Messages from B uddha H eart Village No. 1801-001

"Ananda, be your lamps unto yourselves. Rely on yourselves, and do not rely on external help. Hold fast to the truth as a lamp. Seek salvation alone in the truth. Look not for assistance to any one besides yourselves.

"Those who, either now or after I am dead, shall be a lamp on themselves, relying upon themselves only and not relying upon any external help, but holding fast to the truth as their lamp, and seeking their salvation in the truth alone, shall not look for assistance to any one besides themselves, it is they, Ananda, among my disciples who shall reach the very topmost height! But they must be anxious to learn."

The above quotations are Skyamuni Buddha's last instructions. Read it carefully and feel it. We cannot miss the point that we must be an independent searcher, searching for the true self, the intrinsic nature. We must walk the path alone and cannot find a proxy. We cannot rely upon our parents, our children, our teachers, or even the Buddha.

To be a Buddhist means to become a Buddha. That means we must educate or transform ourselves to the perfect state of body-mind. The perfect body-mind has no boundary, no shape, no obstructions; it pervades space as the fields of gravitation and electromagnetism. Since this body-mind responses to all dharmas, as a television or a radio to broadcasts, it is called the Dharma Body. We may say that a Buddha is an independent, free, and happy person of immeasurable wisdom, Samadhi, and compassion. To avoid being drifted in this turbulent world, we must have a goal. Can we find a better goal than becoming a Buddha? No, I cannot.

Now, my dear Dharma Friends, let us walk the path of truth with determination and courage. Walk alone without the fear of being lonely, because all Buddhas and Bodhisattvas have trodden the path before us. If you want to be enlightened as a Buddha, walk The Way. This is the Buddha's way, the only way.

A Buddha Heart Villager

James Ry

James C.M. Yu (Kuo K'ung)

Kuo K'ung's understanding of the teachings of Bodhidharma, the first Patriarch of Dhyana School: There are two ways to enter the Tao: the way of comprehension and the way of practice.

- 1. The way of comprehension is to be enlightened directly by Buddha's Teaching. Deeply believe that all living beings have the same pure intrinsic nature, which has not been revealed to us, because it is covered by our wandering and false thoughts. If we desire to shed the false and return to our nature, the ultimate truth, we have to cut off the attachment to the phenomenal world, to comprehend the self and others as mirages, and to treat the sages and the commons as equal. With such firm and lasting commitments, unshakable under any severe conditions, we will enter the Tao, the Buddha nature.
- 2. The way of practice contains two parts: 1st. Living according to the karmic laws without emotional reactions. 2nd. Demolishing the cupidity thoughts and attachments to the existing and obstructive world.