



Dismantling the disguise of ... 'I' ... 'Me' ... 'Mine' ...

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...

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First of all, one should recognise the nature of birth, the existence & the death. So when you question yourself, as to who was born, there is only an "I" that is born. This "I" that is born is always 'twined' with a "Me". So I always, make sure that this twined 'Me', is benefited all of the time. There is no time in this existence, that this "Me" is not benefited. So this "Me" gets more, gains all the time, profits, gets bigger, is always better, always right, always has the last word, etc. When "I and Me", exist in this body that they are clinging to, impermanence of this world and the nature of suffering is experienced and mostly denied.

This "I" that benefits "Me", possesses every outcome, as Mine or not mine, denies the nature of impermanence, with an illusory certainty, sureness, and a temporary permanence. The experienced sensations are sought to be repeated frequently, to associate this existence with pleasure rather than to suffer. So the issue we are trying to investigate is to find out how we can continue, to sustain these conditions of certainty, in an impermanent world, and to continue with the pleasurable experiences, not allowing these to decay & finish. As none of us can deny the nature of the truth, we continue to experience the suffering, and the outcomes of impermanence, whatever the status, or profile, or privilege, we have in this society.

The success factors of continuing all these pleasures and the certainty has become the main focus of your reasoning & justification to tolerate selfishness, hatred, delusion, craving, greed, lust, the clinging, ego, possession ignorance, etc. If one was to look within, to bring some solace into their existence, they would need to investigate some of the statements below, and adjust themselves, accordingly.

- 1) Live a moral & an ethical existence, with high qualities of abstinences with your principles (precepts) & etiquette. This will stop the collection of new defilements, covetousness & any ill will.
- 2) Consider the need for the continuation of the things you like, dislike and the set expectations on others. Adjust the likes & dislikes to satisfy another's needs & wants. The expectations should be reduced and nullified. Your craving & greed will thus be reduced. The need to be angry and use threatening behavior will be reduced.
- 3) Consider the continuation of the level of needs & wants, when these are reduced, the covetousness, craving, greed & lust is reduced.
- 4) Adjust your nature, to accept another person & their opinions, judgments, conclusions, views, recommendations, ideas, curiosity, instinct, survival, etc, unconditionally. Your selfishness will be reduced & humbleness be increased.
- 5) Stop the need to justify yourself, rationalise, reason out, defend & protect your past, present & future transactional existence. Your delusion created by the restlessness & doubt will be reduced & humbleness will be increased.
- 6) See the way you react & respond with your anger, towards another, when your likes, dislikes & expectations are disrupted. You will reduce your aversion & hatred towards another. You will begin to ask others rather than to tell. You will be accepted as a kind & considerate person.
- 7) See the way the roles & their responsibilities are safeguarded by you, to stop blame & failure, on your part. This will reduce fear of failure, and the need to use a threatening behavior towards another. Your delusion & anger will be reduced.
- 8) Stop the use of the words "No," at the beginning of a statement. This will allow you to consider and accept another's opinion & judgment, unconditionally, and reduce your selfishness. With your inner humbleness you will become an easy person to live with.
- 9) Stop the use of the word "But," extending another's opinion with 'your view.' This will allow you to consider and accept another's opinion & judgment, unconditionally, and reduce your selfishness. With your inner humbleness you will become an easy person to live with.
- 10) Stop your comparison & competition, with siblings & others, and accept them unconditionally, in the position they have been born, the fortune they are born with, & the entitlements they inherit. This will reduce your jealousy & selfishness.
- 11) Stop the "Rat Race" where you are competing as the "Rat". There is no race to run or win. There is only a need to "pace" yourself, so you lead your life with your own goals and objectives.
- 12) See the way you are hurt, insulted, irritated, and aggravated, by how you have accepted what another says & does. You are the cause of your own experience. Realisation of this nature, will reduce your revenge, remorse and spitefulness towards another

- 13) Accept all of what you have accomplished & achieved, as the best outcome with the resources you had at the time. This will reduce your regret & guilt of the past.
- 14) Stop accusing others of any offence, as they are only performing a role in their duty. This will reduce & remove all conflict & dispute. There would be no need for any arbitration of disputes.
- 15) Stop the need to be secretive of your inner likes, wants & needs. Be open and revealing, as this will allow you to make an honest declaration towards another, and enable achievable expectations to be set by the other.
- 16) Be awakened, and mindful, to do knowingly, all of the right & good things that will bring a wholesome outcome.
- 17) Stop wanting to prove that you are bigger and better than another, or belittling another, or being equal with another. Just let another be who they have to be. There is no need for the competitive comparison. You will reduce your Ego and be humbled.
- 18) You are the owner of all the things that you have experienced. All your experiences are salvaged and inherent within you. You are the only one who can access these memories and relive the experiences. You are the one who can link these with the past and retrieve at any given time. You are the only one who knows which of the past should be used for your advantage. This is how the past Karma produces the consequences, retribution & penance.
- 19) To let go of all of the past you need to know how to remove the value of what you are holding on to. When you know the importance or the value as to why you want & need it in the future, by adjusting these conditions you will be able to let go. When you cannot let go, you should consider cutting off the past and the tangled mess, so you can continue your role & relationship. When either of the two options are unsuccessful, you may consider the uprooting of the entire memory, and the continuation of the role & the relationship. When all three of these conditions are unsuccessful, you may let them & the incident be, and have nothing to do with the outcome. This way, you can always be free from the past and all transactions.
- 20) Trust everyone around you and be accountable with the changes and the adjustments you are doing to your roles & responsibilities.

'Metta' a transactional exchange of kindness & compassion

If you can consider the following meditation and continue living the compassionate (metta) meditation you will gain a lot of freedom from your past and the stacked up defilements. By identifying each of your relationships or the roles you play as a daughter, sister, aunt, mother, spouse, friend, peer, employee, leader, consumer, member, etc (all that's applicable to you) , apply the conditions of transactions.

Thank you (for all you may have received from every relationship)

Welcome (acknowledging what others have accepted from you and recognising what you have given them)

Well-done (rewarding yourself and others for all the good and the restraint from doing any wrong)

I'm sorry (unconditionally asking for forgiveness for all wrongs done knowingly or unknowingly)

I'm Okay / We're Okay (unconditionally asking for forgiveness for all wrongs done knowingly or unknowingly)

It's Okay / That's Okay (the bearing up of all eventualities and the application of forgiveness)

This way of applying the metta meditation is one of the ways to live the metta, rather than just to radiate the metta to another. When you think of a person or see / meet a person, if you are able to say these words, similar to the greeting towards another, then from that moment onwards you will not have any aversion or a bad word or a blameful attitude towards the other person. You will only have a kind word and a forgiving attitude towards another. Try this way of living. It will not cost you anything extra and help you experience a lot more serenity & tranquillity.

Art of Forgiveness (Finding the Peace in-between)

Here are some statements when read, will allow the person reading to associate a problem or incident in the past and find the necessary forgiveness. This requires the person to have first accepted that they have been or are in the wrong and to be able to achieve a level of self-confession. This will allow the person to free themselves and may be others from their past as well.

- To forgive "yourself" means not to hold on to the past or make the same mistakes again.
- To participate in the joys of the present, you must let go the past ... you must forgive.
- Forgiveness is to compassionately move forward from what is good to what is better. (Mountaineers climb Everest using a base & stage camps).
- To forgive is to remember the kind thoughts you gave in the past. All the rest needs to be forgotten.
- To forgive is to have forgotten as well.
- To forgive is to have an attitude that makes big things seem smaller. (Always deflate your balloons as it is easier to carry around).
- To accept yourself and others "unconditionally" is forgiveness.
- Forgiveness dissolves the compulsive need to prove that you are right.
- If you can forgive others you have the power & strength to free them from their past.

Three Magic Words to Smoothen a Relationship "I am sorry"

The Noblest Revenge is to have "Forgiven"

Find the Peace / Piece to find the Peace / Piece

If one is to build the Peace in-between then one should consider how the following statements are lived. The five pieces that are needed to find that "peace within and in-between" are as follows:

- Learn how to **GIVE-IN** (always consider that everything is just a perception and giving-in and supporting others is the noblest thing that you can do to get a peaceful outcome)
- Learn how to **GIVE-UP** (always make sure that once you have given-up you continue to support others as you still need the outcome of what the others are executing)
- Learn how to **PUT-UP** (this is the most neutral way to behave. Always consider another's opinion & judgment and support the outcome until you get your share of the output)
- Learn how to **SUPPORT IN SILENCE** (try not to debate; it will only bring aversions in the answers that you are looking for. Always look to support another)
- Learn to **TRUST** all who concern you (this way there will never be regret, guilt, blame or remorse as you will support and trust all outcomes)
- Learn to be **ACCOUNTABLE** for all your actions (this will always increase another's trust in you)

May you be happy, healthy, peaceful and content. With much respect and humbleness

<http://noblesharing.ning.com> <http://www.vissuddhi.org>

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