

KAMMATTHANA

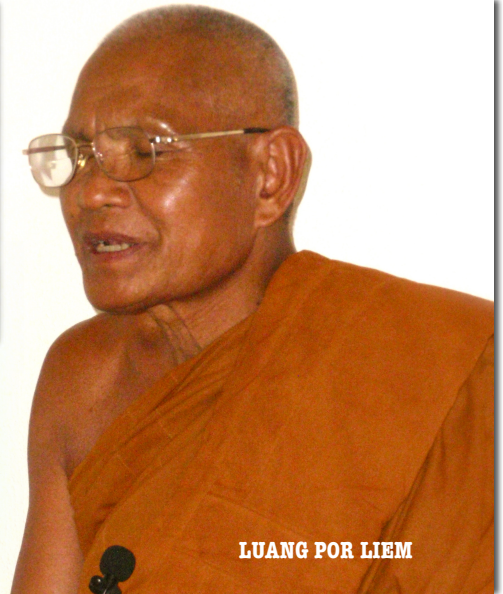
**MEANS FOR THE ARISING OF ALL
SACCA DHAMMA.**

Recollection of the Buddha

Recollection of Loving Kindness

Recollection of Asubha

Recollection of Death



LUANG POR LIEM

This body is in a constant change. This is sacca dhamma, the truth of life. Things are never the same. We must be heedful to know, to understand this truth. Kammatthana is the foundation for the mind. They are objects we use in meditation for the development of the health of the mind, recollections that are beneficial and a great protection from the defilements. When we see things right according to dhamma then awareness and understanding can arise.

The ocean has bounds but craving has no bounds.

These hindrances are the Maras of the world, the things that block wholesome qualities from arising. Like clouds in the sky, they block the sunlight. Our likes and dislikes are just like the clouds in the sky, don't get involved in them. Just see them as the mind. When you have desire for something, see that it's just the mind or a cloud moving across the mind. When you don't want something, see that as another cloud across the

mind. They are just visitors coming for a while, staying and then going away. Don't look at moods or emotions as yours. When you are not interested in them, they will go away because that is their nature, they come and they go. See everything as empty. See likes or dislikes as empty. This way, the mind becomes pure; when we act or speak it's just a process of actions, no intentions, no kamma.



WHEN WE HAVE MINDFULNESS OF THESE OBJECTS, then peace can arise. This is mindfulness of the knower, seeing things clearly so we understand them.



RECOLLECTION OF THE BUDDHA is recollecting the qualities of someone who is fully complete in all dhammas, in all understanding, in all liberation.



THIS BODY must be understood as making up of only the four elements (earth, water, fire and air) and the elements of space and consciousness. They come together for a period of time and then will deteriorate.