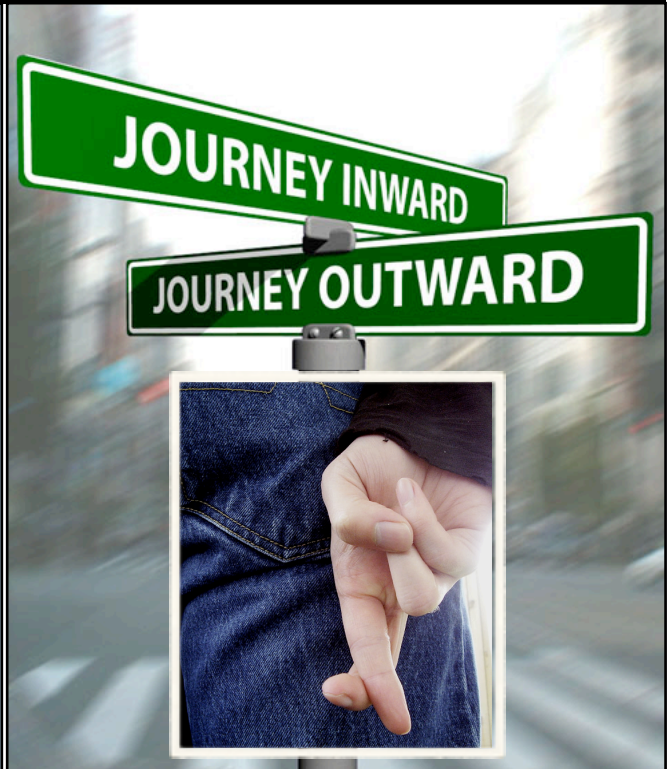


Turning Inwards

Seeking Inner Happiness



Dhamma is focused on knowing the mind.

There is no greater thing than this mind, there is no greater cause for sorrow than this mind.

It is difficult for most people to put this into practice because they do not understand. They don't study their own mind. They spend their time looking for happiness in the external world (journey outward), in the material things. We cannot find happiness this way because we are looking for happiness in the wrong places. When we keep looking outside, we easily can get lost and confused in the world. We have to learn to turn inside (journey inward). As Ajahn Chah said so beautifully "Don't go blaming the hole for being too deep .. turn around and look at your own arm! If you can see this you will be happy."

When we do not understand the mind, we get lost in the illusion of the moods, thoughts and emotions.

There is no greater happiness than the happiness of a peaceful mind.

We cannot find happiness in the moods and emotions. It is rare to find someone who is truly happy in this world because they are following their feelings, the ups and downs according to their

emotions. When others say things to our liking, we smile. If they say things that displease us we frown. How can we ever get happiness this way? Not only other people but even our own minds can upset us.

The true way to happiness is close to us, so close that we overlook it.

It is the path of wholesome action, speech and mind.

Outside this, there is no true happiness, only fleeting pleasure. The pathway of the enlightened ones is the pathway of Virtue, Concentration and Wisdom.

Right View is seeing in accordance to Nature, to Truth.

We see the truth as it is, not as to want or wish it to be.

A simple proposition but difficult to do. Ajahn Chah said most people when they see a chicken, they want it to be duck and behave like a duck. When they see a duck, they want it to be a chicken and behave like a chicken. We want people, situation to be different from what they are and we get confused. But when we have the right view, we accept things as they are ... this attitude will bring us happiness.