

SIMPLENESS

Blessed Souls, today our guest is one of my senior disciple - Dhammadinna.

Let us welcome Dhammadinna.

My humble self, place my gratitude and love at my beloved Master's feet.

What I learned from my master after observing him and being with him was his Simpleness.

He taught us that, we tie ourselves with many thoughts in my mind, our emotions and in our daily lives. He taught us that these are like chains, we bind ourselves.

He taught us that nothing remains the same permanently. Everything in nature and human beings are changing all the time. He taught us to look at nature as an example - from one season to another, nature adapts. Nature is flexible and it adapts rather quickly to the changing seasons.

He taught us that all things in life are cyclical in nature. He taught us not to get attached to anything - for they are chains by which we bind ourselves.

He taught us that, we are not the things we value in the outside world. We are not our house, our money, our possessions and even our name. He taught us that when we identify with anything, it acts as a chain to bind us.

He taught us to be grateful for what we have and use it wisely, but not bound by it. This was a difficult lesson for all of us to understand.

He taught us that when we live simply, we are free and easily able to adjust to the changing times in our lives. When we live simply, we can easily be in the flow of life. When we resist this flow, we have sorrow.

He taught us about being flexible and adaptable and he taught us through a story he told us.

A farmer in a village had many trees around his field and he wanted to erect a fence. He took a sphere and made holes in the tree so that he could put some metal chains through these holes to make a fence.

Although it was painful for the tree, it accepted it as a part of its change and in a few months' time, the hole in the tree was fully covered with new tree bark and the tree was healthy and vibrant. Out of the many trees, one tree did not accept this change and fought against it and in a few months' time it started to decay.

In the same way, when we accept the changes, even if it is painful in that moment, we will start to realize later that, that change only brought new and good experiences in our life.

He taught is about to be ever vigilant about self-grandiose.

He taught us that our human mind can take over us and make us feel superior.

He taught us that all human beings are equal in the eyes of God and no one is higher or lower. He taught us to ever be humble and loving in everything we do.

He taught us that love is the greatest healer. Love creates the bridge between human beings and God. Love forgives and Love Cares.

My Master displayed all these qualities in every moment.

I am blessed to have met my precious Master Lord Buddha in that life stream.

I have returned to the earth once more and am in the country you call Korea, where I am a schoolteacher.

With Blessings I take my leave now.

Dhammadinna