


HANDBOOK FOR MANKIND

By
Buddhadasa Bhikkhu

A forbidden reading for those
who never asked themselves!

Why were we born?
What are we living for?
Where is the value and meaning in life?

A woman wearing a white hat and a child in a dark shirt are walking on a sandy beach. The background shows a calm sea and distant mountains under a blue sky with light clouds.

Handbook for Mankind

Buddhadasa Bhikkhu

Originally presented as a series of lectures
delivered to the would-be judges in May, 1956
and published in condensed form
under the title



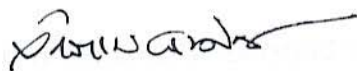
INTRODUCTION

Buddhism has long been the national religion of Thailand. Most Thais are Buddhists with firm belief in the triple gems. The Buddhism has been well maintained and rooted in the country so most of Thai cultures, traditions and arts are stemmed from Buddhism. It is quite essential for Thai Buddhists to properly understand Buddhism and the religious concepts to bring them into practice for a suitable daily living.

In the fiscal year of 2005, the National Buddhism Office has made a project to publish a Buddhism Concept Booklet for the public. It is considered that the "Human Manual" book which is compiled from the religious lectures of Phra Tham Kosajarn (Ngrem Inthapanyo) or Buddha Thas Bhikkhu. The content is the original concept of Buddhism suitable to those who

would like to make a study and research for the genuine are of Buddhism. Thus, it is published in Thai and English. The original copy and the publishing approval have been provided from excellent life propagation Foundation (PhorchorPor).

The National Buddhism Office hopes that the "Human Manual" Booklet of Ajarn Buddha Thas Bhikkhu will benefit all mankind to make a self study for removal of sufferings from being mankind. Thus, we would like to extend our gratitude of Ajarn Buddha Thas Bhikkhu who provided the lectures in this booklet and Mr. Poon Chongprasert, compiler, and Mr. Viroj Siriat, Chairman of excellent life propagation Foundation who provided as the original copy.



(Dr. Chakkatham Thammasak)

Director of the National Buddhism Office

PREFACE

In this book the Ven. Buddhadasa Bhikkhu has made the point that the whole Buddha-Dhamma is nothing but the teaching dealing with **“what is what.”**

It is a remarkable fact that in this book the Ven. Buddhadasa has explained the meaning of one topic, thereby covering the spirit of the whole of the Buddhist teaching or the *Tipitaka*. He says that Buddhism is the religion which teaches one to know just this much : “what is what.” All the chapters in this book dealing with five aggregates, the four kinds of attachment, intuition in a natural way (chapter VII), intuition by methodical practice (chapter VIII), and other topics all point to **“what is what.”**

The expression “what is what” seems to be rather easy to understand, as though it were pointless to think about its meaning. But this appears to be the standpoint of the layman or of those who take the materialist's view. When thinking in the language of Dhamma, however, (for details see the ‘Two Kinds of Language’ by the same author recently published in English) the knowledge of “what is what” signifies to ‘know things as they **really are**’, in Pali *‘yathabhuta nanadassana’*, i.e. penetrating the Three Marks of everything existent (*tilakkhana*); the understanding of **“what is what”** may further be taken in the sense of

knowing 'assada, adinava, and nissarana' of all conditioned things, i.e. satisfaction derived from them, the inherent disadvantages, and final emancipation; *finally "what is what" is directly pointing at Enlightenment.*

May the genuine 'loving-kindness' in your minds grow; may it arise in the minds of all beings in the world.

The Sublime Life Mission.

"In the past centuries there have been many learned Teachers who have laid down various paths to show the Truth. Among these, Buddhism is one, and according to my opinion is that except for the differences in the names and forms of the various religions the Ultimate Truth is the same."

The Dalai Lama Tenzin Gyatso

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