

22. Teachers

Aung San Suu Kyi

Buddhists go to a quiet place for prayer and thought during the rainy season. It is called Vassa or retreat. During this period robes are offered and it is better for understanding Buddhist values.

They visit members of Sangha as teachers who lead to Noble eightfold path- right understanding, right thought, right speech, right action, right livelihood, right effort, right mindfulness and right concentration.

Hsayadaw (holy teacher) U Pandita spoke of the importance of samm-vaca or right speech. According to him one should speak not only the truth, one speech should lead to harmony among beings, it should be kind and pleasant and it should be beneficial. One should follow the example of Buddha who only spoke words that were truthful and beneficial even if at times such speech was not always pleasing to the listener.

Five spiritual faculties: Sati (mindfulness), Sadha (faith), Viriya(energy), Samadhi (concentration), Panna(wisdom). There should be a balanced use of the five spiritual faculties.

During her house arrest she practiced meditation. At last she realized the benefit of meditation. She learned that meditation led to increased mindfulness in everyday life.

Four causes of decline and decay:

- ☐ Failure to recover that which has been lost
- ☐ Omitting to repair that which has been damaged

- Disregard of the need for reasonable economy
- The elevation to leadership of those without morality or learning

Memorable words of wisdom expressed by a ninety year old Hsayadaw:
“you will be attacked and reviled for engaging in honest politics, but you must preserve. Let down an investment in dukha (suffering) and you will gain sukha (bliss).”