

Nancy, 03/20/2021

Putting Down

Hi everyone, this is Nancy. Today is Mar. 20th, 2021. How are you doing! Do you worry a lot? Do you have lots of concern?

Several days ago, one of my friends asked me about my attitude toward children's growth and education. He said that on one hand his child wanted to study hard, on the other hand, he was not able to make efforts. He said he was very worried though he knew that he shouldn't give him too much pressure. This was not the first time we talked about his child.

Every family is different. Every parent has their certain relationship, or affinity with each of their children. I always feel that it's important for kids to establish a connection with themselves when they are young. It's important to lead them to their inner wisdom. So they can draw energy from themselves, not pressure from outside. This energy from their inside world, from themselves could be tremendous and endless, so no matter when and where in their life, they could depend on themselves.

For them to have that ability, giving them enough their own space and time is important. For kids who are surrounded by their parents, their grandparents all the time, it might be actually easy for them to get lost, not able to make this connection. As a parent, instead of interfering the kids too much, showing too much emotion to them, it may be better to put down their attachment to their kids. Keep a distance of respect and observance. Instruct, accompany, help when needed. Understanding is love. True understanding needs a positive, peaceful, still and penetrating mind. Let the kids know and feel that they are not alone, however, they need to walk and master their own life. Raising kids is also a journey of cultivation for the parents. I believe many parents may the same feeling.

After hearing what I said, my friend asked me, "Is everyone's life arranged ahead by the heaven?" I said to him, "For most people, they live their life according to their karma. But when one wakes up, starts to change one's mind, one's life will also change. Everything is just manifestation of your own mind. Everybody around you is also incurred by yourself. When you put down, not only you are freed, but also your child will have more freedom."

My friend said, "I put down!" I said to him, "Putting down is getting liberated. The more you put down, the more freedom you will have."

Now, let me share a story about putting down with you. The story is nothing related to what I just said about raising kids. It's just about putting down.

Once there was a cultivator. He came to the Buddha with a bunch of fresh flowers and the most sincere heart. The Buddha knew why he came here right away, but he still asked, "What do you want?"

The cultivator said, "World honored one, I am just a cultivator. I want nothing, but the Great Way."

The Buddha told him, "O.K. Since you came for the Great Way, then put down!"



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So, the cultivator put down the bunch of flowers, and he joined his palms together.
The Buddha told him again, "Put down!"
The cultivator was puzzled, and he put down his hands.
The Buddha told him again, "Put down!"
The cultivator asked, "World honored one, I put down the flowers, and then my hands. What else can I put down?"
The Buddha said, "Your mind of pursuing should also be put down."
Right away, the cultivator was enlightened.

Amitabha! Putting down is being liberated. Freeing the mind is being liberated. Only a free and still mind can see through reality. Seeing through reality can overcome birth and death. However, keep this in mind, putting down is not giving up!

Thank you everyone for being here watching this video. Have a joyful and blessed day! See you next time. Bye.