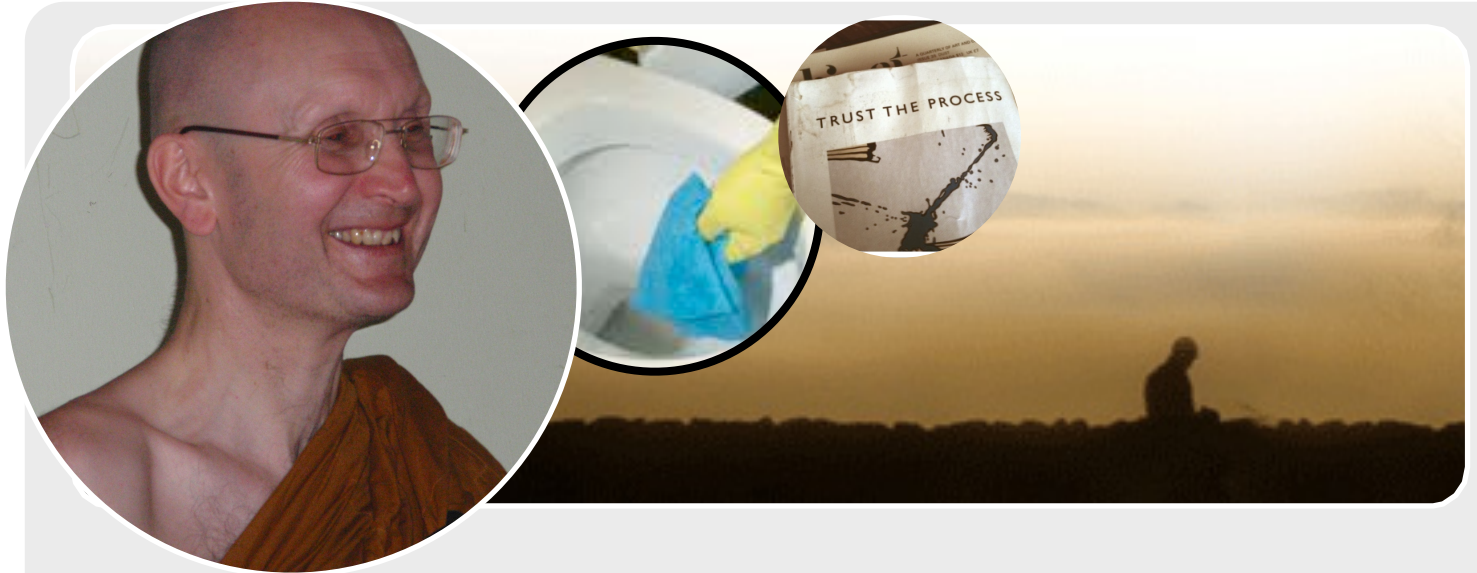


# BRINGING DHAMMA INTO YOUR LIFE BY AJAHN KARUNIKO



## OUR PRACTICE IS NOT LIMITED TO SITTING ON THE CUSHION

**We can apply to whatever we do in our daily lives ... cooking, listening, speaking or washing the toilets. With mindfulness and the right attitude we can transform any raw material into nourishment for our hearts.**

Mindfulness helps us do ordinary things in life in a skillful way. When we pay attention in a skillful way, each moment is just another moment. We can be joyful in our work as in our meditation. Meditation is about being with your experience in the present moment.

Thinking is natural for the mind and we do not try to stop thinking. We develop the skill in standing back and observe, making our mind spacious seeing thoughts come and go without attaching to them. The more mindful, the more skillful we live our lives and not succumb to the habitual tendencies of the mind. There is true allowing and acceptance of thoughts in meditation, seeing them as they are.

When we are mindful of our speech we are able to watch our thoughts before words come out from our mouth. We speak not from thoughts but from mindfulness. This saves us a lot of problem as heedless speech can cause lots of disharmony and pain.

When we have to admonish someone we should look at our own behavior first. Admonish with the attitude of "How can I help the other person. how can I say in a skillful way out of compassion." We can plant the seed of goodness even when the change is not immediately noticeable.

Learn to respect each others' view points. Share Dhamma out of compassion and not forcing upon another. We can learn to agree to disagree.

Buddha taught annihilation of greed, hatred and delusion. Buddha did not teach annihilation of self.

Everything arises out of causes and conditions. Our job is to set the right causes and conditions. Patience is trusting the process as we practise whether deep insight arises or not. We do not worry about the results.

Tanha (craving) is attachment that leads to suffering. Chanda (wholesome desires) is aspiration to do good, purification of the mind. Tanha increases the identification of self; chanda reduces self identification.