



I who disguised Me ... as myself

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. . .

'I who disguised Me as 'Myself'...

To be born ... is to experience **"Impermanence."** I do not know how to accept and reason out impermanence. As I am so certain of things around me, I have created a temporary permanence (or illusion of permanence) in this impermanent existence. I have learnt to cheat and deny the existence of impermanence.

I seem to make this impermanent existence, a temporary haven, by repetition and reliving many a pleasurable experience, as this is the only way I know to live with 'certainty'.

To be born ... is to experience **"Suffering."** Suffering is mainly seen as the nature of experiencing sensations, which never stay still. So 'I' constantly try to repeat the experience, to have constant pleasantness. Thus I have learnt to cheat and deny the existence of suffering.

To be born ... is to become **"Myself."** I who disguise me as 'myself,' always tries to benefit myself by reasoning, to possess and dispossess everything as mine, or not mine, 'because'... 'I' am the cause.

I who disguised me as me always make 'myself profit' and possess or dispossess the outcome as 'mine or not mine'

I who disguised me as myself, always tries to justify, rationalise, defend & protect my 'pretentiousness' deludedly.

I who disguised me as myself, with the things 'I like & dislike' am constantly irritated with the performance of others, as their duty/ies seem to disrupt my pleasantness.

I who disguised me as myself, always 'blame' another, in a threatening behaviour, to protect my disguise from failure and blame on me.

I who disguised me as myself, am always performing in a role, fulfilling the roles, with many a duty (proficiency).

I am the **cause** of all what 'I experience.' I'm not this body, nor is this body me. I am only an ignorant perception, **"because"** I have only benefited myself, possessing everything as mine or not mine.

We are born ... with, and into the **"Triple Gem."** The truth of this existence is to inherently have a Teacher (a Buddha), the Teachings (the Dhamma), and be related with a Following (the Sangha). Some examples when applied: [Christ, Christianity & Christians / Mother, Values & her Offspring / Einstein, Science & Scientists / Prophet Mohammad, Islam, Muslims / Principal, Curriculum, Students].

To be born ... is to be **'Related** and being **Obligated'** towards another. One who is born is mostly pretentious in performing, against their declarations, and generally exhausted by the others' respect towards them, and their unfulfilled expectations.

Life is all about setting expectations on another, and the constant performance, fulfilling of those expectations.

Life should be lived avoiding, going into the extremes of pleasure, or mortification. It should always be moral with the abstinences with one's etiquette and disciplines. This is what the "middle path" is about.

What is the point of **knowing it**, when you don't **do anything with it?** What is the point of **doing it**, when you **don't know**, that you are **doing it?** Always **"do it ... knowingly."**

'Prioritisation of Effort' is to always motivate the other's will, to know where and when to begin, & with what resources, so that one can stop the deterioration in any circumstance, remove the bad, grow the new good & maintain the rest.

One should learn to speak little & listen more, show little & see more.

Always try to find the peace to find the peace... to find the peace to find the piece ... to find the piece to find the peace ... and to find the piece to find the piece.

If you 'change' the way you listen, what you hear, changes, to the 'way' you have listened to it...

If you 'change' the way you look at things, what you see, changes, to the 'way' you have looked at it...

If you 'change' the way you smell things, what you smell, changes, to the 'way' you have smelled it...

If you 'change' the way you taste things, what you taste changes, to the 'way' you have tasted it...

If you 'change' the way you feel things, what you feel, changes, to the 'way' you have felt it...

Generosity is not just about 'giving' unconditionally; it is also about 'accepting another's generosity,' unconditionally.

Generosity is never a 'give and take' ... it is always a 'give and wait to get'...

I am the only one who knows "Who I am." Others know me from what I declare, as to "Who I am." The way they accept & respect my declaration, forces me to perform accordingly. I am mostly uncertain, discontent, dissatisfied & insincere. So I'm the most pretentious & secretive out of the lot.

I do, do, do, do and never are the others satisfied with what I do. I'm taken for granted, rarely appreciated and I do not know when what I do is to end. I am exhausted and fatigued with what I'm supposed to be doing.

I'm born to a role with capability. I am the only one, who knows 'how' to look & see, listen & hear, smell & breathe, taste & swallow, feel hard & soft, rough and smooth, warm and cold, know when to be sad & happy, be frightened & ashamed, angry & kind, forgiving & revengeful, etc. With what I like, I know & I can, I'm expected to be the "role model," fulfilling all of the expectations of another. I am exhausted and fatigued, pretending being the "role model."

I'm always performing in a role with proficiency (skill). Existence in this conventional world, is to be adding & increasing these roles I am performing. Being aware of these roles, its duties, the commitments, the obligations and expectations of the other, is my responsibility.

Improving "Myself" as a human, is to abstain from all the wrong and bad. To lead a moral & ethical life, with principles & etiquette, I need the ability of "abstinences." When the slightest gainful opportunity comes my way, I have learned how to waive my principles & disciplines, while being ill-disciplined, conceited, deceitful, covetous, etc ... to live the gain. I seem not to be ashamed or fearful of the consequences of doing so.

Here are some fundamental qualities to sustain and safeguard a relationship

- One should always respect, trust, and be trusted, by another, with the principles (precepts), leading a life of abstinences and wholesome behaviour.
- One should try to like and accept as many things that another may like.
- One should try to respect what another dislikes and avoid as many things that another may dislike.
- One should reduce the number of expectations they have on another and adjust the few they have, so the other is able to accomplish and achieve these expectations.
- One should not be surprised by what another may say, do, feel & achieve, as part of their chosen duty/ies.
- One should never argue or debate with another, other than to consider the outcome, as a duty of the other, played within a role.
- When one knows that they are wrong and bad one should immediately stop and let go of the wrong & bad, before another's request is made.
- When duty calls, one should always learn to be patient and accept the other fulfilling their duty in their own roles.
- When one sees another's duty as faults, depending on the circumstance, one should support the other to adjust and improve. One should be silent with the way the duty (task / transaction) was executed.
- One should unconditionally & implicitly trust the other with their responsibilities and duty/ies.
- One should be accountable with living these qualities in all relationships.

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

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

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