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Saturday

Feb 2024

WK 06 / 041-325

2024

February

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The Roots of Suffering

• We are continuously contradicting ourselves, each moment. Action goes in one direction, thinking goes in another, feeling is somewhere else. We go on falling apart, we become more and more fragmented. That's what misery is — we lose integration, we lose unity.

• One day Buddha was giving his morning discourse, and the King had come to listen to him. He was sitting just in front of Buddha, and was continuously moving his big toe. Buddha stopped talking and looked at the King's toe. When Buddha looked at his toe, obviously the King stopped moving it. Buddha started talking again, and again the King started moving his toe. Then Buddha asked him, "Why are you doing that?"

• The King said, "Only when you stopped speaking and looked at my toe did I become aware of what I was doing; otherwise I was not at all conscious."

• Buddha said, "This is your toe and you are not conscious. Then you can even murder a person and you may not be conscious!"

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• Many a times in the courts, murderers have absolutely denied that they have murdered. First it used to be thought that they were just deceiving, but the latest findings are that they are not deceiving; they did it in an unconscious state.

→ Investigate this