



# Freedom from Mind

Part 18

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

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**English Translation From the Sunday morning Zoom discussion presented by Buddothpado Aryanwahans on 29/10/2023.**

**Participant:** Theruvan Saranai! Aryanwahansa,

After listening to your *Damma* discussions, I thought that I must understand this *Damma* before I pass away. I wanted to be ordained.

**Aryanwahanse:** Mother, do you have any illnesses?

**Participant:** Yes, I have illnesses.

**Aryanwahansa:** Mother, with your age and the illnesses, it will be difficult if you get ordained. because you need care and treatment.

**Participant:** I had breast cancer and now, I am well because the cancer is gone.

**Aryanwahanse:** Where do you live?

**Participant:** Not in Sri Lanka.

**Aryanwahanse:** Then how can you come here.

**Participant:** Yes, Aryanwahansa, these are just thoughts. I listened to your *desana* continuously and realized that everything that I have learned with my carrier, Aryanwahanse is preaching, such as the vibrational powers and their rapid motion, Quantum Theory and the fusion of the + and -. and other theories. I started to compare the similarities of your *Damma* and what I have learned. I got the feeling that I am always living with the objects and subject. Now, the thought arose, I must escape the mind. That is why I am talking to you now. Please let me know where I am at? Among the three levels, true knowledge of awareness, practical experience through awareness and the super awareness/super mundane plane.

**Aryanwahanse:** You are talking through common knowledge. Do you feel that you are alive? As long as you feel this way, a Self is with you,

How can I say that? After you took medication and recovered, you got the feeling, I am well now.

**Participant:** yes.

**Aryanwahanse:** Then you got this feeling because of the notion of the Self and I am well.

**Participant:** I understood.

**Aryanwahanse:** Underneath the language we use to communicate, there is this notion of a separate Self and along with it the defilements such as craving, aversion and ignorance accompany the notion, Self.

Specially in Sri Lanka, if you ask somebody, he/she would say, oh, no I do not have those feelings. However, in this country, a girl cannot go in the street freely at night time. But in western countries, they can. Nobody bothers them. If someone tries to abuse a girl, consequences of that act can be severe and that person can end up in the jail. The *Damma* lecturers are also like this, they pretend to be Arahants, when they are not. Keeping all defilements, here, most of the people try to show as if they are saints. This is being dishonest. Underneath all, these behaviors, A SOUL or a notion of an individual Self exists.

We are now talking about the concept, Self. People get caught in the illusions created by the mind consciousness. We cannot stop seeing. Without the eye, you cannot see. So, this is something that is being created due to the eye and the ability to see. For a child who cannot identify the color red, “red” is not there. When the teacher teaches him/her about “red”, he does not see red, whatever that comes to his view, he calls it red. But in reality, it is not red. Therefore, this is just a creation due to circumstances. It is different for some animals such as a bull. Everything is red to a bull.

Now, everything depends on circumstances and in that case, where are the colors? With various vibrational systems, new vibrational powers get created due to the power through re- construction. For example: a cartoon is made with just one drawn picture on a page with a book with 100 pages and when the pages are rapidly moved with the motion, we see a running child. This clearly shows that this is just a creation constructed by the fast-moving vibrations. In the same manner, the sparks in the eye make you see things as moving or flowing, etc. When the particles on the outside become equal with the particles created on the inside, it becomes an object and real. But it is not real. It is something the mind creates due to the process discussed above. The sounds, colors, taste, smell and sensations created by varied degrees of vibrational powers explain the occurrence

of the five aggregates. If you get blindfolded and imagine that you are holding a baby, even if you cannot see, you feel the softness, body temperature, shape and other sensations, sometimes even better than the way you feel with your eyes opened. What happens here is that if one base is not working the other bases work together to create the feeling. Now, feel that there is an object that is real and then, I am also in existence. So, you do not want to lose the feeling, the alive feeling and want to keep it. Creating the feeling that things are real, which is done by the sensors are in reality an illusion. Blindly, you look for gratifying and satisfying things created by the six bases and there is no real purpose in these transactions.

There are certain tablets made to satisfy hunger. In that case you do not even have to eat. But people want the taste and satisfy the tongues. When the drinks were made in the past, we used pumpkins to extract the pulp and then added artificial pineapple taste to give the pineapple taste. People were, in reality drinking pumpkin juice, but to them, it tasted like pineapple. Now, in this regard, people were drinking a thought in their mind and not pineapple. To be able to realize the truth in the illusions created by the mind consciousness, refers to as “wisdom” in Buddhism. A merit refers to the ability to detect the illusionary mind and this is also the awareness. With awareness, the thoughts are always detected. If the thought is smoothly flowing without disturbances, this is the meritorious deed. If there is no being or a Self, it is similar to a corpse. The great wisdom is the realization that there is no existing Self, or a being. You can achieve Nibbana via insight wisdom and meditation.

**Participant:** I undestood, Aryanwahansa, I understood perfectly.

We are not seeing the Buddha as a person, It is the pure *Damma*. Buddha quality refers to the *Damma* and there is no person here. Now, what you feel is the Quality of the Buddha. This is your awareness and that itself is the practical knowledge or *Krutya Jnana*. Please catch it.

***Theruvan saranai!***

**English Translation From the Sunday night zoom discussion presented by the Buddothpado Aryanwahanse on 29-10-2023.**

**Participant:** In this discussion, answering the question what Nibbana means? Asked by the participant and answered by Aryanwahanse has been documented below.

**Aryanwahanse:** Nivana means, putting out the fires burning in the mind. Even to reach the Nibbana, there should be a desire. This is called the quality of the inquiring mind (*Savitakka swabavaya*). After reaching this state of the mind, the practitioner realizes that the existence of a Self has been completely vanished. This is the real Nivana or the tranquility. Existence of a Self and existence of an outside world are on one side and non-existence of a being and the valuelessness of the outside world is on the other side. As long as a person has thought patterns, he has a soul. With the illusions created in the mind, Nibbana is not reachable. Even the illusory mind can be detected via awareness or *Sihiya*, the vibrational energies cannot detect those energies. This is only detected by the pure awareness or sometimes called *Sihiya*. However, the vibrations are necessary to reach the Nibbana. Why? Along with vibrational energies and the process, the Self gets created. Without knowing the notion of a Self, it cannot be detected. Therefore, all these are necessary components to reach Nibbana or abandon the Self.

The world is created in the mind and it is only a creation in the mind. *Paloka damman loko*: This stanza refers to the vibrations and sparks created in the senses. The eye breaks constantly, The Buddha uttered. Buddha used the word, "*Kajjan*" for this. The essence of this explanation is that, the way someone feels about the whole process. I feel it, it happened to me, I see it. So, everything rotates around the concepts of ME, MY, MINE or Self. Accordingly, even knowledge can represent a Soul. That was the reason why Potila Bikku was considered to be a person who was in the mundane plane when his disciples possessed the practical knowledge.

First the true knowledge of awareness must be obtained. Then the awareness of practical knowledge. Through the practical knowledge, the notion of an existing Self can be found. The existence of the soul cannot be abandoned by just thinking about it. The most difficult concept to absorb is that not being able to recognize

his/her own perception of the Self. If this is just limited to a thought and if the person cannot detect the fluctuations of the currents, the Nibbana path is not opened to him/her. This person lives in the thoughts and this is as same as the Devdath.

The inability to detect the situation is an obstacle. That refers to the notion of not completing perfections. Without purification in the mind, Nibbana cannot be reached. The awareness must be experienced in all four postures. Bikku Potila even after knowing so much, could not reach the Nibbana and he had to go for a war with the mind/Mara. Pottapada, who could not give up the *Assanna tala*: the notion of a Self, and, was unable to attain the Nibbana. But, Mogaraja understood.

It is very difficult for some people to get the inward spiritual purification and the transformation because they are loaded with defilements. When people try to play with the *Damma*, the door to Nibbana won't open to them and the reason for this is the power they give to the notion of their individual Self. When this happens, at times, it will be so difficult to detect the hidden Self in these people. However, the *Damma* must be understood individually. Must be able to recognize wrong views and avoid them and also, people who preach must not misguide these innocent people.

Buddothpado discourses explain the pure Buddhism. People can achieve the Nibbana, even today by observing the true knowledge and practical knowledge. This is the Meritorious Ordination. Buddhism is based on the principles of the Dependent Origination and not on the meditation therapy. Buddhism refers to the observation of the true nature of the mind. Then, one can get rid of the notion of an existing Self. "*Maath ekka mama gamanak yanava, Mava dala mama yannata yannava* ": I am going on a journey with myself and I leave the Self and go along. The Buddha Nikaya is in action. In the actions within the Buddha Nikaya, craving, aversion and ignorance fade away until Nibbana is reached. This is the Buddha's word; the pure doctrine and the world is waiting to embrace it to have eternal peace and tranquility.

***Theruwana Saranai***