



**PIPO**



*Source Code*  
*072*

# Introduction

*PJPO Source Code 072 is the first publishing from World Peace Initiative Foundation, on the occasion of the grand opening of the new office headquarters, in Thailand, on August 27th.*

*The word "PJPO" is commonly used among the Peace Revolution Community and Peace Agents (country representatives) around the world, it stands for "Peace In, Peace Out". We believe in the principle of cultivating our own inner peace (individual peace, or peace in) before spreading peace out to the world (world peace, or peace out).*

*Our PJPO theory and practice is designed like a Source Code supplied in our modern technology, that is relevant to people from all walks of life. This knowledge was rediscovered in 1917 (or 2460 B.E.) and has now spread to many thousands of people, from over 200 countries.*

*072, is our unveiled secret code; 0 denotes the center of the body, which is the home of the mind at the 7th base, 2 fingers width above the navel. When the mind rests here, it will be Sabai. Sabai is a Thai word, meaning relaxed and comfortable, which you will see many times in this book.*

*This Book is a collection of the priceless teachings of Luang Por Dhammajayo, The Abbot of Dhammakaya Temple in Thailand, and the most respected and experienced meditator for 45 years, since his ordination in August 27th, 1969 (2512 B.E.). We would like to share his wisdom and practices which are universal, impeccable, yet practical in regard to Meditation and Self-development; helping us to deal with our chaotic and unforeseeable future.*

*We sincerely hope that this book will provide great inspiration in keeping your meditation practice on a daily basis, as well as being a valuable guidance for a wholesome life, where suffering and negative emotions can't overcome your pure and beautiful mind.*

*Last but not least, we would like to give special thanks to our editorial team; starting with Mr. President, Dr. Sith Chaisurote, who let no detail pass without correction; Matthew Witt, our Artistic Agent from the First Artistic Meditation Retreat in 2014, who supported in editing; as well as Emma Brewin, our Media Agent since 2011, who encouraged and helped with this endeavor from the very beginning. Without them, it would not be possible for this first edition to be in your hands today.*

*Ping Ping Worakate  
Vice President  
July 2014*



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*Luang Por Dhammajayo*



# Chapter I

*The Art of Living*



## ❧ Darkness ❧

*Having an education helps with  
our ordinary existence,  
Yet we do not place emphasis on  
gaining knowledge for our own salvation.*

*Those in the world who stand in the sun  
actually live in darkness,  
for they do not know how to truly live.*



## Shadow

Wherever we are;  
below water,  
on the ground,  
on a mountaintop,  
in space,  
or on whatever planets,  
in any galaxy;  
if we create an action  
in our body, speech, or mind;  
whether positive or negative,  
significant or insignificant,  
intentional or unintentional;  
the consequences of such actions  
will follow us, like a shadow.  
This is the knowledge that we need to know.

## Freedom of the Mind

*Joy from meditation is unique.  
It is joy that is great and free,  
expanding farther and farther.  
When the body and the mind  
reconcile and unite as one,  
the unimaginable will happen.*

## ❧ Inner Body ❧

*The ultimate purpose of life is within us.*

*It begins at the center of the body,  
at the 7<sup>th</sup> base of the mind.*

*Be still at the center of the body;  
the entrance to the inner body.*

*When we reach the inner body;  
we transform from  
the unwise, to the wise;  
from being ignorant,  
to being bright.*

*That which is hidden becomes known.*

## Keep the Practice

*Today we practice to maintain  
stillness for 5 minutes.*

*Tomorrow, we practice again.*

*If tomorrow our experience  
is worse than today,  
we ignore it.*

*If tomorrow our experience  
is better than today,  
we also ignore it.*

*Regardless of our conditions,  
we keep practicing.*

*This is the way to Perfection*

# ❧ Stopping the Mind ❧

*“Stopping the mind is the key to success”,*

*means:*

*that in order to obtain  
Dhammakaya\* within,  
the mind must be able to stop.  
Otherwise, the inner experience  
cannot be observed.*

*Stop thinking,  
stop talking,  
stop doing everything,  
as we gain nothing.*

*Only be still,  
calm, and comfortable.*

*Then we can embrace our inner experiences,  
which is the purpose of our life.*

*\*Dhammakaya is the purest state of human nature and embodiment of knowledge, which lies within your body, and can be attained by anyone regardless of religion or belief.*

## Life Design

*To stop and to be still  
depends on our own  
attentiveness or laziness.*

*It depends on us.*

*If we are willing to  
put in the effort,  
then we can obtain stillness.*

*If we are not willing to put in the effort,  
then we cannot obtain stillness.*

*We design our own destiny.*

# ❧ Forgive Yourself ❧

*To forgive oneself and others  
helps our mind become joyous,  
and is a good foundation for meditation.*

## Success Recipe

*With a mind that is clear and at ease,  
we can achieve anything.*

*If our mind is at the 7<sup>th</sup> base  
(the center of the body),  
anything can be achieved.*



## Self-healing

*Be kind to yourself,  
love and care for your mind,  
don't let it down.*

*Don't hurt your feeling,  
keep it Sabai\*,  
and it will become peaceful and calm.*

*When the mind is comfortable,  
it will rest in peace,  
and you will find true happiness.*

*With this clear and Sabai mind,  
your body will be refreshed and healthy;  
negatives will evolve into positives.*

*\*Sabai is a Thai word that means relaxed and comfortable.*

## See Yourself

*When you sit with yourself,  
within yourself;*

*you will begin to see yourself  
within yourself.*

*You will start to see who you really are,  
and you will live a life,  
true to yourself.*

## ❧ Distract from Purity ❧

*Though we want to be  
clean and pure;  
without our action,  
we cannot attain that state of the mind.*

*To pray for it to be  
clean and pure  
will not allow us to attain it.*

*The purity will arise  
when the mind is at standstill.  
It will come by itself, automatically,  
no need to pray,  
or to make a wish.*

*Hence, stopping is the critical element;  
we have to do it  
and it is not difficult.*

*The mind is ready to stop,  
still is its natural state.*

*We drag it out of stillness  
during the day.*

*So many distractions keep us away from  
the purity of the mind.*

*If we fail to take good care of our own mind,  
we lose the ability to possess this purity.*

## ❧ Good Memory ❧

*We have to fill our lives with goodness,  
so that our mind only stores good memories.  
Though we will depart from this world one day,  
the good memories we gradually collect  
will make us proud forever.*

## Will Power

When your mind is more delicate, still,  
and connected to the pure source,  
the will to do good deeds  
will arise even more;  
helping you to attain  
and gain inner wisdom.

The wandering mind,  
moving back and forth like a monkey,  
lacks power due to the 5 obstacles\*  
making the mind wild.

Once it becomes still and connected  
to the source of energy,  
your morale and spirit will appear.

\*5 obstacles are the negative characters of the mind that hinder the progress of purification, these are sensual mind, angry mind, sleepy mind, wandering mind and doubtful mind.

## ❧ Love Yourself ❧

*To love yourself is different from being selfish.*

*To love oneself means to purify oneself,  
and to be happy at all times.*

*All things that come to our mind  
and our 5 senses;*

*sight,*

*sound,*

*smell,*

*taste,*

*touch;*

*both good and bad,*

*we must choose to opt for the good,*

*and let all be at the 7<sup>th</sup> base;*

*the center of the body.*

## ❧ No Shortcut ❧

*There is no shortcut  
to attain Dhammakaya.  
You must gradually develop  
purity,  
delicacy,  
and stillness of the mind.*



## ❧ Tastier than Ever ❧

*Just stop for a while  
and see bright light  
or a crystal sphere.  
You know how tasty it is.*

*When you stop deeper inside,  
and you see yourself  
with different layers,  
it will be even more tasty.*

*The taste of peace  
is more delicate,  
more overwhelming,  
more enjoyable,  
than any other tasty things  
you find in this world.*

## ❧ Rising Sun ❧

*Though today you may only see darkness,  
one day you will find a light;  
as darkness can't stay  
longer than 12 hours per day.*

*The sun will rise to shine its golden ray.  
To chase away darkness,  
which is the same as  
the inner darkness.*

*One day, when the mind is more purified  
and stops with right balance,  
the brightness of purity will show up.*

*When there is a light,  
the picture will follow.*

*All these things exist and wait within,  
no need to seek for it.  
Just do it right.*

*Truth of Life  
from Within*

*What we all yearn for  
is the unknowable knowledge;  
the knowledge from inside.*

*We all want to know the real meaning  
and the truth about life  
that no academics can provide.  
You have to learn by yourself,  
within yourself.*

*Boon is  
the Driving Force*

*Boon is the great reward we achieve  
from giving,  
keeping the acts of self-discipline,  
and meditating.*

*We meditate  
to purify our mind,  
to be clear and bright.*

*The more the mind is absent from  
greed, anger, and delusion;  
the more Boon you will possess,  
and the more pure energy resides within us.*

*When we have enough Boon,  
whatever we wish for will be successful.*

*Happiness, achievement, and fulfillment  
will be given to us, until we feel  
we don't want for anything  
except to meditate more and more,  
to be in the center of the center;  
closer to the ultimate destination.*

## *❧ We are the Light ❧*

*When we become the light,  
the world will be brighter.*

*We are lucky to have seen the light before many  
so we must share it with them.*

*Starting from the smallest world we know;  
our family,  
then expand to our workplace,  
and be bright and brighter  
wherever we go.*

## Impermanence

*Things in our body will be depleted,  
despite our fight.*

*For example;  
our teeth will be decay and erode  
and our hair will fall out.  
Finally, our freshness and beauty will be gone,  
as these don't really belong to us;  
it is all impermanent.*

*Hence, departure is normal.  
If we do not separate from it,  
it will be separated from us anyway.*

*This is the fact for all human, animals, and matter.*

## ❧ Universal Suffering ❧

*Someone may want this,  
but get that.*

*We choose our spouse  
because we think  
we will love each other forever.*

*At the beginning  
it is sweet, but then  
it changes through time.*

*Everyone has to face something;  
we do not love and like  
in terms of  
people, animal, and things.  
Separation is an ordinary element of life,  
and suffering is universal  
for every living being.*



*The Lord Buddha found the way out,  
and whoever follows his practice  
to attain the ultimate peace  
will become  
acknowledged,  
awakened,  
and overwhelmed.*

*When we know our own story,  
awake from this Matrix,  
the mind will be joyful and peaceful as a result.*

## ❧ No Fear of Death ❧

*When we can achieve  
stillness and neutrality  
the great feeling will replace suffering.*

*At the stage close to the death  
we are oppressed to the extreme  
that we would like to leave  
our own body.*

*But if we could crystallize our mind  
we would not fear death.*

*Hence, nurturing our mind to be  
clear and bright is crucial.*

*Live today as clear and bright as we can.*

*Darkness will not stay  
more than 12 hours;  
on the 13th hour,  
the light will be there.*

## ❧ No Excuse ❧

*We have no clue  
when we will die.*

*We all must die  
without knowing the date,  
time, place, or the exact cause.*

*We all have to die, certainly,  
so let nothing obstruct us  
from training our mind  
to be still and to stop.*

*To make excuses  
is not reasonable.*

*When we have less Boon,  
we have more obstacles.  
That is simple and logical.*

*Boon, or the purest energy  
will arise automatically  
when meditating.*

*To be lacking of this Boon  
means we also lack power  
to win the battle of life;  
to minimize the problem we are facing.*

## ❧ The Wave of Life ❧

*Obstacles are there to overcome.  
The sea is beautiful with waves.  
When you surf without waves  
you will feel frustrated.*

*The same of the sea of life;  
the waves make it beautiful.  
Obstacles are a healthy challenge in life.  
Just keep your mind at the center  
and you will be happy  
in surfing over the waves of life.*

# Life is Challenging

*Life is not as smooth as silk at all times.*

*Sometimes it is up and down  
like the mountains in a jungle,  
some small, some large,  
some tall, some short.*

*Whenever you face those challenges,  
there is no need to be weary or discouraged.*

*You can lose everything  
except your peace of mind.*

*Hold the will power  
to overcome those challenges.*

*Fight with your wisdom  
and high spirit  
whenever you feel down.*

## ❧ Spirit and Morale ❧

*We were born to pursue good deeds,  
so we must do it wholeheartedly.*

*We must use our days for this purpose.*

*Time passes quickly.*

*Just close and open the eyes  
a few times*

*and it is the end of the day again;  
then it's not long  
until life is gone.*

*Do not let our spirit and morale down.*

*Do not rely on others' encouragement,  
or even ask for inspiration, like the beggar.*

*A lack of wealth can be fixed,  
but do not let your mind  
lack spirit and morale.*

## ❧ Inspiration ❧

*Inspiration is within us;  
take it out and use it  
as much as you want.*

*There is endless amounts;  
bigger than the Himalaya mountain,  
larger than the ocean,  
a sea of inspiration with endless coastline.*

*Educate yourself like this  
and practice it regularly.  
No need to feel weary, bored, and desperate,  
as inspiration will be with you forever.*



## ❧ Weary ❧

*Weariness brings about despair.  
Change discouraged to challenged,  
and you will find the best way  
to overcome.*

*Simply stop thinking about it.  
Raise our spirit up like a flame  
and go on to pursue acts of good deed  
with the confidence that  
we will, one day, receive  
the fruit of those deeds.*

## Wisdom

*Problems can be solved by wisdom.  
Wisdom will arise when meditating.  
Samadhi (or Meditation) is the well of wisdom;  
stilling the mind at the right balance  
will attain the source of wisdom,  
that we can use to fix any problem.*

*With a clear mind  
full of pure spirit and knowledge,  
sooner or later, the problem will unravel.*

# Source of Peace Energy

*Do not let your mind suffer,  
still your mind to be at peace.*

*Do not lose the peace of mind.*

*The mind is the source of peace energy,  
the source of willpower,  
the source of wisdom,  
the source of all collective Boon.*

*Boon will clear the problems  
which arise from negative energy  
and our own bad Karma\*.*

*Boon is the only tool to  
fight against our mistakes.*

*The power of positive energy  
and good Karma  
will kill the negative energy  
and bad Karma.*

*This is the core concept of Boon,  
the source of Peace Energy.*

*\*Karma (or Kamma) is a Buddhist term which means action.*

## ❧ Collapse of Suffering ❧

*Whenever you are suffering,  
think about Boon.*

*To be relieved from suffering,  
start to meditate.*

*When we reach  
the state of inner peace,  
happiness will encompass us.*

*We will forget our suffering,  
and instead, be full of joy.*

*Suffering will collapse  
like a flame burnt out after rain.*

*The mind will evolve  
to the higher state of purity.*

# Positive Thinking

*If we are smart in thinking,  
we will choose only the positive thoughts  
that honour ourselves.*

*We can find happiness in our daily life;  
it all depends on what we choose to think.*

*If we want to be worried,  
think worrying thoughts.*

*If we want to be happy,  
think about happiness.*

*No one forces us to think,  
we are alone with our thought.*

*To be sad or happy  
Is up to our own thought.*

## Save Our Stronghold

*As you know,  
suffering is temporary.  
We must understand this fact  
and minimise it,  
just forget about it,  
as if you never experienced it.*

*Stop thinking about it and  
still your mind softly.  
When you can't conquer any more,  
save your stronghold,  
save your stronghold firmly.*

## ❧ We are not Alone ❧

*Don't think we are suffering  
alone in this world,  
let's think about good things in life.*

*Forget about bad and sad things,  
relax yourself.  
Rest in ease and peace,  
with your mind at the center.*

*Keep searching by  
the shining light from within  
and we will find the way out;  
away from sadness, drowsiness,  
stress, boredom, and loneliness.*

## ❧ Inner Strength ❧

*We have strength  
hidden within us.*

*It's up to us how we utilize it  
in the face of suffering.*

*Do not lose peace of mind,  
keep a smile on your face,  
and you will find the way out.*



## ❧ Inner Light ❧

*When we relax ourselves  
and calm down our mind,  
we will see the inner light.*

*We will see the center of the body.*

*We can use this path  
to rid our own self  
of suffering.*

## ❧ Inner Treasure ❧

*Even if we lost everything in life,  
we would still have our breath  
and the center of the body.*

*We should start from this point.  
When the mind becomes  
still and peaceful,  
wisdom and willpower  
will erupt to clear all problems.*

*Even if our wealth has gone,  
we can strive to regain it.  
If we still have our treasure  
residing within,  
alongside the clean mind,  
we will retrieve our wealth.*

# Motion Outside, Stillness Inside

*Your work is actually a hobby  
that you could do together  
with your inner work.*

*That is to still your mind at the center,  
moving outside for any chores or activities.  
From study, housework, doing business;  
whatever they are,  
we can control our mind to be still  
through changes in environment  
and unexpected situations.*

*Do not let our mind suffer;  
let it be the coolest spot  
at the center of the furnace.*

## ❧ The 7<sup>th</sup> Base ❧

*Our center of the body is like  
a giant library without boundary,  
that can answer all the questions  
and can transform our life.*

*It is the source of vast willpower  
to pursue perfection,  
for ourselves and others.*

*To be able to center our mind,  
it is like to start a new life,  
which is achieved from a stilled mind.*

## ❧ Nothing Worth ❧

*Many times we waste  
our time and emotion to  
trouble and pressure  
when it's not worth the lost energy.*

*There is nothing more worthy of our time  
than stilling the mind to a stop.*

*Stopping is the key to success;  
making us more satisfied with our life,  
making us enjoy every moment,  
and helping us attain true happiness.*

*Stopping helps us to spread  
the purest, most powerful  
love and kindness to all beings,  
regardless of race, religion, and nationality.*

## Revelation

*Attaining happiness from meditation  
will give us a sense of joy and refreshment  
which will expand from our mind to  
our nerves and muscles.*

*It will make our nearest and dearest,  
as well as other people,  
notice the difference.*

*It will attract them closer to us,  
as it makes them happy too.*

*Our positive energy will unveil  
stress and impurity in the minds of other people.*

*Our environment will become much cleaner.*

*It will help us to minimize dispute,  
or keep it at an acceptable level  
for collaboration  
in order to reach the goal.*

## Being Chased

We must meditate to attain  
true happiness inside  
which only occurs when  
we bring back our mind into our body.  
When the mind becomes still,  
happiness will chase us,  
rather than us chasing happiness.

For the still and focused mind;  
whatever we think,  
whatever we speak,  
whatever we do,  
shall all be great.  
As a result, our life is full of  
happiness and success,  
we see nothing as a problem anymore.

*Meditation will decrease our own disputes,  
disputes among family members and strangers.*

*We have the power to  
avoid bad Karma.*

*The ability for tolerance  
will develop internally,  
of its own will,  
without force,  
without trying,  
as life has a fundamental principle  
of happiness.*



## Happy Sun

*The internal sun will arise when  
our mind is at a standstill.  
It will be like a bright object  
shining day and night.*

*The ordinary sun shines half a day  
then fades away.  
But when we attain the internal sun,  
our life will never be in darkness.  
Whatever incident we face,  
though we cannot change it  
as we wish,  
we can overcome it;  
as we connect with the happy sun inside.*

## ❧ Mind Exercise ❧

*We all have a chance to  
attain Dhammakaya everyday.  
If we do, we can make it.  
If we do not do, we can not make it.  
It is all in the doing.*

*Diligent or lazy to take action?  
There is no need to ask  
for inspiration from anyone;  
it lies within us, in plentiful amounts.*

*Just withdraw and use it,  
no need to be thrifty;  
the more we use, the more we have,  
which is weird but same as exercise.*

*If we just lie idly, we have no strength.  
We have to exercise  
to energise our body.*

*The mind applies the same theory;  
the more you exercise your mind,  
the stronger and more powerful  
it will become.*

## True Victory

*The one who wins the inner battle  
is the real braveheart  
as the true battle is inside,  
not outside.*

*We have to fight against our own  
greed, anger, and delusion,  
as they cause problems to  
ourselves and the world.*

*If we move through  
the suffering and darkness  
that lies within,  
the world will be in peace,  
and victory will truly be with us.*

## Win the Heart

*If we are patient, forgiving,  
and continue to do only good deeds,  
we will win over their minds eventually.*

*This is the only correct way.  
Like a tree returns hatchet with scent;  
to negative actions,  
we should return  
only good deeds.*

*Finally the victory will be with us,  
permanently and sustainably.  
We will win the hearts of the others,  
and we will receive only  
love and care.*

## Be Like the Sun

Whether we are alone or with others,  
we will still find problems.

Problems can be found everywhere.

We can deal with  
that problem with our  
wisdom and spirit,  
which arises when the mind is  
still and focused.

Come to be the one who gives light,  
like a sun that will never expire.

The sun rises everyday, no matter  
how many sunset we see.

Do not keep your distance from meditation.  
Place your mind at the 7<sup>th</sup> base at all times  
and we will possess happiness and light;  
and like the sun we can share our light  
to all those around.



# Chapter II

*Nature of the Mind*



## ❧ Harmful Mind ❧

*For a person who doesn't take care of the mind,  
who lets it wander in mindless issue,  
life will be chaotic and harmful;  
not only for themselves,  
but also for the people around them.*



# Sensitivity of the Mind

When we know  
the nature of the mind  
is to be very sensitive  
to purity and non-purity,  
we will be encouraged to take care of it  
and keep it as clean and pure as it can be.

We will allow our mind  
to be full of joy and happiness  
via the process of meditation.

We will allow the mind to be  
full of integrity and goodness,  
full of beautiful memories,  
and this will affect our life positively.

## True Self

To be able to know our true self,  
we have to let the mind be neutral.

This derives from stillness;  
away from a generic frame of  
thought or idea,  
away from what we have been told,  
away from what we have heard of,  
away from all study and hypothesis.

Once it is detached  
and free from everything,  
it will become its own master.

If we can achieve neutrality,  
we will get to know our own true selves;  
the real you and me.

## ❧ Regularity ❧

*The mind itself desires  
to be happy and still at all times.  
To sustain purity of the mind  
is not difficult,  
as long as you are not being careless.*

*However, if you are being careless;  
not centering the mind regularly  
and delaying your meditation,  
or becoming overconfident  
with the practice;  
gradually the mind will become hardened  
and drift away from its source  
of purity and happiness.*

Stopping is  
the Key to Success

*To be successful in the material world  
and in the spiritual world,  
stopping is the first thing to do.*

*To write a book,  
one has to grasp a pen and a paper firmly,  
before starting to write.*

*To drive a car,  
one has to stop before  
starting the engine.*

## ❧ Stop Before Start ❧

*When in search of a solution,  
start with stopping and stilling the mind.*

*This will help you to see  
the root cause of the problem.*

*The mind will travel back  
to the source of wisdom  
and be able to solve it,  
softly,  
creatively,  
and effectively.*

## ❧ Samadhi ❧

*When the mind concentrates and focuses,  
that moment is called  
Meditation (or Samadhi).*

*Meditation allows access  
to the well of inner wisdom.*

*Problems will unravel  
when you start with this simple step.*

## ❧ Problem Solved ❧

*Start from the tiny spot,  
which is our own mind.*

*By letting it be empty,  
free, fresh, Sabai and focused;  
the problem will be gradually solved.  
We will be shown the way to fix it,  
step by step.*

## ❧ Universal Love ❧

*When attaining Dhammakaya,  
the feeling of universal love  
will automatically arise.*

*This is the purest love,  
to give and share,  
allowing all to be happy  
and to suffer no more.*



## Mastered Mind

*We should postpone our cloudy,  
worried, anxious, sad, stressful  
state of the mind for a while,  
as the mind has  
its own power to master.*

*If you want to feel stressful,  
think about stressful issues,  
you will achieve that state of mind easily.*

*If you want to feel worried,  
just think worrisome thoughts  
and you will achieve that state of mind easily.*

*However, if you want to have  
a clear and bright mind,  
just think about happy memories, cool stuff,  
and great people like the Great Master.*

*If you imagine a clear thing,  
like the crystal sphere  
at the center of your body,  
your mind will attach to its purity.*

*It is all up to ourselves,  
as the mind has  
its own power to master.*

## ❧ Vaccinated Mind ❧

*A mind which does not meditate  
will be wandering and lacking in power.*

*This allows a chance for sadness,  
boredom, stress, worry,  
and other negative emotions  
to occupy the calm space inside.*

*However, the mind can be vaccinated,  
and protected from negative feelings,  
simply by meditating regularly.*

## ❧ Systematic Mind ❧

*If the mind loses focus,  
moving here and there all the time,  
it is not ready to handle anything.*

*In study, teaching, working  
or whatever you want to do,  
if the mind is not systematized,  
it is not yet ready  
to embark on these tasks.*

*When we have developed the mind  
to become more systematic,  
that is the right time to start  
working on things.*

## Just be Still

*Whenever you can not figure out something;  
just leave those thoughts alone,  
calm your mind down,  
and you will find a way.*

*Solutions will be found  
when the mind is at ease and Sabai.*

*It is not difficult;  
just be still  
and your inner wisdom will be given  
a chance to emerge  
with more confidence than ever.*

## ❧ Process of Meditation ❧

*Meditation will help us survive  
with peace and happiness,  
in this turbulent world.*

*With a quality mind,  
we will see things differently,  
even though all things are the same.*

*The change is in our mind  
which we transformed  
from wandering to become  
focused firmly inside.*

*The mind will expand,  
we will see all beings as sentient,  
all things will become beautiful and joyful,  
and a smile will appear on your face.*

*Like the flourishing flower  
that is made fresh by water;  
the mind will flourish in stillness,  
through the process of meditation.*

## ❧ Focused Mind ❧

*When the mind focuses  
at the center of the body,  
we can live a happy and peaceful life,  
feeling Sabai in both body and mind.*

*To practise meditation will make us happy.*

*We will sleep easily,  
with no nightmares.*

*When we dream,  
it will be of something beneficial.*

*Upon waking,  
we will feel like we have visited  
the purest source of peace energy,  
the biggest source of happiness,  
the greatest source of wisdom,  
that has no limit.*

*Endless willpower and confidence  
will arise upon waking.*



## ❧ Synchronized ❧

*If we meditate everyday,  
our mind will become familiar with the center.*

*We will become accustomed to stillness,  
the mind will be lighter and softer,  
our thought, speech, and action  
will be greatly improved.*

*We will be more systematic,  
more synchronized,  
more efficient.*

*We will think positively,  
speak nicely,  
and carry out good deeds.*

*We will resist the worldly  
desires and temptations  
that distract our mind  
from its pure state.*

*We will be able to maintain its quality,  
to be strong, inside and outside.*

## ❧ Lively Stillness ❧

*Be wise in maintaining our emotions.*

*If negative emotions arise,  
do not let the mind be clouded by them.*

*Do not hold on to those emotions,  
forget them.*

*Do not lose the feeling of ease,  
be neutral to other emotions that affect us.*

*Not a gloomy stillness,  
rather a lively stillness.*

*Unyielding stillness in consciousness.*

*Anger can be extinguished  
by stopping and stilling the mind.*

## Conciliation

*If we can compromise,  
no problems arise to be reconciled.*

*When it seems  
as if we are defeated;  
just agree to smile,  
agree to stop,  
agree to calm down and listen,  
agree to conciliate,  
agree to win,  
not to be defeated.*

*If you can convince another's mind,  
you are the winner.*

## Extinguish Anger

*Technique to extinguish anger:  
When you are angry or clouded,  
breathe out and hold your breath.*

*As you do so, let go of the trouble  
that is causing the anger.*

*When it is gone, breathe in.  
Let the fresh air replace cloudiness.*

## ❧ A Thought at a Time ❧

*Only a single thought  
can enter our mind at one time.*

*If we have a positive thought,  
neither a negative nor a neutral thought  
will enter our mind.*

*If we have a negative thought,  
neither a positive nor a neutral thought  
will enter our mind.*

*If we have a neutral thought,  
neither a positive nor a negative thought  
will enter our mind.*





# Chapter III

*IN the Meditation*



❧ 4 Nos ❧

*No expectation,  
no rushing,  
no staring,  
no fixating.*

*Do not place emphasis on  
visualization of images  
that we want to see.*

*Be content with whatever we see.  
Observe comfortably, naturally  
just like when we observe  
trees, mountains or sceneries.*



## ❧ Slow the Mind ❧

*First Lesson is to slow the mind.  
It is difficult to stop a car abruptly.  
We need to slow down  
until the car comes to a complete stop.*

*Similarly, we cannot force our mind  
to stop thinking.  
The mind must volunteer to be still.  
That is, we slow our thoughts  
calmly, softly, and gently.  
Relax and be still until  
the inner peace is obtained.*

## ❧ Contentment ❧

*The second lesson is to  
observe our mind with ease.*

*Be content with whatever we see.*

*Be content with whenever we see.*

*Be content with however we see.*

# Keep Meditating

*As a human being,  
we are sometimes faced with  
cloudiness,  
painfulness,  
wandering mind,  
drowsiness,  
discouragement,  
dullness.*

*It is only normal.  
No matter how bored we are,  
do not stop meditating.*

*Keep practicing,  
adjusting the mind,  
and observing  
how softly we still our mind.*

*Not too tight,  
not too loose.*

*In feeling that the mind is satisfied,  
we have reached our goal.  
Maintain that satisfaction continuously.*

## ❧ Daily Routine ❧

*Practice meditation diligently.  
Build a passion to meditate daily,  
constantly, while working on other chores.*

*If we concentrate too much or too little,  
inconsistently or infrequently,  
we should just observe and correct.*

*Evaluate our meditation experience every day,  
then our meditation will improve.*

*Stop the Mind.  
The mind must be able to “stop”.  
Without the mind stopping,  
the inner experience cannot be obtained.  
Stopping is the key to success.  
Stop the mind from thinking  
and maintain the feeling of ease.  
With such conditioning,  
the mind becomes relaxed,  
free from thoughts and distractions.*

## ❧ Stop All Desires ❧

*To stop the mind,  
one needs to stop the desire.*

*To stop the mind,  
we must be able to stop all desires.*

*Desires for what we want,  
what we wish to have,  
what we wish to become.*

*Stopping is the key.*

## ❧ Joy of the Wise ❧

*The means to seek worldly treasures  
and spiritual treasures are contrary.*

*In seeking worldly treasures,  
we need to be active.*

*In seeking spiritual treasures  
or inner experiences,  
we need to be still and inactive;  
without thought, speech, or action.*

*Be still and calm to  
reach the treasures within.  
Such is the joy of the Wise.*

## Stay within the Body

*Keep your mind childlike  
to obtain inner experiences easily.*

*Why do children obtain inner experiences easily?*

*It is because the mind of a child  
stays within the body.*

*Adults obtain inner experiences  
with more difficulty  
because the mind of an adult  
does not stay within the body.*

## ❧ A Wandering Mind ❧

*When our mind wanders,  
do not be angry  
or upset with ourselves.*

*As a human being, we always think,  
as thinking is one of the processes of the mind.*

*Let the mind wander  
but do not let it create an emotion.*

*Observe whatever comes through  
like we observe birds flying.  
Observe without interaction.*



# Expecting, Rushing, Staring, Fixating

*We have to be careful of these 4 things:*

*Do not have an expectation.*

*This means that  
we should not have an expectation  
of our inner experiences.*

*For example, as the mind stands still,  
we expect it to go to the center of the body.*

*Do not rush.*

*If the image is unclear, we rush it into clarity.  
The right approach is to observe with neutrality.*

*Do not stare.*

*Inner images require the use of the mind.*

*Do not use our eyes to stare.*

*Close our eyes comfortably as if we are sleeping.*

*Do not fixate.*

*Observe softly, whatever image appears.*

*Let images flow.*

*Observe with neutrality and calm.*

## ❧ 11 Challenges ❧

### 1. Doubt

*When we question what we observe,  
the experience disappears.*

*Solution: Stop and observe continuously.*

### 2. Inconsistency

*When we let the mind wander off.*

*Solution: Keep the image consistently.*

### 3. Cloudiness and sleepiness

*Solution: Use a clear and bright image  
as an object for meditation.*

### 4. Anxiety and Fear

*Solution: Keep the mind neutral.*

5. Excitement and joy  
can cause experiences to disappear  
*Solution: Keep the mind neutral.*

6. Body-ache  
*Solution: Adjust the body comfortably.*

7. Too much effort can cause stress.  
*Solution: Keep the mind still and at ease.*

8. Laziness and lack of commitment  
*Solution: Maintain a meditative state consistently.*

9. Desire for an inner experience  
prevents the mind from stopping.  
*Solution: We have to stop such desire  
for the mind to be stopped.*

10. *Too much expectation on our experiences*  
*Solution: Don't forget that*  
*we are an observer not a director.*

11. *Too much staring,*  
*using our eyes to fixate and dictate the mind.*  
*The result is coarseness, coarse images.*  
*Solution: Do not stare or fixate, simply observe.*

*These 11 challenges make our mind less refined.*  
*As our experiences get better,*  
*they revert back.*  
*All these can be solved by being still.*

## Let Them All Go

*When we meditate,  
relax and feel “sabai”.*

*Do not put too much effort into it.  
Do not let anything distract our focus,  
let them all go.*

*When we meditate,  
put everything aside.  
Ignore issues related to  
people,  
animals,  
belongings,  
or work.*

*Center our mind throughout the day.  
Let the mind familiarize itself,  
and be still  
at the center of the body regularly.*

# ❧ *Brighten up our Mind* ❧

*Let's start from our easiest spot,  
our most Sabai spot,  
our most relaxed spot,  
the most familiar spot  
we can feel.*

*Then visualize a crystal sphere.*

*If visualization does not work,  
then feel Sabai and relax continuously and easily.*

*If we have many wandering thoughts,  
just open our eyes.*

*When our thoughts are gone,  
close our eyes again softly  
to let eyelashes touch.*

*When the mind becomes stiller,  
the brightness from within will arise.*

*Brighten up little by little.  
When the mind stops completely,  
the brightness will be everywhere.*

## Stay Attached

*When our mind wanders,  
it is still attached to useless things.*

*When it is detached from these useless things,  
It will then attract to useful things.*

*When the mind is attached to these useful things,  
it will become consistently still.  
Such that the mind no longer wanders  
because it recognizes useless things.*

*Without wandering thoughts,  
the mind becomes attached to useful things.  
Crystal sphere and inner body,  
these are useful things.*

*Without wandering thoughts,  
We will reach the destination soon.*



## ❧ Sleepy Mind ❧

*We have to observe  
whether we feel sleepy  
because of a lack of sleep,  
or because of tiredness.*

*If we lack sleep and become drowsy,  
then rest for a while.*

*If we have enough sleep,  
do not feel tired,  
but still feel drowsy,  
this is because we place our mind  
at the center too softly.*

*Concentrate and focus continuously  
at the center of the body.  
Defeat our sleepy mind.*

## ❧ First Stop ❧

*At first it may be a bit difficult  
to stop the mind.*

*Be patient and calm.*

*Even though it may not be  
what we wish for, wait happily.*

*Be continuously still and soft at the center;  
then the inner experience  
will develop by itself, step by step.*

*Most of the time,  
we are not patient enough.*

*We push our mind too hard,  
or the mind starts wandering.*

*If so, the mind cannot stop.*

*It cannot be still.*

*We become used to the wrong technique.*

*Be ready to be a newcomer.*

*Always ready for a fresh start.*

## ❧ Home Base ❧

*Keep your mind clean and pure.  
Throw everything away.  
Put everything aside.  
Just be still.*

*Start from the most Sabai spot.  
Wherever you feel Sabai,  
just place your mind there.*

*Sometimes it is too difficult to go straight  
to the center at the 7<sup>th</sup> base.  
If so, start at any one of the 7 bases  
that you feel most comfortable.*

*There is no need to worry about the center.  
Just be still, light, and Sabai.*

## Do it Right

*Do not put too much  
determination into the practice.*

*Why?*

*Because:*

- 1. The inner body is always there within you.*
- 2. You already have the center of the body.*
- 3. You have the mind that can reach the center.*

*There is only one thing left to do,  
and that is to use the right method.*

*Make yourself comfortable,  
still your mind so that  
it stops at the center.  
You are not competing with time.  
Be at the center.*

*If you feel stressed or too tight,  
open your eyes  
and think of whatever thought  
that makes your mind feel fresh.  
Perhaps think about nature,  
or the beauty of flowers,  
any good deeds you have done,  
or even the innocence of children.*

*Whatever makes your mind Sabai.  
Because you have to start from  
the Sabai condition to reach the center.*

## ❧ No Need to Resist ❧

*Having wandering thoughts doesn't mean  
that we cannot fulfill our wish.*

*We have to allow ourselves to release  
those collected thoughts.*

*No need to resist it.*

*No need to feel irritated.*

*No need to worry.*

*Relax and let go.*

*Do not force a vessel upstream  
when current is strong.*

*It will simply make you feel stressed.*

## Find Our Balance

*By observing ourselves,  
we can adjust our body and mind  
every time we meditate.*

*Search for our own balance,  
adjust our body and mind  
until we find the right balance.*

*The right balance has following characters:*

*Relieved,  
Light,  
Stress-free,  
Content*

*We are fond of such state of mind.  
Maintain this feeling continuously,  
without any worry.*

*Before long,  
the balance will bring our mind to  
a standstill inside,  
and brightness will arise naturally.*

## Loosen up your Mind

Do not worry whether it is  
bright or dark.

Loosen up your mind  
like you're wearing loose attire;  
not too tight.

You feel comfortable and Sabai.

Let your mind loose,  
still,  
soft,  
and gentle.

Let it be  
clear,  
calm,  
and pure.

Simply let it be like this,  
then the mind will find its way to  
the most balanced condition.



# Time Doesn't Matter

*When you are in the right condition,  
happiness will follow.*

*You will not know  
how much time has passed.*

*You will no longer care about time  
and will be happy in the moment.*

*There will be no desire to go  
anywhere in the world.*

*Passion for meditation  
will arise on its own.*

*You want to meditate  
without going anywhere.*

*You want to be there alone  
and practice continuously.*

## ❧ Stop and be Still ❧

*The main objective of meditation practice  
is to make it stop and be still.*

*To achieve this goal,  
you have to  
throw everything away  
from your mind.*

*Put everything aside,  
and only be still.*

## Right Ingredients

*The ingredients for perfection are:  
relaxation,  
simplicity,  
lightness,  
and Sabai feeling.*

*Clarity and brightness will come.  
There is no other way around it.*

*Keep a calm and still mind.  
If you feel bored,  
just open your eyes.  
If you feel discontent,  
then start over.*

*Be ready to start over.  
If there is attraction from inside,  
it means your mind is well-placed.*

Just Keep Watching

*“Just keep watching whatever comes”.*

*It is like watching the scenery  
while you are driving  
to your destination.*

## ❧ Knowing by Ourselves ❧

*We know by ourselves whether:  
the mind is pure, or not;  
the mind is focused, or not;  
the mind is deeply still and gentle, or not.*

# Happiness within Happiness

*Happiness arises  
when we place our mind softly.*

*It is the first stage of  
happiness we experience.*

*This happiness multiplies  
when we obtain  
stillness within stillness.*

*We cannot escape from such happiness.*

*Sabai is the starting point.*

*If we are enjoying meditation  
without feeling bored,  
it means that our mind is well-placed.  
Continue to maintain this condition.*

# The Path Towards Happiness

*Place your mind Sabai.  
Find the right balance.  
Do it proficiently.  
Pressure makes your mind coarse.  
Refrain from it.  
Relax comfortably,  
softly,  
and happily.*

*This is the path towards happiness,  
and only happiness.  
Relax and Sabai.*

## Progress in Meditation

*On the path toward happiness,  
the mind has to be neutral.*

*Do not react to meditation experiences  
whether good or bad.*

*Just be still and neutral at all times.*

*Do this as if you are not doing anything,  
and you will obtain progress in meditation.*



## ❧ Ph.D. in Meditation ❧

*To keep watching is to stop the mind.*

*If we see a crystal sphere,  
stop at the center of the sphere.*

*We will attain our own refuge within,  
and graduate with a Ph.D. in meditation.*

*Different from an ordinary Ph.D.  
in that it doesn't take years to complete;  
it doesn't require studying, reading,  
writing, researching, thinking,  
defending, and more.*

*In fact, a Ph.D. in meditation  
requires no action,  
just stopping and stilling  
the mind, in the correct way.*

# Attainment of Dhammakaya

*The only way to attain Dhammakaya  
is to stop.*

*To be able to stop the mind,  
the Sabai feeling is needed.*

*Train our mind to be  
Sabai, pure, and bright.*

*If we empty our mind,  
it will be still at the center,  
back to its home  
at the 7<sup>th</sup> base.*

*Whenever the mind is at its home,  
we will be able to attain Dhammakaya.*

## ❧ Centering the Mind ❧

*To center the mind means  
to imagine softly,  
similar to when you think of  
things that you love  
and are familiar with.*

*Imagine easily and comfortably.  
This is called "Centering the Mind".*

## ❧ The Easier Path ❧

*Learning meditation gets easier and easier;  
the more you learn,  
the easier it becomes.*

*It may start with some difficulty,  
but it gets easier.*

*The most difficult part  
is the first stop of the mind.  
That is it.*

*If you know the technique;  
and achieve the first stop,  
everything will be simple.  
The more you learn;  
the easier, brighter, and purer  
you become.*

## Observation

*A guideline to observe your progress,  
is to check whether your meditation  
is easier today than yesterday.*

*If the answer is yes,  
then you have a proper understanding  
of how to place your mind.*

*If you get this point,  
you can reach good experiences every time.*

*Be patient in training your mind to be still.*

*Being still depends on  
how well you notice the mind's development.*

*If you understand your mind perfectly,  
stillness will be continuous.*

*Inner experiences will be lasting.*

*Sometimes your experiences are not stable,  
as you place your mind correctly but fleetingly.  
So train your mind more consistently,  
to make it stable,  
in every session that you meditate.  
Once you reach that stability,  
everything will be faster and easier.*

## Stay Neutral

*Sometimes we feel bigger,  
sometimes we feel smaller;  
like we shrink to the ground,  
just be still and stay neutral.*

*Sometimes we feel our whole body expanded,  
just be still and stay neutral.*

*Sometimes we feel shaken or spinning,  
do not pay attention to such experiences.*

*Do not follow these experiences,  
nor fight against them.*

*Just be still and stay neutral,  
and all these experiences will disappear.*

*Sometimes our heart beats so fast,  
just be still and stay neutral.*

*Sometimes we have goose bump,  
acknowledge them,  
but just be still and stay neutral.*



## ❧ Be a Child ❧

*Do not question too much;  
sometimes you have to act  
like a robot,  
without a brain.*

*There is no need to  
analyze, research, comment,  
or contemplate the experiences.  
Just act as if you are in kindergarten.*

*Allow your mind to be  
as innocent as a child.  
A child without much knowledge,  
is just still and relaxed.*

## ❧ A Habit ❧

*Although you may be sick,  
sleep late,  
feel overworked,  
or stressful,  
you need to find time to meditate.*

*If you feel drowsy,  
just fall asleep.*

*If you feel stiff,  
adjust your posture.*

*If your mind wanders,  
open your eyes.*

*Just fix the problem that arises,  
and continue to meditate.*

*You will find a path for your life  
if you keep meditating.  
Be consistent with the practice.*



# Chapter IV

*OUT of Meditation*



## Awake from the Center

*When we are awake,  
we must also be awake in our center.  
Observe the center closely.*

*When we wake up  
and wash our face and brush our teeth,  
let the mind be there at the center.  
Keep practicing.*

*When we take a shower or go to the bathroom,  
let the mind be  
at the center of the inner body.*

*Even when we eat or commute to work,  
center the mind until it becomes automatic.*

## Adjusting all the Time

*We should regularly still our mind  
at the center.*

*Let your mind linger  
around the center,  
until it feels at home there.*

*In this way,  
when we come to meditate,  
the mind is attracted  
to the center quickly.*

*There is no need to  
spend more time in adjusting our mind*

*because we are already adjusting it at all times.*

## *❧ Center In, Center Out ❧*

*If we don't center our mind at all times,  
then we have to spend a lot of time  
settling the mind when we meditate.*

*If we talk too much,  
we have less time to spend centering the mind.  
Speaking distracts the mind from centering.*

*In centering the mind,  
if we cannot imagine anything,  
that is not a problem.*

*Feel as if the mind lies there  
at the center.*

*continuously and naturally.  
Eventually images will become clear.*

## *Effortlessly*

*We have to center our mind  
regularly and continuously.  
Whether we are sitting to meditate or not.  
Let the mind become a part of our body,  
as if every moment is meditation time.  
Even when we turn a somersault,  
the mind is still there at the center.  
This is a basic foundation,  
which will become beneficial*

*when it is time to sit and meditate.*

*When we close our eyes,  
the mind goes inside effortlessly.*

## *Whenever*

*Center your mind softly,  
gently, lightly, and happily;  
with a clear and thought-free mind.*

*While you are doing your daily chores;  
like brushing your teeth,  
washing your face,  
or cleaning your house.*

*Inside, you can place your mind at the center  
and imagine a crystal sphere  
or your inner body there.*

*As a beginner,  
use visualizations to prevent*



*the mind from wandering.  
When the mind is still,  
this state can be called:  
“Motion Outside, Stillness Inside”*

## *Task for the Mind*

*Do not let any external factors become obstacles  
to your diligence in meditation.*

*Regardless of whatever you are doing;  
sitting, sleeping, standing,  
walking, eating, drinking,  
acting, speaking, or thinking.*

*Meditation is a task for the mind,*

*it is not a burden to be carried.  
The mind just needs to be still at the center.  
This is called being mindful.  
It requires using your body and mind  
simultaneously.*

*❧ Samma Arahang ❧*

*If you have no one to converse with,  
then converse with yourself  
with the words  
“Samma Arahang”  
(clear and bright).*

*❧ In the Middle ❧*

*When you lie down,*





# Chapter V

*Training Ourselves*



*do not sleep idly.*

*Observe your inner body.*

*Be still in the middle of your inner body.*

*Let it expand to enclose your body.*

*Rest in the middle of your inner body  
with happiness.*

## *As Indispensable as the Air*

*Practice meditation diligently  
until it becomes a habit,  
a daily routine.*

*Like taking shower,  
washing our face,*

*or brushing our teeth.*

*If it is something  
that we do every day;  
without it, we feel like our life is  
missing something important.*

*Think of air, we always breathe it.  
Without it, we can't survive.  
Meditation works in the same way.  
We have to make it a priority,  
one of the most important things in our life.*

*As important as the air we breathe.*

*Without air,  
we can't live in this world.*

*Without inner peace,  
we can't truly enjoy it.*



## 4 Habits

*4 Habits that help:*

*Have affection for Boon and inner peace.*

*Abstain from using harsh and bad language.*

*Be happier to give than receive.*

*Associate with those who are wise.*

## Diligence

*Diligence and persistence  
are key to meditation.*

*Wise practitioners attain insights  
through meditation because of their diligence.  
The enemy of diligence is laziness.  
The only way to deal with it,  
is to be diligent.  
If you are diligent,  
laziness will disappear,  
and diligence will become your habit.*

## *Stilled Mind*

*Never forget to stop and be still.  
You can choose whatever*

*career to make a living,  
but always stop and still your mind.  
Working and mind-nurturing  
can go together.  
Stop and be still,  
until you attain Dhammakaya;  
and understand the true happiness  
that derives from the mind  
that is still.*

## *Speak Wisely*

*Speech is important.*

*Some words may be true and beneficial,  
but if spoken,  
they may cause pain to others.  
In that case, they need to be revised.  
It is not difficult to speak lovingly.  
We can practice this skill  
because words are plentiful in this world.  
They are free like the air we breathe.  
We can choose words wisely.*

## *❧ Endless Effort ❧*

*We have to train our mind regularly  
and be diligent and determined.*

*Do not give up.*

*Do not lose patience.*

*Do not be lazy.*

*Train every day,  
even though, sometimes,*

*you may have to force yourself.  
Keep practicing until it becomes voluntary,  
until you can center your mind at all times,  
in all postures.*

*Observe whether you are  
using the right method.*

*Remember to do it again and again,  
until you reach your own refuge within,  
which is so precious to life.*

## ❧ Correction ❧

*One can correct a negative life by:*

- 1. Forgetting all negative acts in your past.*
- 2. Abstaining from any further negative acts.*
- 3. Recollecting your good deeds.*
- 4. Accumulating more good deeds.*
- 5. Meditating until you reach inner peace.*

## ❧ Bad Thoughts ❧

*This world is a collection of people  
with flaws –  
greed, anger, delusions, jealousy.*



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