

Namo Buddhaya!



At present we are living in a highly sophisticated world where more and more technological innovations are being introduced.

It is true that this modern technology immensely helps to get things done very quickly. However, at the same time, we should be aware of the damage it does to the mankind. Adults and children alike have already become innocent victims of technological gadgets such as mobile phones, laptops and so on.



Specially, the impact of mobile phones on youth and society is astronomical. Once one gets addicted to and is caught by the illusion of mobile phones, it is extremely difficult to get rid of it.

As far as Buddhism is concerned, the gadgets such as mobile phones and laptops do a huge harm to the spiritual development. Therefore, it is advisable not to misuse mobile phones and such devices and to use them carefully and responsibly only for the purpose it is intended for but in moderation.



DO NOT FORGET!

• **BUDDHISM DEALS WITH SPIRITUAL DEVELOPMENT AND GADGETS LIKE MOBILE PHONES DO A GREAT HARM TO IT.**

• **MOBILE PHONES, LAPTOPS AND SO ON CAN BECOME YOUR ENEMY IN DISGUISE.**

• **BEING OBSESSED BY MOBILE PHONES, LAPTOPS AND THE LIKE MAY LEAD YOU TO A LOWER WORLD.**

• **AS THE WORLD BECOMES MORE AND MORE TECHNOLOGICALLY ADVANCED, THE FASTER THE SPIRITUAL DETERIORATION IT WOULD BE.**



Namo Buddhaya!

Five Trainee's Powers (Sekha Bala)



A person who aspires to attain Nibbana should cultivate five things called the Five Trainee's Powers.

One who develops these five for a long time will be reborn among gods, if he fails to achieve one of the four stages of Enlightenment in this life itself. In the heavenly world that Devatha (God) gets another opportunity to follow the teachings of the Buddha leading to the end of suffering (Nibbana).



WHAT ARE THESE FIVE TRAINEE'S POWERS?

1. Shradha: Confidence in the Supreme Buddha, Dhamma (The teachings of the Buddha) and the Sangha; the ordained disciples of the Supreme Buddha.
2. Sîla: Refraining from killing beings, stealing, sexual misconduct, telling lies and taking intoxicating drinks and drugs.
3. Suta: Knowledge of Dhamma.
4. Chāga: Giving or practising generosity.
5. Pañña: Wisdom.

Harmful Side Effects Of Mobile Phones

1. Teen Tendonitis (TTT):

What is the impact of mobile phones on young people's social life? People are totally addicted to texting. Excess messaging can lead to Teen Tendonitis (TTT). It can cause pain in the hands, back and neck due to poor posture. It can also lead to impaired vision and even arthritis down the line.



2. Stress:

Having a cell phone will tempt you to spend all day talking or texting, instead of doing anything productive. Studies have proven that people who spend too much of their time with their cell phones are more prone to stress and fatigue. It can also lead to psychological disorders in some cases.

3. Sleep Loss:

Most of the people keep their cell phones nearby while sleeping to respond to texts and calls. They feel pressurized to remain reachable around the clock. It leads to sleep interruption and disruption. People also become irritable when they are sleep deprived.

4. Accidents:

People are more likely to respond to calls, text while driving, and riding than adults. They talk and text on the phone without realizing that it can cost their lives. Even the U.S. Government Website for Distracted Driving has proven that traffic crashes are the leading cause of death in teens.

5. Increases Anxiety:

Relying on texting as a primary mode of communication can increase anxiety in teens. Texting is instantly gratifying, but it also produces anxiety. The instant reply by the friend can bring joy and elation. But in case of delayed response or no response, this same pleasure turns into disappointment.



6. Risk Of Cancer:

A research shows that electromagnetic radiation emitted by mobile phones get absorbed in the tissues when we hold the phone for longer times. The nervous systems of teens are still developing and have a greater risk of developing brain cancer from cell phones than adults.

7. Cyber Bullying:

According to a poll conducted by Fight Crime Invest in Kids, nearly one-third of the teens are victims of cyber bullying. And almost half of the victims do not know the identity of the perpetrators.



8. Illness :

Research findings also indicate that the use of mobile phones may lead to a number of symptoms such as headache, impaired concentration and memory disturbances, hearing problems, facial, dermatitis and sensation of warmth within the auricle and behind/ around the ear.

Source : Internet

Let's try to become real disciples of the Blessed One Gautama!



**Children's Dhamma Programme
September 2016**



*Do not become
victimised...*



MAHAMEVNAWA CHILDRENS PROGRAMMES

Every 1st Sunday of the Month

Mahamevnawa - Billericay
Dhamma Land
Hardings Elms Road, Grays Hill
Essex - CM11 2UH
2.30 pm to 5.00 pm

Every 2nd Sunday of the Month

Mahamevnawa - Stanmore
Leavesden Green Community Hub
Clark Green - Off Clark Way
Watford - WD25 0BW
2.30 pm to 5.00 pm