

## How to lengthen your life?

Hi everyone, this is Nancy. Today is Mar. 25th, 2022. How are you doing? Today, let's talk about longevity. People long for longevity. All living beings want to live. How to live long? You might say "eat healthy", or "sleep early get up early", or "exercise daily". Today, I would like to share with you a story. From it, you will understand one method to lengthen your life from the root. This is just one of the methods that work.

Once there was an Arhat who had a novice following him to cultivate. One day, with his supernatural power, the Arhat knew that the novice was dying in seven days. Out of compassion, the Arhat gave the novice seven days of vacation and allowed him to go home to take a look at his parents.

So the novice said goodbye to his master and was on his way home. On the road, he saw a swarm of ants trapped in the middle of the river. They were struggling and helpless. The novice felt pity to them. He took off his cassock, filled it with soil, blocked the water current, and then transferred the ants to a high dry ground. All the ants were saved.

Seven days later, the novice returned to his master in one piece and the Arhat was surprised to see him back. He wondered why the novice's fate had been changed.

So he entered into samadhi, trying to find out what happened during the past days. He saw the novice rescuing the ants and understood right away that it was his compassion that rescued not only the ants' life, but also his own life.

All living beings want to live and all have their spirit. Once I mentioned that if I work in the garden and accidentally hurt the ants, they would come to me in my dream. Our hearts are connected without boundary or limitation. It's our minds that isolate us.

To live a long life, do not kill other living beings, and at the same time, release and give chances to others to live. The retribution of killing is short life as the sutra says, and saying others will lengthen our own life.

Amitabha! This is today's Dharma share. As always, I hope this story is inspiring to you in some way. Thank you everyone for being here. I will see you next time. Bye.