

an episdn down world

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Buddha Dharma Education Association Inc.



Find out how the sad upsidedown world of four unhappy wanderers got right side up again.



the

UPSIDE

DOWN

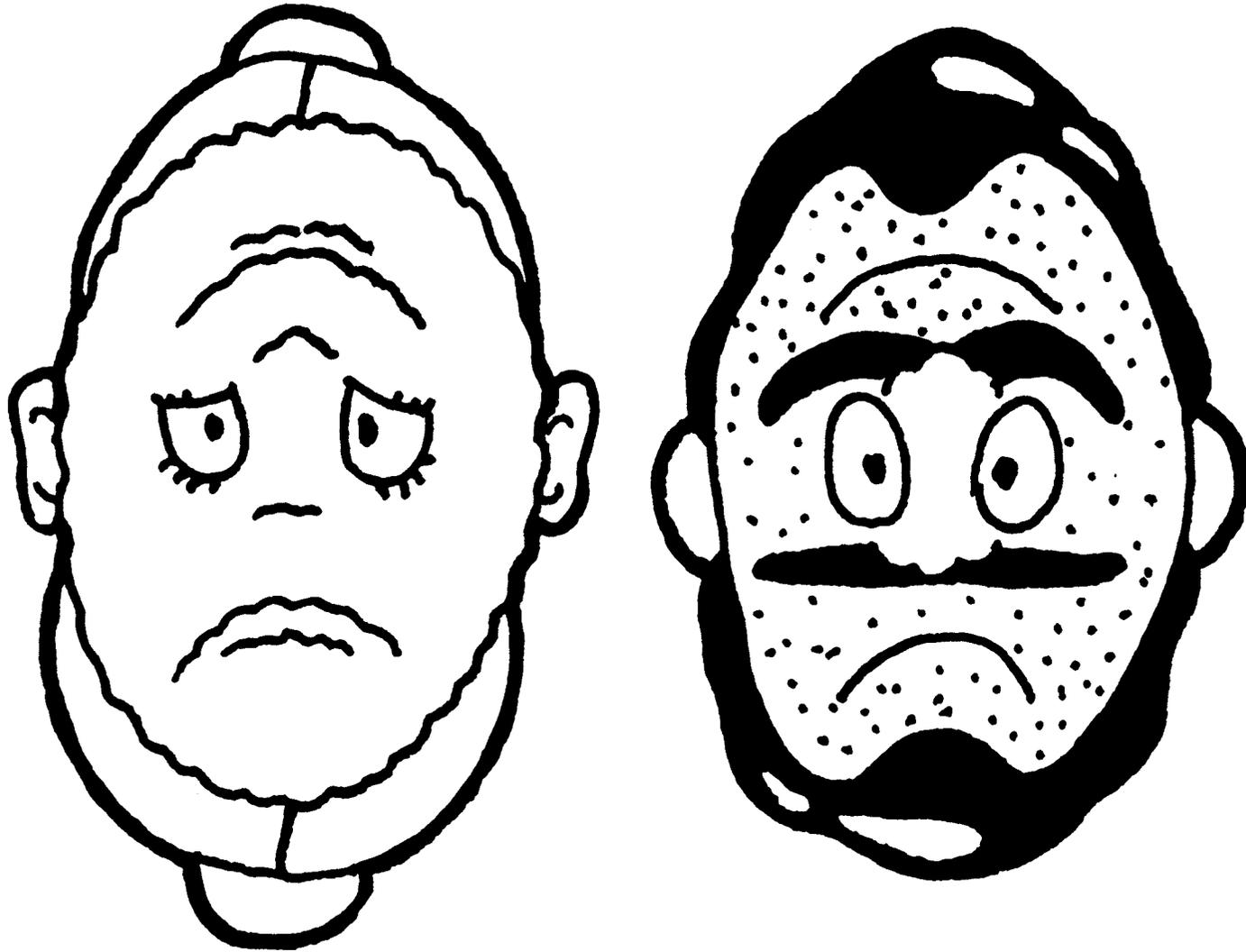
WORLD



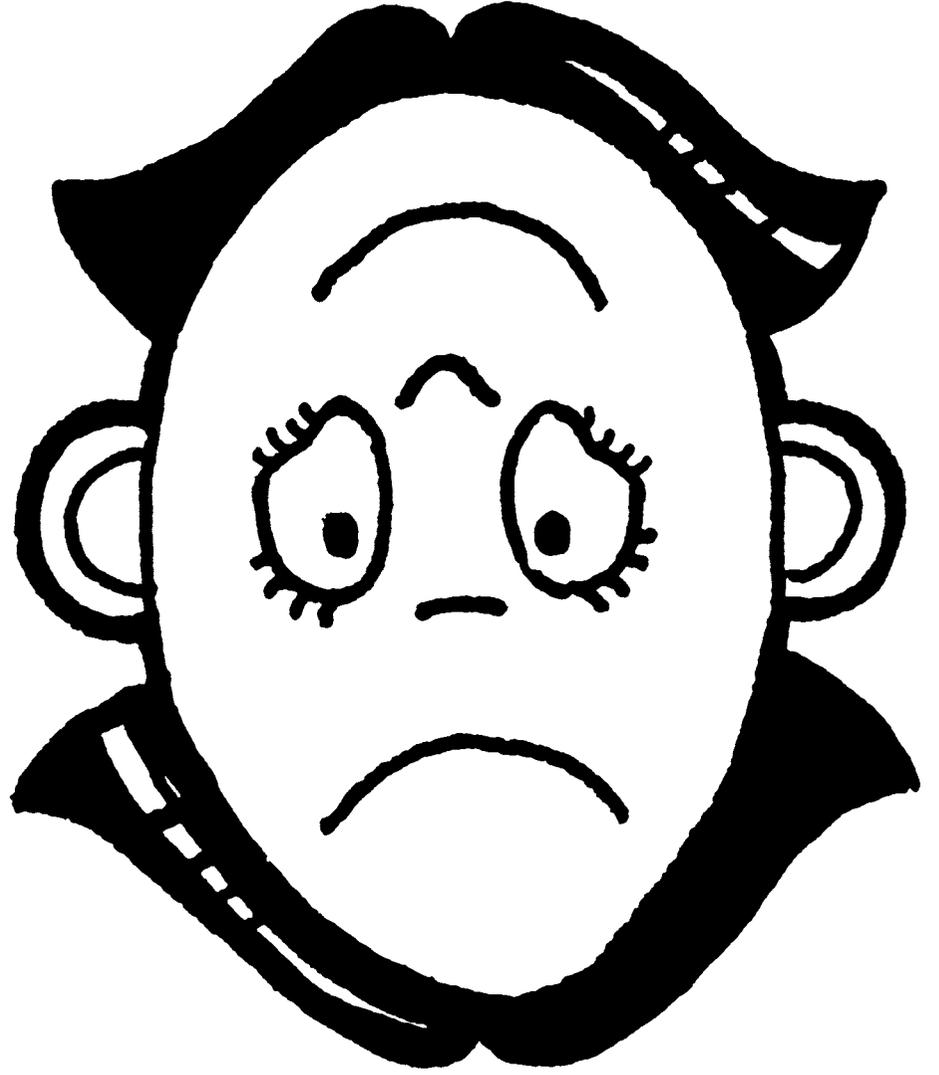
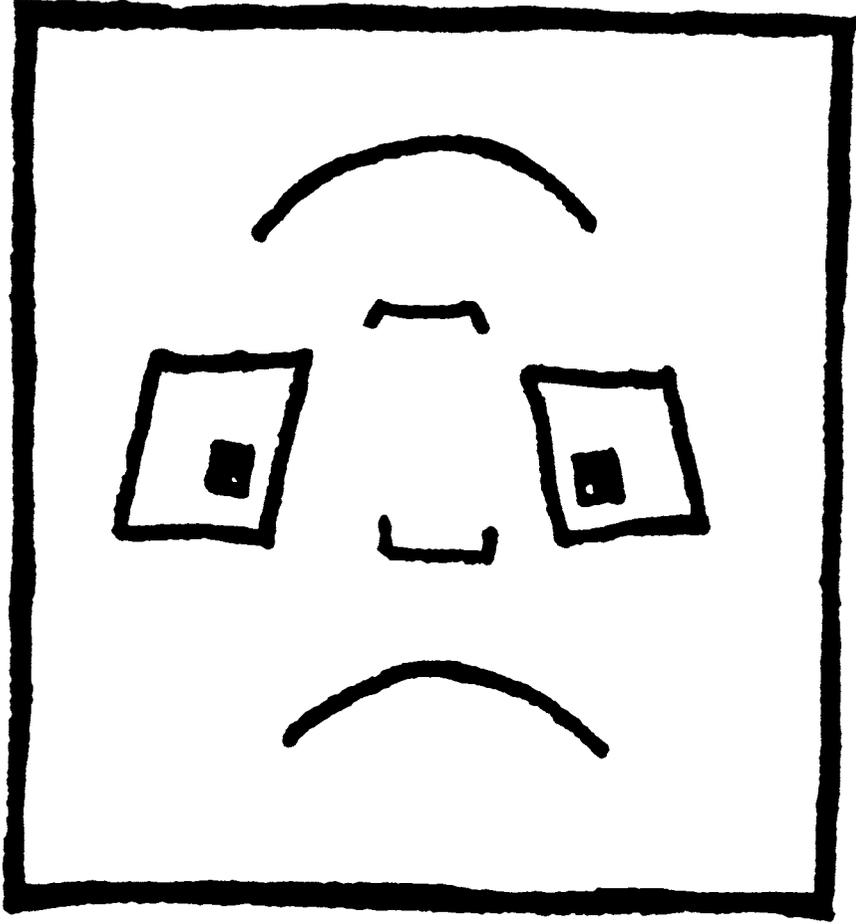
Of all the dhammas you see in the world,
they all come from the mind.
Following what you understand,
you grasp at appearances.
This is upside down and not the real thing.

Avatamsaka Sutra

This is the story of four unhappy people who...



2 Click this Button - make them Happy

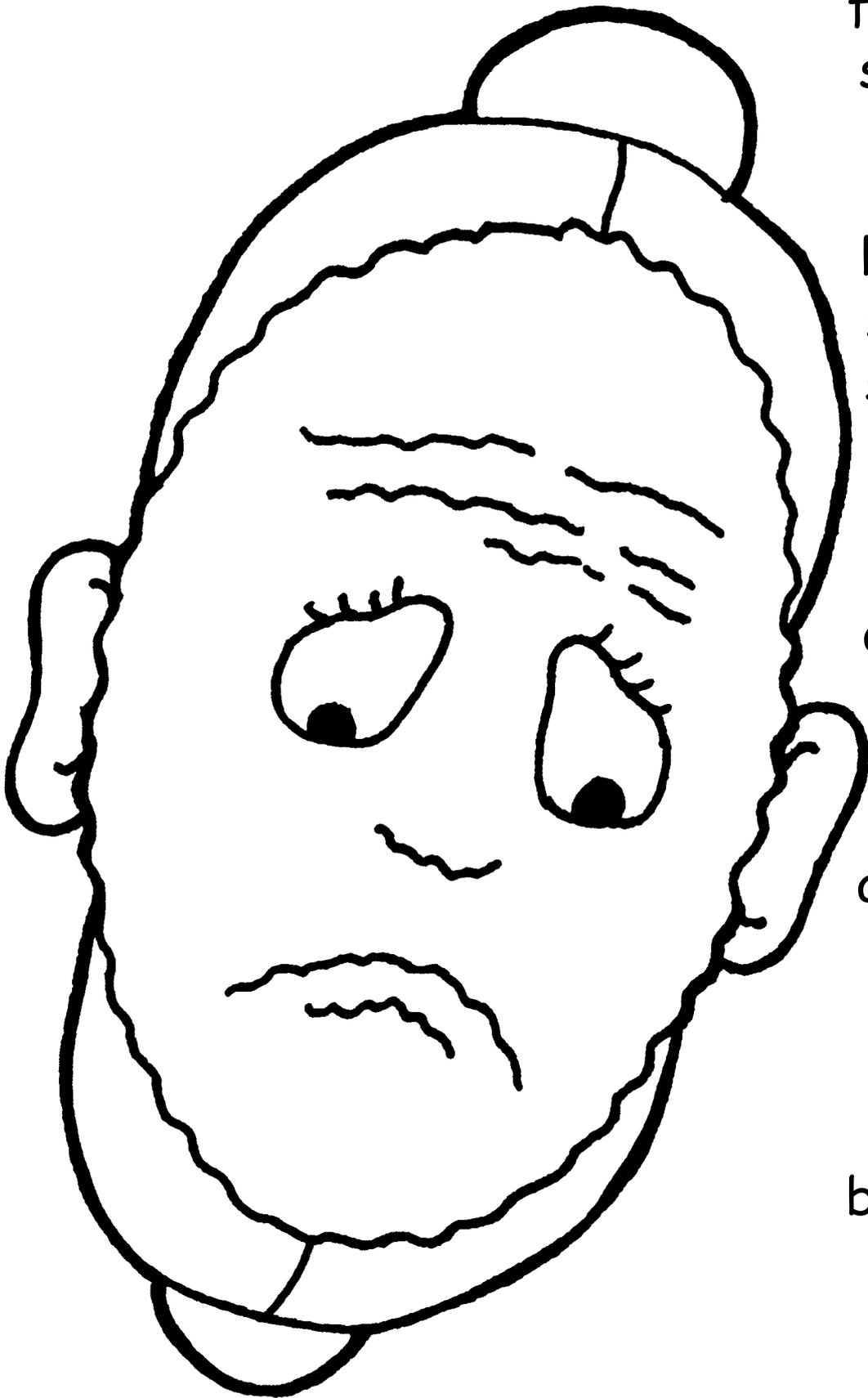


...became very happy. This is how it came to be.

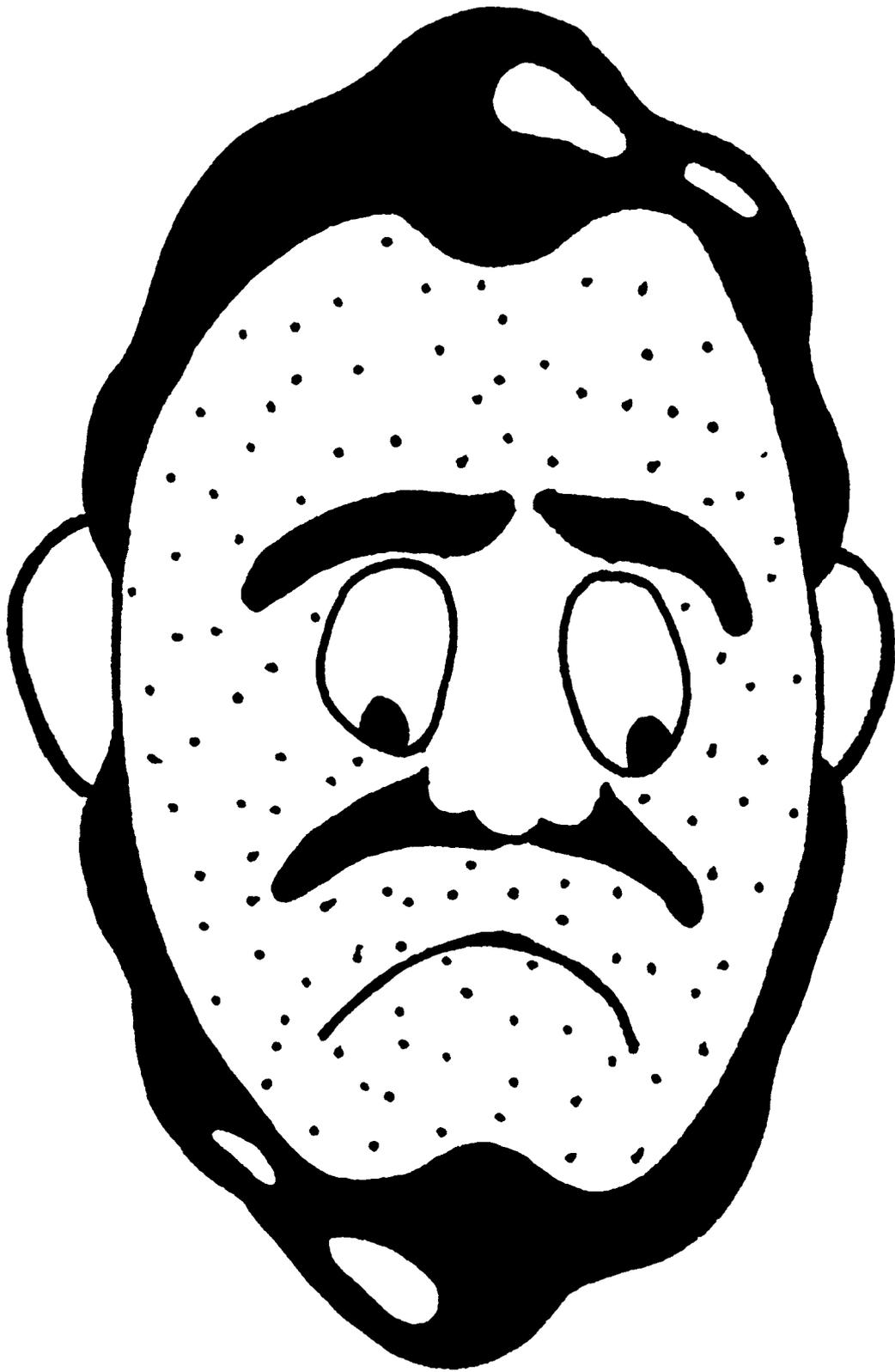


The Buddha and his disciples were walking along a road one day when they came across four unhappy wanderers. The Buddha asked them why they were unhappy.

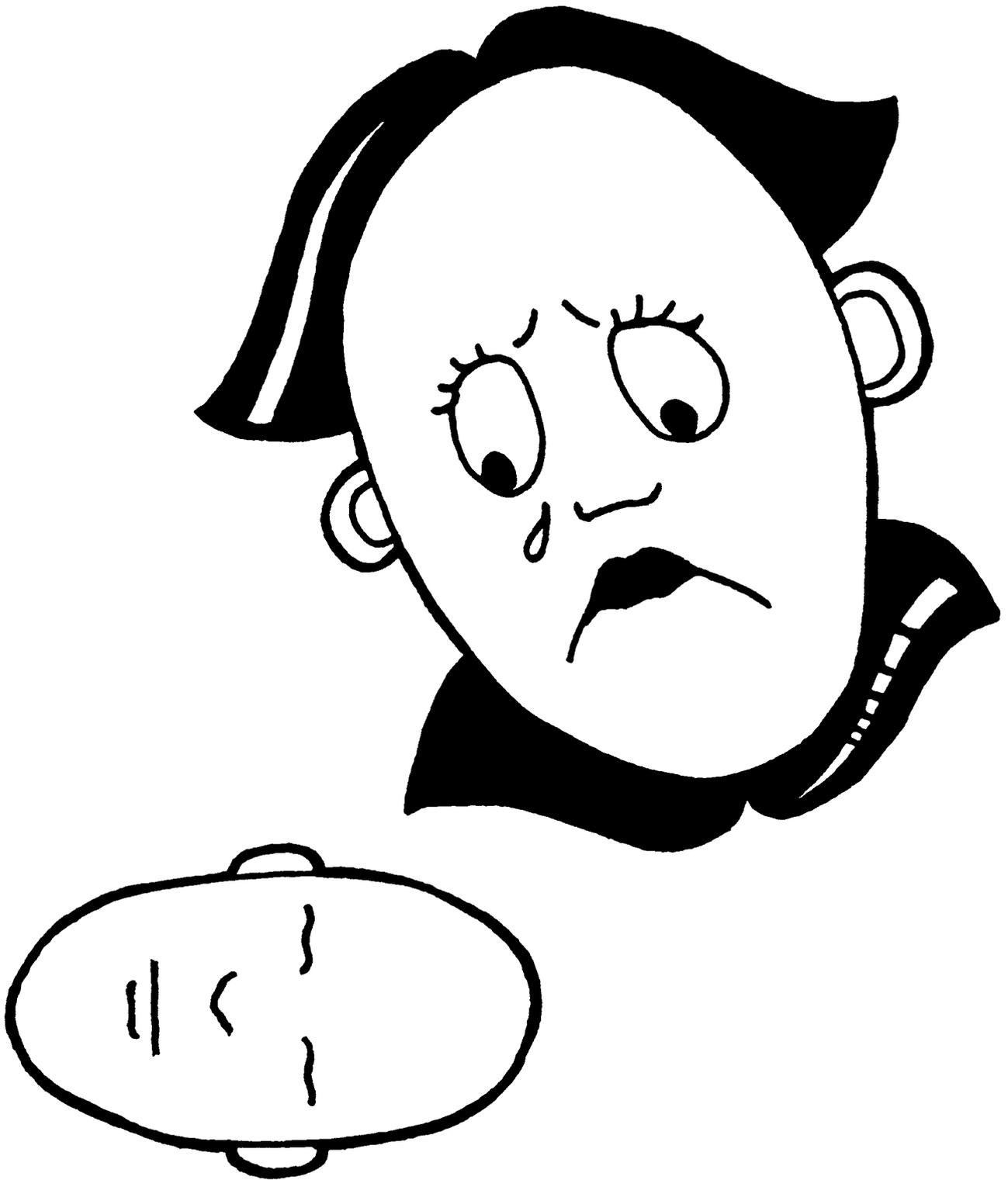




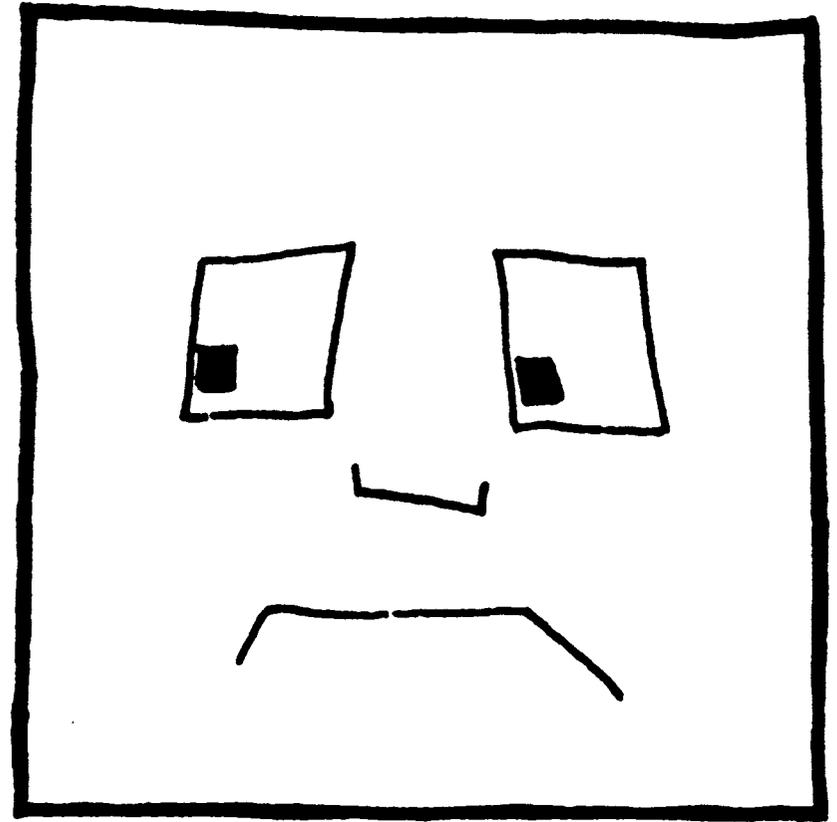
The first one said she was unhappy because she was so beautiful as a young woman and now had grown so old and ugly. "Why does that have to be?" she asked the Buddha.



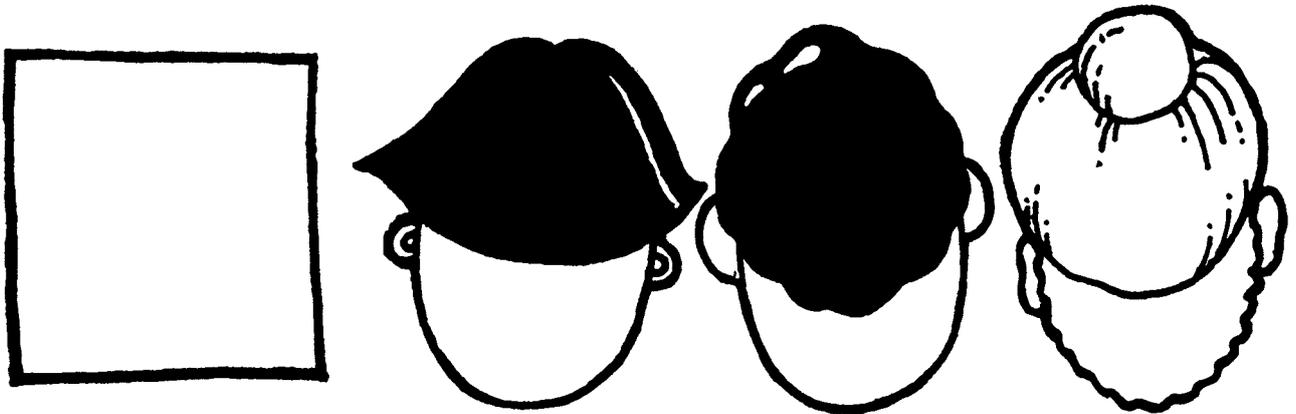
The second one said he was unhappy because he didn't know why, as young and strong as he was, he had to fall sick.



The third one was unhappy because her son had just died. "Why do we have to die?" she asked.



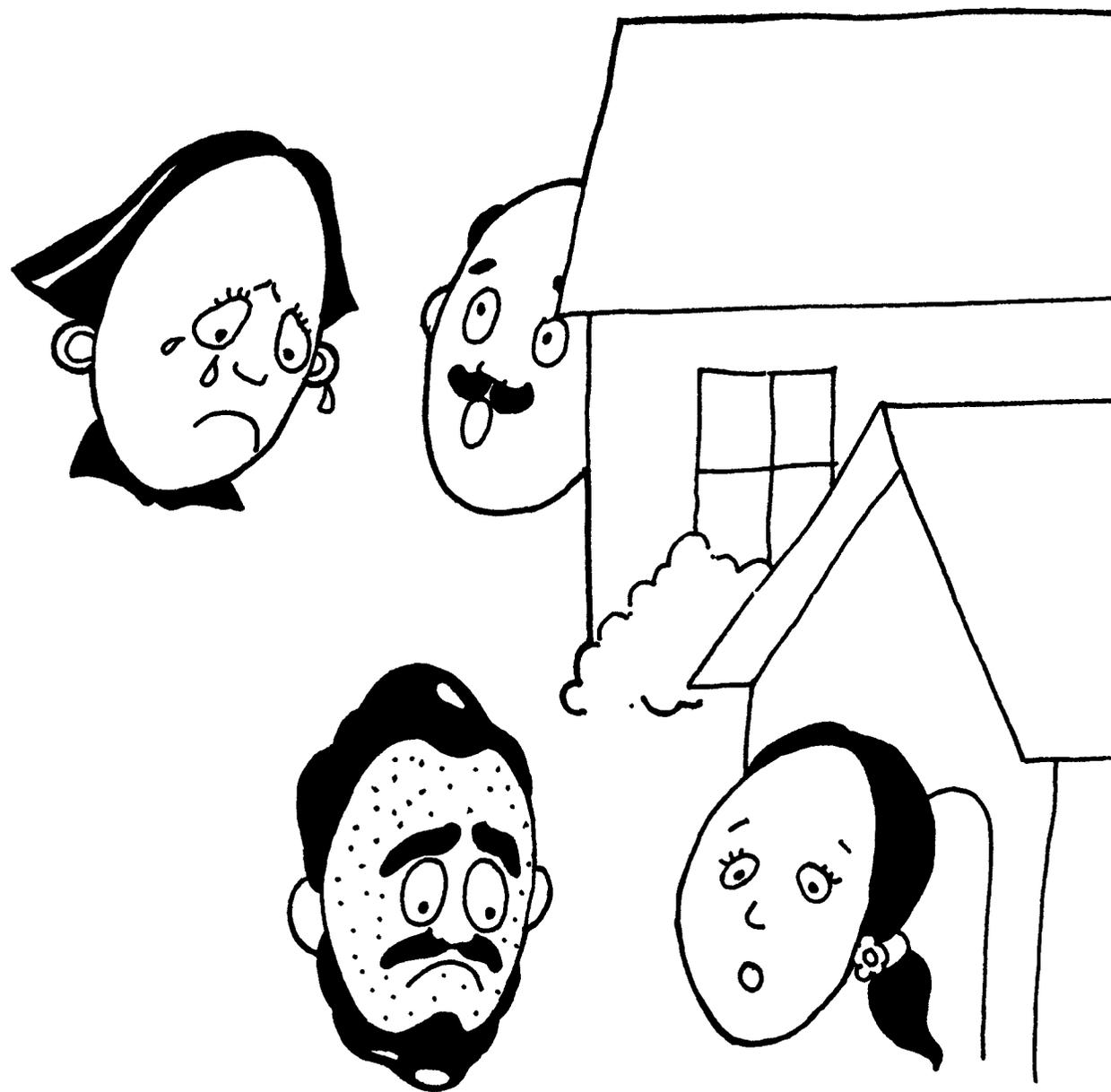
The fourth was unhappy because he didn't fit into the world.
He was square and the world was round.



The Buddha looked at them serenely and said, "Don't be sad. Understand that sickness, old age, dis-ease, and death are all part of a natural process. They are all inherent in birth."



He then looked at the old woman and asked her if she liked to eat ripe fruit. The old woman said that she did. "Why, then," the Buddha asked, "don't you accept old age? Those who don't wish to get old should only eat fruit flowers and not the fruit that ripen and get old."

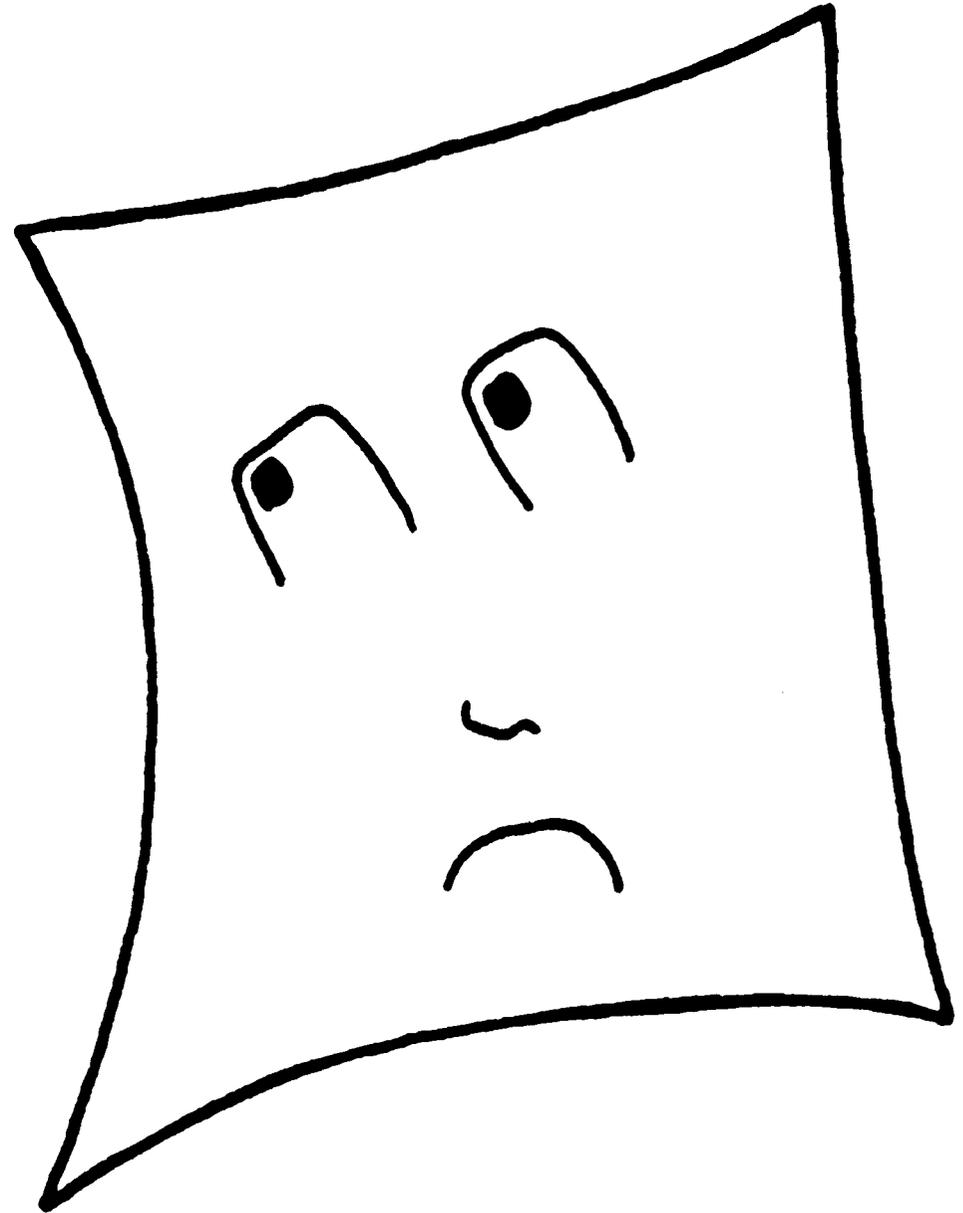


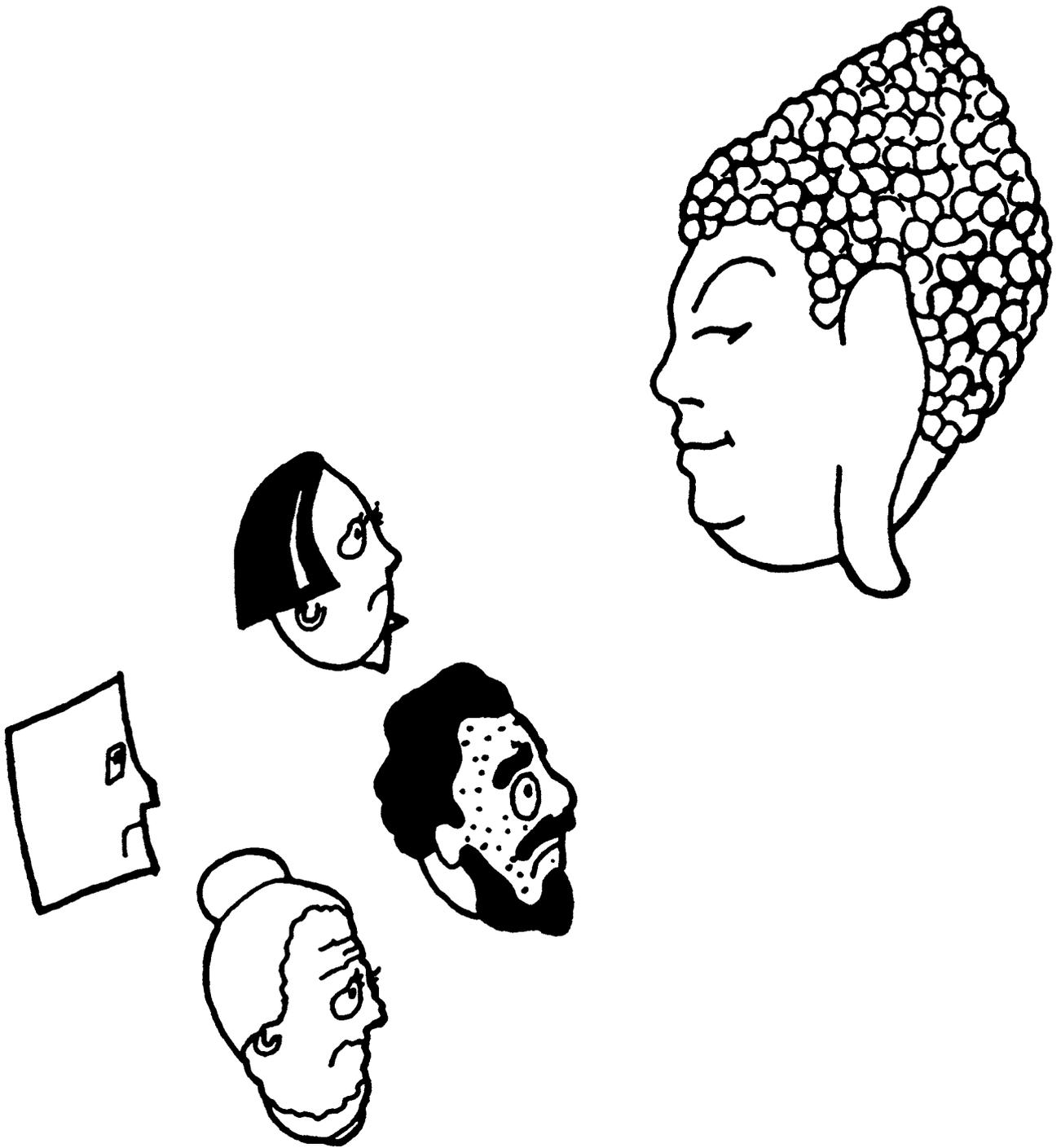
As for the young man and grieving woman, he asked them to go and find a mustard seed from a household where nobody had ever gotten sick or died. When they returned empty-handed, the Buddha said, "See, now, how sickness and death come to all beings. Do not think that you are the only ones they come to. All who are born get sick and die."

To the fourth the Buddha said, "You do not fit because you are not one with the world. You have sharp corners and the world has none. You've got to learn how to roll."

"But I can't roll," replied the square. "I've got sharp corners, remember?"

"You can give it a try," said the Buddha. "But you've got to be willing to give up your corners first."

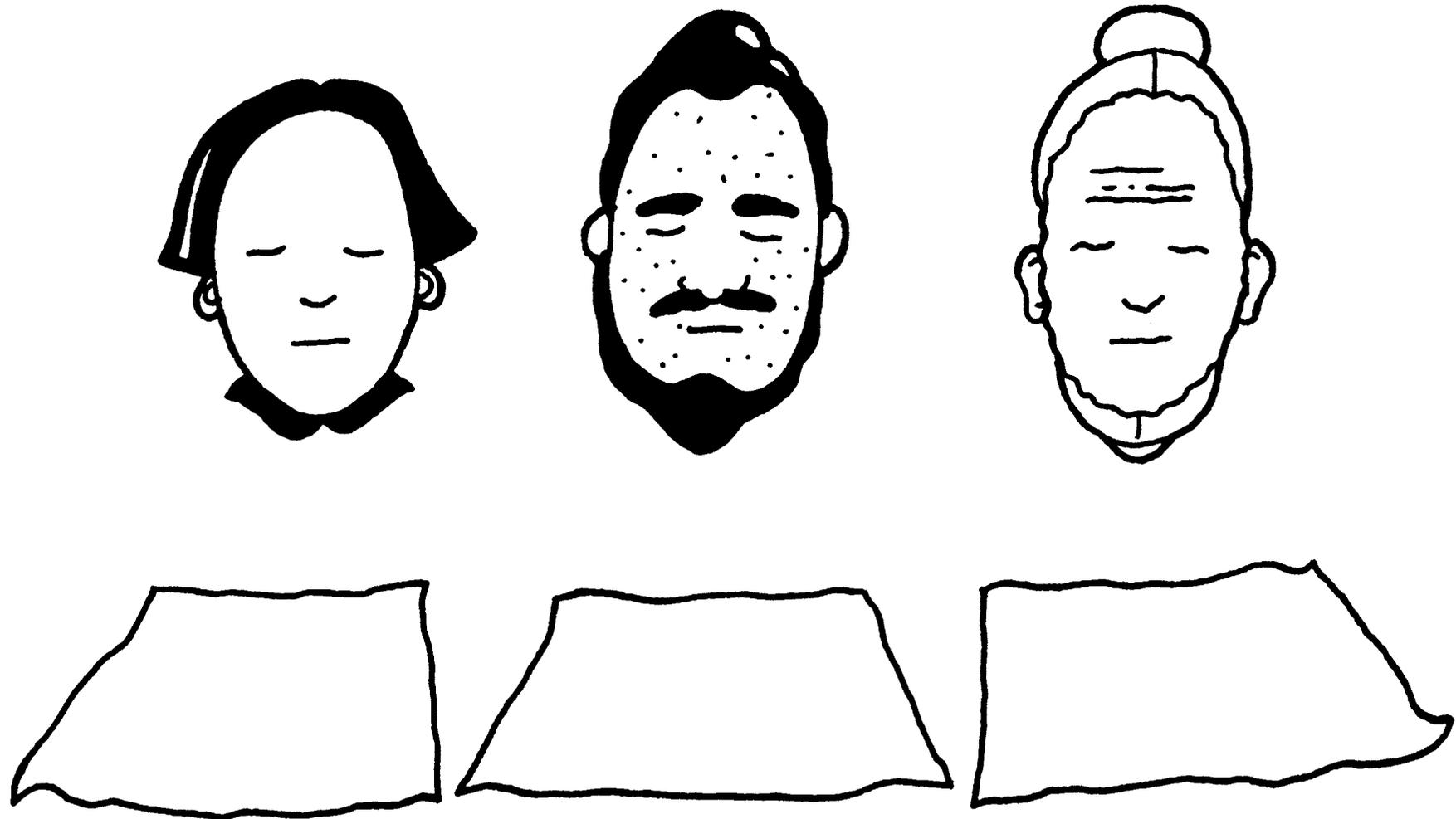




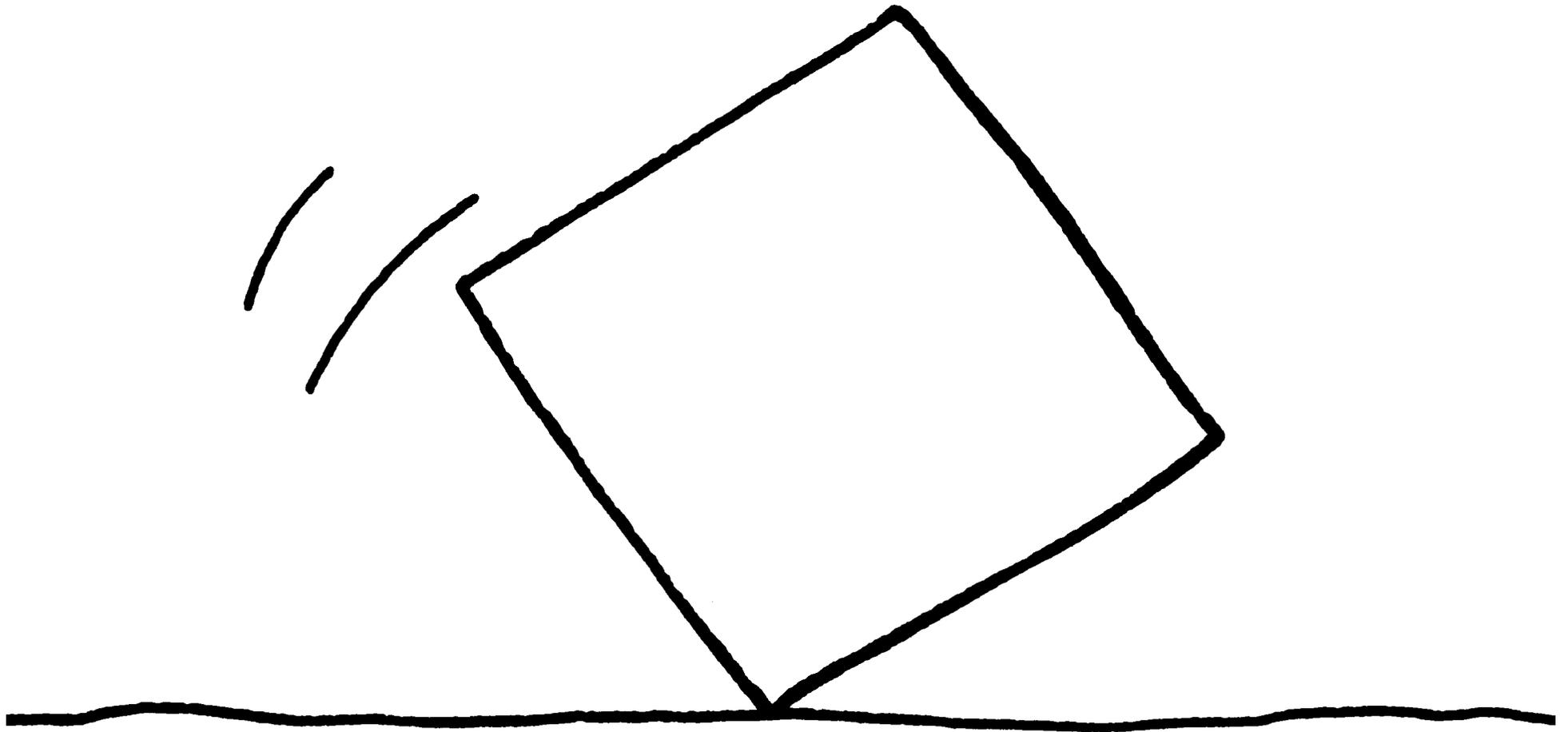
"Sickness, old age, dis-ease, and death without right understanding bring only suffering," exhorted the Buddha. He then taught them the Four Noble Truths and sent them on their way.



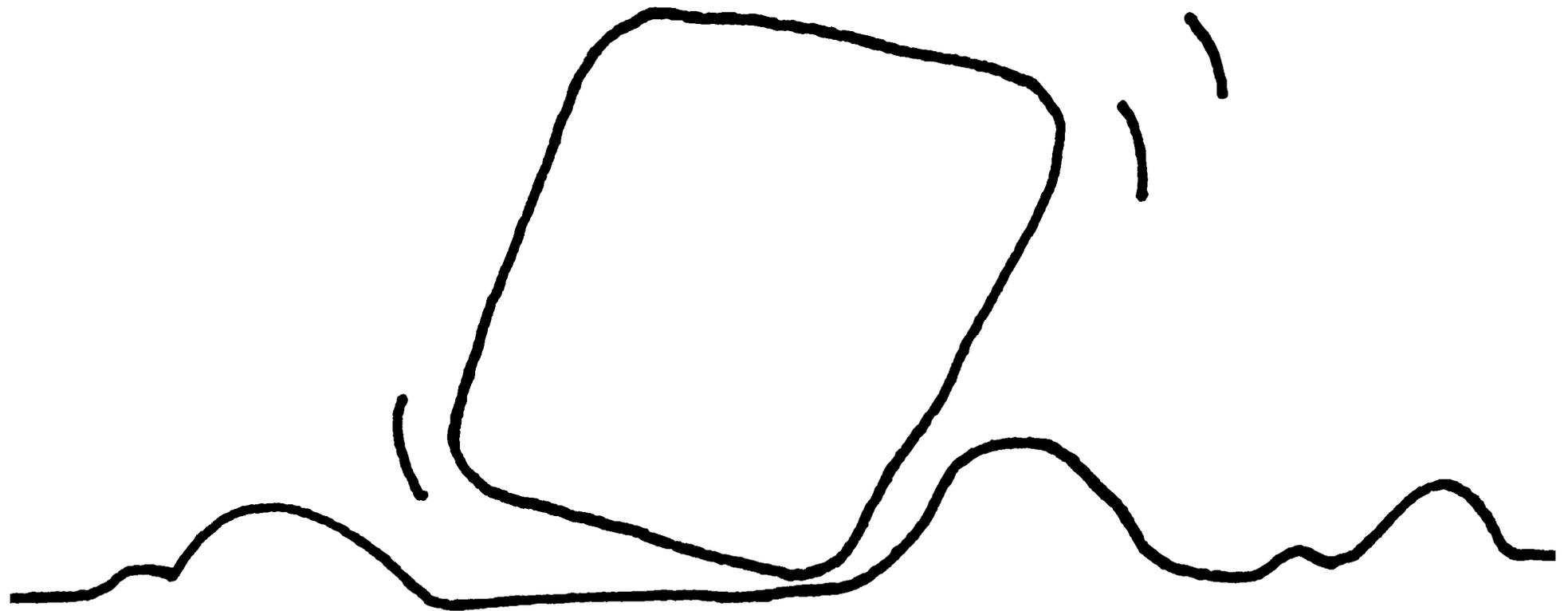
The first three wanderers, inspired by the Buddha's words, went into a cave to meditate. But it wasn't easy.



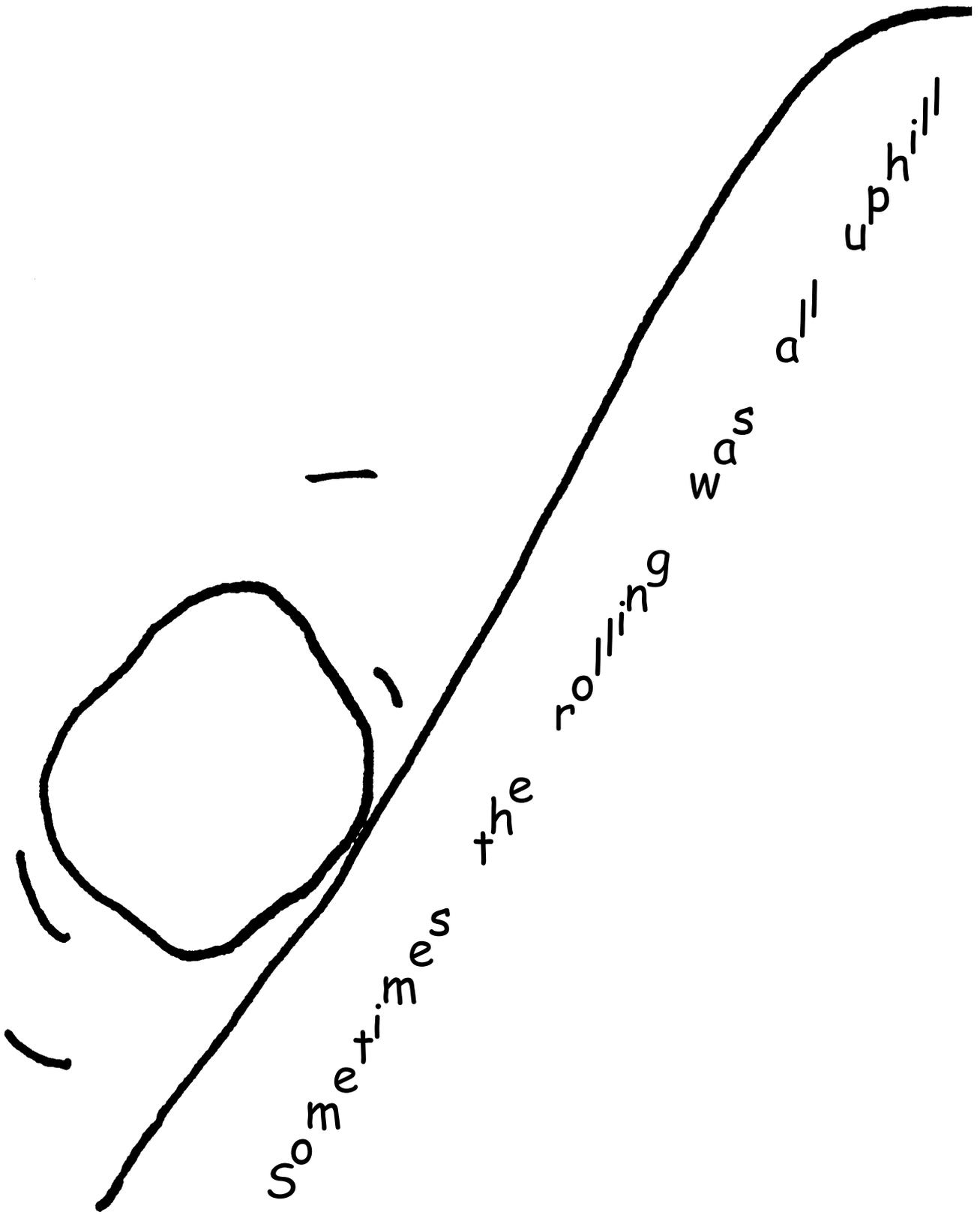
Determined as they were, however, they finally gained insight and understanding into the truth of suffering, impermanence, and non-self. They had at last found happiness... and peace.

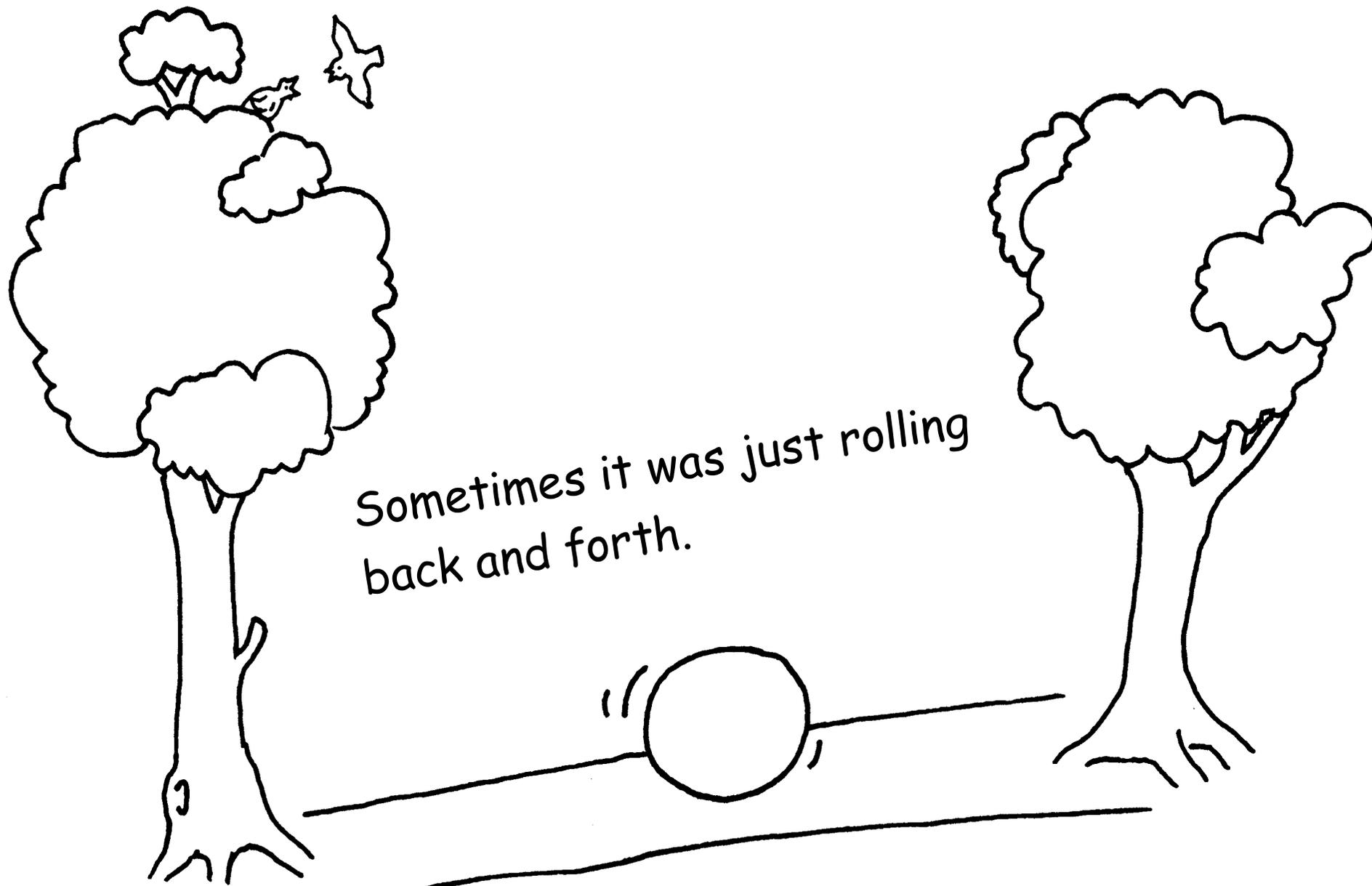


As for the square, he followed the Buddha's advice and started to roll.



It was difficult at first because sometimes the road was
very r^oc k y.

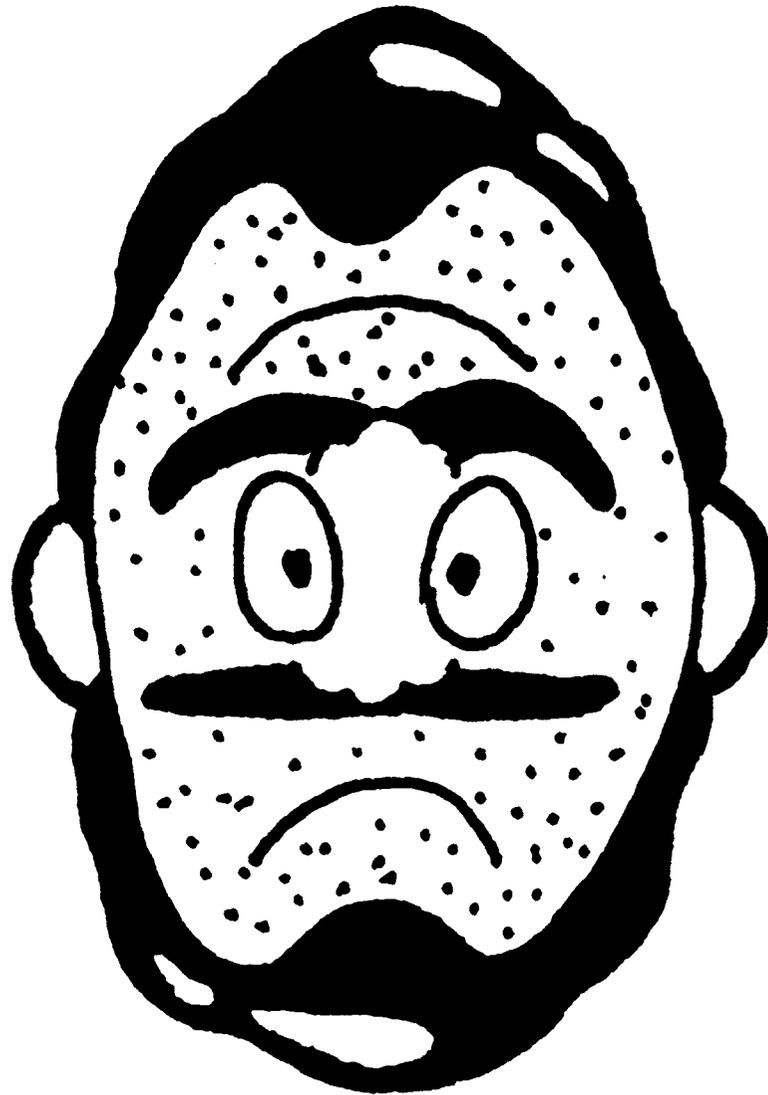
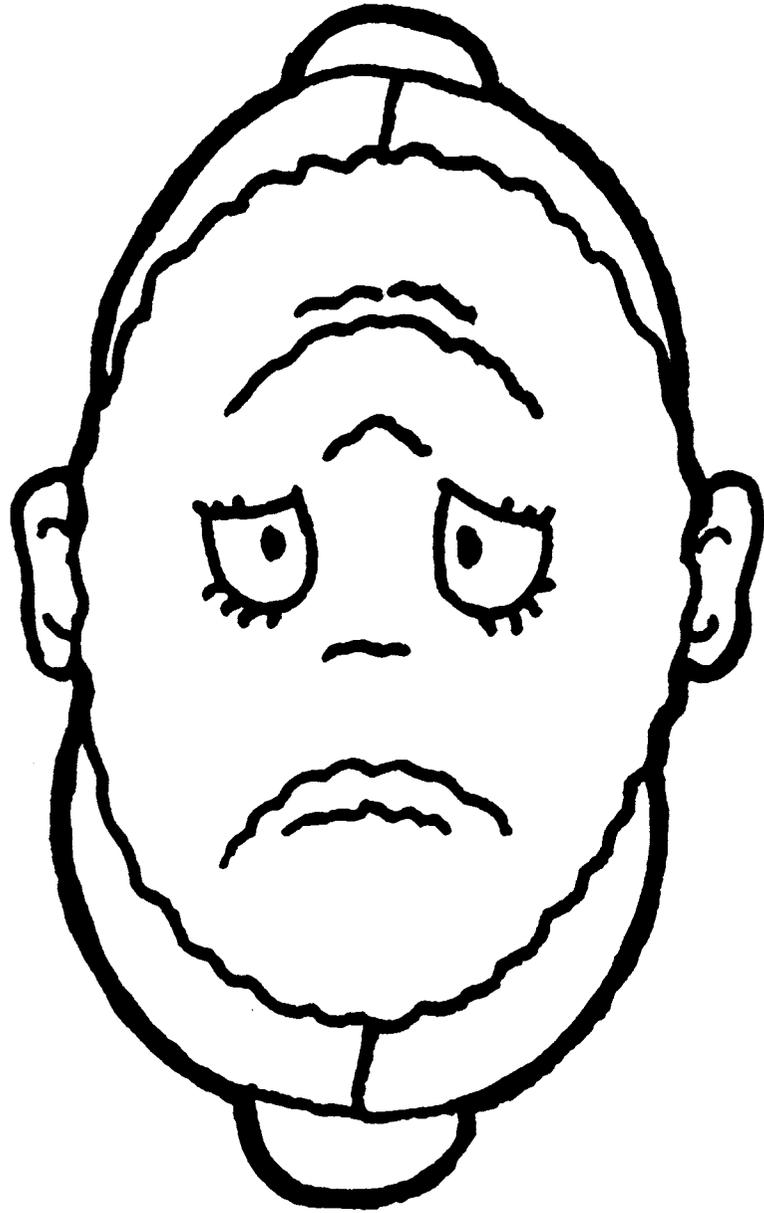




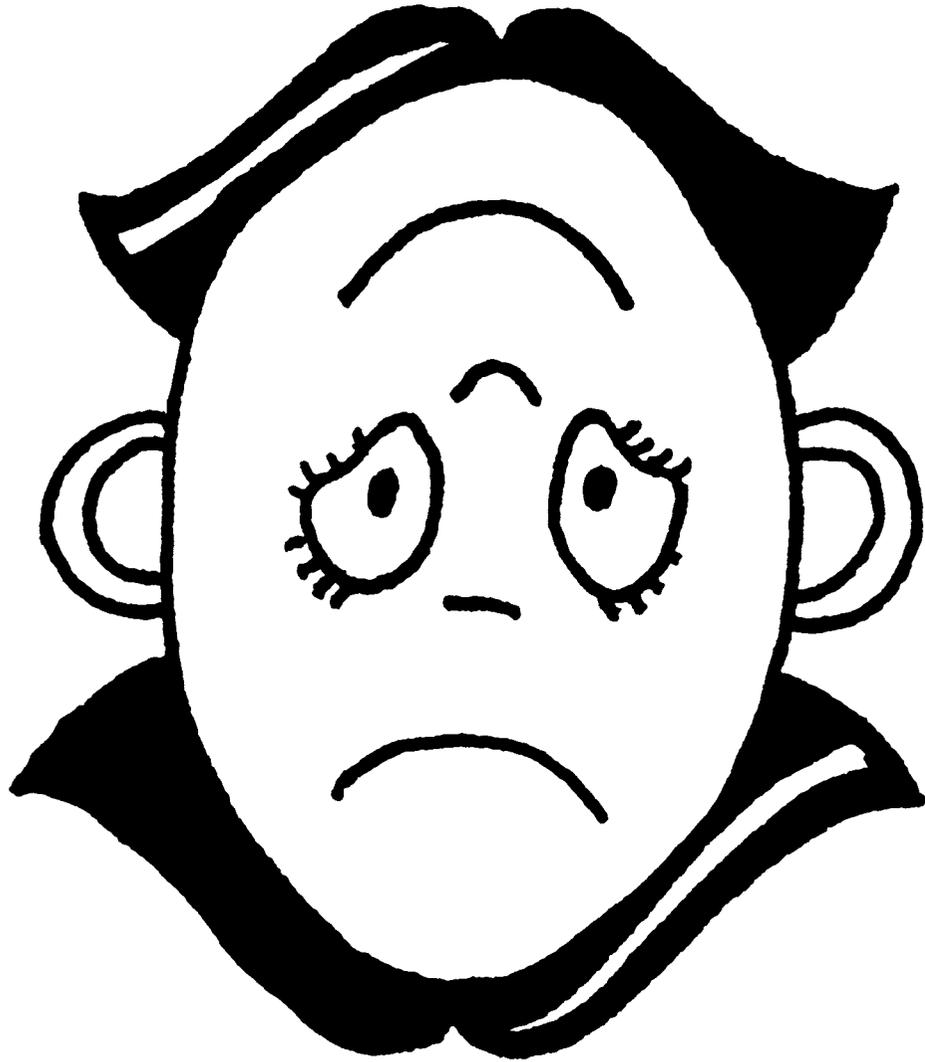
Sometimes it was just rolling
back and forth.



But the square
stuck to it and little
by little he started
to feel different.
The road was
beginning to feel
less bumpy and
it was getting
easier to roll,
until finally he
was transformed
into a circle. He
was now as round
as the world and
became one with it.
At last he fit!



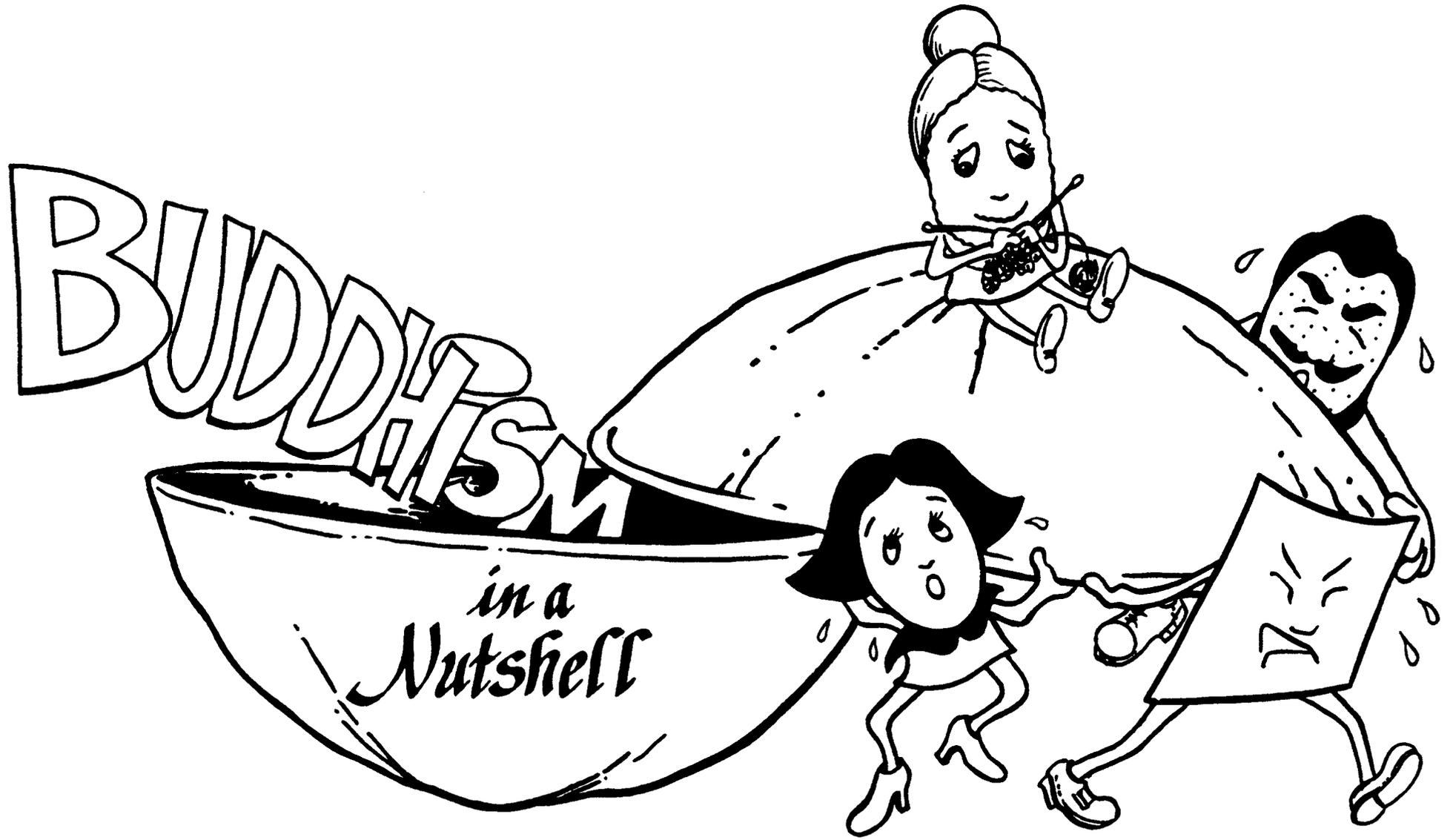
And this is how four unhappy people...



...became very happy.



Click this Button - make them Happy



Do good,
don't do evil,
purify the mind.
This is the teaching of all the buddhas

Four Noble Truths

1. All beings suffer.
2. All suffering is caused by desire.
3. Getting rid of desire gets rid of suffering.
4. The **Eightfold Path**
is the method which leads to the end of suffering:

Eightfold Path:

1. **Right View.** Right View is the understanding that life is suffering, that the cause of suffering is desire, that there is an end to suffering, and there is a path that leads to the end of suffering. In other words, Right View is to understand the Four Noble Truths.
2. **Right Thought.** Right Thought is the elimination of bad thoughts from our mind and to keep it full of good thoughts.
3. **Right Speech.** Right speech is lovely and truthful speech, free of harsh, angry, or foolish words.
4. **Right Action.** Right Action is to refrain from harming any living beings, from stealing, from any irresponsible sexual conduct, from drinking any alcohol or using intoxicating drugs.

5. **Right Livelihood.** Right Livelihood is not to do work that brings harm to others, such as selling liquor, poisons, or guns.
6. **Right Effort.** Right Effort is to encourage and sustain wholesome thoughts and to discourage and overcome unwholesome thoughts.
7. **Right Mindfulness.** Right Mindfulness is to be constantly aware of all the activities of the body, of feelings, ideas, of all the activities of the mind.
8. **Right Concentration.** Right Concentration is the practice of meditation.

The Buddha's teachings can bring peace and joy to you, too, if you give it a try. Why don't you give it a try?

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UPSIDE

DOWN

WORLD



Find wanderers

