



## *Burdened by "BECAUSE"*

*This leaflet is compiled to be an aide memoir to assist with the realisation of "yourself," rather than being a set of instructions or a concise Buddhist commentary. . .*

## Burdened by "BECAUSE"

This existence of "I," that is always entwined with benefitting "Me", which possesses or dispossesses things as "Mine or not Mine" should be investigated, as to "WHY" this is so. So if you consider everything that is Mine or not Mine and ask yourself as to Why this is mine... the simplest of answers begins with the word "Because" (this being the cause). So when you consider this a little bit more, you follow the nature of justification of the possessiveness with your craving (likes, dislikes and expectations), your greed, your ignorance, your kindness, your forgiveness, your generosity, your selfishness, your delusion, your aversion, your jealousy, your regretment, your shame, your fear, your patience, your forbearance, blamefulness, blamelessness, etc ... Here are a few statements that elaborates the way you are burdened and live these conditions.

- I am born... born to the world of **reasoning**. From the time, I am engaged to / with this body, occupying the womb, this "I" and the entwined "Me" begin to reason itself with perception. Each of these perceptions, carry a beneficial outcome for this entwined "Me". The benefit is always lived & experienced with the outcome possessed or dispossessed as "Mine or not Mine".

- I am born... and am always burdened with this **physical body**. This body that I'm born into, becomes a burden that needs to be maintained. This body demands to be fed, to nourish it, to rest it, to clean it, to bath it, to empty it of impurities, to dress it up, to groom it, to heal it, to move it, to keep company with it, to walk it, to exercise it, to protect it, to attract with it, to be attracted with it, to comfort it, to be pleased with it, etc ... As there is no end to these things, I am expected to do with it. Each of the pleasures that are experienced has a justifiable "because" attached, that burdens you with the endurance.

- I am born... born to this **body** that is always experiencing sensations. The five sense faculties are always in contact with the outside world, and are transacting with the pleasures of the likes, the dislikes and the expectations. This body is always looking for a comforted & pleasurable time, to always experience a constant & repeated pleasurable outcome. It has adequate rationale and justification not to have any shame or fear to be burdened with such repeatable experiences.

- I am born ... born to this **body** that is always experiencing pain and numbness. This "I" entwined with "Me" has learnt the most beneficial reasoning to constantly adjust the posture and make a new cycle of pleasure. This is executed by an inherent, habitual reasoning, accepted as being the norm. This behaviour negates and dismisses the existence of the impermanence & the nature of suffering, and confirms the existence of certainty, experiencing the pleasures.

- I am born... born to this **body** and I am always reasoning myself. Whatever I may have experienced in the past or is experiencing in the present or plan to experience in the future, always has the word "because" associated with it. If you consider yourself, with the questioning as to "WHY?" you experienced your past, the word 'why' always carries an inherent reasoning with a "because". You question your present as to WHY you are experiencing something, there is always an inherent "because". You consider all of your planned future and ask as to WHY you planned so; there is always an inherent 'because.' So, in conclusion, this "samsara journey", with no known beginning or no known end to my existence, is nothing other than a heap of "because's". It confirms that you are the cause of all your experiences. You are the cause of your existence. You are the cause of all your beginnings and the ends. You are the cause of all the births and all the cessations.

- The "I" who is born... can see that this **existence**, with 'no known beginning' and 'no known end', is a heap of "be causes", is always burdened by the "be causes", clinging on to dear life, justifying my existence, repeating and rationalising as many an experience, defending & protecting all of my past and the possessions. This is the nature of my "delusion" that causes me to justify my burdening, so "I" can cling to dear life that I have cherished.

- I am born... born to **relationships**. Each relationship causes expectations to be set, either way. They also carry the nature of inherent obligations. As time goes on, each of these relationships and the roles within, the skills within, the efficiency within, the indebtedness within, the inadequacies within, the opinions within, the judgments within, etc ... causes the relationship to be burdened with duty, burdened with responsibility, burdened with commitment. Every transaction in this existence is executed and endured with a justifiable "because" and a burdened possession.

- I am born... born with a **memory** and a vast knowledge that allows me to survive. From the moment I'm born, I'm able to look, listen, smell, breathe, taste, swallow, feel the warmth, feel the cold, to move, adjust, express, cry, laugh, digest, excrete, express, be annoyed, be irritated, be happy, be pleasant, be appreciative, give love, etc... All of this ability that I endure is justified by me at the time of experience tagged with an inherent "because."

- I am born... born with the **knowledge** of suffering, knowledge of the causation, knowledge of the cessation of the caused suffering, the knowledge of the endurance of the cessation of this suffering, knowledge of expression & explanation, knowledge of the use of phenomenon, knowledge of the use of vocabulary to express, knowledge of identification, knowledge of the existence of mobility with organs, knowledge of the existence of consequences as defilements, knowledge of performing miracles, knowledge of kindness, knowledge of performing more than one task, knowledge of revilement. With these base knowledges, I bring all of the past categorised, with identity with form, associated with the sense faculties. So I know it all. The conventional life and the expectations may suppress many of these knowledges and the habituality with it.

- I am born... born with the inherent nature to **die**. I am always burdened with the fears of death. I am always avoiding all circumstances associated with death. I am always vigilant, as to my well being, considering the obligations associated with the burdening of my existence and demise on another. I am vigilant towards another's duty, responsibility & commitments towards me.

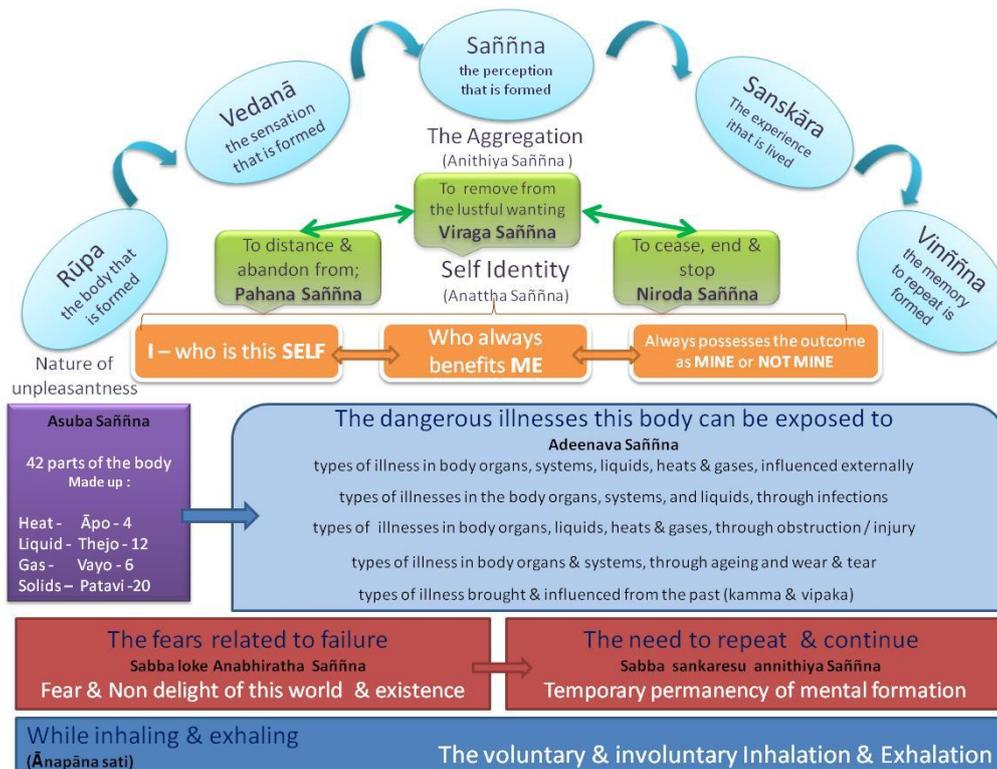
- I am born... born with the inherent nature to **decay** and with the susceptibility to being sick. I am always burdened with the fears of decay and falling sick. I am always avoiding all circumstances associated with decay by trying to deny "aging". I am always vigilant, as to my well being, considering the obligations associated with the burdening of my existence and decay on another. I am vigilant towards another's duty, responsibility & commitments towards my obligated expectations.

- I am born...born with the existence of **aggregation**. "I", wanting the experiences of pleasure, am always looking for the sensational stimulation. These sensations are always selected from the opposites of pleasures. These sensational stimulations are justified by perception and reasoning. I always assume & presume the outcome influenced by the way I like, dislike and expect. The outcome that is born & possessed with each of these reasoned perceptions has the inherent nature to begin, exist with decay & cease to be. The nature of birth, existence & death is experienced. This experience is remembered by all and is repeated burdening you with the outcome. These steps & procedures are all aggregated by you as being a human to experience life and its existence. Each of these unwholesome experiences becomes a burden and obstruction to your enlightenment.

# Dasa Sañña ... the ten ways we perceive & are burdened with

How the Ten perceptions are conformed to and aggregated to make a compounded reasoning, to make yourself ill, as explained in the Girimananda sutta by the Buddha.

- A perception is formed by the nature of aggregation of the “selves” identities and the “Aggregation” of the five aggregates (Rūpa, Vedanā, Sañña, Sanskāra & the Viññāna), justifying a temporary permanence (within the existence of impermanence) & the reoccurred pleasures (within the existence of suffering)
- which then brings the I, ME, Mine of Myself (Attha) to benefit, by the outcome and possess the outcome, associated with each of the faculties. {listening with the ear, looking with the eye, smelling & breathing with the nose, tasting & swallowing with the tongue, feeling with the skin and other organs, etc, explaining the existence of the thought (citta); the consciousness with each faculty (chytisika) & the object to contact & formulate (rupa)}
- Where a selection of body organs from the existence of the 42 parts of the body are affected (20 solid organs, 12 liquids, 6 Gases & 4 Heats that make up the organs, liquids, heats, gases, systems in this formed body)
- By the dangers of the possibilities or the susceptibility of illnesses or immobility of this body (brought on by the examples: Climate, bronchioles, bile, past Kamma, external influences, poison, change in body temperature, malignancy, destructiveness, obstruction, inflammation, deflation, etc)
- Always trying to remove (separated & distanced) the dislikes & the unexpected,
- Wanting to dissociate or disengage with the dislikes & the unexpected
- Expecting the dislikes & the unexpected to cease and be finished
- Fearful of the failure & blame by the world, on responsibility of the outcome
- As how we may have cheated & denied the nature in the past, repeating the reasoning, while we continue to breathe in this body



May you all have the strength, the courage, the confidence and the effort to lead an eventful wholesome life.