



Nancy, 03/13/2021

Who to be liberated?

Hi everyone, this is Nancy. Today is Mar. 13th. How are you doing? The Buddha transformed many people in his life, and Uruvilva Kasyapa was one of the earliest and important ones. After Uruvilva Kasyapa took refuge in the Buddha, his hundreds of followers, his two brothers, and followers of his two brothers also became the Buddha's disciples.

Uruvilva Kasyapa, together with his brothers and their followers were fire worshippers. They believed that by worshiping fire, one could be liberated. They believed that fire was the essence of the universe and through fire, people reunited with Brahma after death.

The Buddha stayed with Uruvilva Kasyapa for some time, and showed him the Right Way. He explained the law of dependent co-arising to Kasyapa. He explained that there was not a separate and eternal self in anything; everything was connected, and all were contained in one and one contained all. He told Kasyapa that through meditation, he discovered that a person was made of the five aggregates, the body, the feelings, the perceptions, the mind formations and consciousnesses. The five aggregates were like five continuously flowing rivers, in which there wasn't a permanent element.

One afternoon, the Buddha and Kasyapa stood by the Neranjara river. Kasyapa said to the Buddha, "Gautama, I have been meditating on the five aggregates. I have begun to understand that one's feelings and perceptions determine the quality of one's life. I also see that there isn't a permanent element in the five rivers, and the belief in a separate self is false. But I still don't understand, if there isn't a self, then who is there to be liberated?"

The Buddha asked, "Kasyapa, do you accept that suffering is a truth?"

Kasyapa answered, "Yes, I accept that suffering is a truth."

The Buddha asked, "Do you accept that suffering has cause?"

Kasyapa answered, "Yes, I accept that suffering has cause."

The Buddha said, "Kasyapa, when the cause of suffering is present, suffering is present; when the cause of suffering is removed, suffering is also removed."

Kasyapa said, "Yes, I see that."

The Buddha then said, "The cause of suffering is ignorance, a false way of looking at reality. Thinking the impermanent permanent, that is ignorance; thinking there is a self when there is not, that is ignorance. From ignorance is born greed, anger, fear, jealousy, and countless other sufferings. The path of liberation is the path of looking deeply at things in order to truly realize the nature of impermanence, the absence of a separate self, and the interdependence of all things. This path is the path which overcomes ignorance. Once ignorance is overcome, suffering is transcended. That is true liberation. There is no need for a self to be there to be liberated."

We might also think in another way. The whole universe is one body, and each sentient being is like one cell of the universe. Everything is energy; everything is connected; everything is just manifestation of the mind. All the fears, anger, greed, jealousy in the mind, born from ignorance, from ego, are negative energy and affect the harmony of the whole universe.



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Liberation is liberation of the mind, is also correcting, changing, removing the negative energy to improve, perfect, harmonize the whole universe. We are part of the universe. Do you agree?

Amitabha! Thank you everyone for being here watching this video. Consider subscribing the channel for weekly dharma talks, meditation session, sutras and mantras. I will see you next time. Bye.