

## Dhamma - What's in a word?

The word Dhamma can be viewed as boundless and depending on its context, there can be more than one meaning of Dhamma.

When I write about Dhamma, I use either an uppercase D or lowercase d to be clear about these two different meanings and the context and category of Dhamma I am reflecting on.

One example of this is Dhamma (with a capital D) meaning 'the Truth, the Law and the Buddha's teaching or doctrines.' Another meaning (with lowercase d) is simply 'all the everything.'

Here are some examples of how I signify the context of my Dhamma reflection through the use of a capital or lowercase d.

With capital D.

Dhamma reflection, Dhamma talk, Dhamma hall, Dhamma friend, Dhamma membership, Dhamma teaching, Buddha Dhamma Sangha, Buddha's Dhamma...and so on.

With lowercase d.

Sabbe dhamma anatta (everything is void of self).

In this case dhamma refers to all the objects and all the phenomenon of the material and supernatural world, making reference to and including - 'all the everything.'

Nothing surpasses the boundaries of the word dhamma. The whole world and all its phenomena is contained in this word. Please let me know if you find anything which goes beyond dhamma.

I would like to share a meaningful insight we can find through the contemplation of these two meanings of one word.

Say - 'We can find the Dhamma in the dhamma.'

What does this mean?

It means simply that, 'we can find the truth through all the everything and all the phenomenon.'

So, we are supposed to see the Dhamma and live upon Dhamma, wherever and whenever.

All we need is the eye - the Dhamma eye - the eye of the Awakened.

Have you noticed the shining point between the Buddha's eyebrows?

This is a symbol of the Dhamma eye and through meditation practice, all of us are free to move past the symbolic to actually achieve the eye of awakened.

We don't attain the Dhamma eye through longing alone though, we must be sincere and disciplined in our daily practice.

Even just a short period of sincere meditation can be as cold drops of water awakening your sleepy Dhamma eye to the Dhamma insight of the awakened.

Let us gather those drops ardently until they become enough to wake ourselves up fully to see the Dhamma in the dhamma.

We will still be faced with all of the chaos and pressures of modern life and but with Dhamma awareness we will be as the lotus, which blooms its brightest pure flower while rooted in muddy waters.

Undefined.

With Metta

Bhante Anuttra