

Dhamma in Daily Life

An Excerpt from a Dhamma Talk Given by Sayadaw U Pandita
at Tathagata Meditation Center in 2009

In daily life one has to give priority to one's job and worldly matters at certain hours. And also in daily life there should be a certain part of the day where one gives priority to practicing dhamma. When worldly matters take priority you should work diligently, and at the same time try to be as mindful as possible.

Even though you may not be developing *vipassanā* knowledge when working at your job, mindfulness in daily life and having a general knowledge of what you are doing can support your practice. If you keep general mindfulness as much as you can, the defilements will not have as great a momentum than if you were not mindful at all.

Giving priority to worldly matters one can earn an income that can keep one in a higher status in the worldly sense. But earning income in worldly business is not significant compared to dhamma business.

Coming across the Buddha's teaching, it is very important to be worthy of becoming a human in this Buddha *Sāsana*. It is very important to be a true human, to have a humane mind, and to become an extra-ordinary human. One should take advantage of this rare opportunity to practice while it is available (and while one is young and healthy).

If you are giving priority to worldly matters only, maybe you are earning more or have a good standard of life, in worldly terms. But in order to practice during a retreat you need to give up worldly matters. In order to gain the dhamma profit that has more guarantee, you have to give up worldly concerns when you go on retreat

Giving up worldly matters when practicing, you will be uplifted, your mind will become pure and clean, and you will gain *vipassanā* knowledge. When you attain at least the first path and fruition knowledge, you will possess the supramundane dhamma, and will secure a guarantee in life. You should give priority and make time to practice at retreats. Saying that you are too busy with work is not a sufficient excuse.

The Buddha-to-be had made a definite decision to give up the worldly pleasure of being in the palace. And the Buddha gave up worldly pleasures and went to the forest seeking the truth. The Buddha discovered the correct way of practicing. Practicing the correct way, the Buddha became totally free from the gravity of defilements that has been following throughout the round of existences.

Gaining enlightenment the Buddha knew what was the right path and what was the wrong path. The Buddha could lead the beings along the correct path. The Buddha also eradicated personality view.

As a human being coming across this Buddha's dispensation, it is very important to remove this wrong view of personality and being.

When one is pricked by a thorn one should immediately take out the thorn. And if one's hair catches fire one should immediately put it out. In the same way one should urgently remove the wrong view of personality that has been following throughout the round of existences. In removing the defilements one will be free from the gravity of defilements and will become uplifted. That is why it is very essential to practice *Satipaṭṭhāna* meditation.

If one has not discerned the insight of *nama rupa* (mind and body), there will still be wrong view that there is a living soul, person, or being and there can also be the wrong view that there is a maha brahma or creator god. Not being mindful, the defilements, *lobha* (greed), *dosa* (anger), and *moha* (delusion) can arise and gain momentum. So long as there are

defilements arising in momentum and these wrong views, one can reach the lower existences at any time.

The Buddha eradicated all the defilements without any remainder left. And the Buddha became totally purified. The Buddha became worthy of the respect and honor of all beings. Setting the Buddha as an example, yogis should also give priority and time for practice so that they can remove personality view and the defilements that can lead to lower existences. Practicing *Satipaṭṭhāna* meditation, one's life will become secure and free from enmity and danger.