

Confidence (*Saddha*)

(Faith /belief)

If someone hopes to go on the path of purification in mind and real happiness practicing Buddha's message, he or she should develop the quality of faith, belief or confidence from beginning to the end of path gradually. Firstly, confidence is able to arise by seeing, hearing something in Buddhist tradition. Further, it increases listening the Buddha's real message (which relates to understand the karmic law and the dependent origination) and associating the Buddha's noble disciples. As much as you have knowledge about your mind, body and world, you can go on confidence. Generally, we can explain confidence as the faith in the triple gem which Buddha, Dhamma and Sangha. With the knowing of the noble qualities of The Supreme Buddha, his teachings (*Dhamma*) and his noble disciples (*Sangha*) having motivation and positive attitude is faith in Buddhism. It is not such a blind faith. It depends on the understanding of Buddha's message. Buddhism explains confidence as wealth (*saddha danam*). If we are rich in wealth, we are rich in happiness. However that happiness can be changed instantly because it is material, but the wealth of confidence is not like that. While material

The Supreme Buddha says the understanding of suffering causes to increase the confidence. If someone has knowledge the arising of suffering through Buddhism, gradually his confidence increases. At the very beginning he understands that when we do some unwholesome deeds with wicked mind in our life, we will have the bad results, disadvantages not only here after but in this life itself. And when we do some good deeds with pure mind as wholesome, we will have the good results, advantages in this short life itself. If a person has this knowledge, that person doesn't like to suffer further, if he is intelligent. That is why he suddenly motivates himself to get rid of evils and cultivate good in his life, as soon as he can. This is the nature of the confidence. Therefore, Buddhism says all good qualities which are wholesome deeds depend on confidence (*Saddha mulika sabbepi kusala dhamma*).

As much as you have confidence in the triple gem, it is able to develop four other qualities which energy (*Viriya*), mindfulness or awareness (*Sati*), concentration or tranquility (*Samadhi*) and wisdom (*Panna*) for the success of your life. ABV- 3/25/2014