



Freedom from Mind

Part 17

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

| Buddothpado |

English Translation From the Saturday Morning Zoom discussion presented by Buddothpado Aryanwahanse on 28/10/2023.

Participant: Theruvan saranai ! Aryanwahansa, I bow down at your feet.

I am taking this opportunity today, to let you know about my practical experience of the *Damma*. I have been listening to your *Damma* discourses for some time and until I listened to them, I never realized how this fire created by anger and the anger I got from confrontations burned inside of me. Just when listening to the *Damma* principles presented by you, automatically, this realization came to my mind. I have no burning fires created by the anger I formally, experienced anymore after following your desana. Besides this, I also realized that everything is just an occurrence in the mind or a thought. Because I was able to put together the *Damma* facts. I am a completely changed person today. It is a great transformation that happened because of your presentations. When I was looking into the *Damma* more and more, I also realized that the reason for these occurrences, are based on nothing else but, the principal of Cause and effect. Mind actions are based on this principle. I found out that there is no truth in the subject or thought created by the outside phenomena. Actually, there is nothing that is coming from the outside.

Arysnwahanse: For how long have you been listening to these discourses?

Participant: For about six months. About two lectures per day.

Aryanwahanse: You are not talking through practical experience. Now, you must focus your attention on seeing how this notion of a Self can be created.

Participant: I try to understand that, Ven. Sir, Also, as you uttered, I feel that we are always connected with our past experiences which I think is a reconstruction of the perception.

Aryanwahanse: In you, what I feel is that you think too much and that you pay more attention to the thoughts. I do not say, that thinking of these concepts are improper. What I am saying to you is that, you must follow the *desana* and get practical experience. You must observe how the notion of an individual self becomes faded.

Participant: What I wanted to know is whether I am entangled by the illusions in the mind.

Aryanwahanse: Get Experience through practical side and go along the path to liberation or Nibbana.

Theruvan Saranai!

Part 2

Participant: Theruvan saranai! Aryanwahansa. I bow down at your feet.

On yesterday's Zoom discussion, you explained the difference between the bliss created by an advanced level of the spiritual experiences (*Lovturu suvaya*) and the Bliss of real Nibbana. (*Nivan suvya*). Can you please explain this a little more for my clarification.

Aryanwahanse: This happens in two ways. Some people, when travelling along this path, think, that they have achieved the Nibbana due to the blissful states of the mind that they experience and this is just a thought and not the real Nibbana. Explain to me the way you understood this concept.

Participant: The way I understood this is, as the liberation from the sixfold bases.

Aryanwahanse: The people who follow this path, at times, experience this situation. The sixfold base always creates a burning fire. Having ceased the burning fire, if someone thinks, I am liberated, this is a misconception and a wrong view. The illusions in mind can sometimes create this view. The people who are caught up with this idea, think that they are Arahants. This is also a thought just like any other thought such as, mother, father, tree, etc. This situation creates *Bikkus* similar to *Bikku Potilas*.

This path must be travelled carefully and mindfully. Do not get caught by the creations of the illusory mind. When preaching, one must be careful to see this situation. The people who truly achieve the Nibbana, or Arahant state, do not go after results. If someone goes after the results, there is a Self in existence behind that thought. This can be referred to as the *lovturo suvaya* (The bliss created by the experiences). The *Nibbana suvaya* or the bliss of Nibbana can be reached only

with the renunciation of this idea created by the illusory ME. The real concentration can never be destroyed. But the other type of concentration can be destroyed. The wise person who can go through the illusory me, automatically gets the opportunity to observe how the defilements are fading and dissolving. Just like the *Kemaka Bikku* stated.” Yes, most of it is gone just like a cloth becomes clean after washing. However, the smell of the soap is still in the fabric, which means, the process is not completed yet. The stories presented by the Jesus Christ also talk about “Let go of everything and you could get everything”. In this situation, there is a being/Self who would get something. Here, the soul is still in existence. Without completely acknowledging the stanza: *Salayatana loko loko*, the world is nothing else but the creation of the senses, no one can reach the *Nivan Suvaya* or the Blissful state of the Nibbana.

During an era that the Gothama Buddha Sasana appears to be going towards it’s disappearance, it is the duty to keep it alive. The Buddothpado discourses are available to fulfill this purpose and Buddothpado Aryanwahanse is trying his best to preserve the Gothama Buddha Sasana.

Theruvan saranai!

English translation From the Saturdays night Zoom discussion presented by the Buddothpado Aryanwahanse on 28/10/2023.

Participant: Theruvan Saranai! Aryanwahansa, I bow down at your feet.

During yesterday's zoom discussion, one son, talked about a trip he went on. After listening to that, I thought of letting you know of my experience which is quite different than that little son's experience. This was experienced by me while my workplace colleagues and I went on a trip. This time, it was quite different because, on the previous trips, I enjoyed them. However, this time, when people were eating and taking photographs and doing other things, I felt that these are all nonsense. Even if I forced myself to be indulged in this, it was not possible. We are going to have a second trip. I do not even want to go. But I have to go because, I feel it is not right to say, no. After listening to your *Damma* discourses only, this transformation took place in me. I do not see any value in these events. The second reason for me to meet with you over zoom is to say thank you for all you are doing for this blissful change in us.

Aryanwahanse: Almost everybody who listen to these discourses get this feeling and they experience this transformation due to the experiences they get through the discourses. To tell you, honestly, when we look at the world, the whole world appears to be like this. They run and run. Mr. Jackson Anthony left this world. When he was physically alive, he said" Devils, dance with joy, because you are getting a big present. Everybody is following this. However, it is certain that today, you jump up and down and tomorrow, cry uncontrollably. At the end, with a wrinkled skin and bony cheeks, people bear up the pain and suffer. That is the reason why Buddha stated that the common world is a mundane, insane world. People run after things and this is a madness. Even if you run to grab things, there is no use. Finally, nothing stays or exists. In this short life span, what kind of mad dance they perform. Some are intoxicated with the use of substances. The others are intoxicated with their own thoughts. People get entangled in so many wrong views, religion, nation, nationality and it goes on and on. People get abused and they abuse each other and leave this world. In the animal world, there are no religions or wrong views. How beautiful the animal world is? When I was in the *Aranya*, the birds always came there. They always come as a pair and sit on the branches. They fly away to get some food and comeback and sit, such a relaxed

life they have because they, understand the influences created by the natural energies.

There was one crow and he had only one leg. He sits on the branch with one leg, happy and contented. There is no Self that causes enjoyment or suffering. In form, colors, sound, smell and touch, there are only thoughts in existence, in a given moment and these occur due to the influential power created by the vibrational systems and this is a natural occurrence. When you throw a rock into the air, it comes down, the earth rotates.

Why do we feel a separate Self? Now, you should be able to understand that this Self is a mere creation of the sensual activity coming through vibrations. That is how Self or a being gets created. This is not real and it is a creation due to the natural occurrences stated above. Realization of this mechanism is exceptional. How the heat turns into solid and then into liquid and in to steam and into disappearance can be observed. Also, the creation and destruction of the planets go through this process. Same thing happens to our bodies. Because these are appearances and disappearances occurring through various vibrational powers.

What is the purpose in trying to make things real when in reality, they are not real or permanent. With the Bliss of the Nibbana, you can see, hear, touch, smell without a burning sensation in the mind. You feel everything without any craving or attachment.

The creational worlds and thoughts experienced due to the vibrational energies, cannot be found anywhere. They come and go. An infant has a radiant mind. As time goes by, with the experience given by the sensors, and the related sparks, a feeling is created that these are things and they exist. This happens naturally due to the principles of the consciousness (*Chitta Niyama*). Everything becomes real only through a thought. Thoughts appear and disappear. Birth and death, and everything else is like that. The thinking patterns stated above is the reason for the creation of the notion of an individual Self and seeing and experiencing how this Self comes into effect is the only way to experience the true *Damma (Iti rupan samudayyo)*. When you realize the true nature of the so-called Self, which is an illusion, the value given to unreal objects, me or mine and the ego created by this illusory process collapse. The creations of the vibrational energies such as world systems, Self, soul and everything else, become worthless. The defilements have

no place in the mind. If you are at this level, for you, survival and non-survival (dying) are equal and the same. You live a normal life and you talk, walk, sleep, etc. However, you will lose yourself in you. (*Mata mama nathi venava*). It really happens to Maha Mugalan Thero, there was no Mugalan. But to the mundane people, Maha Mugalan was a person and he was killed. Actually, Maha Muglan was a dead being on the day he became an Arahant. Did you feel that there is no Self in you?

Participant: Yes, Aryanwahansa

Aryaswahansa: The body gets discarded and gets mixed with the nature. In the Arahant state of mind, (*Sopadisesha Nirvana Datuva*) system works. It works without the notion of an existing Self. This is the Buddha quality.

Theruvan Saranai!