

**MINDFULNESS
AND SELF-AWARENESS**
(Sati-Sampajanna)

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Preface

This book was originated from a consideration of the life circumstances of people that everyone generally prefers to have safety and a happy life. In whatever we do, we want to achieve our aims. When we engage in any kind of conversation, we want it to be worthwhile. When we envisage in any kind of thoughts, we want to turn it into the right direction, one in which the cause and effect will generate benefits for ourselves and others. In addition, the result will engender happiness, advancement, and peace for us all and for others in the world.

Thus, I return to the teachings of the Lord Buddha: **“For any individual, man or woman, if one has a wish to find success and peace; one should practice the mind to acquire the complete Mindfulness and Self-awareness (*Sati-Sampajanna*)”**

Being able to use Mindfulness and Self-awareness means the ability to realize and know right at the time in the movement of our four postures (standing, walking, sitting, lying) and of any kind of activities we do including speaking and thinking. As a result, we then have a fully control over our activities, not to cause any harm, and to bring about useful and fruitful results for ourselves and others. I, therefore, wrote this book and distributed it to people in general so that they can read,

contemplate, and gain knowledge more or less depending on their wisdom, resulting to their own happiness.

Lastly, I wish that the merit from helping to create this book for all donors fulfill all their wishes.

Phra Plien Panyapatipo

Mindfulness and Self-Awareness
(A talk by Phra Ajahn Plien Panyapatipo)

Now the time has come for us all to listen to the teaching of Lord Buddha, to adorn our wisdom and to increase our merit. The topic today are about “Mindfulness” (*Sati*) which means being able to realize or recall; and “Self-awareness” (*Sampajanna*), which means clear comprehension of what one does at all times. These are very useful norms (*Dhamma*) applicable to all kinds of job, and accommodating all states of mind.

Look, the lord Buddha has taught since the early stage that the two Norms (Mindfulness and Self-awareness) are the ones which facilitate righteousness, the ones which support the emergence of virtue, the ones which cope with the appearance of beneficial qualities and the ones which protect goodness in individual. One who firmly maintains the two norms will finally reach the extinction of suffering. All these depend on having Mindfulness and Self-awareness, which can simply be called wisdom. That is why we, regardless of gender, nationality, language, or place of birth, would all have Mindfulness and Self-awareness but would differ in degree.

For the issue of Mindfulness and Self-awareness, the Absence of them or having too little can cause a lot of damage.

Mindfulness, Self-awareness and Thoughtfulness will enable ones to be a moral people who are able to depend on themselves properly. Thus, it is very important that we should practice our body, our speech, and our mind in order to acquire Mindfulness and Self-awareness. In other words, to train ourselves to always be governed by the sense of what should be done and what should not. We should be prudent not to let ourselves be dominated by obsession or carelessness. There is nothing superior to Mindfulness and Self-awareness for the control of our body, speech and mind.

We all have things in common, such as the physical body used for moving, the speech used for communication, and the mind used for thinking, reflecting, and contemplating matters even though we may think in different ways and have different ideas. This is an important issue of our lives in this world.

Let us think about several drawbacks and damages resulted from the Absence of mindfulness and Self-awareness; to see how they affect various matters, and to consider what damages are caused by the Absence of Mindfulness and Self-awareness on the level of body movements, conversing speeches, and cultivating our thoughts in our mind.

This is therefore the most important issue for us, practitioners or non-practitioners, to study these norms (Mindfulness and Self-awareness) and try to engender it within

ourselves. We should practice and strengthen our Mindfulness and Self-awareness. As long as our Mindfulness and Self-awareness are lost or incomplete, damage may inevitably occur. When looking back into the past, it is clearly seen that deteriorations, due to the Absence of Mindfulness and Self-awareness, of mankind from the past lingered over the world today, and will probably continue to the future. **Mindfulness** means ability to recall and **Self-awareness** means the self-consciousness at all times. The Lord Buddha taught people to practice their own Mindfulness and Self-awareness in order to prevent damages occurred to oneself, or to others.

**Absence of Mindfulness (*Sati*) and
Self-awareness (*Sampajanna*)**

The Absence of Mindfulness and Self-awareness in the Four Postures

Let's discuss how the Absence of Mindfulness and Self-awareness in controlling oneself could be harmful and cause damage to people. We would see how this causes disadvantages or bad effects. We all have a body. The body performs four postures; **standing, walking, sitting, and lying**. The four postures are subject to our body. The four postures are all about our physical movement. The body cannot maintain in an only specific posture. We cannot just standing, walking, sitting or lying all the time without any change of the posture. That could not be possible for anyone.

Now, we should consider about bad effects resulted from Absence of Mindfulness in the four postures, one after another.

Absence of Mindfulness in standing. In many situations, e.g. standing on a bridge crossing a river, standing on a high place, staying at the rim of a window or a wall, climbing a tree, or staying on the scaffolding in a construction area – If one stands on those places without Mindfulness, one would probably fall down and get injured. If the place is low, the arms or the legs could be broken. Worse still, if falling from a high place, one could lose one's life. These are examples how the absence of Mindfulness in a standing posture would cause damage.

Now we are going to consider about the walking without Mindfulness or **the Absence of Mindfulness in walking**. This means walking without being conscious to one's own walk. Thus, while walking, one would fall into a hole or step on a thorn bush and get hurt. One would hit a tree, a tree root, a rock, a door or window, or both a tree and a pole. If one walks up stairs, he or she would fall down.

When one walks across the road, he or she would be hit by a car and be killed. When one walks across a bridge, the result is falling down into the river due to the Absence of Mindfulness. Walking, without Mindfulness always causes damage. Just when one walks with group of people, he or she would accidentally step on the others. Those are bad effects of walking without Mindfulness. We turn to look back to ourselves to see whether walking without Mindfulness really causes the damage. Of course there are, as walking without Mindfulness makes such drawbacks. Remember the time when we had made mistakes from our childhood until old age. Some people walk carelessly on a slippery floor and break their arms, legs, or get injured on the head from falling. Even in the restroom, if one walks carelessly, he or she would fall down due to the slippery floor. There are so many dangers when walking without Mindfulness and Self-awareness. If we always have Mindfulness, damages caused by people without Mindfulness will be very obvious.

Now, let's talk about the sitting without Mindfulness and Self-awareness, or **the Absence of Mindfulness in sitting**. This means sitting without being conscious of where one sits, for example, sitting on the rim of window, on a high place, or at work anywhere. No matter where we sit – on a bridge, near a river, on the scaffolding at a construction site or on a chair – if we do not check the condition of the chair before sitting, the chair would probably collapse and we would get hurt. Even on a cushion, on a chair or on a bed, if we do not inspect them carefully before sitting, there could be any object or hard material left on them which would cause us a painful wound. Or, if we sit on a broken chair, it would probably fall down on our friends. If there is no one around, we will be injured at least. In absence of Mindfulness, we might sit in some dirty places; we could as well get injured unless we check if there is any harmful material there. That is sitting without Mindfulness. To sit here and there, anywhere at all – in a temple's residence, in a house, at a workplace, at the edge of the balcony or window – if sitting without consciousness, one could fall on the ground and have their arms or legs broken or even die from broken neck. That is sitting without Mindfulness, see? If we sit on a temple's wall or anywhere without being mindful, it could cause damage and create suffering. If we sit on a car or on a boat, we will probably fall from them because we do not hold on them steadily while the driver just keeps driving. If the passengers do

not take care of themselves, we call them people without Mindfulness while sitting. Is this damage? Yes, it is.

Now we are talking about the lying without Mindfulness or **Absence of mindfulness in lying**. Have you ever seen people lying with no conscious? Do they look like children? Without Mindfulness, you lie just like them actually. Without consciousness, each person lies in one place, and then moves around and rolls in another direction. People without Mindfulness put their legs to the opposite side, fall down from the bed, roll away and put their legs or arms on friends who sleep beside. Lying without Mindfulness and Self-awareness is when one sleeps then falls down and gets injured regardless of places. Sleeping without Mindfulness can be harmful. Some sleep on the stairs and fall down. It is like this because the Absence of Mindfulness in sleeping. If we lie down and think that another person's bed is ours without caution, some children might have hidden some hard and sharp things in it and we would get some pain. How could we blame children, for we did not have Mindfulness when we lay down?

Here, the Lord Buddha has taught us that the person without Mindfulness and Self-awareness in the four postures: standing, walking, sitting and lying, would cause damage and drawbacks to all. We, as the practitioners, should consider carefully about the losses that can occur according to those examples mentioned.

The Absence of Mindfulness in Working

Let us think about the people who do things without Mindfulness and Self-awareness while working. What would happen if we grasp a fragile thing too tightly? It will be broken down into pieces easily as a result. What if we hold a heavy thing loosely and carelessly? It would definitely drop onto the owner's feet and cause an injury. Or, if we carry a wooden pole with friends without care, it could topple over our friends, causing them to die, or it could drop onto ourselves. While carrying a table or a bed, if it is heavy and we do not pay full attention to it, the table or a bed could drop onto our feet or to others causing pain. So, if we don't take a good grip of heavy things, or if we clench some delicate things too strongly, damage would only be the outcome. People who work without Mindfulness could make such drawbacks.

Cutting things with a knife is also another example. If we cut things carelessly, we would cut ourselves. When slicing vegetables or fruits, if we lose Mindfulness, the knife would cut the user and cause injury.

When we saw a timber without Mindfulness, it could also cause us a danger. When we use a sawing machine without

Mindfulness, the saw can be broken and harm us, cutting our hand, our arm, or our leg.

To build a house, a hotel or any workplace in a construction area, if a builder nails a rivet without Mindfulness, he would hit his thumb, his fingers, his nail or his hand. When cutting timber for the construction – making a pile, a door, a window, or a stair – if the carpenter cuts it without Mindfulness, the piece of wood would be wrong sized and become wasted. The carpenter needs to find a new one to replace it, causing a loss of money and time. To make a door or a window and to cut glasses to fit into it, it will cause mistakes and losses if doing without Mindfulness. We always need to do some repairs and replacement, and the expense will definitely rise. The calculation and the design for construction as well, if we calculate or design without Mindfulness, the whole building can fall down.

When we work with electricity, a loss of Mindfulness can cause a short circuit and we can lose our life. Have you heard that people were killed while working on high voltage electrical wires? Some got hurt at home with the refrigerator, TV set or water pump as they had not checked the wire condition whether it was still good or not. Since the part that covered a copper wire was no longer working, they were shocked dead by a short circuit in the refrigerator. This was because of the absence of Mindfulness in checking. See, some people use electrical wire

to “shock fish”. By using an electricity to kill fishes, it turns on to them. They were killed and drowned in a canal.

In fact, there are too many jobs to describe in the world. If we do the job without Mindfulness, damage will be the result. Even when we make any simple handicraft to make a jar or a glass; even when we write, tear a piece of paper, build a car, a boat, a carpet or a cushion for sitting, any household equipments, a bed or a wardrobe, a chair, a bench, a sawing kit, a bed sheet, a pillow or clothes, without Mindfulness, a loss will be there. Those materials will be damaged. In making clothes, without Mindfulness, the clothes will be poorly made and cannot be worn. In hairdressing, without Mindfulness, a customer would not get the style as wanted and become unsatisfied. To carry out any engine maintenance as well, if we do not have Mindfulness, the job wouldn't be accomplished properly.

When people without Mindfulness do dishes, once they add the washing liquid carelessly, the dishes would slip out of their hands and crash each other or even hit on the basin and break them all together.

To use a hot kettle without Mindfulness, it could easily fall from our hand or from the table where we place it.

The person without Mindfulness puts appliance plugs into electrical outlets or turns them on and off while his hand is still

wet; it can cause electrical shock and cause death, or he could become injured.

To drive a car or a boat as well, if the driver loses Mindfulness, gets drunk and drives too fast even on a curve way, he or she may collide with other vehicles or fall off the road. It may hit the electrical pole, a milestone, a bridge, or fences, or fall into a river. The car would be damaged; the driver would get hurt or even lose his or her life. Sometimes people hit roadblocks painted with red signaling drivers not to enter. Why? They were drunk and lost their Mindfulness so they could not control themselves, resulting in a number of road accidents.

See, nowadays there are many motorcycle accidents. They think that the engine is good, that it can go fast. So, they ride at the highest speed. Once those motorcyclists have to stop their vehicles suddenly, they cannot make it in time and collide into other vehicles, or crash into a tree. Sometimes they fall into a canal, a lake, into the steep slides, causing them death and their vehicles broken.

When driving to any place, once we reach a crossroad or an intersection, a small one or a big one, or even on some small roads, if we drive too fast without caution and take over other cars on the way, if we cannot make it completely, our car will be hit by the one that we took over. Danger would occur regardless

of the size of the vehicle: a small car, a big car, a motorcycle, a jeep, a sedan, a van, or a trailer. Once the vehicle is crashed, there would be damages, losses and casualties. If it is not a serious accident, there are few damages. If it is a serious case, the vehicle will be damaged and people will be badly injured. They may have their arm, their leg, or head broken. Their head might hit on the ground or with another car and have to be hospitalized. Some people become paralyzed; have to stay in bed for all their life, unable to get up again or even dead. Their car was totally wrecked, unable to be used anymore. Events like this often occur on the road regardless of the town, big or small. That is just because of the Absence of mindfulness and Self-awareness while driving a car or a boat.

When an accident occurs, there is a loss, isn't it? Do people have a loss today? Even those who do not get drunk, if they do not have Mindfulness and Self-awareness, there could be danger in driving. Look at trucks, pick-ups, taxis, sedans, motorcycles, and even boats and airplanes, every vehicle can be driven. We have fun with their speed. When we should slow down, we do not. When we should go at a moderate speed, we don't. We just drive. We just want to reach our destination as quickly as possible. We like to move fast, exceeding the speed limit. That is an Absence of mindfulness and Self-awareness. It will cause loss by driving a car, a boat, or a plane. Anything

could be damaged if people drive without Mindfulness and Self-awareness.

While driving a boat on the sea, one could crash into a rock. Even flying an airplane, there could be a crash. That is the Absence of Mindfulness. It causes a lot of damage. That is how to work. The Lord Buddha had taught that ones who work without Mindfulness ruin their works inevitably. There will be bad effects such as a pain, a broken leg, a broken arm, or even death.

When doing any job we should learn about the cause of damage. That's because the people who do that job has the Absence of Mindfulness and Self-awareness while working. All these matters are dangerous nowadays and will still occur in the future.

No matter what they do, carrying a gallon of water, sculpting jars or dishes, glasses, any household equipment, that means any kind of work done. Whatever work you do, just think about it, according to your own profession, if there is an Absence of Mindfulness, there will be a loss and bad effects will occur.

If we open the door or the window without Mindfulness, it is certainly harmful to others if they are close to it. They will be injured. If a door is open into the interior, it would hit us and we will be harmed. If it is a sliding door made from glass, when

opened or closed, without mindfulness, we can get injured. If the door is not fixed firmly, it can fall on us or on others.

Eating without mindfulness, without caution in selecting food, the food can be poisonous, or we can eat too much, which is harmful to our health as well.

When selecting medicines, if we do not have Mindfulness, we could take the wrong one, not the one prescribed by a doctor. That could cause danger.

For school students or university students, when listening to a teacher explaining something, if they do not have mindfulness, they may not understand the lesson and not do well on the exam, or fail the exam. They will not make a progress on their study as it should be.

To write without Mindfulness and Self-awareness, we will do it incorrectly. We make a mistake linguistically. It becomes neither readable nor understandable.

Duties of a doctor; e.g. injecting medicines, operating a patient, diagnosing diseases, prescribing drugs, and curing people, all require mindfulness and Self-awareness. Should there be a mistake injecting medicine to a patient, as the medicine used for injecting into veins is injected into the muscle, for example, it would be harmful to the patient's life, as well as in an operation theatre. If the diagnosis of disease is done without mindfulness and Self-awareness, the doctor will

not understand that disease, will not understand the cause of the disease, making the treatment failed. The medicine prescribed does not make the patient get better since it does not match to the disease. In some cases, not only does the patient get worse, but also causes lethal and deadly. Those examples are all effects of **the Absence of Mindfulness and Self-awareness** while working.

The Absence of Mindfulness in Speaking

When talking, some would tell a lie or deceive others because of the Absence of Mindfulness and Self-awareness. Disadvantages occur just because they do not know the drawbacks of untrue speech.

When a liar speaks, no one would believe his words. Some speakers without Mindfulness harm the unity of the group. They bring some words from the northern village that destroys the trust of the southern village, or bring the words of the southern village to destroy the north. People speaking in order to destroy trust among brothers, friends, or among a husband and a wife are speaking without Mindfulness. Also using impolite language or rude words like monkey face, lung eater, eating the kidneys, or as some locals say when to call someone for a meal so as to vomit blood (Northern language

when calling unlikable people for a meal) – there are several sayings with such an impolite words – they are speaking without mindfulness. People scold to one another or make quarrels; some fight or hit each other.

Speaking without mindfulness always causes damage. No one likes to hear rude words. Those people collect those words to scold to each other because they loss Mindfulness. As we say **“eating for the sake of hunger, speaking for the sake of anger”**, this causes damage. Some fight until killing each other. Those are the disadvantages, the bad results of speaking without Mindfulness. Talking frivolously or nonsensically just for fun wastes time. All of us have mouths, we need to talk. But without Mindfulness, disadvantages or drawbacks will occur.

One must be most careful of using bad language. If the person speaks out without Mindfulness, he or she will use all those bad words against parents, old people, children, grandchildren, or friends. This is because of the Absence of Mindfulness. Have we seen a drunk speak? It is incomprehensible because of their Absence of Mindfulness and because they have exceeded their limit. But as for people in normal circumstances who do not drink, when they dispute impolitely, saying that they will kill each other like this and that, we should consider whether it causes disadvantages or not. Being among family, colleagues or wherever, deceiving or telling lies to confuse or destroy the unity of the group, saying

dirty words to each other, do those things cause disadvantages? It of course does. The scholar calls it speaking without Mindfulness and Self-awareness. It causes damages in everyway.

For the point of having conversation, we all have mouths to speak. If we speak without Mindfulness and Self-awareness, we cannot realize or aware what we are talking about, what kind of problem we talk about, whether it is useful or not to talk, to what extent of the topic we should talk, how much or how little to talk, and the appropriateness of time and place to talk. If we just speak without mindfulness and Self-awareness like a liar, deceiving others and causing them damages, sooner or later when they discover the truth, they will no longer trust our words. Some people like gossiping, fabricating stories through grapevine to destroy the unity of the group, dividing people into groups to disable their friendship, even between a husband and a wife, or among close friends until they have to turn their backs to one another and will never see one another again in this life. The unity is totally broken down. It is a real disaster.

Some people like saying rude words with old people, with their own parents, their children, their friends and others. They usually use rude words with people around. When they call others for a meal, they use the impolite words that make people feel angry and would want to kill them. This develops the hatred, quarrels and the revenge which usually leads to fighting

and harassment. The anger develops to the point when people wish to kill each other. Various means are developed such as using pistols, throwing bombs, or using most hazardous weapons that can destroy towns, killing many lives. It is so sad. Some countries arrange meetings to reach for an agreement, but unfruitful. We still hear and see harsh words that develop to a war. From the past to present and possibly into the future, we will keep on hearing and seeing it. Those are examples of how people talk throughout the world. As mentioned, it is due to the Absence of Mindfulness and Self-awareness.

The Absence of Mindfulness in Thinking

If we think without Mindfulness, we develop the anger and the hatred. We want to beat, to kill, and to steal others' belongings. Dishonest people take others' money, necklaces, pockets, valuables, and break into others' houses because of mischievous thoughts with no Mindfulness. Desiring to hit, to kill or to destroy others is a destructive thinking. Thinking in a lost direction that actually causes bad effects originates in our mind. It's the Absence of Mindfulness that controls the thought in one's whole thinking. This is the most important part. Does the Absence of Mindfulness in thinking provoke damage? Thinking without Mindfulness creates suffering, chaos, mental

disorder, and insomnia. Endless thinking somehow leads to a suicide. People take poison, shoot themselves, or jump from high-rise buildings or bridges to commit suicide. There are many bad effects from the Absence of Mindfulness. Those people do not have the Mindfulness to control their mind.

We must persevere on our practice of the Mindfulness in the four postures: standing, sitting, walking, and lying. When we are in any position, we have to clearly realize ourselves and our bodies in that position. Then, we have to be fully aware while speaking. For instance, knowing what we are talking about. As we can control our speech, we then turn to practice our Mindfulness of fast recognition, speedily acknowledging ourselves in order that we can use the Mindfulness and Self-awareness, quick recognition, and rapid awareness to control our own mind and settle it on the way of Lord Buddha's teachings, making our mind peaceful and developing concentration.

According to those reasons, as all of us want to have happiness, we should start practicing ourselves to have Mindfulness and Self-awareness analyzing things in the right way and engender happiness in ourselves as a result. The Lord Buddha teaches that both norms (Dhamma): **Mindfulness**, the ability to recall and **Self-awareness**, the self-consciousness at all time, are virtues of great assistance (*Bahukana-dhamma*) for all.

**Try to practice oneself to have
Mindfulness and Self-awareness**

Having Mindfulness in the Four Postures

The Lord Buddha teaches all people to have Mindfulness and Self-awareness. If anyone still loses Mindfulness, they should practice and improve themselves to be promptly conscientious and to be rapidly aware. Thus, the Mindfulness and Self-awareness are virtues of great assistance for us all. We might see many bad results from not having Mindfulness as described earlier; we should therefore practice ourselves to have Mindfulness and self-awareness in every posture.

Standing: Being mindful that we are standing. Will there be any danger on the place we stand? For example, when we are standing at a high place, we should look whether we would fall down or not. Use the Mindfulness and self-awareness to maintain our balance properly. If there is a bar or a handrail, we should grip tightly. If we stand on a riverbank, or at the edge of bridge, on a high place, on a tree, or near a high balcony, one should maintain Mindfulness to control oneself and be aware of the place where one stands. In this way, one will never fall down. In conclusion, one should train oneself to have Mindfulness and self-awareness while standing at any place.

Walking: We should walk with Mindfulness. The Lord Buddha had taught that we should walk in a composed and restrained manner (*Samvara*). The word “*Samvara*” for





Buddhist monk (*Bhikku*) is not to look ahead for more than three meters except standing in a long pathway and need to walk. The monk has to explore both sides of the pathway to be aware of vehicles, tigers, elephants, bulls or buffaloes coming into the way. He has to look ahead to know whether there is a hole on the ground or not. If any, he has to avoid it. If there are thorns on the way, he has to avoid them. If the pathway is dirty or slippery, he has to avoid them as he walks in the composed and restrained manner with Mindfulness.

When we walk on the side along the way, we must try to maintain good balance. Even if it is on a riverbank, we must be careful not to fall. We must always be aware not to stumble onto a stump or stones. Without precaution, we could run into our friends. If we are careful, we will not bump against them. When our friends stop walking suddenly, we stop walking as well. Such manners are Mindfulness. When the path is so slippery that we could not balance our posture, we might fall onto our friends if we walk carelessly. But if we have Mindfulness in walking, we surely can control ourselves and not to run into our friends in front of us.

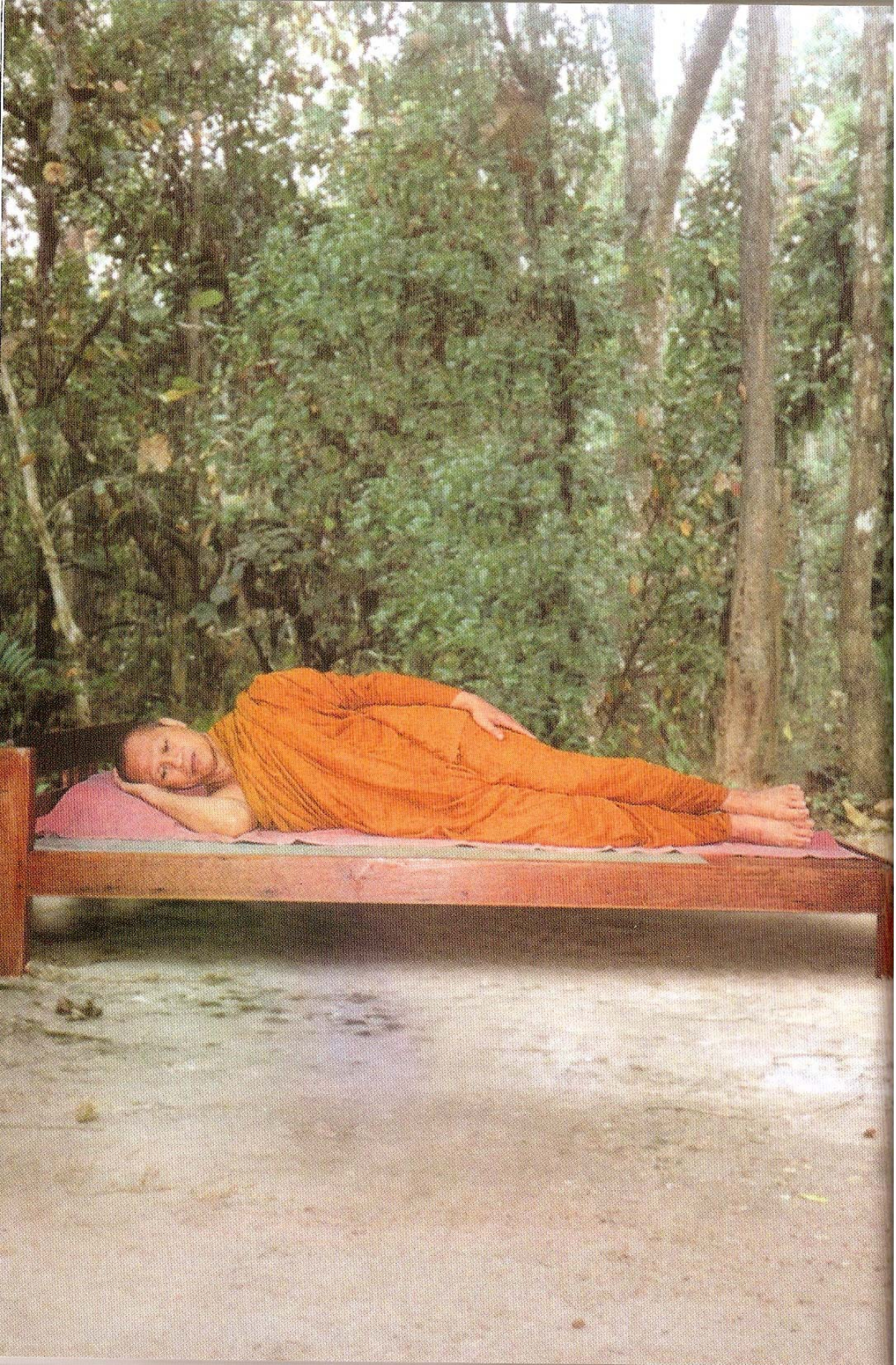
We should have Mindfulness while walking up or down the staircase, realizing that we are stepping on each step. We must look at the tread. If we do not look at them, we would fall. When we have Mindfulness, we see the steps until we reach the last one. When we open the window or the door, we must take

precaution to know whether it will hit us or swing in a particular direction. We must avoid letting it flap into ourselves or into others. When we walk to open a door or a window, or walk into a house with a high doorsill, we will not trip the doorsill because we take precaution. Imagine our Thai style house, the doorsill is not low. Some even have 50 centimeters high.

Sitting: Wherever we sit, we should maintain Mindfulness and Self-Awareness to control ourselves. When we sit on a chair, we should examine if it is safe enough to sit, whether it is dirty, whether its legs and cushion are in good condition. We should also make sure that it won't tumble down when we sit. We were taught to look first, then check with our hands, and finally sit right on the chair. For any big or small chair at our house, if there is a cover, the Lord Buddha had taught that we should use our hands to check it first to see should there be any hard or sharp object hidden. The children might have hidden some sharp object there. Check well with our hands, and then just sit on it. By doing this, one is called having Mindfulness and self-Awareness in sitting. Being in the house or stay on a balcony, if one has Mindfulness at all time, he or she will not fall down.

When the workers sit and work on a high electrical pole, he must have Mindfulness. He must ensure that his safety belt is tightened properly. He must be conscientious of being on a high site and concentrated on his job. Then, he will not fall





down because he has Mindfulness and Self-Awareness to control himself. That is sitting with Mindfulness according to the Lord Buddha's teachings.

Lying: Lying with Mindfulness means **having Mindfulness and Awareness while sleeping.** Before lying, we must examine the bed first to know how soft the clothes are. We also check the condition of the bedspread. We should not just lie down because we are sleepy. We might get injured by some hard or sharp object left by naughty children. There could be dolls or some sharp-pointed plastic hidden on the bed, we never know. The mindful people will check by touching to see whether there are any harmful, hard, or sharp things. If the place is new to us, check by shaking the bed to see the condition of the bed's leg. If it is good enough, we would then lie down on it. There is no danger from it. When we lie down, we should set our minds to be aware of lying. When the Mindfulness controls our body, we will not fall from the bed. The legs will not move around. When the mindful person sleeps, his head will not fall from a pillow. It is beneficial to sleep with Mindfulness.

The Lord Buddha teaches us to study, to develop, and to improve ourselves in order to gain Mindfulness and Self-Awareness while standing, walking, sitting, and sleeping to prevent danger.

Having Mindfulness in Working

For any kind of job we do, we should have precaution and Mindfulness. When we use axe to chop anything, we should consider the material we cut. We have to know how that material should be treated, with much or little force. If the material needs to be cut with a slight force, we would do it accordingly. If it needs to be done with a full force, we would do it strongly. Whenever we need to cut anything, we must be careful not to cut our hands or legs. We must maintain Mindfulness at all time while axing things. Thus, we will be safe from being hurt. Also, when we nail a rivet, a good control of the hammer will prevent the worker from hurting himself. When we cut the wood to make a door, a window, or any wooden board, a thoughtful person will measure the exact sizes of the materials needed before cutting. When he cuts, there will be no mistake. See? Mindfulness is applicable even in woodcutting.

When we work with any electrical appliances and electrical machines such as working with tile, wood, or metal, we must be careful with the condition of the wires. Be careful of how it works, whether it would produce any short circuit or loosen and spring to cut our legs or hands. We must have

Mindfulness and Self-awareness to control our work all the time.

When a technician does the wiring in a place, he always takes precaution, as electric installation could be dangerous. The mindful person always keeps in mind that being shocked by electricity could cause a sudden death. The Mindfulness and Self-awareness make him be cautious all the time. That is to say, the Mindfulness of recognition in working with electrical things, and the comprehension that death would be a result of the short circuit. Awareness is therefore wisdom. As a result, the electrical technician does not easily get shocked by electricity as he knows when to make electrical extension or wiring, he has to check pincers first to see that they are well insulated. Once he makes sure about the insulation of the pincers, he then work with them and he is therefore safe from death. Yet, when he handles a metal rod or anything conducting electricity, he must be careful not to let the rod touch high voltage wire until the circuit is closed to shock him death.

About electrical installation, for those who have learned properly how to manage it, having Mindfulness and Self-awareness to recall and to be conscientious at all time, he will know which specific materials are used in each specific place, for example, the specification of a transformer, the type of wiring, the power of electricity, and the amount of watts for lighting. The mechanic will know all when he installs them. He

will take good care with Mindfulness and Self-awareness. When the installation begins, the job is well done systematically according to the plan set earlier. The job is completed neatly and safely. The electric system also works well for all users, who benefit from the equipment.

When we turn on and off an electrical switch, TV, radio, or other electrical appliances, if our hands get soaked, the electric current will be conducted and could cause a short circuit. It is very hazardous and could cause a short circuit. It is very hazardous as it may cost a life. Examples of household electrical appliances are electrical rice cookers, TVs, fans, refrigerators, radios, and blenders used in a kitchen.

When we handle any fragile objects, such as sewing clothes, we need to do it delicately in order to produce a fine output. Those who undertake any kind of job or to decorate any place; they shall do it with Mindfulness. This is how to have Mindfulness in work.

In any job we do, if the person has Mindfulness and Self-awareness, as well as the recognition of what they are doing at all times, as they are going to construct things like a house, a building, a hotel or any workplace in general, those constructions will be made correctly and properly according to the design.

For any material we use, for example, cabinets, benches, chairs, bedding gears, mats, seats, vehicles, boats, planes, dishes, glasses, television, fans, refrigerators, typing machines, computers, household utensils or outdoor equipment, we shall make them according to the plan or the pattern for the shapes and proportions; they will be beautiful and complete. When we are going to use them, we shall use them according to their function. They will not be broken or damaged, except for the wear and tear after a long period of use.

Now, regarding the driving of a vehicle, the driver shall know the time he would drive slowly, and the place where he should be aware of road conditions. He knows how to turn safely with the right speed. If a truck or a trailer were coming from the other direction, he would know how to keep away from it. If there is a dog or many people on the road, the mindful driver will control his hand, feet, and eyes, and remind himself of driving, his vehicle will not hit anything unless other vehicles run into his own. His vehicles will not fall into holes in the road. If the road is full of bumps and holes, he will move slowly. As a result, the elliptic leaf spring, choke, tire or engine will not be damaged. The vehicle will be safe and can be used for a long time. The driver will also be safe as he knows the pits, the hollow spots, the various bridges to cross, things to avoid, time to move forward and backward. He makes a routine check-up of all lighting and braking systems. The mindful

driver will not have danger in driving. We can say that the job is very well done. He knows where to slow down, where to accelerate and where to take a turn. There is no harm for the mindful person in being aware of what he or she is doing. Reminding ourselves at all time will bring many advantages to the job we do.

If students at all levels have Mindfulness in listening when a teacher explains a lesson, they will understand and memorize it. This will enable them to get good grades on examinations. There will be a good progress and a success in their studies as a result.

In writing, we write in an appropriate way according to language rules. The message is understandable, clear and precise. Being a doctor also requires Mindfulness and Self-awareness. When he gives an injection to a patient, he knows well where it should be injected, e.g. into the skin, into the muscle, or into the blood system. Doctor will inject the medicine at the right place. He also operates on the patient at the right place and realizes its cause and the proper methods to cure the disease. Prescribing drugs has to be done with care and inconformity with the disease. The bad symptoms are declined until the patient is completely recovered. If there is no cure, it is understandable as being beyond the doctor's ability.

Therefore, as a human being, it is our duty to learn how to practice Mindfulness and Self-awareness for everyday life. No matter if we are a monk, a lay devotee, a civil servant, a company worker, a bank employee, a soldier, a farmer or any other careers; we need to have Mindfulness and Self-awareness at work.

In all kind of work, if we are a mindful person, we will be qualified for our country.

Having Mindfulness in Speaking

Now, regarding speaking, it is similar to all issues mentions. When we are going to speak, we shall not lie. We shall use only proper words. We shall speak sincerely with friends. If we all set our mind properly, there will not be any lies because everyone wants to speak appropriately. This means having mindfulness in speaking.

Inciting speeches that split up the unity of groups provoke damage. Once the person has Mindfulness in controlling his speech, bad words, or vulgar language that hurt others' feelings will not come out. When vulgarism is used, no one wants to listen. The mindful speaker always reminds himself when talking about any topic; he controls his speech to be limited to that subject. He will never talk in a nonsense or useless way.

When there is a conversation, a meeting, or a discussion for any use subjects, he will control his speech to that subject. This is how speaking with Mindfulness would bring about fruitful results.

Therefore, we should train ourselves to be people who always preserve Mindfulness and Awareness. That is, to be conscious beforehand of whatever we say, where we are and whether it is appropriate to the time and the place. We should thoroughly consider about what we speak and choose selective words to say in order to make it suitable for listeners and not to irritate anybody's feeling. Thus, the speech produces neither harm nor offence to the speaker and the listeners. Both parties live in peace.

The Lord Buddha teaches us that we shall talk to each other with honesty. By this, our speech will be respected and reliable. Scholars would praise us as good speakers, ones who speak with honesty, integrity, straightforwardness, and trustworthiness. When the good speaker sees the lack of unity among a group of people, he will make use of his speaking to restore their alliance. If he sees that the group already has good harmony, he will speak to make the group even better unified.

No matter where we speak or talk with any person, regardless of the nations, languages, or countries, the speaking is always crucial. We shall take our Mindfulness and Awareness

in order to maintain our perfect consciousness in speaking at all time. When we talk with people in various levels, we shall find the appropriate words to use in accordance with those people of that level, such as a nationality, a social status, a title, or a ranking in each specific group of people. Also, we shall use kind words and good gestures in speaking to charm the listeners, not to let them get bored but to generate the utmost benefits for them. People in this world, regardless of their nation, language, or country are all fond of hearing nice speech. So, we shall choose the speech wisely; ones which are rational and beneficial to them for this life and the next life, in order to create happiness and prosperity for oneself and for others, which would be suitable for the time and place. This is the speaking with Mindfulness and Awareness.

We can see that those who speak with **Mindfulness**, the ability to recall and **Self-awareness**, the self-consciousness at all times, would never say anything wrong. They usually speak out the truth, keep it straightforward and reasonable, generate a feeling of unity and love, and choose appropriate and useful wordings for others in this life and the ones to come. Those words are beneficial and create happiness for themselves.

Now we shall be training ourselves to become the speaker with Mindfulness and Self-awareness in order that we would live together with harmony.

Having Mindfulness in Thinking

When we think of anything, regardless the place we are, at home or anywhere, we shall think in a good and right way, thinking with Mindfulness and Awareness.

When we are in our house or our family, if we have Mindfulness – Self-awareness in thinking, we shall think about how to make our family live happily together in peace, e.g. thinking about how each one should behave, talk, use vehicles, make fence, arrange the garden, decorate the house and so on. When we are to do any work, it is important to have Mindfulness and Self-awareness in consideration of the pros and cons of such an activity to determine whether it is worthwhile to do.

If it is a bad thought, one will not think of it. That person will not think in the wrong way which makes him suffer. No one wants to suffer from bad thinking. That one will not think with avarice, nor cultivate the thought of anger and hatred, or rancor to others. He will not think negatively towards others which render unhappiness to others.

The practice and cultivation of the mind to have Mindfulness and Self-awareness is the principle of the practitioners of compassionate meditation (*Metta Bhavana*). We practice the Mindfulness in order to control our four

postures: standing, walking, sitting, lying as well as in working, speaking and thinking. For these reasons, Mindfulness and Self-awareness are virtues of great assistance. They allow us and our minds to stay within the scope of goodness. It is therefore beneficial as well as valuable. The lord Buddha teaches us as the foundation of Buddhism to study these two virtues of great assistance; one is the **Mindfulness**, the ability to recall and the other is **Self-awareness**, the self-consciousness at all time. The Lord Buddha teaches that both virtues of the great assistance are very supportive and very good indeed.

Now, as we think of what we have done, whatever it is, we have been training our mind now to make ourselves be able to think with mindfulness. If we think with Mindfulness, suffering can be avoided; we will not do things wrongly or harmfully. The mind will consider emerging thoughts while it is full of consciousness, and speeches are controlled accordingly. As a result, we speak with Mindfulness and work with Mindfulness. We have all postures controlled no matter how we stand, walk, sit or lie down. The Mindfulness and Self-awareness control everything. We can prove that it is very useful.

The practice of our mindfulness and Self-awareness has the aim. The cultivators of compassionate meditation or people in general who stay at home or work at any place all wish to be ones who maintain a perfect mindfulness and Self-awareness.

Therefore, we practitioners want to be the ones who have the **Great Mindfulness** (*Maha Sati*) and the **Great Wisdom** (*Maha Panna*). Mindfulness and Self-awareness are to be called **Mindfulness and Wisdom** (*Sati Panna*). **Mindfulness** is the ability to recall, **Self-awareness** is the essence of wisdom.

The Great mindfulness and the Great Wisdom control everything. No hindrance (*Kilesa*) can let loose because we are the ones who have complete Mindfulness and Self-awareness. These then cleanse our minds, leaving the minds in a state of perfect purity and free from suffering. It depends on Mindfulness and Self-awareness, Mindfulness and Wisdom, which are the most important things.

Hence, the describing of **Mindfulness and Self-awareness** from the beginning until the end, I wish all of you, albeit monks, novices, or lay devotees, both male and female, take these virtues into your consideration. Try to cultivate them and practice as much as possible in order to develop and improve yourselves to have the completely perfect Mindfulness and Self-awareness. Then you will be able to extinguish your sufferings and live your life in happiness forever.

Persevere the Practice Of Mind and Meditation

For those who practice the virtues of compassionate meditation, you should realize that most practitioners' state of mind does not reach to the state of tranquility because of the absence of Mindfulness and Self-awareness. We recall and recognize too slowly, not promptly at the same time as our minds think. When we are unable to seize our own thoughts, we cannot control our minds at all. The practice of our mind to let it stay calm until reaching a tranquil state is therefore quite a hardship. It is not peaceful, yet rather uneasy since our mind always wanders around several things, of different places, and takes so many subjects into thoughts. The mind is therefore too busy going around the world. The speed of thoughts is really fast indeed.

We shall observe and take our mind into consideration and see how fast it swifts over here and there. Then, we would surely realize by our own selves. As long as we have not trained our Mindfulness and Self-awareness to recall and to realize the thoughts on our mind promptly, we still cannot reach the state of tranquility. Thus, the training of meditation and the cultivation of tranquility for a peaceful mind is the most important thing for us practitioners.

For those who had neither practiced a meditation nor trained the mind to calm down before, it is strongly recommended to start now. We shall begin practicing the Mindfulness and Self-awareness of our own. No rush. The self-training or practicing has the ultimate aims in seeking virtues, generating happiness for oneself and others all over the world.
