

## How to Deepen Samadhi Power

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Good morning! Welcome to the International Buddha Dharma Society for Cosmic Law to listen to today's Dharma talk. Last week, we talked about what is Samadhi. In Samadhi, one's mind is in stillness; the mind is concentrated; the mind abides at one place. In Samadhi, the mind is resonant with the Dharma and away from the evil. In Samadhi, the mind is straight forward and on the proper road. In cultivation, it is very important to have a proper mind, proper thoughts and proper Samadhi. True supernatural power comes from deep Samadhi. With deep Samadhi, one can travel to different Buddha lands in just a moment. To deepen Samadhi power, one would need to get rid of false thoughts, discriminations and attachments so that the mind is unimpeded. Because the mind is unimpeded, they can overcome all fears, destroy all wrong perceptions and realize Perfect Nirvana." To reach "no obstacles in the mind", one would need to really discern that "all five Skandhas are empty."

As stated in the Heart Sutra: When Avalokiteshvara Bodhisattva was practicing the profound prajna paramita, he illuminated the five skandhas and saw that they are all empty, and he crossed beyond all suffering and difficulty.

Shariputra, form does not differ from emptiness; emptiness does not differ from form. Form itself is emptiness; emptiness itself is form. So, too, are feeling, cognition, formation, and consciousness.

Shariputra, all dharmas are empty of characteristics. They are not produced. Not destroyed, not defiled, not pure, and they neither increase nor diminish.

Therefore, in emptiness there is no form, feeling, cognition, formation, or consciousness; no eyes, ears, nose, tongue, body, or mind; no sights, sounds, smells, tastes, objects of touch,

or dharmas; no field of the eyes, up to and including no field of mind-consciousness; and no ignorance or ending of ignorance, up to and including no old age and death or ending of old age and death. There is no suffering, no accumulating, no extinction, no way, and no understanding and no attaining.

Because nothing is attained, the Bodhisattva, through reliance on prajna paramita, is unimpeded in his mind. Because there is no impediment, he is not afraid, and he leaves distorted dream-thinking far behind. Ultimately Nirvana!

Human beings' mind is always full of false thoughts, discriminations and attachments, which is the root of five poisons, desires, aversions, ignorance, pride and doubt. The five poisons stir one's mind so that it cannot settle down. Here, I would like to share a legend with you, the legend of Pele, the Hawaii volcanic goddess. This legend has different versions. When you visit the Hawaii Volcanoes National Park, in the museum by the volcanic crater, you will see beautiful paintings of Pele. She is typically painted out of a volcano. The legend says: It's said that Pele came from Tahiti, the largest island in French Polynesia, the South Pacific archipelago. Pele oversaw volcanos. She was eccentric, moody and very violent. Her sister, Namakaokahai, oversaw the ocean water and the tides. It's said that Pele seduced her sister, Namakaokahai's husband and her sister was furious and went to condemn Pele. Pele's father decided to send Pele out of Tahiti. Pele's brother, Kamohoalii, got a dugout canoe and Pele and her brother left Tahiti together and came to Hawaii. The island they first arrived at was Kauai. Not long after, Pele's sister followed them to Kauai too. To protect the fire seed, Pele must dig a hole. Every time, when she dug out a hole (volcano crater), her sister would extinguish the fire with ocean water. In the fighting, Pele's brother died. Pele was not her sister's match, so she backed off to the south east. She got away from Kauai and arrived at the island of Oahu. On the island of Oahu, Pele dug another big hole to protect the fire seed from her sister's tsunami attack. This big hole is the Diamond Head Volcano Crater. But the

Diamond Head Volcano Crater was not high enough, so Pele went to Molokai Island.

Molokai island was too small, so she went to the island of Maui. There, she made Haleakala volcano. Pele could fend off her sister's attack first. However, when Pele's sister reattacked the island of Maui, Pele was torn into two parts and her soul became a goddess. It's said that every time when Goddess Pele is angry, volcano would erupt.

Ever since the first time I went to the Hawaii Volcanos National Park and read this legend of Volcano Goddess, this legend just came to my mind from time to time. If you were Pele's sister, your husband was in love with somebody else, what would you do? If you were Pele, would you do the same thing as Pele did, to seduce her brother-in-law? In this world, everything is samsara. If you don't let go, the same thing will happen again and again without ending. Only when you truly have learned what you should learn from it, see through it, put it down, and return to your own mind, until then everything will not stop. Everything is incurred by one's own mind. Everything happens for one to learn, to experience and to put down. Attachment, aversion, ignorance, pride and envy are all fire seeds and each can start a volcano. Extinguish them in the mind. Attachment, aversion, ignorance, pride and envy are strings tied to our mind which is originally pure and be aware of everything. All the strings move our mind, stir our mind and affect our mind, so that it's turbid and cannot settle and cannot stay still.

Who tied all the strings to our mind? It's ourselves. All attachments are brought about by one's own delusions, discriminations and attachment.

Without delusions, discriminations and attachment, there would be no bondage.

If you cling to "reputation", you will have yourself tied up by "reputation" and the "barrier of reputation" will appear. And the deeper you are attached to it, it will be more difficult for you to break through this "barrier".

If you cling to “profits”, you will have yourself tied up by “profits” and the “barrier of profits” will appear. And the deeper you are attached to it, it will be more difficult for you to break through this “barrier”.

If you cling to “passion”, you will have yourself tied up by “passion” and the “barrier of passion” will appear. And the deeper you are attached to it, it will be more difficult for you to break through this “barrier”.

If you cling to “wealth”, you will have yourself tied up by “wealth” and the “barrier of wealth” will appear. And the deeper you are attached to it, it will be more difficult for you to break through this “barrier”.

No matter “what” you cling to, you will have yourself tied up by it. And the “barrier of whatever” will appear. The deeper the barrier, more difficult it would be for you to break it.

The so-called bondage is actually your own attachment, and the more you cling to it, the tighter your bondage will be; and more things you cling to, more bondages you will get.

The so-called freedom is actually your putting down, and the more you put down, the less your bondage will be.

Mind discipline, cultivation and practice is a process of putting down one’s own attachment. The more you put down, the bigger your achievement will be; the faster you put down, the faster you will make your achievement. If you could put it down completely, you will make the ultimate achievement.

Putting down does not mean to abandon, but to guide him/her/it to home. Treat your families and relatives with compassion. If both of you hang on to each other and create evil karmas, you will fall into the birth and death reincarnation cycle, sink into the karma sea and endure sufferings together. If you love him (her, it), then instruct and guide him (her, it) to understand the true meaning of life. In the Western Land of Ultimate Bliss, “all good people

get together,” which is the best. The short-time desires for love, enjoyments of five desires and sensual pleasure in human world will only bring cycles of endless transmigration and bad retributions, and there would be no expectation to get out of them. If you love him (her, it), then help him (her, it) get out of the birth and death reincarnation cycle. If you love him (her, it), then help him (her, it) attain the ultimate happiness. True love is to help them return home. Nothing is more important than returning home.

All beings are equal. All beings are from the same source. All beings share the same body and all beings share the same heart.

Since leaving our homeland, every being is seeking the way back to home. Every being, after hundreds of thousands of kalpas of cycling of life, will become a Buddha and will return to homeland. To return means to remove all the false thoughts, all the discrimination and all the ignorance. To return means to clean up all the five poisons. To return means to be egoless and unconditioned. To return means to wear away the edges, corners and willfulness of one's personality. Cultivate Precept, Samadhi and Wisdom diligently and extinguish the attachment, anger and ignorance.

Buddha Dharma is ONE, not TWO, THREE...Chan, Jing, Mi, Precept, Samadhi, Wisdom, are all different aspects of Dharma. They are ONE. To cultivate Samadhi does not mean to sit to meditate only. Sitting meditation is only one method of cultivating Samadhi. By sitting meditation, one may reach Four Dhyanas and Eight Samadhis, but that does not mean that he is out of samsara. He may be reborn to the Four Dhyanas Heaven, or the Four Empty Heaven. Though he may live long there, but it is due to the mind abiding at one place and he is still in the cycle of birth and death. Samadhi of Extinguishment is the Samadhi of Arhat. Both the Four Dhyanas and the Eight Samadhis and the Samadhi of Extinguishment include entering into and getting out of the Samadhi. Shurangama Samadhi is Samadhi of Buddhas and Bodhisattvas, which does not have entering and getting out. It means that one is in

Samadhi no matter when one is eating, sleeping, working, walking...One is in Samadhi all the time. The mind is still all the time. The mind is not moved all the time. Shurangama Samadhi is the Buddha nature, is the Dharma nature, is the true mind, is the self-nature and it is ultimately perfect.

How to cultivate Samadhi? Bring out the Bodhi Heart, repent, keep vegetarian diet, hold precepts, recite the name of Buddha, read sutras, hold mantras. Train the mind by going through various of things. See through and put down.

Every day, tell yourself repeatedly: I am originally ONE with the universe; I am originally ONE with the nature; I am originally ONE with all the sentient beings; I am originally ONE with the Buddha Heart and the Nature Ocean; I am originally ONE with all the Buddhas and Tathagatas, then everything would be solved.

Every day, tell yourself repeatedly: I am the universe and the universe is me; I am the Buddha and the Buddha is me; I am the Buddha Heart and the Nature Ocean and the Buddha Heart and the Nature Ocean is me; I am the sentient beings and the sentient beings are me; I am all and all are me. Your body, heart and spirit will gradually become balanced and harmonious. Be egoless; be egoless; be egoless completely. Being egoless completely means being liberated completely. Contemplate on these from time to time. These are all supreme methods for cultivating Samadhi.

Ego, condition, attachment, pursuing, contention, these are all reasons for one to move the mind. To cultivate Samadhi, one would need to be egoless, unconditioned, unattached, not to pursue and not to contend. Be egoless and unconditioned and practice according to the Way; bring bliss to all the under the heaven and rescue all the beings. Without ego in the mind, there would be no attachment. Accommodate the Great Thousand World in the heart, then how could personal things move the mind?

Amitabha! The process of cultivation is a process of constant advancing; the process of cultivation is a process of continually putting down; the process of cultivation is a process of reshaping; the process of cultivation is a process of steadily expanding one's heart; the process of cultivation is the process of ceaselessly cleaning one's heart. Wish everybody could endure the pain of shedding off the false thoughts, discrimination and attachment, wear off the edges, corners and willfulness of personality, go through all the tests and tribulations, and restore the original bright and pure self! Thank you! See you next week!