


# Discovering Dhamma in us

## *A Pragmatic approach to Happiness*

Wholesome Thoughts	Unwholesome Thoughts
Loving Kindness, consideration	Anger, Hatred, Ill will
Compassion, sharing	Confusion, delusion
Renunciation, generosity	Greed, Desire, Holding On

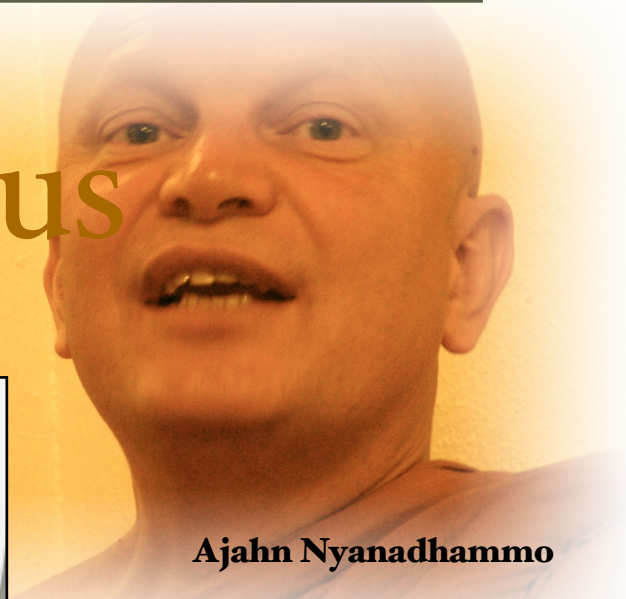
Can you see some habit patterns running through your life? When we learn to abandon the unwholesome thoughts and cultivate the wholesome ones, our lives improve.



**CHOOSE  
WISELY**

Dhamma is Truth but we are oblivious to this truth. To look for the Truth ...

1. We need to have interest to observe, to find out, to seek. The nature of the mind is always changing. We need to slow down, calm and purify the mind so that we can observe the process, what's going on in the mind.
2. When we observe the mind, we see the characteristics of our thinking. We have certain tendencies, certain habits of thoughts, certain patterns that come up regularly. We see thoughts of anxiety, confusion, negativity, aversion, greed, desire. We also see thoughts of love, compassion, renunciation. We must be honest with ourselves to see them clearly, to understand what is dominating our mind.
3. We can then divide the above thoughts into two categories. Thoughts that bring internal happiness and beneficial to oneself and others - wholesome thoughts. Thoughts that bring internal unhappiness and not beneficial to oneself and others - unwholesome thoughts.
4. We then train our mind to encourage, develop wholesome thoughts and prevent, abandon unwholesome thoughts. Our mind needs to be trained in this way.
5. When we develop wholesome states of mind and abandon unwholesome states of mind, a sense of happiness arise. We abandon the forces, the causes that make us suffer.



**Ajahn Nyanadhammo**

### **“It’s Good Enough”**

When you see your spouse .. *it's good enough*

When you see your children .. *it's good enough*

When you see your car or house .. *it's good enough*

When you see your clothing .. *it's good enough*

When you see your work or your bosses .. *it's good enough*

When you see your bank account .. *it's good enough*

When you see yourself in the mirror.. *it's good enough*

The minute you meditate “*it's good enough*” the tendency to want more, to have more diminishes. It brings about contentment and simplicity in your life.

We still do our best in whatever we do. After that, we do not worry about the outcome as we remember .. *it's good enough*

**-Ajahn Nyanadhammo**