



2:05:30

Quantum Novice

Daily Practice



Self Promise

- **Namo tassa bhagavato, arahato, samma sambuddhassa (x3)**
- **Aham bhante tisanena saha pancasilam dhammam yacami anuggaham katva silam detha me bhante.**
- **Dutiyampi -Aham bhante tisanena saha pancasilam dhammam yacami anuggaham katva silam detha me bhante.**
- **Tatiyampi -Aham bhante tisanena saha pancasilam dhammam yacami anuggaham katva silam detha me bhante.**



5 things you promise to yourself and Buddha

- Panatipata veramanisikkhapadam samadiyami:
 - I don not kill
- Adinnadana veramanisikkhapadam samadiyami
 - I do not steal
- Kamesumicchacara veramanisikkhapadam samadiyami
 - I do not do sexual misconduct
- Musavada veramanisikkhapadam samadiyami
 - I don not lie
- Suramerayamajja pama datthana veramanisikkhapadam samadiyami
 - I do not use any intoxicant
- Ama bhante (par-ei ashin bayar)
 - I promise to you



Virtues (qualities) of Buddha

1	Arahan	Is the one who does not do, say or think any evil even in solitude
2	Samma Sambuddho	Is the one who attained highest wisdom
3	Vijjacarana Sampanno	Possess ultimate Knowledge & powerful wisdom through practice of 15 wholesome conducts
4	Sugato	Always use the sweetest and righteous word
5	Lokavidu	Have knowledge of all dimensions
6	Anuttaro Purisa Dammasarathi	The charismatic leader of men
7	Sattha Deva Manussanan	The Teacher of Celestial and Human Beings
8	Buddho	Excel experiential knowledge of 4 noble truths
9	Bhagava	Master of four elements



Buddha Khanda Zeti





By the Virtues of Dhamma

1	Svakkhato Bhagavata Dhammo	Power of the Universal law of nature
2	Samditthiko	Is self experienced (in me)
3	Akaliko	Bestows timeless and immediate results
4	Ehipassiko	Welcomes all beings to put it to the test and to experience it for themselves
5	Opaneyiko	Experience moment to moment lifelong
6	Paccattam Veditabbo Vinnunhi	Lead individual to infinite wisdom and liberate from samsara



Dhamma khanda Zeti





Virtues of Sangha

1	Suppatipano *	Practice well the threefold training of morality, concentration and wisdom
2	Ujuppatipanno *	Practice righteously the threefold training
3	Nyayappatipanno *	Practice to realize Nibbana
4	Samicippatipanno *	Practice to be worthy of utmost respect
5	Ahuneyyo	Being worthy of receiving offerings brought even from afar
6	Pahuneyyo	Being worthy of receiving offerings specially set aside for guests
7	Dakkhineyyo	Being worthy of receiving offerings offered with the belief that the offering will bear fruits in future existences
8	Anjalikaraniyo	Being worthy of receiving reverential salutation
9	Annuttaram Punnakkhettam Lokassa	Being an unsurpassed (incomparable) fertile field for planting the seeds of merit for the world

* Bhagavato savakasamgho = The disciples of the Blessed One



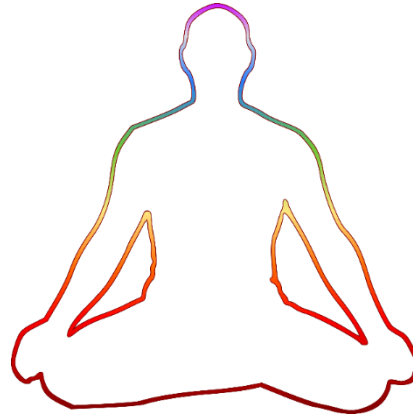
Sangha khanda Zeti/စေတီ





Sambuddhe သမ္ဗုဒ္ဓေ ဂါထာတော်

- Aum, Sambuddhe aṭṭhavīsañca
- Dvādasañca saḥassake
- Pañca-sata-saḥassāni
- Namāmi sirasā maham.
- Apaka, Valuka, Ganga, Ananta, nivuta
jina
- Tesam (Buddhanca) dhammañca
saṅghañca
- Ādarena namāmi'ham.
- Namakārānubhāvena
- Hantvā sabbe upaddave
- Ah-nekā antarāyāpi
- Vinassantu asesato.



- ဥံ့ သမ္ဗုဒ္ဓေ အဋ္ဌဝီသဉ္စာ၊
- ဒွါဒသဉ္စ သဟသကော၊
- ပဉ္စသတသဟသာနိ၊
- နမာမိ သီရသာမဟံ။
- အပ္ပကာ ဝါလုကာ ဂင်္ဂါ၊
- အနန္တာနိဗ္ဗူတာ ဇိနာ၊
- တေသံ(ဗုဒ္ဓဉ္စ) ဓမ္မဉ္စ သံဃဉ္စာ၊
- အာဒရေန နမာမဟံ။
- နမက္ကာရာ နုဘာဝေန၊
- ဟိတ္တာ သဗ္ဗေ ဥပ္ပဒ္ဓဝေ၊
- အနေက အန္တရာယာပိ၊
- ဝိနဿန္တူ အသေသတော။



သိရသို့ ဂါထာတော် (Sirasamain Gatha)

သိရသို့ မေ(တေ) ဗုဒ္ဓသေဋ္ဌော
 သာရိပုတ္တောစ ဒက္ခိဏေ ။
 ဝါမအံသေ မောဂ္ဂလ္လာနော
 ပုရေတာ ပိဋကတ္တယံ ။
 ပစ္စိမေ မမ အာနန္ဒော
 စတုဒိ သာ ဝိဏာသဝါ ။
 သမန္တာ လောကပါလာစ
 ဣန္ဒာဒေဝါ သဗြဟ္မကာ ။
 ဧတေသံ အာနု ဘာဝေန
 သဗ္ဗေ ဘယဥပဒ္ဒဝါ ။
 အနေက အန္တရာယာပိ
 ဝိနဿန္တိ အသေသတော ။



Sirasamain mé (te) Buddha séhtaw
 Sari puttho sa dakkhiné
 Vama-enthé Moggalano
 Puraso pitakatayan
 Piccimé mama (tava) Ananda
 Catudisa khinasava
 Samanta lokaparlasa
 Einda Deva Sa-Brahmaka
 Étesan anubavéna
 Sabbé baya upadava
 Anéka antara yapi
 Vinasantu asésato.





Multiplying the energy in your body

- **Buddha Guno Anando**
 - Qualities of Buddha are eternal and limitless
- **Dhamma Guno Anando**
 - Qualities of Buddha are eternal and limitless
- **Sangha Guno Anando**
 - Qualities of Sangha are eternal and limitless

Sabba Buddhanubavena - By The Power of Buddha



Sabba Dhammanubavena - By The Power of Dhamma

Sabba Sanghanuvavena - By The Power of Sangha





Self Metta or Self Care

Aham – avero homi, abyapajjho homi, anigho
homi , sukhi attanam pariharami

**I am free from enmity & danger, I am free from
mental suffering, I am free from physical
suffering, I can take care of myself happily**



Metta to parents, teachers, relatives & friends

Mama matapitu, acariya ca natimitta ca sabrahma-carino ca

My parents, teachers, relatives and friends

**Avera hontu, abyapajja hontu, anigha hontu, sukhi attanam
pariharantu**

**They are free from enmity & danger, free from mental
suffering, free from physical suffering, they can take care of
themselves happily**



Metta to other meditators

Imasmim arame sabbe yogino

All meditators in my network

**Avera hontu, abyapajja hontu, anigha hontu, sukhi
attanam pariharantu**

**They are free from enmity & danger, free from mental
suffering, free from physical suffering, they can take
care of themselves happily**



Metta to all practicing 4 satipathanas

**Imasmin arame sabbe bhikkhu-samanera ca upasaka –
upasikayo ca**

All bhikkhus, samaneras and disciples in my network

**Avera hontu, abyapajja hontu, anigha hontu, sukhi attanam
pariharantu**

**They are free from enmity & danger, free from mental
suffering, free from physical suffering, they can take care of
themselves happily**



Metta to all providers

Amhakam catupaccaya-dayaka

All providers of the four necessities

**Avera hontu, abyapajja hontu, anigha hontu, sukhi
attanam pariharantu**

**They are free from enmity & danger, free from mental
suffering, free from physical suffering, they can take
care of themselves happily**



Metta to guardian devas

Amhakam arakkha-devata, Imasmim vihare Imasmim avase Imasmim
arame arakkha devata *1

The guardian devas of mine, of this home, of this compound and of
my network

Avera hontu, abyapajja hontu, anigha hontu, sukhi attanam
pariharantu

They are free from enmity & danger, free from mental suffering, free
from physical suffering, they can take care of themselves happily



Metta to all beings

**Sabbe satta, sabbe pana, sabbe bhuta, sabbe puggala, sabbe
attabhavapariyapanna, sabba itthiyo, sabbe purisa, sabbe ariya, sabbe
anariya, sabbe deva, sabbe manussa, sabbe vinipatika**

**All beings, all breathing beings, all creatures, all individuals, all beings with
mind and body, all females, all males, all noble ones, all earthlings, all
devas, all human beings, all from four woeful planes**

Avera hontu, abyapajja hontu, anigha hontu, sukhi attanam pariharantu

**They are free from enmity & danger, free from mental suffering, free from
physical suffering, they can take care of themselves happily**



Garuna, Mudita, Upekkha

Dukkha muccantu, Yathaladdha-sampattito ma
vigacchantu, anagatan labham agacchantu samicchantu,
kamma-saka

**All their sufferings are ceased, All their happiness and
wealth be maintained, All the happiness and wealth
which has not come will soon be materialized**

All beings are owners of their own kamma



Metta to beings in ten directions

Puratthimaya disaya, pacchimaya disaya, Uttaraya disaya, Dakkhinaya disaya, puratthimaya anudisaya, pacchimaya anudisaya, Uttaraya anudisaya, Dakkhinaya anudisaya Hatthimaya disaya, Uparimaya disaya

In the eastern direction, western direction, northern direction, southern direction, south-east direction, north-west direction, north-east direction, south-west direction, downward direction, upward direction

Sabbe satta, sabbe pana, sabbe bhuta, sabbe puggala, sabbe attabhavapariyapanna, sabba itthiyo, sabbe purisa, sabbe ariya, sabbe anariya, sabbe deva, sabbe manussa, sabbe vinipatika

All beings, all breathing beings, all creatures, all individuals, all beings with mind and body, all females, all males, all noble ones, all earthlings, all devas, all human beings, all from four woeful planes

Avera hontu, abyapajja hontu, anigha hontu, sukhi attanam pariharantu

They are free from enmity & danger, free from mental suffering, free from physical suffering, they can take care of themselves happily



Metta to all beings on earth

Uddham yavabhavagga ca, adho yava aviccito, samanta
cakkavalesu, ye satta pathavicara

As far as the highest plane of existence, to as far down as the
lowest hell, in the entire universe, whatever beings that move
on earth

Abyapajjhja niveraca

They don't have any mental suffering or enmity

Nidukha ca nupaddava

They don't have any physical suffering or danger



Metta to all beings in water

Uddham yavabhavagga ca, adho yava aviccito, samanta
cakkavalesu, ye satta udakkecara

As far as the highest plane of existence, to as far down as the
lowest hell, in the entire universe, whatever beings that move
in water

Abyapajjhja niveraca

They don't have any mental suffering or enmity

Nidukha ca nupaddava

They don't have any physical suffering or danger



Metta to all beings in air

Uddham yavabhavagga ca, adho yava aviccito, samanta
cakkavalesu, ye satta akasecara

As far as the highest plane of existence, to as far down as the
lowest hell, in the entire universe, whatever beings that move
in air

Abyapajjhja nivera ca

They don't have any mental suffering or enmity

Nidukha ca nupaddava

They don't have any physical suffering or danger



Most wholesome donation

Ashin phaayar,

- During this time of meditation, with the goal of liberation from Samsara, I donate my mind & body to Buddha. Please take my body as your temple of contemplation.





Six Elements ဓါတ်ကြီး(၆)ပါး

1. Earth (Pathavi) ပထဝီ – Hard မာ, rough ကြမ်း, heavy လေး, soft ပျော့, smooth ချော, light ပေါ့.
2. Water (Avo) အာပေါ- flowing ယိုစီး and cohesion ဖွဲ့စီး
3. Fire (Tejo) တေဇော – Hot ပူ, cold အေး
4. Air (Vayo) ဝါယော – Supporting ထောက်, pushing တွန်း
5. Space (Akasha) အာကာသ
6. Consciousness (Vinnana) သိစိတ်

နာမည်	Heart	Hadayam
အသည်း	Liver	Yakanam
အမြှေး	Diaphragm	Kilomakam
အဖျင်း ၊ သရက်ရွက်	Spleen	Pihakam
အဆုတ်	Lungs	Papphasam
အူမ	Large intestine (Colon)	Antam
အူသိမ်	Small intestine	Antagunam
အစာသစ်	Stomach / Chyle	Udariam
အစာဟောင်း	Feces	Kerisam
ဦးနှောက်	Brain	Matthalunga

ဆံပင်	Hair on the head	Kesa
မွှေးညှင်း	Body hair	Loma
ခြေသည်း	Toe nails	Nakkha
လက်သည်း	Finger nails	Nakkha
သွား	Teeth	Danta
အရေထူ	Thick skin	Taco
အရေပါး	Thin skin	Taco
အသား	Flesh	Mansam
အကြော	Sinews	Naharu
အရိုး	Bone	Atthi
ရိုးတွင်းခြင်ဆီ	Bone Marrow	Atthiminjam
အညို့	Kidneys	Vakkam

သည်းခြေ	Gall bladder/bile	Pittam
သလိပ်	Phlegm	Semhan
ပြည်	Pus	Pubbo
သွေး	blood	Lohitam
ချွေး	Sweat	Sedo
အဆီခဲ	Fat	Medo
မျက်ရည်	Tears	Assu
အဆီကြည်	Oil	Vasa
တံတွေး	Sputum	Kelo
နှပ်	Snort/Mucus	Singhanika
အစေး	Oil of the joints	Lasika
ကျင်ငယ်	Urine	Muttam

Contemplation on Death

- Death is inevitable in life and it could happen to me any moment.
- Every moment is so precious that I focus only on generating positive energy.
- I resolute not to be angry, not to be lazy and to let go of all the earthly attachments.
- With this good kamma, up on the death of I, liberation will blossom.

Marananussati by Dr Usa





12 links of Dependant Origination

1. **Avijja paccaya Sankhara**
Dependent on ignorance, reaction (conditioning) arises;
2. **Sankhara paccaya vinnana**
Dependent on reaction (conditioning), consciousness arises;
3. **Vinnana paccaya nama-rupam**
Dependent on consciousness, mind-body arise;
4. **Nama-rupa paccaya, Salayatanam**
Dependent on mind-body, the six senses arise;
5. **Salayatana paccaya phasso**
Dependent on the six senses, contact arises;
6. **Phassa paccaya vedana**
Dependent on contact, sensation arises;
7. **Vedana paccaya tanha***
Dependent on sensation craving and aversion arise ;
8. **Tanha paccaya upadanam**
Dependent on craving and aversion, clinging arises ;
9. **Upadana paccaya bhavo**
Dependent on clinging, the process of becoming arises ;
10. **Bhava paccaya jati**
Dependent on the process of becoming, birth arises;
11. **Jati paccaya jara-maranam (soka-parideva dukkha-domanassa-upayasa sambhavanti)**
Dependent on the base of birth, ageing and death arise,
together with sorrow, lamentation, physical and mental sufferings and
tribulations.
Thus arises this entire mass of suffering.



12 Links of Dependant Cessation

1. Avijja nirodha Sankhara nirodo
2. Sankhara nirodha vinnana nirodo
3. Vinnana nirodha nama-rupa nirodo
4. Nama-rupa nirodha , Salayatana nirodo
5. Salayatana nirodha phassa nirodo
6. Phassa nirodha vedana nirodo
7. Vedana nirodha tanha nirodo
8. Tanha nirodha upadana nirodo
9. Upadana nirodha bhava nirodo
10. Bhava nirodha jati nirodo
11. Jati nirodha jara-maranam , soka-parideva dukkha-domanassa-upayasa nirojanti

With the complete eradication and cessation of ignorance, reaction (conditioning) ceases;

with the cessation of reaction (conditioning), consciousness ceases;

with the cessation of consciousness, mind-body cease;

with the cessation of mind-body, the six senses cease;

with the cessation of the six senses, contact ceases;

with the cessation of contact, sensation ceases;

with the cessation of sensation, craving and aversion cease;

with the cessation of craving and aversion, clinging ceases;

with the cessation of clinging, the process of becoming ceases;

with the cessation of the process of becoming, birth ceases;

with the cessation of birth, ageing and death cease, together

with sorrow, lamentation, physical and mental sufferings and tribulations.

Thus this entire mass of suffering ceases.

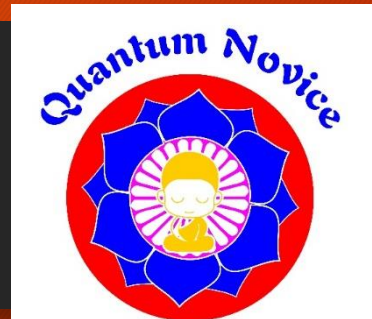


24 conditionalities

1. Hetu paccayo
2. Arammana paccayo
3. Adhipati paccayo
4. Anantara paccayo
5. Samanantara paccayo
6. Sahajata paccayo
7. Aññamañña paccayo
8. Nissaya paccayo
9. Upanissaya paccayo
10. Purejāta paccayo
11. Pacchājāta paccayo
12. Āsevana paccayo
13. Kamma paccayo
14. Vipāka paccayo
15. Ānantara paccayo
16. Indriya paccayo
17. Jhana paccayo
18. Magga paccayo
19. Sampayutta
paccayo
20. Vippayutta
paccayo
21. Atthi paccayo
22. Netthi paccayo
23. Vigata paccayo
24. Avigata paccayo



Buddhist Mantra for Life - DR USA



- Don't React - ဥပေက္ခာထူး - Upekkha (Asankharam) - မတုန့်ပြန်ဘဲ
- Use Self Awareness - ဝိညာဏ်ထူး - Vijana - သတိကဲ
- Focus on the Touch - ထိလှထိဆဲအသိဦး- Phassa - အမြဲထိတိုင်းသိစေသတည်း