

Escape from Misunderstanding



Guided Talk
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ESCAPE FROM MISUNDERSTANDING

**This teaching is directly based on the Guided talk
by Tsunami Sayadaw Rev Ottamasara
at BHS in Penang, Malaysia Dhamma Trip,
March – 2011.**

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PREFACE

About the teaching of Sayadaw Rev. Ottamasara

Sayadaw's teaching provides a practice to overcome the difficulties of the present day meditators. His teaching is mainly focused on what actually is the middle way that Buddha had discovered; having right understanding about the Created Truths and Original Truth.

Original Truth is beyond all limits and Created Truths such as mind, body, lives, actions, experiences, places, time (present, past & future). Sayadaw's teaching is beyond all those Created Truths and all limits.

If one were to follow up to the end of middle way that Buddha had trodden, there is nothing for us to do but abandon or renounce our traditional wrong understanding and pay attention to the Original Truth -

- 1) Original Impermanent Nature and
- 2) Original Permanent Nature.

(The powers of original impermanent nature which will be explained afterward.)

It is not quite an easy way to be practiced by ordinary lay people as we are strongly attached to our traditional wrong understanding. Since we are attaching ourselves strongly with

created truths and how we should practice to be free from those attachment and to have right understanding about **created truths** and Original Truth.

Firstly, we need a lot of practice and courage to go beyond our traditional understanding and change our attention.

Even though, real meditation or the only middle way discovered by Buddha (Sayadaw's teaching) is not so easy, we can at least copy the understanding of the Buddha and his followers who understand well the truth about Created Truths and Original Truth.

Sayadaw's teaching (having right understanding) is intended to any religion and all classes of people _ the rich and the poor, the young and the old, men and women - without making any discrimination between them. His teaching is free and open to all people and everyone can practice and follow it.

How will people practice meditation in their workaday life? Can meditation be practiced in our days of speed and stress?

We can not avoid our daily problems of life. We keep on doing with our work in daily life by having right understanding through right practice. It is not an easy way to practice by ourselves that's why the help of the Buddha and his followers who know well about Created Truths and Original Truth is absolutely necessary. By only paying attention to **Original Truth _ Impermanent Nature and Permanent Nature** with the help of the Buddha and his followers, slowly or quickly but surely we can walk the only middle way and realize the true essence of it.

In this teaching, it is necessary to copy the understanding of the teacher and try to accept his understanding.

This teaching is directly based on the Guided talk by Sayadaw at BHS in Penang, Malaysia Dhamma Trip, March-2011. I have kept as close as I could to the original teaching of Sayadaw and have tried to make my writing easy and readable.

And I maintain the pronoun usage of “I, me and my” in the Sayadaw’s guided talks which refers to Sayadaw.

I'm really glad to have this chance to express my sense of heartfelt gratitude to Venerable Sayadw, U Ottamasara, who indeed helps me to practice meditation; for all the guidance and encouragement during my workaday life of speed and stress. Without Sayadaw's extreme support, my understanding to Sayadaw's teaching could not have been improved. I would also like to extend my special thanks to my dhamma friend, Ko Soe Win Htut from Malaysia, for his patience and help me in preparing this book presentable.

With loving-kindness,
Hnin Nwe Soe
(12.8.2011)

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In order to understand more, it is necessary to listen his talk and practice more and more. You can also get his mp3 audio talk at the web <http://onlymiddleway.co.cc>.

Escape From Misunderstanding

All Created Truths are non-reality and Original misunderstanding is the reality

We all are naturally paying attention only to the **created truths**_our mind, body, time, place, the sky and the universe because our mind and body is naturally controlled by **original misunderstanding**. Because of original misunderstanding, created attention and attachment to created truths appear.

That created attention appears because of original misunderstanding which has the ability to deceive unreality as reality. If we don't realize this real cause and effect, we will think our life, our created attention and attachment to created truths, as reality. In fact, all **created truths** are non-reality and **original misunderstanding** is the reality.

Changing our attention to original reality

So it is necessary to change our attention from **created truths** to Original Truth. The more attention to Original Truth, the less misunderstanding of **created truths**. In this way, our mind and body, our life will be free. If our life is controlled by misunderstanding, our life and ability will not be free. We cannot directly understand about Original Truth. That's why we need the help of the Buddha and his followers who understand well about Original Truth.

About this very teaching

What I am teaching is about Original Truth which is beyond **created truths**.

Although I am using mind and body, time and place- which are just **created truths**, my attention is not upon Created Truths, but beyond **created truths**.

I can help everyone to change their attention from **created truths** to Original Truth since I have the ability to do so with the help of the Buddha and his followers who realize well about Original Truth.

Original Truth is beyond **created truths** such as time, place and understanding.



That's why we don't need to think about ourselves. Everything that we understand are just **created truths**. Because of paying attention to **created truths**, our mind cannot get direct connection with the Original Truth and Original Wisdom.

At first, try to pay attention to Original Truth by listening to my teaching instead of paying attention to **created truths**. (i.e. By listening Sayadaw's guided talks as much as possible, try to detach whatever we know, experience and use).

**We cannot directly
pay attention to Original Truth by ourselves.
That's why, the help of
the Buddha and his disciples who realize well
about Original Truth and
Original Wisdom is necessary.**



“Using life, time and place” is not wrong but using those Created Truths with **the idea of taking them as reality** is wrong.

We can use all **created truths** correctly by not forgetting the original truth or by only paying attention to Original Truth.

Our attention should be only to the Original Truth so that we will be able to detach from **created truths**.

There are two kinds of original truths;
They are-

- 1) **Real impermanent nature** which is constant & forever.
- 2) **Real permanent nature** which is constant & forever.



Two kinds of original truths

Two apparent qualities of real impermanent nature

Real impermanent Nature has two apparent qualities-

- (1) Original action/creation to misunderstand unreality as reality.**
- (2) Original knowing or understanding about Original Truth and created truths.**

To be able to pay attention to Original Truth, we need to be able to detach from **created truths**. What I am guiding is to follow the only middle-way, neither this way nor that way. Following this way and that way is so easy whereas following the middle way is difficult for it is beyond our understanding, time, place, meditation practice and experience. If we pay attention to **created truths**, we will never get onto the middle way. Try to change the attention from **created truths** to Original Truth with the help of me.

All **created truths** are just to be used only, but not to be paid attention to them (i.e not to grasp and take them as reality).

We can use all **created truths** but we must not forget the **Original action/creation** to misunderstand unreality as reality and **Original knowing** of constant impermanent nature.

If we cannot pay attention to Original Truth, all our action will be naturally controlled by misunderstanding.

If there is misunderstanding, there will be created attention/habitual attention to the Created Truths. Because of created attention, there will be created attachment.



(i.e. “Created” means “unreality_fraud_fake” because one’s mind created the habit to be like that in previous or past time).

As the result, our mind and body will not be free.

Difficulty is just at the beginning

Our mind (having only mind quality in paying attention to Created Truths) can duplicate each other easily. (Created minds are multiplying to others easily.) We can do and know the same as the others can.

In this way, no mind is free from attachment and our mind and life also will not be free. We cannot go and know beyond **created truths**.

We are not used to changing our attention from **created truths** to Original Truth. Therefore, it will be difficult in practicing so at the beginning.

The only middle way is difficult to be practiced compared with the traditional way. But that difficulty is just at the beginning since we are not quite used to with it.



**“The more you practice
without regarding whether it is difficult or not,
the more qualified mind will become and thus
the nearer to the Original Truth.”**

Real_Original Impermanent Nature

What I am saying is not about the Impermanent Nature of that we traditionally understand.

What I am saying is about Original Impermanent nature which is constant & forever .

(i.e. Original Impermanent nature is constant & forever and it will never aberrant. The impermanence of something/someone that we traditionally know is unreal, inconstant and changeable.)

The Original Impermanent Nature is constant, unchangeable and impermanent by nature.

**Original Impermanent Nature is beyond
created truths such as something, everything,
someone, everyone, time and place.**

Even scientists cannot understand the Original Impermanent Nature because they just pay attention to something and everything which are just **created truths**.

So their mind is not free and cannot understand beyond **created truths** and they know nothing about the Original Truth.

We now know about **created truths** but that knowing is not fully right and perfect until we understand the Original Truth directly.

Because all our knowing concerned with **created truths** are controlled by misunderstanding, we think **created truths** as reality.

Real Creator

What I am saying is Permanent Truth about **created truths**. Compared with Original Truth, **created truths** are not true anymore.

My knowing about **created truths** arises from knowing about Original Truth.

In fact, there is no creator and created things. But constant Impermanent Nature is the real Creator. Because of not knowing the Original creation of impermanent Nature, we misunderstand “God, ourselves or our actions” as creator.

Whatever action, experience and knowing good or bad are just for doing, experiencing and knowing only and neither for rejecting nor attaching. **And they are also not for taking as reality**. No one is to be praised and to be blamed. In reality, everyone is just to be used only.

(i.e. Permanent Truth about **created truths** is that created truths such as something, everything, someone, everyone, whatever action, experience, and knowing are not for grasping with the idea of reality but just for usage, experiencing and knowing only).

What is the most importance?

I am not guiding “to do” or “not to do”, “to say” or “not to say” but just guide to change our attention from created truths to original Truth.

If there is no misunderstanding upon created truths, there will be no created attention and attachment to created truths so our life and actions then will be free.

“Doing something or not” and “saying something or not” will not be important anymore.

What we should do or what we should not do

How can we differentiate goodness from badness?

If there is no misunderstanding, Original Wisdom will control all our actions. Only original wisdom can understand about original truth and created truths in the right way.

If Original wisdom is controlling our mind, body and life, we can differentiate right from wrong, what we should do from what we should not do, what we should say from what we should not say. In this way, there will be less and less mistakes in our actions.

If misunderstanding is controlling our action, we know only about **created truths** and then we pay attention to them — such as “What to do?” “How to do?” and “Where to do?”. Each and every single detail seems to be important because “misunderstanding” is controlling our life.

That’s why we need to change the controller from ‘misunderstanding’ to “Original Wisdom”.

In other words, we need to change our attention from Created Truths to Original Truth by not forgetting the Original illusive action and Original Knowing of Original Impermanent Nature all the time.

Not to forget the original qualities

“Who we are?”, “Where we are?” and “What we are doing?” is not important.

What really importance is not to forget the Original illusive action and Original knowing of Original Impermanent Nature.

We need to change the theory concerned with our life which is just to be used only and not to be thought as “my life, your life, young and old, male and female” with the idea of

reality. All lives are just to be used and experienced only but not to be grasped and confirmed as reality.

If we can use created truths correctly (i.e. we can just use created truths without grasping and confirming them as reality), we will realize like that “even death is just to be used/experienced only; not to be scared of it and not to have a desire to die when you encounter any difficulties.

When it is time to die, all of us have to die and just die then. “Life & death” will not be a problem anymore.

It is important to understand the truth concerned with life and death. The more we know about life in the right way, the more we can use life in the right way. Traditionally we are using life in the wrong way and so there are lots of problems concerned with life.

Instead of paying attention to our mind and body, just pay attention to the Original illusive action of **original impermanent nature which is constant & forever** .

Instead of paying attention to all our knowing, just pay attention to the Original knowing of **original impermanent nature which is constant & forever** .

“The less created attention to **created truths**,
the less created attachment to them. “In this way,
there will be no misunderstanding.

If there is no misunderstanding, there will be Original Wisdom which knows directly about Original Truth and **created truths**.

“Changing action, time and place “ is not important.

“Only changing attention from created truths to Original Truth “ is important.

About the teaching, mind and actions of the teacher

My mind has the quality to use life, do actions and do good deeds in the right way; My actions are just action only, doing only without misunderstanding and attachment to them. Nothing/nobody is controlling my action and thus my action is free and powerful.

In this way, I can do more and more good deeds and help more and more people time after time. If misunderstanding is controlling our life, our ability will be just like others. Our actions and knowing cannot go beyond limits.

My teaching is more than teaching _ not only by theory but also by practice.

Qualified Mind to know the original truth

“Do what we must do and do what we can do” but do not have to pay attention to our actions with the idea of reality.

Just pay attention to the Original action to misunderstand unreality as reality and Original knowing of Original Impermanent Nature which is constant and forever.

We are traditionally paying attention to the **created truths**, grasping them with the idea of reality and importance.

Making practice of changing attention from **created truths** to Original Truth is the best way to improve our mind quality. “The more paying attention to the Original Truth, the more qualified mind will become.”

Only when the mind is qualified enough to understand the Original Truth, it will have direct connection with the original truth and Original wisdom.

In order to become like that, we need a lot of courage to break our mind tradition and to cut off our mind habit.

If there is no attachment to the created truths, paying attention to them is not the problem. If there is attachment to the created truths, paying attention to them will make our attachment bigger and bigger, stronger and stronger.

Lots of problems in our life occur because of the weakness of our mind. If our mind is strong and powerful, problems are not problems and difficulties are not difficulties anymore.

We can use **created truths**_mind, body, time and place and we can communicate with everyone but our attention should be only to the Original illusive action and Original knowing of **original impermanent nature which is forever constant.**



**Our action, experience
and knowing
should be
action only,
experience only and
knowing only and
must not be grasped and
taken as reality.**

Right and Wrong

“Using life with the quality of detachment” is using life in the right way.

“Using life with attachment”, “doing action with attachment” and “knowing with attachment” is wrong.

“Using life without attachment”, “doing action without attachment” and “knowing without attachment” is right.

We are always using our mind and body, but we are always using them with attachment/grasping with the view of reality and thus misunderstanding is controlling our mind and body.

Our attachment comes from created attention and created attention comes from misunderstanding or created wisdom.

That’s why changing attention from Created Truths to Original Truth is changing attachment to detachment __ changing from Created Wisdom to Original Wisdom.



Real meditation or the only middle way

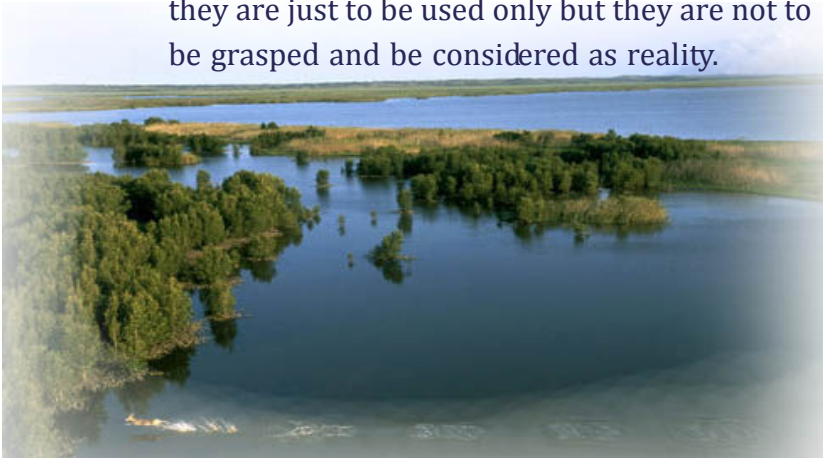
Real meditation or the only middle way is more than action, experience, time and place. That's why "using time, place, meditation practice and experience" is not enough to follow the only middle way. Doing good deeds only is not enough.

It is important not to forget the Original illusive action and original knowing of **original impermanent nature which is forever and constant.**

At first, it will be created knowing and created wisdom only. Now understanding about the truths through my teaching is not original wisdom but just created wisdom.

Continuous created wisdom leads the way to appear original wisdom. Only original wisdom can directly understand about the Original Truth. Using created truths and created wisdom, we must try to have the connection with Original Truth and Original Wisdom.

As **created truths** are always changeable, imperfect and impermanent, they are just to be used only but they are not to be grasped and be considered as reality.



Why is it difficult to know the original truth?

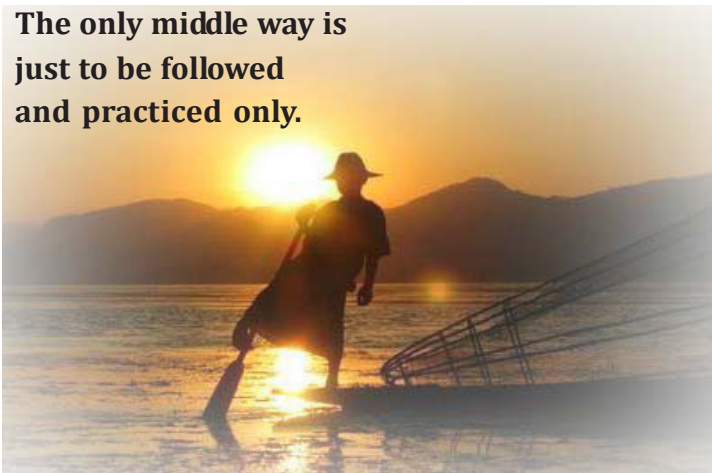
If we have strong attachment to **created truths** such as mind, body, brain and understanding, it will be more difficult to accept the Original Truth because of strong attachment to **created truths**.

That's why we must pay strong attention to the Original Truth if there is strong attachment to the **created truths**. We must change our strong attention from **created truths** to Original Truth. Strong attachment appears because of strong attention.

e.g. The more we pay attention to the education, the more attachment to the education we will have. The more paying attention to life, the more attachment to life.

The middle way is just to be practiced only. It is no use trying to speculate — “Is it difficult?” “How is it possible?” “Why is it possible?” so on and so forth. Because whatever concerned with our mind are just to be used only, to be known only and to be experienced only and not to be grasped, confirmed and thought as reality and as of real importance.

**The only middle way is
just to be followed
and practiced only.**



To have connection with the original truth

If we can successfully practice the middle way, the quality of our mind will become greater and greater. And finally our mind will have connection with the Original Truth.

The quality of mind is important to have connection with the Original Truth.

We are used to paying attention only to our life. The more we pay attention to our life, the less the quality of our mind.

The more attention to the body and other materials, the stronger the desire. The more thirst of mind, the lower the quality of mind.

Whether paying attention to the original truth or not, we are using the created truths. Because of paying attention to the Original Truth, attachment to the Created Truth will become less and less. In this way, we can use created truths and created wisdom in the right way.

(i.e. the main priority is not to attach and grasp the created truths with the idea of reality by means of not-forgetting the qualities of constant impermanent nature. The more practice you make to detach from created truths, the freer mind will become and thus will have the connection with the Original Truth and Original Wisdom.)

Two types of Original Wisdom

There are two types of **original wisdom**.

The first step of **original wisdom** understands only about original truth which is constant impermanent nature.

Try to have the first step of original wisdom and later **by continuous developing** the first step of original wisdom, it will lead to give rise to the second step of original wisdom.

The second step of original wisdom can understand both of the Original Truth; Real Impermanent Nature and Permanent Nature.

We can use created wisdom but we must not be satisfied with them. If we can use created wisdom in the right way, our mind can have connection with both of the original wisdom and original Truth which is perfect.



If our mind is perfect, our life can also be perfect because of having connection with the Original Truth which is perfect and forever constant.

The teaching is over.

**The more paying attention to our life,
the less quality of mind.
The more attention to the body and other materials,
the stronger the desire.
The more thirst of mind,
the lower the quality of mind.**

By Rev. Ottamasara



What I am guiding is to follow the only middle-way, neither this way nor that way.

**Following this way and that way is so easy
whereas following the middle way is difficult for
it is beyond our understanding, time, place,
meditation practice and experience.**

By Rev. Ottamasara



**If misunderstanding is controlling our life,
our ability will be just like others.
Our actions and knowing cannot go
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