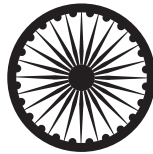


Flowers of Wisdom



Introduction

These are a collection of thoughts of the Dhamma that occurred to me from time to time. The themes of thoughts vary from purpose of life, nature of mind, compassion, wisdom, happiness and nature.

Reading these sentences at a stretch will not be of any benefit. After reading any one of these Dhamma thoughts readers will benefit if they can reflect on it and discover its indepth meaning. I hope it will.

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Flowers of Wisdom

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Cover Page

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Wickramasinghepura,
Battaramulla.

01. Man is the only living being who craves pleasure. Isn't he also the only living being who suffers the most?
02. On one hand pleasure stimulates life. On the other hand it destroys life.
03. The mere thought that satisfaction exists is in itself a sorrow.
04. Learn to value what you have instead of what you don't have. This is because of man's love for expending energy.
05. Nothing in this world has a true value. It is man who has attached a value to the world.
06. A tree can only bear fruit; It cannot satiate one's hunger. Only our two hands can.
07. The more you follow the Dhamma the more you see it. The opposite is also true.
08. As long as you are asleep you are blind to the gem within you.
09. In proportion to the strength of your ego, the strengths of defilements too increase.
10. A devotee lacks wisdom. A philosopher is wise.

11. Life and death are inseparable and are merely two words in a language.
12. There is nothing of eternal beauty. Beauty is only a creation of the mind.
13. You run fast around the world until you finally stop beside yourself. Then you will savour true victory.
14. The six senses are natural and peaceful. But your vision is not so.
15. Appreciate the strong not the weak.
16. Knowledge has rendered man a slave; whenever he rises, knowledge attacks him.
17. Man only preaches and orders man. Man's greatness too is appreciated only by man.
18. Our true mother is nature.
19. You are learned yet distracted as long as you are ignorant of your true nature.
20. Developing the mind is more important than offering and praying.
21. The other end of praise is insult. You cannot accept one and reject the other.

22. The Noble One knows that the flower belongs to the tree and not to the man who plucks it and offers it.
23. How many kilos of gold is one breath worth? Gold is more valuable as breath is obtained free.
24. Every man wants to be supreme. Once you realise this you become supreme.
25. The most worthy dress in this world is wisdom.
26. Firstly man tries to live to suit the world. Secondly he tries to win the world. Thirdly he tries to win himself.
27. The same action can become either good or bad according to the motive.
28. The result of every action is also the same. Therefore those that realise this, only do good deeds.
29. If the motive is impure, it will be like a beautiful flower that stinks.
30. If the motive is pure it will be like a sweet smelling beautiful flower.
31. Those who know their letters will recognize the words. Those who know the words will

realise the meaning. Those who know the meaning will feel its flavour. Flavour is a mirage or delusion

32. If life is a flower, make it's fragrance your own.
33. learn to accept both good and bad. If not your life will be one of eternal sorrow.
34. Those who live happily at present will continue to be happy in future.
35. Accept your success. But do not impress it on others as their sole aim in life is to make their own lives successful.
36. Respect the one who respect others.
37. All these have merely been shown to man by the world as winning fields.
38. Why do not people like to be defeated. This is because they are unable to see the victory withing defeat.
39. Some believe that the one ahead of the rest of the flock (herd) is the winner. But no one knows where they all are headed.
40. Those that believe that their belongings exist often fear their loss. They should, however, fear to think what they

own exists, for everything will be lost one day.

41. First gain knowledge. Then become an explorer. Finally be content.
42. Sense without a senser.
43. Ego makes life heavy.
44. Attempting to live is an animal characteristic. Attempting to understand life is a human characteristic.
45. Every action aims for enjoyment. If the action is incorrect it will result in suffering.
46. An evil mindset drags you down. Those with evil minds will never have their wishes fulfilled.
47. He who looks too far is as helpless as he who looks too near. Those that look near and far are eternally happy.
48. People live in their own private dreamworlds created by themselves. So do all other living things.
49. He who does not listen is similar to the deaf. Though deaf, if he listens, he is similar to one that can hear.

50. Those that live to please others, live unhappily. Thus, this world is merely a stage.
51. Enjoyment is necessary to the heart. It is like a meal. If we consume a good meal it will give us nourishment. If we consume something bad, it makes you sick.
52. Happiness and sorrow that occur within our thoughts are temporary. There is no happiness and sorrow within the truth.
53. Good people have good dreams and their dreams always come true.
54. Although man may derive great happiness from looking at a flower, the flower itself only needs water and fertilizer. It is not happiness that is priceless but the man who provides water and fertilizer.
55. You should love something within the person and not the person.
56. He that is enslaved by the mind, is consumed by greed, love and hatred. He even reveres these.
57. whenever you experience happiness or sorrow, you live in an external world.

Whenever you are devoid of happiness or sorrow, you live within yourself.

58. Love unites. Desire for love separates.
59. The foolish have much to do to escape poverty. The wise have much to do to serve the world.
60. Man finds happiness in his thoughts. Hence he should nourish his thoughts.
61. Man should have the ability to be kind to a friend and at the same time oppose his enemy with compassion.
62. compassionate people will exist in this world as long as there are others to appreciate their good.
63. Although there is no shelter to cover the head there should be a shelter to the mind. The shelter to the mind is pure thoughts.
64. You should dream, but always remember that they are only dreams. After all then you will not feel any suffering and pain in life.
65. Keep your mind cool. Ease the tension in the heart. Then you will feel that you are really alive.

66. Confidence and suspicion will become a dream. Only action will remain, real.
67. Why do we use an invaluable life to quarrel over valueless material goods? It is because of our folly.
68. Wisdom adorns the life of the wise like jewellery. Associating the wise helps you gain wisdom.
69. Do not indulge in self-aggrandizement. Instead, conduct yourself in a manner that elicits praise of others.
70. Blessed are those who give gifts to others but only expect happiness in return.
71. If every human being is an actor, their audience is the sun and the moon. In very rare instances people like the sun and the moon are born amongst us.
72. You can be a strength without being a challenge to the world.
73. Without winning over the world, allow the world to win.
74. If you are truly awake, problems will not pose a threat to you.

75. He who has tasted the sweetness of victory will rejoice in another's success as his own.
76. If you accept day as day and night as night then why dont you accept the true nature of your mind?
77. It is the nature of the traveller to avoid the difficult path and use the one that he can easily take. Achievement of your aim in life is a benefit not only to you but to the whole world.
78. The beauty of one's heart and smile outshine the beauty of all the flowers in the world.
79. The riding drunken mahout is an encumbrance to the elephant. Similarly if someone close to your heart misbehaves he/she will become a nuisance to you.
80. Love is as distant as your dreams. Only those devoid of defilements are capable of true love.
81. Those that are devoid of defilements are similar to the earth; they do not react to people's words or deeds.
82. What man constructs over thousands of years, nature demolishes within a second. There is no ownership without loss.

83. The uncontrollable desires in man destroy the life as a worm inside a coconut. Hence we have to be constantly awake.
84. We must strive to realize with all our intelligence that desire and hatred are the root cause of suffering.
85. No one likes to face obstacles and boundaries in life. One should however, realise the importance of boundaries around danger zones.
86. Never yearn for happiness in life as sorrow too occurs proportionately to happiness.
87. First become a donor (of good) then you will also become the recipient.
88. Values of the world are valueless in the light of Nirvana.
89. If the flowing of the mind is stopped, there will be an overflow. Hence we should understand the mind.
90. We cannot stop the sun setting. But we can stop ourselves from setting.
91. All religions are there to create a good heart. But those who fill their hearts with anger in the name of religion are considered as men without any religion.

92. A person with intelligence shines, over a person adorned with jewellery.
93. A dana is not a meal or article but an intention.
94. Is hatred religion or religion hatred? Do you harbour hatred because of religion or are you religious because of your hatred? If you are religious, it is not suitable to harbour hatred.
95. There is nothing called happiness in this world it is merely a reduction in suffering.
96. Those that live under the coloniser called desire will remain its slaves, forever. Desire is the most cruel ruler in this world.
97. It is the quality of a mere mortal to both err and punish. Forgiveness helps create a resolve to never repeat the mistake in the mind of the wrong - doer.
98. The speed of the human mind is far greater than any other living creature. Therefore he can reach heaven or hell with great speed.
99. Our rights are merely a mental disorder.
100. A so called intelligent man confines himself to a country. The less intelligent birds fly all over the world.

101. Words written on a paper are not as beautiful as the white paper itself. Similarly thoughts that arise in the mind are not as beautiful as the mind itself.
102. Love never wishes suffering for anyone.
103. Just as people conceal the wrong side of their cloths and reveal only the correct side to the world, they conceal their sorrow and reveal only their happiness.
104. Who is a fool? It is the man who seeks more comforts instead of enjoying the comforts at hand.
105. I will try not to utter a single word to you. You must correct everything you have heard previously .
106. Success is in the mind and not in the body.
107. You can lie to the ear. But you cannot lie to the heart.
108. Success is in the mind and not in the body.
109. No amount of water can douse the fire kindled within you. However, truth can douse it.

110. Desire is not a waterfall. But is a volcano.
Those that seek serenity through desire,
burn till eternity.
111. People appreciate a tree only when it is in
bloom. When you are in bloom the whole
world will appreciate you.
112. Wild creatures are trapped by snares set by
others. Man is trapped by snares set by
himself.
113. In this world, there are many that create
needs but very few that fulfil them.
114. If the earth possessed a mind, what would it
think? words will be insufficient to describe
its laughter, as it laughs at the childish
behaviour of man.
115. Clearly identify and distinguish between
your needs and the needs of the mind. In
reality, there is nothing that you need.
116. There is boundless discipline in a pure mind.
Therefore it will cause no harm to oneself or
others.
117. Life is not an answer but an inconclusive
exploration.
118. Attachment and hatred are follies of a
selfish mind.

119. You can enjoy a stress - free life if you can comprehend the follies of happiness and sorrow.
120. People are disturbed by shattered hopes. Being aware of the possibility that hopes may be shattered will help to pacify them.
121. People get angry because they have nothing else to get.
122. In both the mind and in society, the most scarce thing is peace.
123. Man hides happiness beneath money, but unbeknown to man, money steals happiness.
124. Beware of anyone that loves you in this materialistic world. This is because he / she strives to steal something from you.
125. Channel your mind towards a peaceful place for then you can obtain peace.
126. Love nature the most, for it is nature that gives you life. If you are a true lover, inquire from your mind how much you love nature.
127. Enjoy the world you see, instead of showing an interest in worlds you cannot see.

128. Space is filled with happiness. Some cannot see it as they are blind to it.
129. You have none to protect. The mere thought that a self exists is an illusion however, it is not to be meekly followed, but should be experienced.
130. He who is confined to one extreme, will hate or love something. Now observe yourself.
131. The heart can only endure pain and not peace.
132. You have lost just two things; 'I' and 'mine'. Everything else is yours.
133. Ego cannot be consoled, because ego itself is sorrow.
134. True wisdom is the understanding of the truth of no self.
135. Knowledge simply helps us experience sorrow and not happiness.
136. Getting rid of one thing and grasping another is of no use. True being is beyond both.
137. As long as you hold an opinion, you are bound to hate those who disagree with it. Great is one who has no opinion. He knows no hatred.

138. Knowledge is useful only in the external world. Knowledge misleads man. You will perceive the entire universe only when you discard your knowledge.
139. It is impossible to express the silence in your heart. Therefore perceive the truth in silence.
140. Every action has a reaction. Where there is no action there is no result. When there is no result, there is no happiness nor sorrow.
141. He is helpless who does not see the end of a journey. He should begin a journey that has a distinct end.
142. Let go to relax.
143. What you say or do come back to you. Therefore say or do things which you can bear up, yourself.
144. Keep the feelings of the heart far away, like the stars in the sky.
145. Although any flowering plant produces only one type of flower, the human mind at times produces sweet smelling flowers and at other times, ill-smelling flowers. Hence do not curse man.

146. There are two sides in everything in this world. Hence you should endeavor to face night as night day as day.
147. There is no other living creature that is wiser nor ignorant than man
148. One who talks wisely also listens wisely. True listening is listening with intelligence and therefore even the deaf can listen.
149. You should go forward according to the pace of your ability and not according to the pace of your ambitions Be satisfied accordingly. Then there will be no discontent.
150. Man's feelings, even if written across the whole sky, will never end.
151. Every pleasant feeling fades away with time, like a beautiful flower.
152. A man dwelling in the world of wisdom is like an arrow headed towards its target.
153. Man safeguards his desires like the crow safeguards the eggs. After results are realized the desire will turn to grief or happiness.
154. Man creates the world. Man also creates man. It is also man who destroy the world.

155. People who overtake me look like people climbing a hill. Consider myself as the hill.
156. The human mind shows affection and hatred towards the same object at different times. Thus the human mind is not eternal.
157. Man should have benevolent desires. Those desires will become ornaments.
158. If you love the night it will become day. If you hate the day it will become night.
159. Don't wait until the other understands you. Instead try to make the other understand you. This is positive thinking.
160. Forget being a boss or servant to anyone. Do what is to be done.
161. Man should serve not only to man but to the whole world.
162. He who has great determination is similar to a sambar.
163. The love of a worldly person is simply the desire to fulfil his / her expectations.
164. Those who see the result of an action abstain from doing wrong.

165. When somebody hurt your feelings, leave him out of your heart.
166. You should settle a problem causing great pain with the least amount of pain.
167. The visible victory is for the foolish. The invisible victory is for the wise.
168. Ease of mind cannot be achieved through the past or the future. Let go of the present too.
169. Consider that your residence is not a palace; then you will feel free in your heart.
170. Of all the senses, wisdom receives the best taste. Of what use is the taste of food when you have the taste of wisdom?
171. Life is a river. I am the caretaker of its banks.
172. Love and respect arise when the needs of each other are fulfilled.
173. The Buddha delights not in your chantings of His Glory, but in following his teaching.
174. The deity who carries you to heaven is your good intention.

175. There is nothing called time. Time creates man's greed.
176. Hatred is like throwing a fire ball to another. It burns your hand first.
177. Do not control others lives. Just teach them how to control their lives.
178. Let the flowers in your heart bloom. They are much more beautiful and fragrant than all the flower gardens in the world.
179. Who is your first and last teacher? He is none other than yourself.
180. Those people who get cheated by words are like robots. Why ? Because they don't see anything beyond words.
181. People who mine to obtain gold and gems from the earth should know that real gold and gems are in their hearts.
182. When the light intensity is increased for a man who is in the dark, he begins to see his surroundings clearly. Similarly, a wise man sees life with clarity.
183. Those that teach compassion towards all worldly beings and things are revered.

184. True service expects no return, other than the welfare of the served.
185. Noble people should learn to protect themselves from the ignoble.
186. You are truly rich only if you feel rich inwardly.
187. If you accumulate things that ordinary materialistic people desire, it is ordinary, materialistic people who will flock around you.
188. Due to his knowledge of weather, man can sense the oncoming rain. Similarly man can sense any life threatening disaster as it draws near, if he cultivate awareness and knowing.
189. Life is like a work of art. Hence create your life-art mindfully.
190. However pleasant a feelings is, it fades away just like a flower, within a limited time. Hence cultivate eternal wisdom. This is more valuable than a thousand pleasant feelings.
191. He who understands his mind experiences a greater pleasure than he who studied all aspects of the world.

192. If piousness is in word it is good. If piousness is in deed it is better. If piousness is in mind it is best.
193. Although there are many noble people, it is rare to find people who don't do any wrong.
194. Ennoble a person's mind, not his words or actions. Then his words and actions will automatically become noble.
195. All those who do not like to face intolerable results will become religious minded.
196. Men who love their lives keep away from doing wrong. Why? It is because they have good intentions.
197. The man who has no aims is nobler than the man who has undesirable aims.
198. There is sorrow or happiness in every word. Those who exceed words have neither sorrow nor happiness.
199. Although there are lots of people flocked together in the town, they feel lonely in their hearts loneliness is sorrowful.
200. Those who extend kindness and love to the world never feel lonely in their hearts.

201. Mind is a production house. You yourself should decide what to produce.
202. Unplanned attempts will lead the man to lot of difficulties. Planned attempt is the golden gate to prosperity.
203. Make your mind comfortable as you make your bed comfortable.
204. Prosperity is intention and not your property.
205. Those who are not satisfied with what they have are poor. Those satisfied are richer.
206. Mind is what you feel. If your feelings are good your mind is good. Bad feelings lead to bad minds.
207. Time resolved the problems of Lord Buddha and the gods. Are you yourself resolving your problems?
208. Shouldn't there be no one in this world, who hates you? If so what is wrong with anyone not loving you in this world?
209. Although we make use of the mind in order to find consolation, mind is a source of sorrow. It is a relief to get rid of the mind.

210. Contentment is not far from destruction.
Destruction is not far from contentment.
You will experience true fulfillment when
you detach yourself from both, contentment
and destruction.
211. It is not for one's greed that one gains
recognition in this world, but for ability.
212. Most people observe their religions
according to the book. But they should really
do it according to their hearts.
213. Attempting to get one's desires fulfilled by
any means is like cutting sticks to a
river.
214. man is not born with eyes to see consolation;
he can however, achieve it.
215. Although people run after consolation in
every direction, it can be achieved only by
halting and not running.
216. There is no consolation in attachment to the
senses. There is consolation in the senses.
217. Although you wish to win the world over, do
you like to be the worst loser? Those who
prefer to face both is a real winner.
218. If the mind is like a flowing river, you should
resist all obstacles you come across.

219. Your mind will decide the place in society where you should be by analyzing your deeds, thoughts and expectations. You are in that place now.
220. Searching for comforts is a sorrow. To do away with sorrow is to do away with comforts.
221. If we search for faults in any person it is possible to find a fault. If we search for goodness, that also can be found.
222. It is possible that you may be knowing about the good and bad in all human beings on this earth. But do you know about yourself?
223. The mind likes deception but does not like wisdom. Mind does not like the truth, but wisdom does.
224. Life is not temporary or permanent. Life transcends time.
225. Rightful living is the heart's consolation. Consolation of the heart is to discard desire. Discarding desire is nature.
226. Desire produces ego. Ego thrives due to desire.
227. People who feel sorrow and happiness should find out the reasons for such feelings.

228. Man can do anything. But what he should do, should be only for the benefit of himself, others and society.
229. It is the truth that should win the world and not man. Truth is not owned by both.
230. Consolation has no word nor expression. It has only silence. It is not an action. The world has no word to explain it.
231. Day and night are impermanent. Happiness and sorrow are impermanent too. Permit change in this world then the sorrow in your life will decrease.
232. If your mind is a lake, it will get disturbed only when thoughts come in. The lake will become silent once the heart learns to be silent.
233. The mind should be understood. The mind can be understood. But man inquires about the outside world and not his own mind.
234. Foolishness is like a blind person. You should be careful of sinful persons. It is very difficult to recognise righteous people. You will feel that they will hate you.
235. One who talks highly of you is a cunning person. One who talks poorly of you is a fool. One who talks about your requirements is a wise person.

236. Light is more important than life for a locust.
Similarly for people, physical things are more important than life.
237. Men only know known things and unknown things. If a person knows more than that he is great.
238. You should regard the person before you however high ranking you are. Peace will then prevail.
239. It is the habit of the crow to attack any bird who is different to itself in appearance. Aren't those that hate others who disagree with them like crows too?
240. The sun is covered by the clouds. The mind is covered by thoughts of craving.
241. Look at a star in the sky. What a long distance exists between you and the star? That distance arises because of your ego.
242. Non-attachment to your life and to others' lives will lead to a peaceful life.
243. After you discard the past and future you can be happy even at this moment.
244. Happiness or sorrow will not come instantly. Happiness and sorrow are reactions to what you do with your mind, body and word.

245. More wants bring about more sorrow. To live a happy life reduce the wants to a minimum.
246. Human beings that are swayed by others' views are like puppets. Those that are swayed by their own views are like animals. When all views are discarded, you become human.
247. Men who believe that they should do things according to their minds suffer forever. Those who control their minds, will one day go in search of consolation.
248. Nirvana is beyond the distance to which our mind radiates.
249. The first religion of the people is desire and hate. The second religion is the one that comes from birth.
250. Your mind will overflow with happiness if the picture you have in mind is good. If not, your mind will react in a similar way. Keep away from painful remembrances. There is no use in hurting others.
251. This world will be an extremely peaceful place only if people are not opinionated.
252. People arrive at differences of opinion because they don't believe in themselves.

253. A substantial change can be brought about in life, not through differences of opinion, but through understanding what differences of opinion are.
254. Not just impermanence, consider that there is at least one permanent thing in this world.
255. All ideas that come to the mind are subject to change. When we try to maintain those without any change problems will arise.
256. In this world, is there anything eternal that consoles you?
257. Consolation does not come after you. It is conceited. You must go after consolation to earn consolation you must get rid of one thing that is ego.
258. Share the most important secret with yourself. Speak the most important words to yourself. respect yourself. love yourself. Then the beauty of life can be observed.
259. If love is a sacrifice, make the sacrifice keeping the travelling expenses. If you fail you will have to walk.
260. Although there are many people to benefit from a tree, there is only one man to care for it. Recognise him accurately.

261. Dhamma is silent. But I am saying it aloud as another person cannot be made to understand the Dhamma by being silent.
262. Although knowledge could be grasped it is not possible to describe what knowledge is.
263. In some people the body dies leaving the mind behind. In some others mind dies leaving the body behind. In some others body and mind both die.
264. Those who know and do not know are ignorant of the Dhamma.
265. People are not wise enough to see the truth beyond the world. Gauthama Buddha was the first to see it.
266. Crossing the mind could be mentioned as crossing the world.
267. There is a clear distinction between the attached mind and non-attached mind. It is like the difference between one's house and the neighbour's house.
268. The wisdom of a Buddha cannot be explained but can be experienced.
269. Throughout our life we strive to discover life. But when we discover it, we feel that there is nothing called life.

270. Countries, religions, nationalities and man are mere concepts of the mind. They are all imaginary worlds.
271. The inaccurate understanding gives rise to the incorrect path. Discarding both right and wrong results in the correct path.
272. Although various things are analyzed, is there any meaning in the process of analysis? You will never come upon an essence through analysis.
273. Seeing an image with eyes is quite normal. But seeing with mind creates problems. This is applicable to all five senses.
274. What you hear is sound. What you don't hear is hearing. You see an image. You do not see seeing.
275. If there is a body without mind, it brings untold happiness.
276. The cause of sorrow is trust and distrust. There is no cause for happiness. No cause for Nibbana.
277. Causes are in mind and not in the body or country. All these realities are not effective to attain Nibbana.

278. Those who live by the Dhamma have no qualities. They have no male qualities, female qualities, animal qualities, deva qualities or any other qualities.
279. Those who live by the Dhamma are guided by the Dhamma.
280. You should be free from all control. You should not be controlled by any Gods, Religions, Yourself or any other things.
281. Problems are due to control. Sorrow is also due to control. Control is necessary for a worldly life. Control is not necessary for spirituality.
282. There is a Dhamma which is not comparable. There is also a Dhamma which cannot be created nor destroyed. It can be experienced by non-attachment.
283. The end point of removing faith and non-faith is universal living; Nibbana.
284. There are people who have faith in faith. There are people who understand faith. Believers and non-believers are in this world.
285. When clouds descend from the sky, It is called rain drops. When rain drops fall, they

create floods when they reach the beach, they are the ocean. It is the mirage that rose up to the sky. Did you see clouds or the rain drops or floods? or the ocean? or the image? or the mirage? Do not follow the norm understand the norm and attain Nibbana immediately.

286. Those who see the Dhamma, see seeing

287. There is no good, no bad, no attachment, no detachment, no enjoyment, no non-enjoyment. This is the experience of the Dhamma.

288. The moon gives light during the night and sun gives light during day time. The light of the Dhamma is given during day and night without any difference.

289. Light turns into darkness. darkness turns into light. The light of Dhamma exceeds both light and dark.

290. Those that posses Dhamma, posses nothing.

291. He that knows nothing about knowing and not knowing, know the Dhamma.

292. Do you understand that you should learn to understand ignorance?

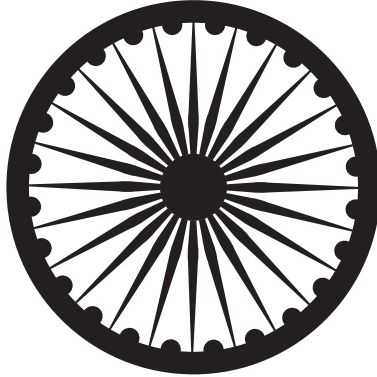
293. Nature is nameless. Names are man-made. Names differ from language to language, country to country and from person to person, and therefore fictitious. There is nothing to obtain from it.
294. Going against goodness is evil. However the ultimate reality is beyond good and evil.
295. There are a few moments when living beings give up everything worldly. They live peacefully in deep sleep. The king, pauper, professor and fool.
296. I don't own anything to give. I have nothing to take. Even the letter 'I' does not belong to me.
297. Life is not what you perceive it to be.
298. Do you hear what I say? Do you think about what you hear? Do you feel when you think? Do you discard when you feel? Do you know what you discard? Do you discard what you know?
299. Think about this with non-attachment. Winds do not blow. Rivers do not flow. Sun and moon do not rise nor set. They are all seen as a motionless pillar.
300. You should understand what you hope to attain in Nibbana. If you want to attain it you should understand what attaining is.

Message from the Author...

I wish to place on record all those who contributed for this publication.

My special thanks go to Professor A. S. Balasooriya and Mr. T. D. Pathirana, J. P. and Mrs. Nellie Pathirana of Wickramasinghepura, Battaramulla.

Ven. Ambilipitiye Ananda Thero





If you feel like
respecting me,
use one of these
points to excel in life



This book is dedicated to my beloved parents

MAHATHUN MEEPEGAMA (MAHATHUN MUDALALI)
&
SOMAWATHI JAYASEKARA MEEPEGAMA

Who left us after placing an indelible mark in
all our lives

***MAY THEY ATTAIN
THE SUPREME BLISS OF NIRVANA***

THILAK MEEPEGAMA