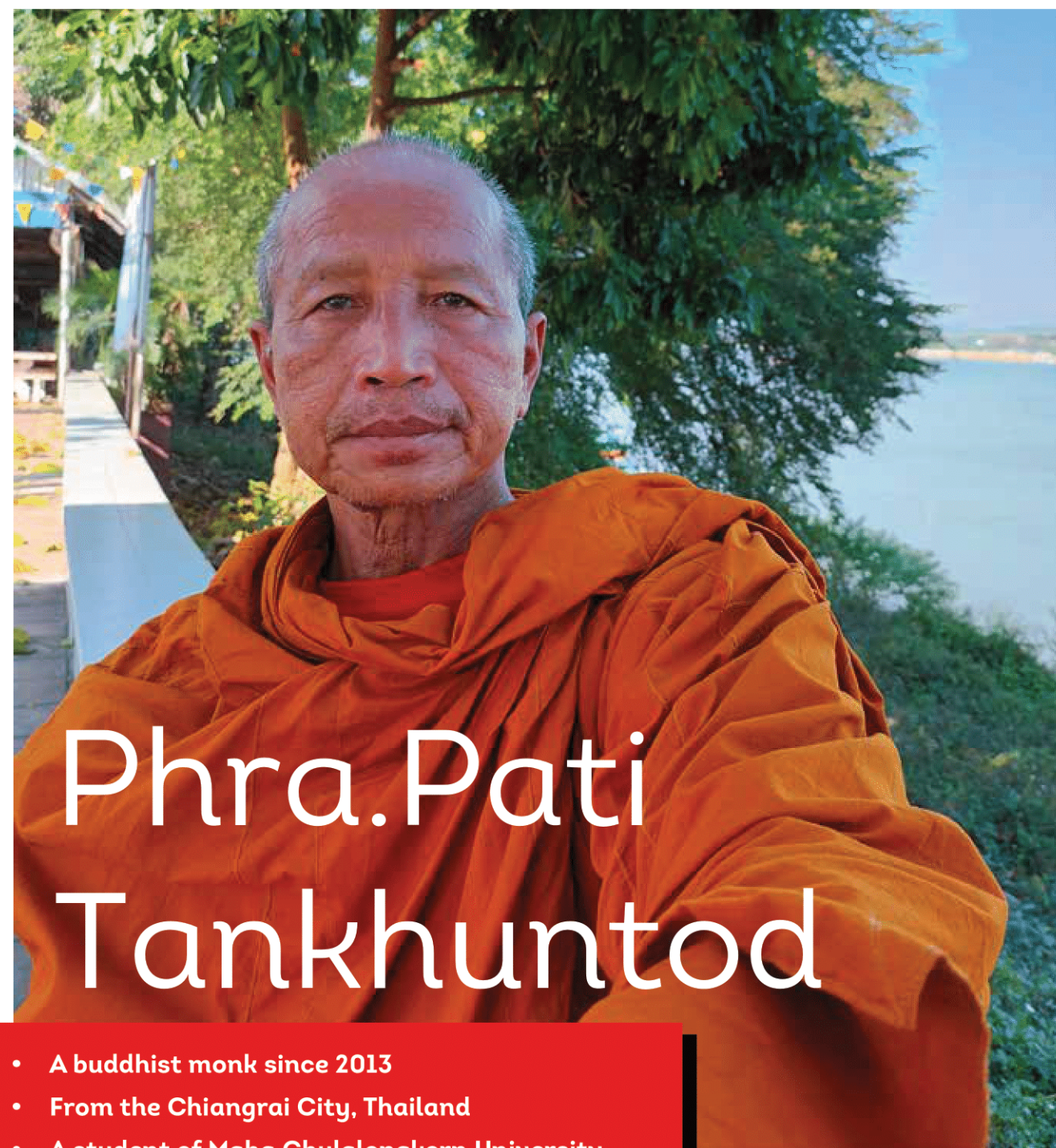




Phra.Pati Tankhuntod

- A buddhist monk since 2013
- From the Chiangrai City, Thailand
- A student of Maha Chulalongkorn University

About 10 years ago, you took the path that removed you from the generally accepted lifestyle. You needn't travel by transport, you have no credit cards, you have no job which you dislike, and you have no family anymore. Tell us please when you first became interested in the philosophy of Buddhism and when the intention to go to a monastery appeared. How did you become a monk?

I became a monk about nine years ago, April 3, 2013. Before I had begun a monk-life, I lived as a layman who wanted to be rich. After I had retired my job, I thought of my life how to live in peace. When I had been living with my family, I got bored of having sex. That was not my way of life, I thought. I asked my wife if I could become a monk. She said «Okey». Then I went to a temple in Chiangrai city, and I had an abbot admitted me as a monk. I had studied the way of Buddhism:

Dharma and Vinaya; 227 rules of a monk. First year I went to the forest to practice the process of meditation. As walking on the road I made the conscious of Vipassana. Looking inside my mind, how my passion (greed, anger, ignorance) existing, changing, ending while I was thinking. I tried practising meditation and vipassana to attain the high quality state of mind, enlightenment. Refraining the ways of sexual life, breakfast and lunch enough, three clothes, a small hut, medicine in daily life... To be or not to be born in the cycle of rebirth is my decision to choose.

Even though I can not achieve enlightenment in the present life, I can get Nirvana, pure mind, state of deliverance, free soul-zones of passion, the next life that I would be born. I have met my peaceful mind and live in easy life, in the Buddhism Dharma way of life. The Dharma ways of life tell me to be or not to be. To be Nirvana or not to be Reborn.

I think if I am a good monk who try hard in meditation and vipassana, I can appear in peace in the world of all sufferings.



PEACE IS THE WEALTH OF ALL PEOPLE

People think that in order to become a Buddhist monk, one must pass certain challenges. Is it really so? What precedes connection to the spiritual side of the teaching?

There are 227 statements for a monk, 311 statements for a bhikkhuni, 10 statements for a novice.

One who wants to be a monk must be a man of 20+ years of age. He must be healthy, not be blind, a man of physical disability, not contagious, not bankruptcy, not a criminal offence, not believe in non - buddhism. And he must be permitted by his parents firstly. Then he and his parents have to go to a temple, to be admitted by an abbot, they must show the paper that has been granted the permission from the authority of government.

If he could become a monk, there would not be preceded connection to the spiritual side of Enlightenment, Nirvana, by practising himself in the eightfold path of Buddha's teaching.



On the other hand, there are certain demands for a person who wants to take the monastic vows. Is it necessary to study in a Buddhist monastic school? Who decides whether a person is ready for the monastic life, to become a novice and to sermonize Buddhist practice among people? Tell us about the Precepts that a monk must follow.

Precepts or commandments of Buddha for monks and novices are difference: a monk has 227 precepts, a novice – 10 precepts. It is not necessary to be studied in a Buddhist monastic school for Thai Buddhist, but a person who are not the Buddhist (non-Buddhism believer before) must have to be tested as a pre-lmonkhood life for four months.

If he is satisfied good behaviors, good speaking, good doing

The wheel of Sansara is the enless of the cycles of your rebirth. Buddha had explained that Sansara could not be researched of its origin and its ending. So, you have been reborn more than infinity times or countless times.

by the abbot, he would be accepted to the Buddhist Ordination. 227 precepts are the commandments of Buddha for a monk to live happily in monkhood. There are also ten precepts in all of its: no singing, no dinner, no making up and decorating his body, not sleep on a big bed or on a mattress stuffed with cotton, no killing, no stealing, not a lying speaker, abstaining from alcoholic drinking, abstaining from sexual doing with male, female and animals.

Monks and novices must follow ten precepts. A monk will be driven away from monkhood if he has sex with people and animals, stealing property more than one old indian dollar, or one pound.

The daily routine in the monastery, which begins at dawn, helps to develop spiritual principles of a person. What is it like, what are Buddhist monks doing? When does their usual day start and end? How many hours do the monks sleep?

The daily routine in a small or big temple:

- 5 a.m. – praying;
- 6 a.m. – go begging;
- 8 a.m – having breakfast;
- 11 a.m – having lunch;
- 1-5 p.m. – studying and meditating;
- 5-7 p.m. – being free;
- 7-8 p.m. – praying;
- 8-12 p.m. – meditating himself by self realization;
- 1-4 a.m – go sleeping.

It happens individually that a monk cannot do the standard daily routine like this. But any monk tries hard in meditation 4-6 hours a day. And someone walks forward and backward 1-4 hour a day in a forestry-temple – this is called «Jongkrom walking».

The monastery for Buddhists is both the main place for serious practice and the home for monks. That's why to preserve its harmony one should behave calmly and quietly on its territory. What rules is it important to follow in order not to insult the feelings of believers? How should a monk or parishioner be greeted?

There are two kinds of monks and two kinds of Temples. The differences of two monks are the different activities: one is the school-monk, studying in Tripitaka – the scriptures of Buddha's words. The other is the woody monk, practising in the middle way or eightfold path in the forest, meditating hard in the forestry-temple.

The rules of living in harmony together of all monks are Dharma and Vinaya. Dharma is all of teachings of Buddha that had stated in all of the sermons perfectly and correctly. Vinaya is the law of conducts, can not be broken down by



The Arahant monk is one of the highest monk who attain the end of suffering, Enlightenment, Nirvana. The groups of the Arahant monks live in full of Dhamma and Vinaya, in harmony. The common monks live in deficient of Dharma and Vinaya, so they could not live in peaceful mind. The monks should be greeted by preserving and practising Dharma and Vinaya perfectly.

Some people believe that monks feel supermundane sensations and never have negative senses such as anger and greediness. Do you get irritated? Do you experience pride, vanity, fear, anxiety, guilt, and shame? How can a person overcome these negative emotions?

Arahant monks are over hatred, greed, ignorance, because they have reached Enlightenment. Ordinary monks are still also as common people. Arahant monks are supermundane, but common monks are trying to be supermundane. Negative senses (craving, greed, hatred, anger, ignorance) were overcome by Enlightenment of Buddha and Arahant. When I was irritated, I made sense of consciousness and awareness what it was. Then I looked inside my consciousness: craving, anger, arisen and faded away itself. Pride, vanity, fear, anxiety, guilt and shame are ignorance. Ignorance is the root of sin and evil negative emotion, negative understanding, negative intention, negative speech, negative action, negative livelihood, negative effort, negative mindfulness, negative concentrate. People can overcome all of negative feelings (pride, vanity, fear, anxiety, guilt, shame) on the way of eightfold path. All of those were destroyed by attaining the light of Enlightenment.

“ THE WHOLE WORLD IS CONFUSED BY THE VIOLENCES

anyone else. According to preserving and doing in Dharma and Vinaya rightly, all monks could be lived without insulting. The Noble Eightfold Path is the main of practising right view, intention, speech, action, livelihood, effort, mindfulness, concentrate. The Four Noble Truths are the first and the core of the teaching of Buddha: the truth of suffering, the truth of the cause of suffering, the truth of the end of suffering, and the eightfold path that lead to the end of suffering.

The Buddha formulated 4 noble verities of Buddhism – this is the foundation of the teaching to which all other postulates and Buddhist philosophy are connected. Will you name them and explain their essence for our readers please?

All human beings are in the oceans of illusions: they keep impermanent events coming to their eyes, ears, nose, tongue, body, mind, as being permanent. These events are illusions. To solve these illusion, one can have his ignorance cultivated step by step, sodaban state of mind, sagataka state of mind, anaka state of mind, arahant state of mind. The Buddha formulated the Four Noble Truths: Suffering, Origin of Suffering, End of Suffering, The eightfold Path that leads to the end of Suffering. The Suffering in Buddhism

means the truth of reborn, old age, illness, death, turning around endless Sansara, cycles of rebirth. Craving, anger, ignorance are the causes of Suffering. The truth of End of Suffering is Enlightenment, such as darkness disappears when the sun arises.

The Eightfold Path that leads to the end of Suffering is the Truth, such as the Sun, enlightened Wisdom. The Buddha's practising, meditating under the Bodhi Tree, attained Enlightenment absolutely by himself. If anyone wants to release suffering, one must go away from his family and having himself become a monk to practise meditation to overcome as Buddha.

“ IGNORANCE IS THE ROOT OF SIN AND EVIL NEGATIVE EMOTION

One of the central concepts in Buddhism is karma. What is its concept? What do Buddhists really think of it? And what are the ways to improve it?

Karma is the action of one's speaking, doing, thinking. There are three positive actions and three negative actions: right speaking, right doing, right thinking; wrong speaking, wrong doing, wrong thinking.



Five precepts are the way to improve oneself in being a good person: abstaining from killing, from stealing, from sexual misconduct, telling lies, from alcohol. Abstaining from sexual misconduct, from killing, stealing, drinking alcohol are good Karmas, good actions or positive doing. Abstaining from telling lies are positive speech or good speaking. Merit is good thinking. Avoiding evil conducts, cultivating good conduct, purifying one's mind are the Karmas for everyone to be preserved while living.

The most complex conception in Buddhism is nirvana, which remains a mystery to many laymen. Will you let us into a secret, what is its main aspect? How to stop sufferings and its source completely?

Nirvana is the Dharma who has attained Enlightenment could explain, however, a layman can study in the textbook of Buddhism. I can tell you with my self-outlook that Nirvana is the state of peaceful mind, releasing from passion absolutely. You can understand Nirvana exactly if you can reach arahant hood yourself. Because Nirvana is the Dharma to be known by the specific Arahant monk. A layman can presume Nirvana, but he does not know Nirvana.

“ ALL HUMAN BEINGS ARE IN THE OCEANS OF ILLUSIONS

Ordinary people understand that Buddhism has nothing to do with aggression and rejects the concept of war. Express please your fundamental point of view on the concept of good and evil in Buddhist teachings, the problems of globalization, and the violent conquest of territories, which is still taking place nowadays. How to achieve peace of mind in the darkest time?

Good actions or evil actions in Buddhist's Teachings are appeared in three evidences: by doing, by speaking, by thinking. If a person's mind is always good, he is doing well, speaking well, thinking well. If anyone's mind is evil, he is doing evil, speaking evil, thinking evil.

Peace is the wealth of all people. During the darkest time (warfare, broken heart, extreme poverty, ill society) one could have one's mind realized private, internal, external, national, international, global problems. Private problems can be solved by a human being himself: releasing his lover, looking for a job, working hard and so on. National problems should be solved by referendum. Suffering of one's mind should be solved by himself by enlightenment. The way to achieve peace of mind, middle way, eightfold path, should be done correctly, perfectly, absolutely, exactly, presently.

The whole world is confused by the violences. All of Sufferings (warfare, global violent problems, human being problems), all of the problems can be corrected by the way of eightfold path the middle way, to achieving peaceful mind, permanently. Nirvana is the peace of mind that has achieved Enlightenment. These are the answers of Buddhism Perspectives. Wellcome to see and practice meditation and vipassana method!