



SATIPATTHANA MEDITATION SOCIETY OF CANADA

Greed (Lobha), Anger (Dosa) and Delusion (Moha) will keep a being in the maze of suffering.

Non-greed (Alobha), Non-anger (Adosa) and Non-delusion (Amoha) will liberate a being from the maze of suffering, and experience peace through Awakened Mind.

AWAKENED MIND

By: Sa-yar Myat, February 20, 2008

In this world we have many different religions, ideas and concepts. These exist because human beings exist. Without human beings nothing would. We are the source of creation of all things that are mind made. Humanity with its beauty and ugliness arises out of our thoughts and minds. To understand human race requires insight into self or ego. Self is composed of two factors --mind and matter, and is controlled by two basic emotions --hope and fear.

What is Hope? Hope is expectation or a desire for something or someone. Hope, like, want, desire, craving, grasping, attachment and obsession can be classified under general term greed. Anything or anyone that a person wants to have is always associated with greed.

What is Fear? Fear is a state of mind when you are in a very vulnerable or helpless situation. Not being able to do anything when one is helpless produces anger, and that anger is expressed as fear. Dissatisfaction, dislike, irritation, agitation, frustration, depression, resentment, grievance, fear, hatred and ill-will can be classified under general term anger.

This "Hope and Fear" or "Greed and Anger" or "Likes and Dislikes" are the two basic emotions that is influencing in anything we decide or do. When an opinion, idea or solution is formed about a person or a situation there is a personal bias in the results, because it is based on our likes and dislikes. Hence, one cannot reach a perfect solution or perfect answer. As human beings we think we are very intelligent and smart, but one thing we forget is our intelligence has built in likes and dislikes. Even with the best of intentions we cannot achieve perfection. The fundamental flaw is that we all operate with hope and fear.

Human beings live in a world of hope, fear and ego. Whenever we do something these three are invariably involved. For that reason we all have differences in opinion to a situation. This creates a state of confusion and conflict in our lives. This confused state of mind is called normal state of mind by majority consensus. In reality, we are deluded into believing this. In a dream state we believed everything was real till we wake up. In this so-called normal state of mind we believe we are functioning normally and intelligently even though it is totally influenced by hope, fear and ego. Only when we wake up from this so-called normal state of mind, we will come to know it is an illusion. Understanding of this deluded mind is necessary if one wants to transform the mental state.

A transformed state of mind with no greed, anger and ego is called awakened state of mind.