



Practical Advice from Ajahn Karuniko

Asking Questions is like watering a new tree. We take and reflect not just blindly believe.

THE CAUSE OF DUKKHA IS ATTACHMENT

When we practise a long time in a peaceful environment, we say we cannot practise anymore at noisy places. That's attachment to the peaceful environment. Sometimes it is good to "rock the boat" to see where we are attached.

Saddha is not inspiration. When we are attached to our inspiration, we experience ups and downs because inspiration is just a condition. Saddha arises when we are sure that the Buddha's teachings is good and we are willing to weather the ups and downs. We keep going when we have Saddha whether we are inspired or not. It is not dependent on external things.

Our practice is a gradual path. At different levels of our practice, we let go of our likes and dislikes. Our duty is just to be mindful, not to be stuck to any phenomena and not to react. To be mindful and equanimous, these two factors go together.

The Buddha's path is Sila, Samadhi and Panna. Whether you are young or old, the path is the same. We continue our practice on mindfulness, paying attention to the present moment. One moment at a time. When we push too hard to get results because we think we are old, that's mixing Chanda (wholesome desires) with Tanha (unwholesome desires). Just continue in your practice and do not expect anything. We set the right causes for our well being, not just wishing to be well. Wishing a stone to float on water is not possible but when we set the right causes, the good results will come naturally like oil floating on water. When we continuously perform goodness, all results will gravitate towards goodness even at the time of our death.

Perfection is not when we do not have any more to add but when we do not have any more to remove.

"Patience is essential on the spiritual path, but delay is not. Patience invites the timeless back in, and practising becomes a waking game, not a waiting game because patience is the state of full wakefulness." Rodney Smith

Saddha. "Regularly ask yourself "Are you seeing any benefit from the practice?" This will charge your confidence and keep you going even when your energy level is low."

- Ajahn Karuniko