

PRACTICING BUDDHISM

PRACTICING WITHIN REINCARNATION

CEASING UNWHOLESOME KARMA (PASSIVE GOOD DEEDS)		MERITS + VIRTUES	CULTIVATING WHOLESOME KARMA (POSITIVE GOOD DEEDS)
OF BODY	no killing	10	saving and releasing lives
	no stealing	10	helping others, giving, donating
	no indulging in sexual misconducts	4	living ethically
OF SPEEC H	no lying	8	telling the truth
	no divisive speech	5	speaking harmoniously
	no frivolous speech	3	plainly speaking
	no harsh speech	8	amicable, merciful speaking
OF MIND	no craving	5	giving, letting go, appreciating joy, equanimity
	no anger	8	giving joy to beings, being compassionate
	no ignorance/wrong views	10	right views, deeply believe in the law of cause & effect, developing wisdom
TOTAL		71	

PRACTICING TO ESCAPE REINCARNATION

RELATIVE MEDITATION

ABSOLUTE MEDITATION

1. THE METHOD OF RECONIZING THOUGHTS OR LETTING THOUGHTS GO

2. THE METHOD OF HAVING THE TRUE MIND

There are three phases:

1/Returning to the true mind from the 6 sense organs:

Silently repeat the following sentences during the times of sitting, and use the first three organs when going outside in contact with the sense objects.

The true mind can see through the eyes

The true mind can hear through the ears

The true mind can touch through the body

The true mind can smell through the nose

The true mind can taste through the tongue

*The true mind can recognize mental objects
through the mental consciousness*

Right the moment the eyes seeing the sight, the ears hearing the sounds..., be alert the wandering mind, turning back to the true mind in order to not run toward the outside.

When you are skillful at remembering only these 6 sentences, not any other things, you'll move to the 2nd stage.

2/ Practice after recognizing having the true mind:

As above, having already understood the true mind always exists at the 6 organs, so, we do not look for the true mind any more but know that we actually possess it.

*Now while walking, standing, sitting, lying down... (daily life), just repeat the sentence: **The true mind is present/right here.***

Whatever sounds we hear, whatever sights we see..., remember the true mind is present, coming back with your true self, not following the surrounding.

*Repeat again and again until in the mind there is only **the true mind is present/right here.***

During this time we haven't recognized the true mind yet, not been able to live with it either. However, due to remembering the true mind is now and here, we do not remember or think of others. Gradually the mind will be calm and settle down.

3/ Being the true mind:

It takes 5 or 7 months to practice each of the two stages above skillfully. With the third stage it takes us five or ten years to practice but we are not sure whether we can achieve the goal or not.

*How can one be the true mind? First, we need to know the definition about the true mind: the true mind **always knows clearly and has no thoughts.***

The eternal-clear-knowing nature is the true mind.

When we see, hear, touch, smell... the first awareness is from the true mind, the 2nd or 3rd is of the thinking/monkey mind. Remember to stay in the 1st layer, do not let be drawn into the 2nd or 3rd. When we see we only know clearly that we are seeing, when we hear we only know clearly that we are hearing, not adding or cutting out anything. Right the moment something is added or cut off we are lost in the thoughts.

Those who master this technique do not have to close eyes, cover ears... in practice; in contrast, while seeing, hearing, smelling... they are directly practicing. Determinedly to stay with the present is not letting thoughts arise. Living with now and here is living with the true mind.

*We practice until there left only "**no thoughts**"*

*After some times, also let go "**no thoughts**". Without thoughts, the mind is **immense and exists forever.***

	CHẤM DỨT VIỆC ÁC	: CÔNG ĐỨC PHÁT SINH
THÂN CHẤM DỨT	→ SÁT SANH	: 10 CÔNG ĐỨC KHÔNG CÒN BỨC NẪO
	→ TRỘM CẮP	: 10 CÔNG ĐỨC PHÁP BẢO TÍN
	→ TÀ DÂM	: 4 PHÁP KỂ TRÍ NGỢI KHEN
MIỆNG CHẤM DỨT	→ NÓI DỐI	: 8 PHÁP TRỜI NGỢI KHEN
	→ NÓI LY DÁN	: 5 PHÁP KHÔNG THỂ PHÁ HOẠI
	→ NÓI LỜI THÔ ÁC	: 8 MÓN TỊNH NGHIỆP
	→ NÓI LỜI VÔ ÍCH	: 3 MÓN QUYẾT ĐỊNH
Ý CHẤM DỨT	→ THAM	: 5 MÓN TƯ TẠI
	→ SÂN GIẬN	: 8 MÓN TÂM PHÁP HỦY DUYỆT
	→ SI MÊ, (SAI LẦM, MÊ TÍN)	: 10 PHÁP CÔNG ĐỨC
		: 71 CÔNG ĐỨC

CHẤM DỨT VIỆC ÁC	LÀM VIỆC THIỆN
THÂN CHẤM DỨT	- CỨU, QUÝ MẠNG SỐNG, PHÓNG SINH
→ SÁT SANH	- BỐ THÍ, CÚNG DƯỜNG
→ TRỘM CẮP	- GIỮ LÒNG TRINH BẠCH
→ TÀ DÂM	
MIỆNG CHẤM DỨT	- NÓI CHÂN THẬT
→ NÓI DỐI	- NÓI HÒA HỢP, NÓI HÒA GIẢI,
→ NÓI LY DÁN	- NÓI LỜI HÒA NHÃ, DỄ THƯƠNG
→ NÓI LỜI THÔ ÁC	- NÓI ĐÚNG CHÂN LÝ
→ NÓI LỜI VÔ ÍCH	
Ý CHẤM DỨT	- HỦY XẢ, BUÔNG BỎ
→ THAM	- CHO CS NIỀM VUI, THƯƠNG YÊU CS (TỪ BI)
→ SÂN GIẬN	

→ SI MÊ, (SAI LẦM, MÊ TÍN)

- NHẬN ĐỊNH ĐÚNG ĐẮN, TIN SÂU NHÂN QUẢ

	CHẤM DỨT VIỆC ÁC	+ LÀM VIỆC THIỆN	+ HẠNH THÙ THẮNG
THÂN CHẤM DỨT	- SÁT SANH - TRỘM CẮP - TÀ DÂM	+ CỨU, QUÝ MẠNG SỐNG, PHÓNG SINH + BỐ THÍ, CỨNG DƯỜNG + GIỮ LÒNG TRINH BẠCH	+ BỐ THÍ: - <u>TÀI THÍ: THÍ NỘI TÀI: DÙNG LỜI NÓI, VIỆC LÀM TRONG KHẢ NĂNG ĐỂ GIÚP</u>
MIỆNG CHẤM DỨT	- NÓI DỐI - NÓI LY DÁN - NÓI LỜI THÔ ÁC - NÓI LỜI VÔ ÍCH	+ NÓI CHÂN THẬT + NÓI HÒA HỢP, NÓI HÒA GIẢI, + NÓI LỜI HÒA NHÃ, DỄ THƯƠNG + NÓI ĐÚNG CHÂN LÝ	• <u>TÀI THÍ: THÍ NGOẠI TÀI: DÙNG CỦA CẢ, TÀI SẢN MÌNH CÓ ĐỂ GIÚP.</u> - <u>PHÁP THÍ: ĐƯA BĂNG, DĨA, SÁCH, DẪN ĐẾN GẶP VỊ TẶNG ĐỨC ĐỘ...</u>
Ý CHẤM DỨT	- THAM - SÂN GIẬN - SI MÊ, (SAI LẦM, MÊ TÍN)	+ HỖ XẢ, BUÔNG BỎ + CHO CS NIỀM VUI, THƯƠNG YÊU CS (TỪ BI) + NHẬN ĐỊNH ĐÚNG ĐẮN, TIN SÂU NHÂN QUẢ	- <u>VÔ ÚY THÍ: GẶP LÚC NGƯỜI, VẬT SỢ HÃI, DÙNG LỜI NÓI HOẶC VIỆC LÀM AN ỦI, GIẢI BÀY, CHE CHỖ KHIẾN HẾT SỢ HÃI.</u>