

SEARCH THE PEACE

Dr. Kavita Ambhore
M.B.B.S; M.D; D.G.O;
&

Research Scholar
Department of Pali & Buddhism
Dr. Babasaheb Ambedkar Marathwada University
Aurangabad, Maharashtra

2500 years ago The Lord Buddha attained The Enlightenment, and for 45 years he continuously taught *The Dhamma*. The Buddha used to teach *The Dhamma* very spontaneously and practically. It was a free flow of experienced knowledge from the Almighty. People listening *The Dhamma* were having heart open and well composed. So the flow was in present tense without any forced effort, that's why it was an experienced teaching with learning at experienced level. People therefore were getting fast results. We see in many *Sutta's* that while listening *The Dhamma* people achieved some stage. Today also the same technique is there. The exact way of teaching and learning is must to get the results. Those who understand the Dhamma in right way are getting results now also. In Buddhist countries we can see wonderful results.

Practicing meditation is a continuous awareness of flow of our consciousness and feelings, whatever may be the condition just compose our-self, and mindfully get aware of the flow. It is essential to establish the deeper experienced meaning of each of the five aggregates. This is very - very important that not to react to the situation.

If we want to know what exactly the peace of mind is, we should go step by step in right direction with proper guidance. It requires continuous practice. To train the mind it requires constant effort. Uncontrolled mind is restless and troublesome. But when it gets disciplined it is highly powerful, peaceful, happy and beneficial to our-self and to others also. The theoretical knowledge is good only for inspiration. But to taste *The Dhamma*, practice is must, that too under proper teacher's guidance. This guidance should be given on one and one basis with proper analysis because every person is having different set up of *Sankharas*. It's very essential that a really experienced teacher is helping to walk on the path of *The Dhamma*.

Everybody is having the disease of suffering and the Buddha is the super most doctor of this suffering. We must ingest the medicine in a proper way to cure the disease. He gave the drug of Sila – Samadhi - Panna. If this eight fold path is practiced properly, it will lead to the ultimate peace of The Nibbana. Then only we will truly understand what is *The Buddha - The Dhamma - The Sangha*.

Materialistic things give us only confusion and trouble. But as we don't know what exactly is the true happiness, so we wander behind this outward world. *The Dhamma* solves our all problems and difficulties one by one until all gets vanished.

A peaceful body and mind means a peaceful person. Originally everybody's mind is pure but the dirt of *klesa* makes it impure. The more we go away from *The Dhamma* more will be the crowding of thoughts and sufferings. If we are not mindful and follow only our moods, then the mind is not protected. It is like an orphan. Virtue (*sila*) is the nutrition and protection of the mind. Then the wandering of mind stops and wisdom gets flourished. Breath is the base of the wisdom. Breath is the heart of the meditation. Watching the natural in and out breath with relaxed mind is must in all the positions of body. Walking meditation is the heart of the meditation.

As we develop mindfulness and self-awareness, slowly we will come to know the whole breathe as the starting- the mid and the end of full length of in and out going breath. Thoughts will try to disturb this knowing, the mind can run behind the mood. Get aware - be aware, leave the mood and be with the breath. This breath is the rope which reaches up to *The Nibbana*. Riding continuously on this rope is the progress on the path. Mindfulness gives protection to this breath from wandering of thoughts.

If we fix our mind on a point where the breath is felt most prominently the concentration goes on increasing. With continuous practice the mind and the breath gets one. This in true sense is the first step in meditation practice. In a concentrated mind the beautiful flower of *Panna* blossoms. Everything is changing rapidly and continuously, so is mind and body. We see with experience whatever is changing can't be peaceful that's why it is giving sufferings. There is nobody like I, me and mine, it's is only element - element – element, the *kalapas*. Continuously with practice and experience we see *Anicca – Dukkha - Anatta*. As we go on contemplating it, this will lead to detachment and the delusion will break. Dispassion will show the pure reality that is *Tilakkanna*. Wandering of mind is no more, defilements are reducing, and finally the pure crystal and clear mind will be the theme, which is very Cool – Pleasant –Peaceful happy. This mind is beneficial to our-self and will benefit others too. Body can be in pain due to disease but the mind is peaceful – pleasant - happy. If any person, situation or anything is troubling you, the stable, unshakable, happy, pleasant and peaceful mind won't get affected. This in real sense is the happiness which we were trying to search in the materialistic things, of outer world.

May all beings get out the wrong view of ego. Start working on this scientific way of analyzing our body and mind to the deepest level to see the ultimate truth *The Nibbana*. Human birth is very - very important. To listen, to understand and to develop *The Dhamma* is our greatest luck. Next moment is not sure, so be fast on correct path with the guidance of well experienced right teachers. These teachers will help on every footstep until *The Nibbana*.

The Sotapanna magga-Sotapanna phala, The Sakadagami magga-Sakadagami phala, The Anagami magga-Anagami phala, THE ARHANT MAGGA-THE ARHANT PHALA, those who have achieved these stages are known as The *Atthapurispuggala*.

The *Atthapurispuggala* is the best teacher. If a liberated person is our guide then the path will be very clear.

Defilements get mixed in our verbals also, so we should be very cautious and keep continuous watch on our mind, body and verbal actions. A liberated person is without defilement

having all action very pure and clear. It's our luck to get such a Great teacher. Wishing *The Sangha* will help me, till my liberation.

*“Atthapurispuggala Es Bhagvato Savak Sangho
Ahuneyo Pahuneyo Dakkhineyo Anjalikarneyo
Anuttarang Punyyankhetang Lokssathi”*

May all beings be happy, peaceful, wisdom full and get liberated soon.

Sources:

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