

# DHAMMAPADHA

**Sukāraṇi asāduni  
Atthano ahitānicha  
Yan ve hithan cha sādun cha  
Tan ve parama dukkaran**

**It is very easy to do evil things that are bad and harmful to oneself. But it is exceedingly difficult to do things that are good and beneficial.**

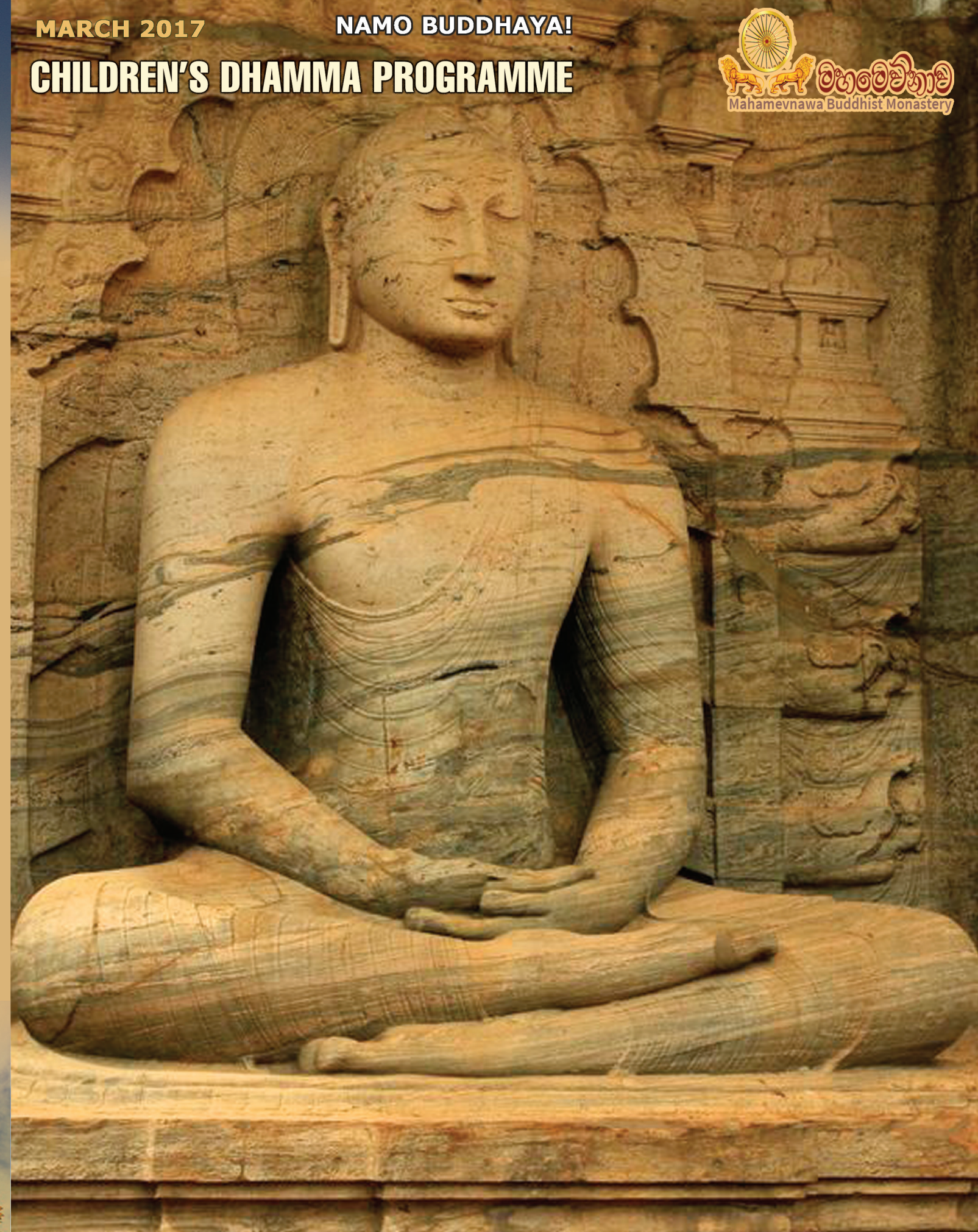
**LET US LEARN THE NOBLE TEACHINGS OF THE BLESSED ONE GAUTHAMA...**

**Every 1<sup>st</sup> Sun day from 1.30 pm to 4:30 pm**

Dhamma Land  
Hardings Elms Road  
Crays Hill  
Billericay  
CM11 2UH

**Every 2<sup>nd</sup> Sun day from 1.30 pm to 4:30 pm**

Leavesden Green Community Hub  
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# NAMO BUDDHAYA!



Dear children, in Rajagaha in India, there was a man who cut wood from the forest and sold for his living. He had a son. All in this family were non-Buddhists. They did not like the Buddha. The son had a friend. He was a disciple of the Buddha. His parents had taught him to say "Namo Buddhaya". This means "I pay homage to the Buddha". The boy used to say this when he went to the bed, woke up, met and left someone and so on. This boy was also in the habit of contemplating the unique qualities of the Buddha.

One day the boy taught his non-Buddhist friend the qualities of the Buddha and to say "Namo Buddhaya". Then he too was in the habit of saying "Namo Buddhaya". Also he contemplated the unique qualities of the Buddha.

One day wood cutter went into the woods with this boy to cut some firewood. They loaded the cart with firewood they collected. On their return journey, they took off the yoke from the two oxen to enable them to graze nearby. The father and son also had their meals. Meanwhile, the two oxen went away with a herd of cows entering the city. Later the father found that the two oxen were missing. He then went to the city to look for them leaving his son with the cart of firewood. He found oxen late in the evening. When he started to return to his son it was too late, the city gate was closed.

It was in a cemetery where the cart had stopped. It was infested with evil spirits like devils. Now it was getting dark. The boy waited and waited for his father and was very sleepy. Then he slept underneath the cart. That night two devils saw the boy. One of them with the intention of killing and eating the boy, pulled at the leg of the boy. Just then, he cried out "Namo Buddhaya". Hearing these words, the devil got frightened and knew he was disciple of the Buddha. Then they decided to look after the boy until the day break to protect him from other ferocious spirits and dangers. The devil who tried to harm the boy went to the king's palace and took the golden bowl of the king Bimbisāra and filled it with food and brought it to the boy. They disguised themselves as his parents and fed him. Then they left the boy before the day break, leaving a message on the bowl.

In the morning, when the gate was opened, the father very quickly approached the boy and asked "my son you are OK, aren't you..?" Yes father, no problem. Can't you remember? You brought food and fed me in the night, the boy replied.

The father understood that someone had helped the boy. Soon they left the cemetery for home. In the palace, the king's men discovered that the king's bowl was missing and informed it to the king. He ordered the men to look for it everywhere. Finally they checked the vehicles and found it in the cart of the wood cutter. The king's men arrested and took them to the king.

The king took the bowl and saw the letters inscribed on it. He asked the boy "Who's letters are these"?

Oh! My lord. I don't know anything. When I was sleeping, my father and mother fed me and told me to sleep again. That's all I know, the boy replied.

Then his mother was also taken to the palace, and no one understood what has happened. Again the king asked the boy, "Tell me the truth, what else happened..?"

The boy described what happened from the beginning. The king understood that it was surely a favour given by non-humans. He took them to the Buddha and disclosed everything. The Buddha gave a discourse at the end of which the parents and the boy became stream enterers (Sōtāpanna). Later on, the father, mother and the son got the ordination and all three became Arahants.

**Sādu... Sādu..... Sādu...!!!**

## SUGATHŌ



Dear Children,

Today we are going to learn about the forth quality of the Blessed One, 'Sugathō'.

'Sugathō' means that the path the Supreme Buddha followed is extremely pleasant, good and excellent. The path is the Noble Eightfold Path which is the one and only way that leads to Nibbana, the freedom of suffering.

The Supreme Buddha is the first to discover this pleasant path and attain the pleasant Nibbana. Therefore, he is designated as 'Sugathō', 'the one who followed the pleasant path'.