

A disorderly mind is a liability both to its owner and to others. All the havoc wrought in the world is created by men who have not learned the way of mind control, balance and poise. Calmness is not weakness. A calm attitude at all times shows a man of culture.

Patience and tolerance

Be patient with all. Anger leads one through a pathless jungle. While it irritates and annoys others it also hurts oneself, weakens the physical frame and disturbs the mind. A harsh word, like an arrow discharged from a bow, can never be taken back even if you would offer a thousand apologies for it.

Certain creatures cannot see in the day-time whilst some others are blind at night. But a man driven to great heights of hatred does not observe anything, either by day or night.

Losing what we value

There is always the fear of losing what we have, whether it be possessions or someone close to us. So when we are honest and look closely at what we call "happiness" we find that it is a kind of mirage in the mind, never fully grasped, never complete. *"Your property will remain when you die. Your friends and relatives will follow you up to your grave. But only good or bad actions you have done during your life-time will follow you beyond the grave."*

The following advice gives us consolation when we lose something: *"Say not that this is yours and that is mine, Just say, this came to you and that to me, So we may not regret the fading shine, Of all the glorious things which ceased to be."*

Be calm when making decisions

You should not come to any hasty decision regarding any matter when you are in a bad mood or when provoked by someone, not even when you are in a good mood influenced by emotion, because at such a time the state of your mind is emotional and any decision or conclusion reached during such a period would be a matter you could one day regret.

Allow your mind to calm down first and think it over. Cultivate tolerance; for tolerance helps you to avoid hasty judgements, to sympathise with other people's troubles, to realise that even the finest human being is not infallible. The weakness you find in your neighbours can be found in yourself.

Humility

Humility is the wise man's measuring-rod for learning the difference between what is and what is yet to be. The Buddha himself started his ministry by discarding all his princely pride in an act of humility. He attained sainthood during his life, but never lost his naturalness, never assumed superior airs.

Happiness without harm

There is no meaning in enjoying happiness by causing suffering to another person or any other living being. The Buddha says: *"Blessed are they who earn their living without harming others."* *"Happiness is a perfume you cannot pour on others without getting a few drops on yourself."* You may not be able to change the world according to your wishes but you may be able to change your heart to find happiness. It is only when you have suffered through doing good that you can achieve a greater happiness than others.

Kindness to others

As long as there is one single fellow creature whom you can console by kind words, whom you can enliven and cheer by your presence, whom you can relieve by your worldly possessions, however scanty that charity may be, you are a precious possession to the human race and you should never be disheartened or depressed.

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How to Overcome your Difficulties

by

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Are you worried? Are you miserable? If so, you are invited to read this leaflet. The theme of this leaflet is dedicated to you and to those who worry themselves unduly!

Worries and miseries are twin evils that go hand in hand. They co-exist in this world. If you feel worried, you are miserable! If you are miserable, you are worried. We must face facts. Although we cannot run away from them, we must not let worry and misery overcome us. We must overcome them.

We can do so by our own human efforts, directed with determination and patience. With proper understanding and carefully applied intelligence, we should be able to subdue our emotional feelings and do away with worries and miseries.

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The source of worry

Our worries are of our own making. We create them in our own minds, through our inability to understand the danger of our egoistic feelings and our inflated and false values of things. If only we could see things in their proper perspective, in that nothing is permanent in this world and that our own egoistic self is our wild imagination running riot in our untrained mind, we would be going a long way to finding the remedy to eradicate our worries and miseries.

Man's unhappiness

The Buddha taught that unhappiness comes from wanting the wrong sort of things, the pleasures that money can buy, power over others, and, most important of all, to go on living forever. The desire for these things makes people selfish, thinking only of themselves and not caring about others. And since they do not get all their wishes, they are restless and discontented. The way to avoid this restlessness is to get rid of the desires that cause it. This is difficult; but when achieved, it leads to a state of peace and calm.

Time will heal our wounds

Trouble always passes. Whatever causes you distress today will soon be forgotten. We may fall into a rage over something and later wonder what it was we were so angry about. We may realise what a waste of time and energy it has all been, and how we have continued to be unhappy when we could have stopped it and started to think about something else. But surely there must be something we can do to prevent ourselves from being hurt in the first place. Why should we allow people and troubles to drain our energy and make us unhappy? The answer is, of course, that they do not, it is we who make ourselves unhappy. The cure is to achieve freedom from our selfish desires and to eradicate confusion and ignorance.

Accept criticism

Criticism is like a bitter pill or a painful injection which cures sickness. We must

have the courage to welcome criticism and not to be afraid of it. "The ugliness we see in others is a reflection of our own nature." A man's individual life, circumstances and world are a reflection of his own thoughts and beliefs. Other people therefore are mirrors reflecting how we treat them.

Don't fear failure

Failures are the pillars of success. To learn by our failures is to achieve success. Unless we experience failure and its attendant forces, we shall not be able to fully appreciate our victories. Failures not only help us to succeed, but also make us kind, sympathetic, understanding and rich in experience.

Mind your own business

How nice it is, if you can attend to your own affairs without too much of interference from others. Here is the advice given by the Buddha: "*One should not regard the faults of others, things done and left undone by others, but one's own deeds of commission and omission.*" Again the Buddha says: "*Easy to see the faults of others; but one's own are difficult to see.*"

Don't worry about past and future

The secret of happy, successful living lies in doing what needs to be done now, and not worrying about the past and the future. We cannot go back into the past and reshape it, nor can we anticipate everything that may happen in the future. There is only one moment of time over which we have some conscious control and that is the present. Many people worry about their future. If they have learned to adjust themselves according to the circumstances of their daily life there is no reason to be worried.

Relationship Problems

Many young people worry too much when a friendship is lost. Many such broken-hearted youths lead miserable lives. These unfortunate events can happen due to a lack

of understanding of the real nature of life. Departure or separation is unavoidable. When such things happen one must try to find out where the cause lies. However, if the separation is beyond our control, one must have the courage to bear it out by realising the nature of life.

Understanding and preventing fear

"Wheresoever fear arises, it arises in the fool, not in the wise man" says the Buddha. Fears are nothing more than states of mind. Every human being has the ability to control his or her own mind. Nature has endowed man with control over just one thing, and that is thought. This fact, coupled with the additional fact that everything which man creates begins in the form of a thought, leads one very near to the principle by which fear may be mastered.

A noted British professor was once asked by a student what was the best cure for fear, and he answered, "Try doing something for someone". The astonished student requested clarification whereupon his instructor said, "You can't have two opposing thoughts in your mind at the same time". One thought will always drive the other out. If, for instance, your mind is completely occupied with an unselfish desire to help someone else, you can't be harbouring fear at the same time.

Returning good for evil

If you want to get rid of your enemies you should first kill your anger which is the greatest enemy within you. You should not think that you can only learn something from those who praise and help you and associate with you very closely. You can learn from your enemies also. Don't think they are entirely wrong just because they happen to have a different view. They may also have good qualities. You won't be able to get rid of your enemies by returning evil for evil. If you do, you will be inviting more enemies.

The best method of overcoming your enemies is by radiating your kindness towards them. When you come to know that there is someone who is very angry with you, try first

to find out the cause of that enmity; if it is due to your mistake you should admit it and apologise. If it is due to misunderstandings then you must have a heart-to-heart talk. If due to jealousy or some other emotion you must try to radiate your loving kindness. You may not be able to understand how it works, but the experience of many people shows that this is the most powerful method to overcome conflicts and misunderstandings.

Being honest with ourselves

Whenever we fail to find a solution to a problem, we are inclined to find a scapegoat, someone against whom we can vent our grievance. We are not prepared to admit our own shortcomings. We feel it is easier to put the blame on others and to nurture a grievance against someone. In fact, some of us take pleasure in so doing. This is a completely wrong attitude. We should do our utmost, painstakingly and calmly, to resolve our problems. We must be prepared to face up to any difficulties that we may encounter.

Happiness and materialism

Many things that we hope will give us pleasure are disappointing when we get them, like the three wishes in the fairy tale. It sounds nice to have a lot of money, but if we get it we may find that it brings us worry in deciding how to use it or how to protect it, or we may be led to act foolishly. Many people believe they can solve all their problems if only they have money; but they fail to realise that money itself has its attendant problems. Money alone cannot solve all problems. The more we have, the more we desire to have; so we never reach lasting contentment.

Control your mind

Man's mind influences his body profoundly. Unwholesome thoughts can cause disaster and can harm other beings. When the mind is concentrated on right thoughts with right effort and understanding the effect on one's well-being is immense. A mind with pure and wholesome thoughts really does lead to healthy relaxed living.