

Damma Padha

**Akkochi mam avadhi mam
ajini mam ahāsi me
ye tham upanayhanti
vēram tēsam na sammati**

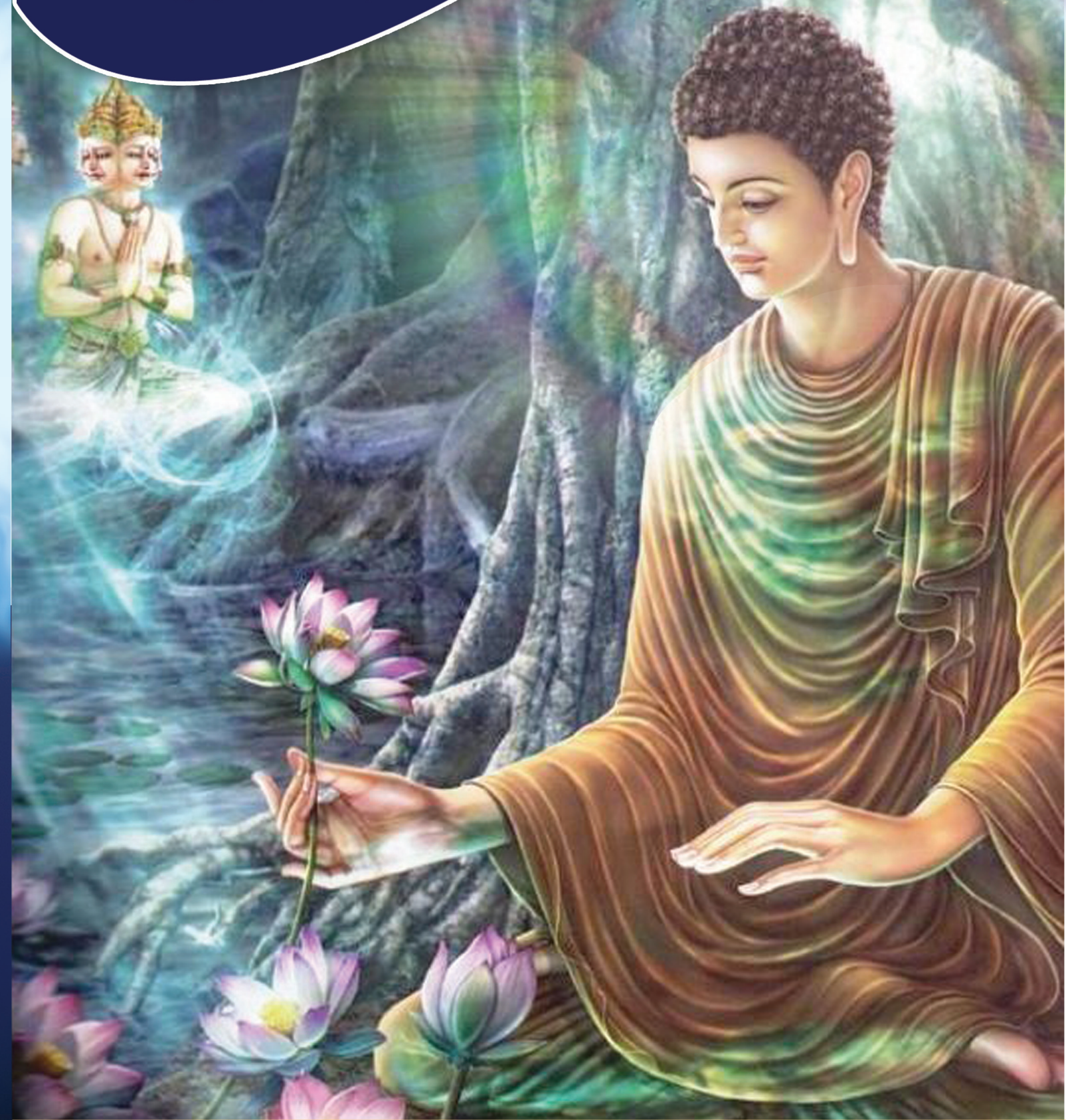
"He abused me, he struck me,
he overpowered me, he robbed me..."
If someone is overcome by anger that way,
his hatred will not come to an end.

**Akkochi mam avadhi mam
ajini mam ahāsi me
ye tham upanayhanti
vēram tēsūpasammati**

"He abused me, he struck me,
he overpowered me, he robbed me..."
If someone does not harbour any anger with-
out thinking that way, his hatred becomes ap-
peased (come to an end).

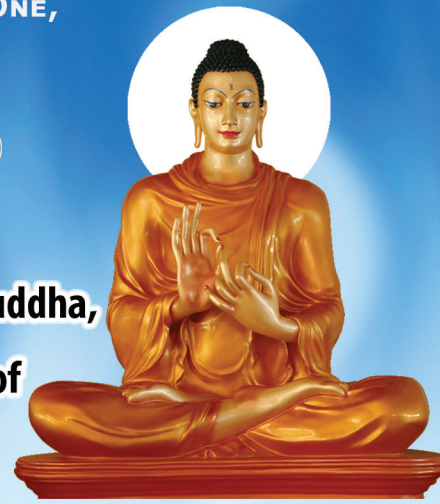
Yamakavagga Verse 3 & 4

CHILDREN'S DHAMMA PROGRAMME



Mahamevnawa International Meditation Centre
Dhamma Land | Hardings Elms Road | Crays Hill | Essex | CM11 2UH

SAMMASAMBUDHO



Dear Children,

In the last programme, we taught you the first quality of the Buddha, "Arahan". Today we are going to teach you the second quality of the Buddha, "Sammāsambuddho".

Our great teacher, the Supreme Buddha, is Sammāsambuddho because He alone, understood the truth of suffering, without anyone's help. The Supreme Buddha, alone, eradicated the origin of suffering, without anyone's help. The Supreme Buddha, alone, attained the cessation of suffering, without anyone's help. The Supreme Buddha, alone, developed the path leading to the cessation of suffering without anyone's help. Thus, the Supreme Buddha, alone, realized the four noble truths without anyone's help.

The Supreme Buddha, my great teacher, is the one and only teacher, who alone, realized the four noble truths, escaped suffering and achieved Nibbana. Therefore let us pay homage to the great quality Sammāsambuddho.



EXCREMENT EATING FEMALE GHOST

Moggallana Bhante: Oh unlucky one, you are standing in a pit of excrement. Who are you? What kind of evil deed did you do? How can I know for sure what happened to you?

Ghost: Bhante I am a ghost. As a result of my evil deeds I have been born in this ghost world. I am suffering very much.

Moggallana Bhante: What kind of evil deed did you do by body, speech, or mind to suffer like this?

Ghost: When I was in the human world, I let a monk stay in my house. The monk was very greedy and jealous of his supporters. I listened to that evil monk's words. Following him I too insulted good monks. That is the evil deed I did from which I was reborn in the ghost world.

Moggallana Bhante: You associated with that evil monk thinking that he was a good friend. What happened to the monk after death?

Ghost: Bhante, that evil monk has also been born in the ghost world. He is suffering in the same pit of excrement where I suffer. I am standing on his head. He lives as a servant to me here. Bhante, I have to eat other people's excrement, while he has to eat mine.



LET'S BEHAVE WELL IN THE ASAPUWA

We should always keep in mind that we are disciples of the Buddha Gauthama. Therefore you are expected to behave well in the Asapuwa premises, all the time till the moment you leave it. If you behave in an indecent manner, it is quite unpleasant. Unlike at home and school, you should maintain great and higher degree of modesty and discipline in a religious place like Asapuwa.

You should make sure that your behavior does not disturb meditation and other religious practices of monks and lay devotees. In your lives, shame and fear must be present at all times. If these are not there, you cannot behave in a disciplined and cultured manner. People of such behavior are disliked by many.

At the Asapuwa, please remember... you are NOT supposed to ...

1. Damage the property and flora and fauna (plants and animals).
2. Throw anything like stones, pieces of wood and so on to the pond.
3. Bring playing things like bats and balls with you as this is not a play ground.
4. Break the silence of the environment.
5. Play video games and read novels.

