

Do you have any gems?

In Buddhism, there are three great treasures - the Buddha (the exemplar), the Dhamma (Buddha's teachings), and the Sangha (the community of mindfulness practitioners) - we refer to as THE TRIPLE GEMS.

Buddha is truly a precious gem, a guiding light who has positively influenced individuals and communities for thousands of years of human history. His teachings (the Dhamma) are a precious gem amongst all the spiritual doctrines of the world and today, across the globe, precious Sangha gather and form communities who nobly seek to live in mindfulness and harmony within their environments.

The triple gems provide all who seek freedom from the suffering of life with a path of spiritual practice and enlightenment.

What then are the precious gem like qualities of the Buddha? There are many supreme qualities of Buddha. 'Perfectly enlightened one, The accomplished one, impeccable in conduct and understanding,' just to name a few.

The Buddha is also the teacher of all beings, or he is the supreme trainer of all who have a wish to be trained . This quality of Buddha as the greatest teacher of all beings can be of immense benefit for humans who are bounded and entangled by their own ignorance.

Buddha himself was once a conditioned human and his teachings, therefore, are grounded in his personal experience. The spiritual journey Buddha undertook to overcome the limitations of his 'conditioned' human state and his obtaining enlightenment, form the basis of his doctrine and instructions.

Buddha never declared himself a God and he never demanded surrender or blind belief in him from anyone. He encouraged his disciples to ask questions and to investigate the truth. To what end?

Buddha was born as human being, he lived as a human being and he passed as a human being. That's why his teachings can be truly realistic and pragmatic rather than mere holy ideology. Buddha understood what it meant to be human, he had experienced the mundane existence of conditioned human life and he knew the messy nature of desire and ignorance that accompanied it.

Buddha's spiritual journey in obtaining enlightenment resulted in his emancipation from the Dukkha, (the uneasy and unsatisfactory nature of the human condition, we all experience day by day). His teachings to us stem from his own personal experiences of that and the spiritual path he took to enlightenment. Its the reason his teachings have immensely helped so many people down the ages. And what he teaches, we call the Dhamma.

What is the Buddha's teaching - the (Dhamma), in simple terms?

It can be said - 'The right diagnosis on our Dis-ease, and his perfect prescription for that.'

Buddha is an excellent Doctor and he prescribes medicine that is wholesome and nourishing. His prescriptions include a moderate lifestyle, good exercise and daily medication. The necessary medication, as you may have already guessed, is Meditation. The moderate lifestyle is Morality.
The good exercise Generosity.

Please remember this.

The three inseparable ways of cultivation for our true well-being. Generosity, Morality and Meditation, (Dana, Sila, Bhavana) in the original Pali language. These are fundamental points of the Dhamma Buddha taught as a spiritual physician to help us to overcome our Dis-ease.

And finally, the last of the triple gems we call the Sangha.

I say it's the last one because its prerequisites are the Buddha and the Dhamma. When we say Buddha is the teacher and the Dhamma is his teaching, then Sangha is something like the school for practicing and realising that teaching. So the Sangha include teachers and students in various stages of spiritual progress. But regardless of where they sit on their spiritual journeys, all share in the same aspiration to accomplish the Buddha's teaching.

Although the practice itself is basically one's own inner work, such gatherings of people with the same wholesome intentions offer immense benefits for individuals, the communities in which they live and in fact, the entire world.

Tradition says the Sangha is the gathering of the blessed one's disciples who have practiced well. Additionally, the Sangha are those who practice directly, wisely and harmoniously.

There are so many various groups and gatherings in the world. Some are wholesome and beneficial, and some are otherwise. Which gathering are you wishing to be a part of today? Your choice is crucial not only for your own well-being but for the wider world too - a world of increasing turmoil.

Thus can we reflect on the beautiful nature of the triple gems.
Please keep the Buddha, his teachings and those you share the
path of enlightenment with close to your heart.
When you feel Dis-ease in life, no worries. Remember, there is an
excellent Doctor, there is a perfect prescription, and there is the
right place and people you can rely on. Buddha Dhamma Sangha.
The most precious triple gems.

Let it shine onto you,
That you may see the way,
To be at ease,

With Metta

Bhante Anuttra