super awareness.

Aryanwahanse: Nibbana and the great wisdom, come along with it. The five power faculties must be thoroughly improved and that is where the *Animittha Samadhi* or objectless concentration can be reached. Awareness and mindfulness are essential to reach this goal. To make the outside world as my objects via thoughts must be eradicated. This refers to see things as immaterial within the condition of the *Patisotha/sothapanna* or the stream enterer level. This is the wisdom we talk about. To completely destroy the concepts of me, mine, myself.

Almost everybody is lost in wrong views. The Buddha had predicted that, discourses on supreme emptiness will not be preached by the monks. In order for people to acquire Nibbana and to follow the path, an eye opening is necessary. Buddha appreciated the Nibbana path. Therefore, people who follow this path must be energetic. When necessary, observe the great silence and eradicate defilement for peace and tranquility. It is up to you to observe how the Notion of a Self is fading and dissolving, while you are moving towards the spiritual advancement. It belongs to each one of you. This refers to the awakening to the truth.

Theruvan Saranai!