

Right Vision

නිවැරදි දැක්ම

Wisdom or intelligence, which mainly helps us to overcome suffering and attain liberation from defilements, is highly appreciated in Buddhism. The main cause whether we are happy is the level of our wisdom. Our real success depends on how much we have achieved wisdom. Because of that, wisdom has been compared to a gem (පඤ්ඤා නරානං රතන). Wisdom brings purification (පඤ්ඤාය පරිසුඡ්ඤාති). There is no other bright light like wisdom (නත්ථි පඤ්ඤා සමා ආභා). Wisdom is used in several terms in Pali language such as *Samma Ditti* (සම්මා දිට්ඨි), *panna* (පඤ්ඤා), Amoha (අමෝහ). Wisdom should be increased from the beginning till the end to the maximum level of the path of enlightenment. Therefore Buddhism always guides us to gain wisdom through all kinds of advices that the supreme Buddha explained in his entire life. Wisdom in Buddhism is divided into two; the understanding of Karmic law and the understanding of impermanence. As much as we have this understanding, we are able to see the world reality how suffering doesn't arise and what the path of real happiness.

According to Buddhism, four factors help us to develop wisdom. Presenting these four qualities, Buddhism encourages us to practice the path of purification as much as we can. Those four factors are;

1. Association with a good friend who explains the Buddha's real message
(*Sappurisa sansevo* - සජ්ජුරිස සංසේවෝ)
2. Listening to the Buddha's Message
(*Saddhamma savanam* - සද්ධම්ම සවණං)
3. Wise Reflection
(*Yoniso manasikàro* - යෝනිසෝ මනසිකාරෝ)
4. Practicing the message
(*Dhammànudhamma patipatti* - ධම්මානුධම්මපටිපත්ති)

When we associate a noble friend, we can listen to the sublime truth that a Buddha emphasized. Listening to this noble message, we go forward practicing the message with wise reflection. Here, wise reflection plays a main role in the path of enlightenment.

In the discourse of *Sabbasawa* (MN. 1), further the Buddha explains the importance in practicing wise reflection. "The destruction of the defilements is for one who knows and sees, not for one who does not know and see. Who knows and sees what? It is wise reflection and unwise reflection. When one attends wisely, unrisen defilements don't arise and arisen defilements increase. When one attends unwisely, unrisen defilements arise and arisen defilements are abandoned.

The way, that we think not to arise defilements (taints) and increase wholesome thoughts, is wise reflection. Protecting our mind from negative thoughts that are evil which disturb our peace of mind, we develop the mind to the maximum level with high spiritual progress. Mental condition

is the main reason which decides whether we are happy. Mind is the forerunner of all mental conditions (මනෝ පුබ්බංගමා ධම්මා). Also mind is chief (මනෝ සෙට්ඨා) and mind-made are mental conditions (මනෝමයා). By practicing the spiritual path, wise investigation guides us in the correct path preserving the mind.

To reflect on wisely, we should have enough knowledge through listening to the Buddha's Message. Especially, we may have knowledge about the Karmic law (කර්මඵල න්‍යාය), the dependent origination (පටිච්ච සමුප්පාදය), impermanence (අනිත්‍යතාව), the noble eightfold path (ආර්ය අෂ්ටාංගික මාර්ගය), the four noble truth (චතුරාර්ය සත්‍යය), three disciplines (ත්‍රිශික්ෂාව) and three characteristics (ත්‍රිලක්ෂණ). When we experience about the world through our six senses, we are able to reflect on our experience through the Buddha's message. Knowledge is the first step of the path of liberation. Wise reflection and practice of (tranquility - සමථ and insight - විපස්සනා) meditation are other two steps.

The supreme Buddha points out "*I don't see any other important quality like (යෝනිසෝ මනසිකාර) wise reflection which helps to decrease defilements and develop spiritual faculties.*" The wise reflection or wise investigation is related to mindfulness (සති) and wisdom (පඤ්ඤා). Reflection or attention that is always together with mind is a thought. This can be wholesome or unwholesome. Unwholesome attention creates negative thoughts, words and behaviors. It brings suffering. Wholesome attention creates positive thoughts, words, and behaviors bringing happiness.

In our day to day life, if we suffer it means we have lost our wise reflection. We have mistakes, sufferings, tears, lamentations because of unwise reflection. If we can keep wise reflection every moment developing mindfulness, we are able to overcome all kinds of mental disturbances. Our main goal in our lives is happiness. As much as we like to live happily, we have to develop wise reflection continuously and promptly.

Here it is important to know how we apply wise reflection in our day to day life. For examples, when we meet a person, we mostly think about his physical body, and we forget that he or she has a mind. Truly we meet a person in the world because he or she has a mind. If somebody hasn't a mind we never say he is a person. We tell it is a dead body. When we practice wise investigation, as soon as we remember a person, if we are able to reflect on his mind as well as his physical body, we can overcome 50 percent defilements that are arisen by ignorance of reality. Further if we can practice loving kindness meditation about the people, our mind is always ready to forgive anybody. The highest level of practicing loving kindness is looking at others like our only son or daughter. If we have this kind of attitude, it means we have overcome a lot of problems, stress, anger, jealousy from our mind. It sounds that we have overcome a lot of sufferings. On the other hand, as soon as we see a person, if we can understand that person as a result of five

aggregates (forms, feelings, perceptions, mental formations and mind), our mind is in the highest level which is completely free from suffering.

When we investigate our mind, we mostly live thinking about past experiences. More than 75 percent of our time in our, life we live in the past. When we think about our past experiences, unconsciously, our mind goes to the past and we live in the past. Unfortunately, we don't know this nature because of ignorance. Thinking about past is not the fault or cause of suffering. The fault is unknowing that mind goes to the past. Because of this misconception, we experience the past like present. For examples, if somebody has blamed you, when you think about it, you are again blamed. That person has blamed once, but you are blamed again and again because of this delusion. Also when one of your close relatives died, you worry thinking his behavior, as it happens now. We mostly suffer living in the past. To overcome this false impression, we have to live with wise investigation. That is why the supreme Buddha emphasized the importance of practicing wise reflection.

We usually experience through our senses such as eyes, ears, nose, tongue, body and mind. When objects such as forms, sounds, smell, taste reach senses, we experience about the world. The nature of this experience is arising at the moment and instantly ceases at once. Not being occurred (in the past) comes to an occurrence. Being occurred (at the present) would not come to (the future) occurrence. (අනුත්වා සම්භූතං භුත්වා න භවිස්සති). It means if we experience something now, it was not happened in the past in the same way like now. Also present experience doesn't go to the future in the same way. If somebody can understand this reality, he is ready to give up extremes about the past and the future. Also he tries to live in the present moment seeing arising and ceasing wisely with fully awareness.

In this situation to get rid of this ignorance, wise reflection guides us to live in the present moment seeing world reality as impermanence. Our real happiness depends on how much we are clever to live in the present moment. Here, it doesn't sound that we forget our past or future. We may have good memory about the past and the future, but we don't run to the past and future without mindfulness. we see the past and future with full awareness. Buddhism never says to forget the past or the future. When we think about something the past or the future, we may have real awareness that now I read my mind. Here we practice to see the past and the future with full awareness about the present.

To be permanent this experience, we have to follow a path that is the noble eightfold path. It is,

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| 1. | Right Understanding | (Sammà Ditthi) | සම්මා දිට්ඨි |
| 2. | Right Thoughts | (Sammà samkappa) | සම්මා සංකප්ප |
| 3. | Right Speech | (Sammà Vācā) | සම්මා වාචා |
| 4. | Right Action | (Sammà kammantha) | සම්මා කම්මන්ත |
| 5. | Right Livelihood | (Sammà àjiva) | සම්මා ආජීව |

6.	Right Effort	(Sammà Vàyàma)	සම්මා වායාම
7.	Right Mindfulness	(Sammà sati)	සම්මා සති
8.	Right Concentration	(Sammà samàdhi)	සම්මා සමාධි

As much as we have right understanding about the path listening to the Buddha's message, we are gradually ready to practice other steps. Day by day we go forward in this path seeing the reality which is impermanence wisely. These eight steps consist of three disciplines those are virtue, tranquility or concentration and wisdom. With the understanding of The Noble Eightfold Path, we form self-discipline in our speech and behavior. Discipline helps us to go forward in the path of purification practicing meditation. In purification of the mind, we mainly use two meditation techniques that are concentration or tranquility and insight. In the tranquility meditation, we keep our mind with a particular good thought. As a result of concentrated mind, we can live for a long time without suffering and stress, but it is not permanent and it can be changed. Here we practice and develop our awareness especially in mind and body. We practice to do all kinds of activities mindfully. Mindfulness is one of the most important qualities that we have to develop for purification of our mind.

Concentration is not enough to eradicate defilements completely. That is why Buddhism says us to develop another step that is insight meditation for permanent happiness. Here, with the concentrated mind, we reflect all kinds of things that mental and physical on three characteristics of existence (ත්‍රිලක්ෂණ). They are;

- i. Impermanence, අනිත්‍ය
- ii. Unsatisfactoriness දුක්ඛ
- iii. Selflessness අනාත්ම

We do reflection again and again on these three characteristics of existence (ත්‍රිලක්ෂණ). As a result of practicing this world reality, we develop wisdom with the knowledge of impermanence. Simultaneously, we develop five qualities which are confidence (සද්ධා), effort (වීරිය), mindfulness (සති), concentration (සමාධි) and wisdom (පඤ්ඤා). As the result of practicing The Noble Eightfold Path with mindfulness and wisdom, we gradually reach to the real happiness increasing defilements. Final experience of this is living in the present moment with full awareness seeing arising and ceasing without any desirable attachment or destruction. It means we have overcome unsatisfactoriness.

May the Triple Gem Bless you!

තෙරුවන් සරණයි!

May all beings be well happy and peaceful!

(සියලු සත්ත්වයෝ සුවපත් වෙත්වා!)