

The Noble Truth of the Path that Frees us from Suffering

IBDSCL, Aug. 25th, 26th, by Nancy Yu

Good morning! Welcome to the International Buddha Dharma Society for Cosmic Law to listen to today's Dharma talk! In the last three weeks, we have introduced what are the Four Noble Truths, we have talked about the Noble Truth of Suffering and the Noble Truth of the Cause of Suffering. In fact, the Four Noble Truths are not separable. When we talked about the Noble Truth of Suffering, we also talked about the cause of suffering. When we talked about the cause of suffering, suffering was also included. Also, when we know the cause of suffering, we would know the path to cease the suffering, which is simply to take away the cause. Craving is the cause of suffering, so how to take away the craving would be the Path.

So, what is the Path? The Path is the road of mind-cultivation, practice and discipline. The Path is the road from this shore of annoyances to the other shore of liberation. The Path is the cleaning, purifying, subliming and ascending process of the body, the mind and the soul.

So, what is the Path?

"Cultivate the Precept, Samadhi and Wisdom diligently, and extinguish the greed, the anger and the ignorance." This is the Path.

"Observe the body, the speech and the mind at any time, protect them well, do not create evil karma, and do not let them scatter and dissipate." This is the Path.

"Respectfully perform all good deeds; avoid all evil deeds; purify the mind, and this is Buddhism." This is the Path.

"Cut off evil deeds; cultivate the goodness; purify the mind; hold precepts; chant the name of the Buddha; recite sutras; hold mantras; meditate; cultivate the six paramitas and all kinds of ways to do that." This is the Path.

"Do not discriminate; do not get attached to anything; do not get greedy." This is the Path.

"Be egoless and unconditioned, and practice according to the Way; bring bliss to all under the heaven and rescue all beings." This is the Path.

"Clean the mind and reshape it." This is the Path.

"Protect the mouth karma carefully and don't sneer at others' faults; protect the body karma carefully and make your body well-behave; protect the mind karma carefully and make your mind pure and free of contamination." This is the Path.

"Take care of the parents filially; serve well the teachers; compassionately do not kill and cultivate the ten good deeds." This is the Path.

"Tune your mind to goodness and tune your mind to enlightenment." This is the Path.

“Cut off all evils, cultivate all goodness, purify the mind and conform to the Way.” This is the Path.

“Take refuge in the Buddha, the Dharma and the Sangha; hold complete precepts and abide by all good manners.” This is the Path.

“Bring out the Vow for Bodhi; faithfully believe in causes and effects; recite Mahayana sutras and persuade people to do the same.” This is the Path.

“Bringing out vows” is the Path; “Repenting” is the Path; “Dedicating merits” is the Path.

“Wear off bad habits, edges and corners, personality, unrestrained caprice, false attachment and annoyances; restore the pure, equal, properly enlightened, harmonious, flexible, wise, skillful and convenient Buddha nature.” This is the Path.

“Break through the self-attachment and bad habits; perfect the merit and the virtue.” This is the Path.

“How much honesty and respect you have, how much benefit you would get.” An honest and respectful mind, a pure and clean mind is the Path.

“Perform according to what the Buddha said.” This is the Path.

“Chant the name of the Buddha to collect the mind; recite sutras to collect the mind; hold mantras to collect the mind; meditate to collect the mind; forge the mind by experiencing different things.” This is the Path.

“Reshape the body and the mind; reform from inside out; transform from a vulgarian to a saint.” This is the Path.

“Hold the five precepts and the ten good precepts.” This is the Path.

“Be aware of the suffering of birth and death; abandon the five desires and cultivate the mind in the saint’s path.” This is the path.

“Know to cherish; know to appreciate; and know to contribute.” This is the Path.

“Giving, holding precepts, endurance, diligence, meditation and wisdom,” this is the Path.

“A usual mind is the Path.” “A straight mind is the Path.”

“See through; put down; be free and live according to conditions; be responsive to the Buddha; reshape the mind and the body; convert from a vulgarian to a saint; become ONE with the heaven and the earth.” This is the Path.

“Benefit the self and others; enlighten the self and others; transform the self and others; convert the self and others.” This is the Path.

“Keep the mind unmoved in the eight kinds of wind; sit still on the purple lotus flower.” This is the Path.

“Do not pursue fame or wealth.” This is the Path.

“Quietly do what one needs to do; quietly make contributions; quietly return to home.” This is the Path.

Keeping the mind still and unmoved, this is the wisdom of the old man;
 Keeping the mind still and unmoved, this is the wisdom of the universe;
 Keeping the mind still and unmoved, this is the wisdom of Osifu.
 Keep the mind still and unmoved when facing various of temptations. Only in this way, can you pass all the tests.
 When facing various of temptations, keep the mind still, then you would be O.K.
 When facing various of tests, keep the mind still, then you would be O.K.
 When facing various of interferences, keep the mind still, then you would be O.K.
 When facing various of hardship, keep the mind still, then you would be O.K.
 When facing various of hindrances, keep the mind still, then you would be O.K.
 When facing various of evil karma, keep the mind still, then you would be O.K.
 When facing various of assault, keep the mind still, then you would be O.K.
 When facing various of evil demons, keep the mind still, then you would be O.K.
 When facing various of heretics, keep the mind still, then you would be O.K.
 Keep the mind unmoved, then you will go through.
 If your mind moves according to conditions, then you fall into the causes and effects.
 Keep the mind unmoved, then you will stay to the end.
 Keep the mind unmoved, then you will laugh to the end.
 Keep the mind unmoved, and this is the greatest wisdom.
 Keep the mind unmoved, and this is the greatest treasure of the universe.
 Shurangama mantra is the greatest dharma treasure.
 Everything happens according to its causes and conditions, so keep the mind still;
 Everything has its chance, so keep the mind still;
 Everything has its cause and effect, so keep the mind still.
 Walk well on your own road. Keep the mind still!

Actually, the process of mind-cultivation, practice and discipline is a process of coordination.
 What coordinates with what?
 The false ego self coordinates with the true self.
 The true self coordinates with the heavenly self.
 The heavenly self coordinates with the universe.
 The universe coordinates with the Law.
 The Law coordinate with the original source.
 The original source coordinates with the wonderful ○.
 The Wonderful ○ coordinates with ○.

○ coordinates with

○

Put it another way and that is: The process of mind-cultivation, practice and discipline is a process of becoming non-ego gradually.

That is: The process of mind-cultivation, practice and discipline is a process of becoming unconditioned.

That is: The process of mind-cultivation, practice and discipline is a process of complying with the Way gradually.

That is: The process of mind-cultivation, practice and discipline is a process of returning to the source gradually.

That is: The process of mind-cultivation, practice and discipline is a process of returning to the origin gradually.

That is: The process of mind-cultivation, practice and discipline is a process of returning to ○ gradually.

By the way, ○ is not the Arabic number 0.

○ is just ○, which is a symbol in the universe.

○ is also not the English letter O.

○ is just ○, which has infinite esoteric meanings.

○ is just ○, which is extremely ordinary.

○ is just ○, which is extremely common.

All of you come from the ○.

All of you will return to the ○.

All of us were born in the ○.

All of us will attain nirvana in the ○.

The process of mind-cultivation, practice and discipline is also a process of becoming ONE with the heaven and the earth, a process of increasing of positive energy, positive information and positive codes.

The process of mind cultivation, practice and discipline is also a process of breaking through various of tests. Tests are different for each person and your tests would be based on what you are attached to.

The root of all problems lies in the mind.

The way to solve all problems lies in the mind.

If the mind is changed, everything will be changed.

Tuning the mind to goodness and restoring the mind to the Buddha-nature is the best way to solve all problems.

Tuning the mind to goodness can save one's life. Restoring the mind to the Buddha-nature can attain the absolute liberation.

Seize every present moment, observe your own mind at every moment and purify the three karmas of the body, the mouth and the mind.

Whenever you are resonating with the Buddha, you get blessings from the Buddha.

Resonating with the Buddha is the key to mind-cultivation, practice and discipline. If resonating goes wrong, there will be serious trouble in mind-cultivation, practice and discipline.

Keeping a righteous, sincere, kind and pure mind and resonating with the Buddha is the mind method and the secret key.

If you want to awake from this unreal world and don't attach to or pursue anything of this unreal world anymore, it is both difficult and not difficult.

Only after you realize this unreal world personally, can you really put down, can you really abandon the five desires, can you really cultivate your mind and the saint Way, can you really step onto the returning road and reach the other shore of ultimate liberation.

Awake from the dream. Do not pretend to sleep anymore. And do not fall asleep again. What's more, do not indulge by deceiving yourself and others.

Every sentient being is facing two roads and two choices: one is to continue to create karma and transmigrate; one is to put down and get liberated.

The choice is in your hand. The universe has the Law of Respect. Buddhas and Bodhisattvas, Guardian deities and Osifu respect your choice. Of course, if you choose to continue to create karma and transmigrate, your loved ones will shed tears and feel sad. Osifu is also one of your loved ones.

Do not become a slave to desires. Do not be led by five desires of eyes, ears, nose, tongue and body. Be your own master. Sit still on the purple golden lotus and be motionless no matter how big the wind is. Don't move your mind when facing all the conditions and all the people and all the matters! Only when the mind is not movable, can you break the old habits. Only when the mind is not movable, can you cut off all annoyances. Only when the mind is not movable, can you get out of the cycle of birth and death. Only when the mind is not movable, can you reach the ultimate liberation.

Not moving the mind is the main indicator of improvement of mind-cultivation, practice and discipline. The purer the mind, the higher the level.

If you feel that your desire is getting lighter and lighter, your mind is getting purer and purer and you feel that everything is illusion, then congratulations, you are improving.

Supernatural power and telepathy is not the main indicator of high level. The main indicators of high level are energy, wisdom, Dharma power, merits and virtues and cultivation. There is no supernatural power and telepathy in these. Wisdom is mainly reflected in the unmoving mind and a pure heart.

There are many cultivation methods in the universe. Buddhists have their methods; Taoists have their methods, Immortals have their methods...For the eighty-four thousand of dharma methods, no matter which method, holding precepts is a must; mind purification is a must; being egoless is a must, being unconditioned is a must, conforming to the Way is a must. For those methods which do not hold precepts, they are not good methods. For those methods which do not purify the mind, they are not proper methods. Everything relies in one's mind.

Amitabha! If the mind is changed, then everything will change. Keep vegetarian diet, chant the name of Buddha, recite sutras, hold mantras, bring out the vow for Bodhi, repent, dedicate merits, practice vows, observe and purify the mind. Start from little things, persevere, perfect the missions and return successfully! See you next week!