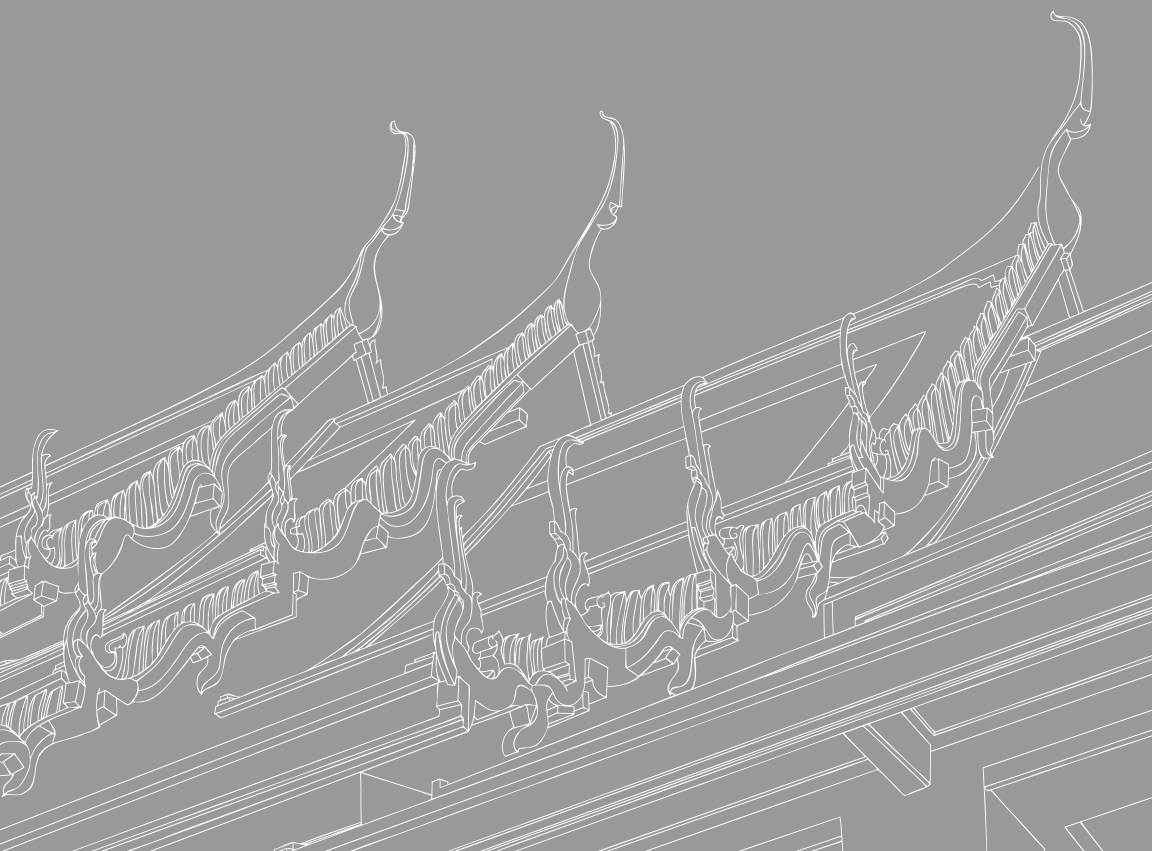


Here, a monk in this Dhamma and Discipline: (1) does not create suffering for himself when he is not beset by suffering; (2) does not forsake genuine happiness; (3) does not indulge in that happiness (i.e. even genuine happiness); (4) strives in order to bring an end to the cause of suffering (i.e. strives in order to realize supreme happiness).

M. II. 223

Look here, Ānanda, there is another method... A monk should direct the mind on some inspiring sign. When he directs his mind on some inspiring sign, joy is born. When he is joyous, rapture is born. When the mind is infused by rapture, the body relaxes. When the body is relaxed, one experiences happiness. For one who is happy the mind becomes concentrated.

S. V. 155-56



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