



Nancy, 02/20/2021

Hurt?

Hi, everyone, this is Nancy. Today is Feb. 20th. How are you doing? Have you been hurt, misunderstood, mistreated, betrayed, scolded, yelled, cheated, belittled in your life? In those moments, how did you feel? How did you react? Did anger arise? Did hatred appear? Did you feel aggrieved? Once when mistreated, I asked my master and my master just said these simple words, “The true heart will never be hurt.”

The true heart will never be hurt. What is hurt is just the false self, the ego. So no matter how others treat you, that’s insubstantial.

Not long after the Buddha was enlightened and turned the Dharma wheel in the Deer Park, he and his first five disciples often walked by the Yamuna River.

One morning, on the riverbank, the Buddha met a young man named Yasa. Yasa was a wealthy man and lived a rotten life at that time. He indulged himself in music, beauty and wealth. Though at first, he enjoyed these things, but later he found no peace anymore. Especially, the day before he met the Buddha, he spotted that the dancer he fancied was flirting with a musician. When seeing that, hatred and anger filled his chest. He was so mad. He stumbled from his house in the middle of the night and came to this riverside. When the Buddha saw him, he was yelling, “I suffer, I suffer.”

After he recognized that this was the great, enlightened Buddha he had heard about, he said to the Buddha, “Please help me. My heart is full of pain.”

The Buddha kindly placed his hand on Yasa’s shoulder and said, “Yasa, don’t worry about your delusions any longer. By seeing me, you have brought peace to your mind. Now calm down and contemplate this: where can you find an everlasting banquet in this world? How can one stay with their loved ones forever? Do not be sad. This world is insubstantial. All things are impermanent. Since we cannot rely on even our own bodies, how can we expect faithfulness from others? Let go of worldly things.”

The Buddha’s words extinguished the anger in Yasa’s heart. Looking again upon the Buddha’s compassionate and noble features, he was moved to tears. He pleaded with the Buddha to allow him to become a bhiksu and the Buddha agreed.

We often tend to expect others to be always good. This expectation often leads to dissatisfaction, complaint, or even hatred and anger. More or less, everyone has some kind of defect including ourselves. In this great sea of suffering, it’s important to stay as an observer and have an isolated inside peaceful world. Remember the Buddha’s words, worldly things are insubstantial. Smile, let go and return to our true self.

Amitabha! Don’t complain. It’s always our own fault. At least our wisdom is not enough; our attachment is always playing a role; our Samadhi power is not deep, and we tend to look for



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permanence from impermanence, let alone our own greed, hatred and ignorance. It's important to perfect ourselves instead of picking others' fault. And also, when we change ourselves, others change too. Thank you everyone for being here. I will see you next time. Bye!