



**THE WAY OUT OF  
SUFFERING**



THE WAY OUT OF SUFFERING  
THE HEART OF  
LORD BUDDHA'S TEACHINGS



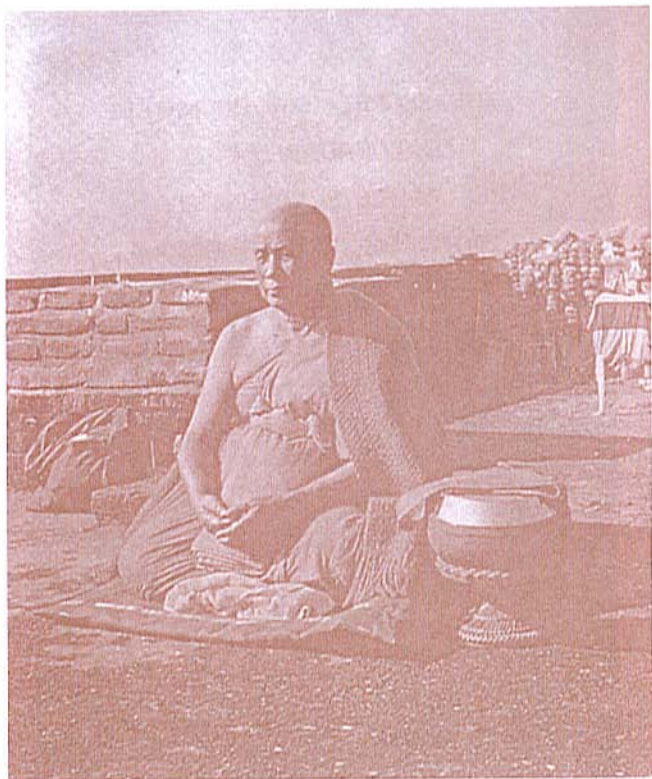


SABBADANAM DHAMMADANAM CHINATI  
TO OFFER DHAMMA AS A GIFT  
EXCEEDS ALL KINDS OF OFFERING.



**LUANG PHO PHET**

**An ancient Buddha image held as a sacred heritage  
by citizens of Chomthong, Chiangmai**



HONORABLE  
DR. PHRARATCHAPHROMMACHAN  
(THONG SIRIMANGKHALO)

**A SHORT BIOGRAPHY OF  
HONORABLE  
DR. PHRARATCHAPHROMMACHAN  
(THONG SIRIMANGKHALO)**

HONORABLE DR. PHRARATCHAPHROMMACHAN FORMERLY KNOWN AS THONG BRAHMASENA WAS BORN ON SEPTEMBER 21, 2466 B.E. (1923) AT TAMBOL BAN ANN, AMPHUR HOD, CHIANGMAI PROVINCE.

HE BECAME A NOVICE ON JANUARY 19, 2477 B.E. (1934) AT WAT NAGANG, TAMBOL BAN ANN, AMPHUR HOD, CHIANGMAI PROVINCE AT THE AGE OF 11 WITH KHRUBA CHAIWONG AS PRECEPTOR.

THE ORDINATION TO BE A MONK TOOK PLACE AT WAT BAN-ANN, AMPHUR HOD, CHIANGMAI PROVINCE ON FEBRUARY 7, 2487 B.E. (1944) WITH PHRAKHRU KHAMPHERATHAM AS PRECEPTOR. HIS RELIGIOUS NAME IN PALI WAS "SIRIMANGKHALO."

HE WAS ELEVATED TO BE PHRARATCHAPROMMACHAN ON 5 DECEMBER, 1999.

HE IS 81 YEARS OLD, AND HAS BEEN IN THE MONKHOOD FOR 60 YEARS.

## MESSAGE OF APPRECIATION

STUDENT, YOU HAVE COMPILED AND PUBLISHED THE WAY OUT OF SUFFERING: THE HEART OF LORD BUDDHA'S TEACHINGS. THIS IS YOUR GREAT CONTRIBUTION TO THE RELIGION AS THE BOOK INCLUDES BOTH THE ESSENCE OF BUDDHISM AND ANSWERS TO QUESTIONS ON THE FOUR FOUNDATIONS OF MINDFULNESS WHICH ARE THE GUIDELINES TO INSIGHT MEDITATION PRACTICE.

MEDITATION PRACTICE IS COMPARED TO GRINDING (TRADITIONAL) MEDICINE. AFTER THE FIRST GRINDING, THE MEDICINE IS NOT FINE YET. THE LONGER IT IS GROUND, THE FINER IT BECOMES. LIKEWISE, THE NATURAL CONDITION APPEARING TO THE MEDITATOR AT THE BEGINNING IS COARSE. THE LONGER THE MEDITATOR PRACTICES AND THE MORE REVIEWS ONE TAKES, THE FINER AND THE MORE SUBTLE THE NATURAL CONDITION IS.

REGULAR REVIEW IS THE HEART OF MEDITATION PRACTICE. THEREFORE, MAKE CONTINUAL EFFORT IN REFINING YOUR DHAMMIC MEDICINE, THE FOUR FOUNDATIONS OF MINDFULNESS.

*WITH BEST WISHES,  
PHRARATCHAPROMMACHAN.*




*HONORABLE*

*DR. PHRARATCHAPHROMMACHAN*

*PORTIA YUNG - SOMPHOT - GILBERT OSUGA*

*THIS PICTURE WAS TAKEN ON DECEMBER 29, 2003*



IN THE MEMORY OF  
OUR BELOVED FRIEND,  
WE DEDICATED THIS BOOK TO  
MR. HIDEO GILBERT OSUGA  
WHO PASSED AWAY IN SINGAPORE  
ON JANUARY 27, 2004 AT THE AGE OF 69.

“MAY HIS SOUL REST IN ETERNAL PEACE”

*SOMPHOT PIYAOU AND FAMILY*  
*PETER and PORTIA YUNG AND FAMILY*

BANGKOK, FEBRUARY 2004



### Introduction/Reflection

“No light is brighter than wisdom”

“Wisdom is the light in the world”

There are two foremost lights in this world: the light of the sun and that of the moon. The sun shines during the day and the moon shines at night. These two kinds of light have been regarded as important to the world ever so long. They, however, give light only to the outward; they cannot illuminate the inner world or the human mind. There is a noble light, the light of wisdom, which can light up a hidden place or the human mind. Wisdom is deep knowledge: for example, knowing what is good, knowing what is bad, knowing what is sinful, knowing what is meritorious, knowing what is helpful, knowing what is harmful, knowing what is beneficial, and knowing what is wasteful. There are three kinds of wisdom:

First, wisdom resulting from study.

Second, wisdom resulting from reflection.

Third, wisdom resulting from mental development through insight meditation.

Wisdom of the third kind can solve life's real problems. The three kinds of wisdom can be explained through the following analogy. Knowing that there are elephants in the forest is wisdom from hearing. Figuring out how to follow their traces to capture them is wisdom from thinking. Finding the elephants and capturing them to use their labour is wisdom from mental development which is wisdom from insight meditation. This analogy points out the way to perception of the very cause of the problem. Rebirth is the origin of the cycle of existence. Following death is rebirth, and rebirth is followed by death. This repeats again and again. How can all beings escape from birth, aging, sickness, and death? We are not free from birth, aging, pain, and death because something blinds us, preventing us. It is "avijja" or ignorance. The natural condition of ignorance is "moha" or delusion. Lord Buddha said. "No mesh is as bad as a delusion or misunderstanding."

Layman Somphot Piyaoui, his family, and his friends, -- all of whom are charitable supporters of Buddhism -- wish to promote the method of destroying this mesh. Publishing the English version of

*The way out of suffering*, they aim to illuminate the human hearts with the true teaching of Buddhism. Those who do not know the language of Dhamma will learn it through English, so that the light of Dhamma will shine in the center of their hearts. Dhamma is the candle which lights up human beings' way as our Supreme Patriarch wrote in his book "Sang Song Chai" (The Light Which Illuminates the Mind).

On behalf of the audience of this book, reading about the method of mesh destruction or delusion elimination, I would like to express my appreciation and bless Layman Somphot Piyaoui, his family, and his friends with increasingly deep insight into Lord Buddha's teachings.

**Appreciatively,**

**Phraratchaprommachan**

**Religious Head of Hod District**

**Abbot of Wat Phrathad Sri Chomthong**

**Tambon Balaung, Amphur Chomthong**


**Chiang Mai Province, Thailand.**

**February 2004.**



**“ATTENTION ANANDA.**

What Dhamma and What Rule  
and Regulation I have set up  
for good, that Dhamma and that Rule  
and Regulation will be your  
leader after my departure.”



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## UNIQUE TO BUDDHISM

The purification of the mind,  
not taught by any other religion,  
exists only in Buddhism.

Lord Buddha taught about the  
Four Foundations of Mindfulness  
from the time of his enlightenment until  
the complete extinction of his five aggregates  
and attaining nibbana.



## OVADA PATIMOKKHA

REFRAIN FROM ALL SINS.  
DO GOOD COMPLETELY.  
PURIFY THE MIND.  
THIS IS EVERY BUDDHA'S TEACHING.

*It is humans duty to free  
ourselves from suffering.*

Look, to you who understand the danger of life, death, and rebirth, the four foundations of mindfulness is the only way that leads to the purification of beings and the end of all sorrow, suffering, and lamentation. This is the path that leads to nibbana.

All Buddhas and their perfected disciples have entered nibbana by way of the four foundations of mindfulness.

Have you ever asked yourself, "What is the real purpose of life?"

Until each of us can answer this question, our lives will be aimless, like one who walks in darkness, unaware of dangers ahead; like a bird circling over the ocean, unable to find land.

We are not born for education, occupation, home, or family.

We are not born for these things and then grow old, get sick, and die.

If we were born for them, it would mean that we are born merely to repeat the cycle of rebirth, sickness, aging, and death; to be food for worms in each life. Money and wealth cannot save us from this aimless wandering.

We are born to release ourselves from the chains which bind us.

We are born to release ourselves from the bondage of desire.

We are born to effect a spiritual improvement, to purify our minds as much as we can, and to pass through the darkness of life's delusions.

We are born to stop birth, end suffering, and reach nibbana.

