

A NEW HOPE
for
HUMANKIND



Supawan Green

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supawan p. panawong Green

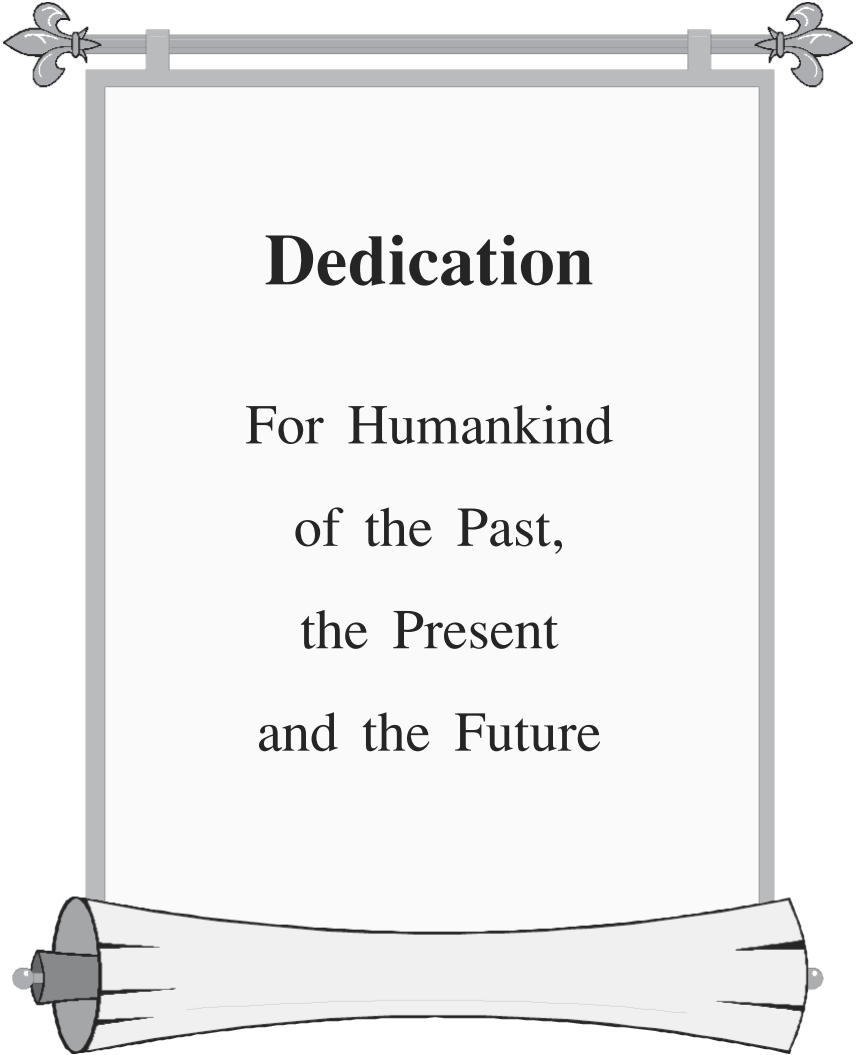
ISBN 978-611-90168-1-1

This book has been printed for free distribution

First Edition March 2009
5,000 copies

Cover Design : Arpavadee Rak

Printed by Q-Print Management Co.,Ltd
Tel.02-800-2292 Fax.02-800-3649



Dedication

For Humankind
of the Past,
the Present
and the Future

Foreword

We first met Supawan Green through her books that we purchased in bookstores in Bangkok in 2004. After studying her books, we found them very helpful in our meditation practice because they explained her experiences of and understanding of the Buddha's teaching (in English) that was easy to understand and also faithful to what we knew of the Buddha's teaching.

During the next couple of years a meditation study group, meeting at our home, read several of her books and invited her to come to Portland Oregon to teach, if and when she might come to the United States. It was our good fortune that she was able to come to the U.S. in the spring of 2008 to lead a "Here and Now" retreat in Portland on May 24-26, 2008. This book incorporates the summaries of this retreat that Ajahn Supawan prepared for the seventeen students and includes an expanded chapter on the 6th sense that originally appeared in a 2007 booklet that is now out of print.



One of Ajahn Supawan's greatest strengths is using the English language to explain the meditative and mental experiences the Buddha taught as being the path leading to the end of suffering, ultimate peace and enlightenment. She shares the experiences and this path from her direct experience in a way that lay people can test and have confidence in. Many people understand and practice the first two of the four foundations of mindfulness, but lose focus, concentration or confidence in moving to the third and fourth foundations. She is very helpful in this area.

We found that Ajahn Supawan's experience, writing, and teaching made these steps on the path easier to understand and practice in our daily life. We hope this small book will help you realize the steps you can take everyday to achieve mental peace, and through your own peace, help others find and build peace in your families, communities and countries.

With metta,
Ian and Sally Timm
Portland, Oregon
August 2008



Preface

A New Hope for Humankind

I have wanted to make a small booklet for free-distribution as a means to introduce my knowledge, and invite readers to further explore the Buddha's wisdom. The first 10,000 copies of the booklet titled: Understanding Buddhism and The 6th Sense, printed for free distribution in 2007, have been out of stock for some time. This book can be considered a second publication of this free-distribution booklet, but with a bit of expansion.

Due to the massive scope of the message I wish to deliver, I see the need to convince you of my wisdom by sharing with you, in chapter one, the personal experiences which led me to where I am today – the ability to offer A New Hope for Humankind. Chapter two of this book is focused on the very reason why we have been conditioned to fight the mental war in the wrong battlefield. I am certain that the cause of all the wrongdoing among humans stems from the misunderstanding and the denial of the human 6th sense. These two chapters will also be included in the contents in my forthcoming book: Bringing The Mental Self Back Home.



I decided to add the “Summary of the Portland Here and Now retreat” and “The Magic of Tai chi qi gong exercise” chapters so that you will have a better idea of what is involved in my teaching. Although these two chapters were originally written for my students who came through my retreat teaching, and may be unclear to those without some meditation experience, they can offer some perspective of the content and guidance in my Here and Now retreats.

Lastly, I would like you to see that the Buddha’s guidance and wisdom can rationally lead humanity to find long lasting peace, too. The pragmatic formula for World Peace: $A=X+Y+Z$ that I introduced in this book is the real wisdom that the world is very much lacking. Under this critical predicament humanity is facing, I really think this is our new hope and the only hope too.

I would like to take this opportunity to thank Ian and Sally Timm, who have belief in me and assist me in every possible way, including editing this book and creating the glossary, to spread the Buddha’s profound and universal message in the United States. Profound gratitude also goes to my volunteer Thai staff who have been working very hard to help me establish this charitable work in Thailand.

Supawan Pipatpanawong Green

February 2009



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A NEW HOPE *for* HUMANKIND





Chapter one

Experience is the source of knowledge

That wise saying belongs to the world class physicist, Albert Einstein.

Two significant analogies

Throughout my books and teaching, I consistently talk about two significant analogies. They are:

1. Human beings are trapped in this gigantic life prison of which not many people are aware.
2. There is a strong mental magnetic field between Tom and Jerry or one's mental self and thoughts.

As far as I am concerned, those analogies are based on the facts that I have seen with my own mental eyes (having experience) which, of course, is difficult to communicate in conventional language. So, it is best if I tell you the experience which has led me to create these analogies about the prison of life and the mental magnetic field – the important messages that I have no doubt humankind needs to know.

My first extraordinary experience

When I was a third year university student, only some 18 months after I had found Suan Mokh, founded by Venerable Buddhadasa, and embarked on a serious meditation practice, I had an extraordinary experience which I never revealed to a soul until some 24 years later in a published book.

I was then living in what Thai people call ‘a shop house’ where my sister managed a hair salon downstairs and we slept upstairs. Having returned from the University, feeling exhausted, I decided to take a late afternoon nap in the bedroom. Having learnt the basic Buddhist meditation by that time, I had developed a habit of watching my breathing the moment I laid down in bed until I fell into a sleep. I would do the same again the moment I awoke.

When I awoke, the bedroom was completely dark. I guessed that it must be around 6 pm or later. I fully awoke and felt refreshed, laid there with my eyes wide open, stared into the darkness, watched my breathing and soaked up the inner bliss which I knew was the result of my doing



mindfulness with breathing. I felt no rush to get up. Some ten minutes went by, I thought to myself that I should get up and go downstairs; my sister might wonder to where I had disappeared and she might need help with the cooking.

I then pushed myself up with my right hand to be in the sitting position as most people would do when they get up from bed. It was in between the position of lying down and sitting up when I encountered the most bizarre experience happening inwardly. Never before in my 22 years did I experience anything as wonderful as that. The only way I could describe myself was that something in my mind had all of a sudden just snapped apart and allowed me to have this immense freedom – the type that few humans would understand. My spontaneous utterance was: ‘Oh...I never knew there is such a thing in this world!’

Lood-pon

In that mentioned book, I revealed to Thai readers that the only Thai word that fit to describe my extraordinary encounter was lood-pon; lood means disconnect and pon means go beyond. This combined word has been used

commonly in Buddhism which specifically refers to the disconnection and the going beyond suffering (dukkha). All devout Buddhists know that this lood-pon from suffering had been attained by the Buddha and his enlightened followers but I had never thought for a moment that it had anything to do with us, lay people, and especially that it could also happen to any one of us, particularly to a young girl like myself.

Indeed, not until that split moment did I understand the true meaning of this combined word and told myself that there was actually a state of mind called lood-pon after all.

Two things falling apart

What had happened to me in that dark room was that my mental self/Tom and my thoughts/Jerry, which a while ago were tightly held together, had suddenly and completely lost their magnetism from each other. A “mental magnetic field” was the only way I could describe the potent gripping together of the two natures of my mental states which had, out of the blue, disconnected completely. That’s why I could strongly sense that two things in my mind were suddenly

falling apart from each other as I was pushing myself to sit up.

Profound bliss and freedom

I can't say I was shocked because I wasn't. On the contrary, I was extremely calm and at peace. I had experienced plenty of inner peace before that point through mindfulness with breathing but I don't think there is an adjective that can describe the magnitude of peace I was having at that moment. It was the most profound bliss and harmony which, I now know, was the direct result of the disconnection between my mental self and my thoughts and which subsequently threw me (my mental self) beyond all suffering. This disconnection consequently left me with the most profound freedom of a scale beyond any normal comprehension. It was a total liberation of the mind that no adequate words could describe.

Although I was just 22 years of age, I knew beyond any doubt that this most unusual experience of that moment was ultimate, absolute and I was convinced it was what the Buddha called nirvana!

The bright light

Despite being in the complete darkness, the moment that the two things had broken apart, I felt that my mind was lit up with an immense bright light the magnitude of two or three suns put together. But it wasn't the light that shines on material objects; it was the overwhelming illumination that lit up a huge pile of knowledge and wisdom about life in relation to the universe. This enormous pool of knowledge suddenly flooded my mind from left, right and centre.

Hurling to the zenith

This is another way I can describe the event of that evening. Before I took the nap, it was as if I was standing at the foothill of a mountain not able to see the view of the whole valley. I didn't know whether I was coming or going – meaning life was often filled with confusion, chaos, perplexity and mixed-up, resulting in turmoil and suffering. However, by the time I woke up and sat on the side of the bed, I was hurled right up to the mountain top where I could see the picturesque scenery of the entire valley.

That was when I knew the whole structure of life, knew the ultimate purpose and the contrast or difference between an imprisoned mind and a fully emancipated mind. This perspective about life has enabled me to later on simplify the Buddha's teaching.

Cast away knowledge

To cut the story short, that immense mental freedom lasted for six months. My mental magnetic field gradually returned which caused Tom and Jerry to glue back together again. Once my mental self and thoughts had merged into one, it meant that I had lost the once existing wonderful bliss and complete emancipation. Also faded was my wisdom. As far as I am concerned, no real experience means no real knowledge.

Six months passed by and all those extraordinary experiences became mere thoughts tucked away in my memory box (Jerry). They were no longer the first hand knowledge like before but became the second hand knowledge cast off by Jerry. It was as if I was thrown back to the foothill once again but not quite at the bottom like before. I was spared and left somewhere in between the valley and the zenith.

Must return to the zenith

After that short-lived episode of my life, I knew all along that I must return to the zenith again. I had not an iota of doubt that my very unusual encounter in the bedroom was the ultimate freedom that the Buddha talked about. Whether people want to believe it or not, it doesn't matter. To me, it is beyond any doubt that everyone is thrown into this world for this sole reason – to reach that ultimate state of which I had a glimpse.

I then led my life according to the flow of worldly events and opportunity which led me to end up raising my own family in England. I kept up with my practice all along the way knowing that it would take me back to the mountain-top again. Metaphorically speaking, those were the times I kept on climbing this mountain so that I could return to the peak again. I did finally make it – 20 years later though!

Peeling a mental onion, my second extraordinary experience

It was what I described as my Eureka experience that happened on one Monday about 1:15 pm when I was teaching my Tai chi students in the autumn of 1997. This time the bright light that illuminated my mind was more in the magnitude of having ten suns put together and I instantly exclaimed: ‘oh...my God...I know it!’

This time, I didn’t actually experience the disconnection between Tom and Jerry as did the first time. In my published book in Thai, I described this latest account as peeling an onion. I gather that after my first enlightening incident when my mind was placed in between the foothill and the zenith, my practice had been progressing quite steadily.

In this later phase, it is more appropriate to compare my mind to an onion. As I was raising my young family during those 20 years, this mental onion, made up of Tom and Jerry, began to peel its layers off one by one at constant speed. There was a long series of inner experiences, progress and setbacks, which I elaborated in this particular Thai book.

What happened on that Monday afternoon, however, was the last layer of this huge onion had at last fallen off and the huge void at the centre was shown – the very essence that all enlightened people have seen and talked about. That last piece of onion, once it dropped off, didn't give the snapping apart impact like I encountered 20 years earlier.

The ultimate truth does exist

Experience is the source of knowledge. Those two significant events of my life were how I earned my Buddhist wisdom. My mental landscape has increasingly widened especially after the autumn of 1997. My mind has become a 'big book' whose contents I constantly read and share with people. This time I've been able to share the wisdom as first hand knowledge and not the cast-offs from Jerry, – cast-offs meaning teaching from memories and researching from others' books. This enables me to talk to you with conviction about the following facts of life:

1. The absolute/ultimate truth does exist. This is the state for which I gave a list of 24 synonyms in my book, *The User Guide to Life – The Moral Diet*.

It is the experience of life outside the mental prison.

2. The ultimate truth has the distinctive quality of being absolute and final in itself. Whoever attains it must have the ability to know this final frontier too without having to be verified by another person. That's how the enlightened people know that they are enlightened. Anything with less than this significant eternal quality will be subjected to an endless intellectual and philosophical debate, of the same nature as digging into an endless rabbit hole.¹
3. We all have an ultimate goal in life to fulfil – to attain that final clarity or wisdom, what I call jail-breaking!
4. As long as this ultimate mission hasn't been accomplished, everyone is a prisoner in one's own mind regardless of one's gender, race, age, intelligence and religious and political beliefs.

¹ The only historical person who could verify another's final spiritual achievement was the Buddha. During the Buddha's time, he did confirm his enlightened disciples when necessary. Nowadays there is no longer a person with this capacity no matter how famous that teacher is. Therefore it is only right that the enlightened people must have the ability to verify themselves. This can be done only if that person attains the authentic ultimate truth.

5. It doesn't matter whether you want to believe what I've said. The sun doesn't stop rising in the East and setting in the West only because you refuse to believe it. Likewise, your imprisoned predicament will not disappear only because you believe or don't believe my words. I am only the messenger.
6. The sooner you know this good news, the sooner you can get out of this jail. Your jail-breaking can happen this life time. The un-convinced will remain in a life-jail for eons – leading repetitive recycled lives, being thrown around by one's karmic force under the law of action (cause and effect).

Mental magnetic field

As for the knowledge about the mental magnetic field, that most amazing event during my student year has enabled me to understand thoroughly the Buddha's teaching about the five entities that make up the human life form. Before my afternoon nap, this Buddhist topic meant very little to me. I thought that I knew them well enough because I could memorise them and knew the meaning in Thai, not just the



Pali terms. After that afternoon nap, my comprehension of this subject had changed beyond recognition. I understood clearly what Krishnamurti meant by the observer and the observed on the mental level.

By the time the last layer of my mental onion was peeled off, this topic of the five entities had been transformed and revealed to me its profound dimension. I am able to use these five entities as my new approach of teaching which allows me to easily lead people into the noble path and all the way to their ultimate enlightenment. Due to my seeing the disconnection between my mental self and my thoughts, that was how I could separate the four formless entities into Tom and Jerry and came up with the analogy of “the mental magnetic field” between them. I later on realised that the Buddha had actually planned his teaching in the most systematic way – very ingenious indeed!

Non-practitioner

What happens is that for people who have never practised meditation, especially vipassana meditation, their Tom and Jerry remain glued together, inseparable, because

of this powerful mental magnetic field. Jerry, which carries all types of defilements (greedy and angry thoughts and feelings) has an immense powerful mental magnetic force that can suck Tom into its grip. This results in Tom being hammered down and badly bullied by Jerry – the bandit!

Not knowing vipassana means having no means to resist the enormous mental force of thoughts. This is the main reason why everyone, except the fully enlightened ones, feels that our mental state is made up of one nature and results in us calling it by just one word, “mind”.

Massive ambiguity

This also causes massive ambiguity and errors as far as the study of the human mind is concerned – leaving behind a huge pile of loose jigsaw puzzle pieces and a limbo-like predicament. This is why after centuries of asking what the brain, mind and consciousness really are, there is still no conclusive answer, certainly not enough to help humans reduce their mental pains and to find everlasting peace for mankind.

This significant subject, unfortunately, cannot be learnt by intellectual (scientific) means; one has to be guided only by someone who has had the experience of enlightenment. The good news is that the Buddha found the knowledge as to how our true self (Tom) can resist the powerful magnetic force and not be sucked in by Jerry. He has already offered such extraordinary wisdom to us through the practice called the four foundations of mindfulness or vipassana.

From Tom-Jerry to Jit-jai

I had introduced to my Tai chi students the concept of Tom and Jerry, representing the nature of the mind, even before my Eureka experience, but the explanation of this concept has gradually become clearer since 1997. The night before I conducted my Here and Now retreat for Thai people for the first time in 2003, I tried to think of words I could use to represent Tom and Jerry. Suddenly the answer came into my head. The exact word is ‘jit-jai’ which is a very common word used daily by the 64 million Thai people. It has the meaning equivalent to the word ‘mind’ in English. I then had no problem in representing Jai as mental self/Tom

and Jit as Jerry. I was quite relieved that I had found just the right word for Tom and Jerry.

Buddhist influence

I later on realized that the reason we had just the precise word for Tom and Jerry is because the Thai language has had direct influence from Buddhism and its centuries of practice in Thailand. The usage of any word/vocabulary and its definition is the result of having an initial experience – the direct perception by the six senses. An invented word is for the purpose of communication referring to the origin of experience. The illustration below can help you to understand better.



Caption: the relationship between the experience, definition and the usage of words and vocabulary forms a full cycle. This confirms Einstein’s renowned saying: “experience is the source of knowledge.”

I am quite certain that the Thai ancestors, some of whom were enlightened people, must have understood the true nature of the mind through vipassana. That’s why when they used a word for ‘the mind,’ they didn’t use a single word like in English, but used a combined word instead. This combined word, each part referring to mental nature, can be separated into two independent words with independent meanings.

The reason to support this interpretation was that the early Thai commentators knew through experience the fact of the total detachment between Jit (Jerry) and Jai (Tom).

Giving Tom essential vitamins

Bringing the mental self back home (practicing the four foundations of mindfulness) is the most precise practice that will weaken the mental magnetic field between Tom and

Jerry. As you commence bringing your mental self back to the first home, it can be understood as beginning to feed Tom essential vitamins which boost his strength. As Tom builds up his strength, he will have the ability to withstand the pulling force of Jerry. Tom will then gradually be able to detach from Jerry.

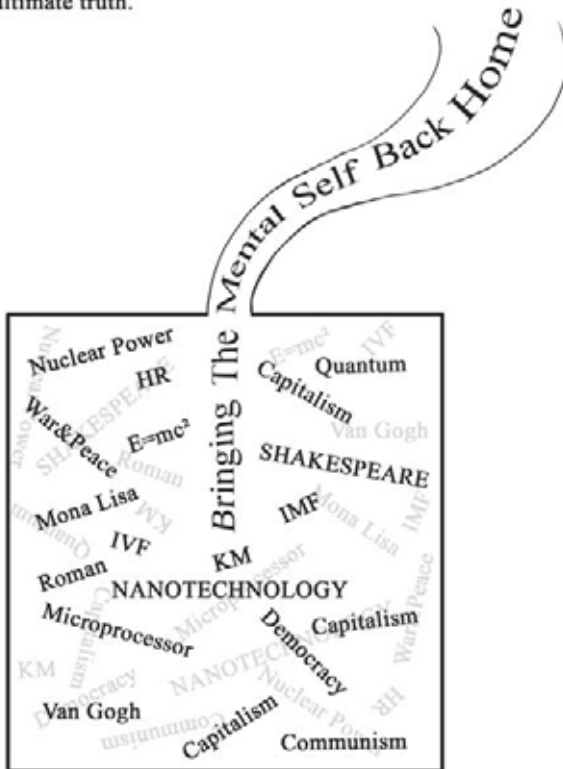
Remember that Jerry represents every problem in the external world. As your mental self/Tom becomes stronger, you will be able to let go of worldly problems (Jerry) which often revolve around income, wealth, fame and status.

Provided that you keep up with your vipassana practice, your mental onion will gradually be peeled off layer by layer and it will reach a day when the magnetism between Tom and Jerry is completely disconnected. That is when you will be at the zenith and become a fully enlightened person. Your jail-breaking task then will be finally accomplished. You will have earned your eternal peace and freedom in eternity.

Summary

To help you relate to other intellectual learning, including those of the mind-experts, please know that all the shreds of our mountain-size accumulated knowledge are the accounts that happen in the prison of life, whereas the Buddha's wisdom is the unique learning that will lead you directly out of jail. The following illustration will give you a clear perspective:

Nirvana, God, Tao, The Tree of Life, The innocent perception,
The ultimate truth.



Caption: The totality of knowledge happens within the boundary of a prison cell, whereas the Buddha's wisdom offers a single and direct route to ultimate freedom which he calls Nirvana. That single and direct path is the four foundations of mindfulness/vipassana or bringing the mental self back home. To accommodate people of all beliefs, I have given 24 terminologies to represent the unique experience which includes God, Tao, The Tree of Life, the ultimate truth and the innocent perception.

If the life prison is compared to a mental jungle (a mixture of complex thoughts, memories and feelings) this book is about guiding you out of this jungle and leading you safely home. Once you understand this fundamental fact of life, you will be able to grasp my work quite easily and quickly because this book is based on guiding you into this unique path to your ultimate freedom.

Remember that everything must make sense to you. So, even though what I am about to explain in here hasn't been verified by renowned scholars, as long as it makes sense to you and has the impact of making you feel better (happier), you should at least give it a try.



Chapter two

Understanding the 6th sense

Objectivity

Intellectual people adore scientific study and objectivity. The recognition and understanding of any new discovery must be gained in an objective manner. This involves using the basic five senses along with the sense extensions, e.g. tools such as microscopes, telescopes, hearing-aids, to view and observe a case study until we realize the nature of the phenomena before making a conclusion. This objectivity is the means for gaining first-hand experience and the subsequent intellectual knowledge which is known as ‘research’. This method of gaining knowledge is much more solid and reliable than philosophical knowledge in which the method is initially based on pure thinking (using Jerry) before reaching a conclusion, and it doesn’t always work.

For instance, Karl Marx’s and Frederick Engels’ socialist society sounded very ideal in bringing equality to people of all classes but once their ideology was put into

practice and developed into a communist society, it took 30 years to find out that their grand philosophical concept could not work in real life – not to mention the great loss of lives and the unnecessary suffering thrust upon humanity during the process of class-struggle while building such an ideal society.

The philosophers had totally overlooked the crucial variable factor of a ‘human mind’. No matter how perfect the ideology is in one’s head, such idealism has to be managed by human people whose minds – apart from being complex – have different degrees of greed, anger, delusion and ego. Unfortunately, ego doesn’t mix well with power especially the almighty political power. Finally, Karl Marx’s utopian dream had instead created political monsters and world-class murderers e.g. Stalin, Mao Tse Tung and Pol Pot, people responsible for massive human suffering and death. This could have been avoided had the philosophers not promoted such an ideology at the first place. Those events were hard evidence that absolute (political) power corrupts absolutely. It is hardly a surprise because even a bank clerk – once being promoted to be a bank manager – can easily

enjoy and get used to his/her new power. The abuse of one's power in all levels is quite normal in humans. This destructive nature in humans' minds unfortunately hasn't yet been studied and explained.

Nevertheless, Albert Einstein fully supported a reliable process for gaining knowledge as the great man said: "Experience is the source of knowledge". This is the main reason why science is more successful and widely recognized than philosophy.

So, I hope you agree with the world class physicist that experience is indeed the source of knowledge gain, knowledge which begins with using the five senses. I hope you can also see that the nature of the human mind, which is responsible for many human tragedies, is badly needing to be examined and clarified with the hope that we can prevent further human catastrophe brought upon by self-absorbed politicians.

When it comes to studying the nature of the minds, thoughts, memories and feelings, the precise question I want to pose is, how exactly can you study all these mental

natures in an objective manner? Which of your five senses do you use to observe your mental activities before making a conclusion so that you can offer a subsequent cure for your mental patients? Have you ever asked yourself this simple but vital question?

Well, to cut short the debates, I want to put forward my view by saying that the world is in this mess because science hasn't yet tackled the secret of human minds because it does not know how to use the existing 6th sense.

The Buddha states humans have six senses

As far as human senses are concerned, the Buddha is the only person on earth who confidently proclaimed that man is a being with six senses and not five. This is not an additional sense we develop later in life, but a normal sense that we all have since birth and it functions in the same way we use our eyes, ears, nose, tongue and skin. Although it has been known from the Buddha's teaching for 25 centuries, it has never been officially recognized by the intellectual world, not even today!

Without our senses, there wouldn't be any experience. Experience is the prime source of knowledge and knowledge is the real power, the backbone of our human civilization. For these reasons, it is hugely important that we must understand our senses: the basic tools for global development and our long lasting peace.

Every sense corresponds to its own sense object

Every sense corresponds only to its own sense objects. Eyes correspond to sights, ears relate to sounds, the nose matches with smells, the tongue connects to tastes, the skin links with all touches. We cannot use our eyes to perceive sound; neither can we use our tongues to perceive sights nor smells. Should we be born with an extra eye on our forehead, that additional eye is still restricted to know sights only. It cannot cross-perceive. Every sense can only perceive its own sense objects.

Sense extension

Our technological advancements can only extend the use of each sense. For instance, the eyes can perceive sights within your viewing range; you cannot see any objects too far away or too small. Therefore we extend the power of our perceptions, such as the ability of our eyesight, by making binoculars and telescopes to allow us to view objects much further away. We build powerful lenses enabling us to see more details of the moon, planets in our solar system and even stars in the outer realm of our galaxy. This achievement has made our space program possible. We build microscopes so that we can see the much smaller objects that we cannot see with our naked eyes. This helps our medical science to progress steadily and come up with miraculous cures. We can also extend the power of our listening by building the gadgets that allow us to hear more sounds like amplifiers and loud-speakers.

Nevertheless, it doesn't mean that we can use our extended tools to cross-perceive sense objects. No matter how clever we are in being able to extend our eyesight, the bottom line is we cannot use our eyes to perceive sounds or



smells or tastes or knowing the texture of materials. Our eyesight, no matter how powerful it is, is strictly used to view objects only and nothing else.

Rephrasing

There is actually a wide range of day-to-day experience that has been introduced into our lives without using the five senses. When you have a toothache or headache, have you ever asked yourself, which five senses perceives those pains? When you close your eyes, you can still perceive the rhythm of your hand-movements and breath, but which sense exactly do you use to view them?

Your answer is very likely on the line of you are ‘sensing’ those experiences. In other words, you want to say that you are using your mental sense, or your 6th sense, to perceive those daily events, don’t you? Should I replace the word ‘the 6th sense’ with the term ‘mental eye’ and the term ‘sensing’ with the phrase ‘using your mental eye’ instead? It might be clearer. By rephrasing all those words, you end up having a pair of physical eyes to explore the external world of sight and you also have the mental eye to

explore your inner world of thoughts, memories, imaginations, feelings and emotions.

Let's explore

You can investigate the existence of your 6th sense or mental eye by closing your two naked eyes first, then noting that your mental eye is at the same location as your physical eyes (in between your eyebrows) but this time, you are looking inwardly into your mind or your inner world. With your mental eye, you will be able to explore your inner sights which include thoughts, memories, imaginations and feelings.

In normal circumstances, you never see your own eyes because you are using them, unless you look at yourself in the mirror. Your mental eye is of a formless nature and you are constantly using it, so you have even more reason for not seeing it. So please don't try to look for your mental eye; you'll never find it. If you do that, it means that you treat your mental eye as the observed/the object and not the observer/the subject.

Using your mental eye

I want you to prove for yourself that you have been using your 6th sense or mental eye from day one. So please read the following instructions until you understand, and put this into practice right away. Here they are:

1) Please breathe deeply, then close your physical eyes and use your mental eye to view your breathing. Make it very clear that the mental eye is the observer and the breaths are the observed. View your breath for a good 5 – 10 minutes.

2) Your eyes remain closed. Please smack your hand very hard until it hurts and use your mental eye to look at the pain in your hand. Keep on looking at the pains until they disappear in front of your mental eye. Then, smack your hands again and follow the process 3 times until you are clear that your mental eye is the observer and the pains in your hand are the observed.

3) Your eyes remain closed. Breathe normally. Then, move your hand or hands up and down slowly like the Tai chi movements. Use your mental eye to follow the flow of your hand-movements. Make it very clear that your mental

eye is the viewer and the rhythms of your hand-movements are the viewed. Do this for another 5-10 minutes.

When you have done the above drill, you will see that your breath, pain and hand-movements cannot be perceived by your five senses; they are the direct sense objects to your mental eye. So are your thoughts, memories and feelings. Can you see that you have been using your 6th sense from day one? Yet, we don't know because our knowledge is too ambiguous. By using these simple words, I hope you will have a clear perspective as to how to perceive your inner world – the source of happiness and unhappiness.

The four foundations of mindfulness

I hope you have heard of this well-known Buddhist practice, sometime known as vipassana. It is a form of meditation practiced by millions of Buddhists. This practice is the exact method of how one uses the mental eye to view one's inner sights – thoughts, memories and feelings, which become happiness and pain. This is also the initial step in learning about your mental problems objectively.

Let's break up the word 'vipassana' and you will see the literal meaning.

Vi means overall, all round, thorough.

Pasana means viewing.

Vipassana means viewing the inner sights thoroughly.

This is the only part of the real science of Buddhism. To practice vipassana is to use the mental eye as the observer to thoroughly view the inner sights as the observed – a scientific process which occurs due to having a constant observation. The task of a vipassana practitioner is to constantly (at every waking moment) make an inner observation of how thoughts, memories memories and feelings are functioning. In other words, it is a matter of using the mental eye to continually view our own mental landscape. Through a long period of making such inner observations, the practitioner will gradually gain insight (inner-sight), meaning wisdom. The sharing of one's wisdom – results from vipassana practice – is not necessarily understood by the listeners. For best results, everyone must engage one's own inner observation themselves and develop their own intuitive wisdom.

Only through this rational approach, will you be able to explore your inner world objectively. I am afraid you cannot do it in any other way. This is the reason why the four foundations of mindfulness remain popular even today, because all through the history of Buddhism, there have been people who have engaged in the practice and found the truth of how the mind works, in this scientific way, through vipassana. So they kept on teaching and passing on this piece of good news just like I am doing now.

My invention

I coined an alternative phrase for vipassana as “bringing the mental self back home” and use Tai chi qi gong as a non-religious means for guiding my students to explore into their inner world/mental landscape. To help my students understand this difficult oriental concept further, I have brought in some universal cartoon characters to represent certain mental functions. This is also because the word ‘mind’ is too vague or general as far as the study of the mental nature is concerned. The Buddha’s wisdom clearly stated that the mind is made up of four formless entities. I therefore use Tom, the cat to symbolize the mental self embedded with the mental eye and Jerry, the mouse, characterizes

thoughts, memories and feelings. By using the symbolism of Tom and Jerry, the four mental formless entities are fully covered. You will often come across Tom and Jerry in my retreats and books.

Through my guidance and with the help of the toy-figures, students will be guided to locate their mental eyes and learn to use them to view their thoughts, memories and feelings. Basically, they are trained to use Tom to catch Jerry. Through the practice of “bringing the mental self back home”, students will learn how thoughts, memories and feelings work in the most scientific manner. They will be able to experience the overall view of their minds.

Wisdom will follow

With a bit of patience and dedication and a number of years of practice, students will gradually understand how their minds work. Resulting from the objectivity of this approach, students will learn that Jerry (thoughts, feelings) has an illusive nature, acting like rainbows, mirages and holograms and we are often tricked by Jerry. All vipassana practitioners will become wiser towards the activity in the

material world because all social phenomena are the direct result of collective illusive thoughts, memories and feelings. Just by understanding objectively how the mind works, we will subsequently know how the world works too.

Taking a wrong turn

Refusing to recognize the existing 6th sense (mental eye) means humanity hasn't taken the blindfold off our mental eye, and this prevents us from understanding our inner world. Illusion is the most difficult nature to tackle. As long as we don't have the right tool for the right job, we'll get nowhere. This is the exact spot where intellectual knowledge (the totality of knowledge) has taken the wrong turn. Without the right tool for the right job, mind experts are forced to connect thoughts, memories and feelings with the brain instead of viewing them as independent entities. They thought that by connecting all the complicated electrical wiring in the brain to the computer monitor they could examine mental events objectively. I don't think so. We are fighting our mental war (on ignorance) in the wrong battlefield, I am afraid.

Consequently, we are forced (by medical science) to solve our mental problems at the assumed source, the brain. One of the most popular causes of mental turmoil, we are led to believe, is the imbalance of the chemicals or hormones in our brains. As a result, we need to (press on the brain button) adjust the chemical imbalance, which leads to taking more medication. This is just the beginning of a vicious cycle and more misery among prescription drugs users. I have also read a few articles talking about how giant drug companies operate their hugely profitable business by identifying new illnesses to boost their sales. This fact is quite shocking. I leave it to you to find out for yourself. Not to mention the researchers at Hull University, UK, who recently published regarding the ‘placebo effect’ connected with using anti-depression drugs.

Save your soul first!

If medication can truly and completely solve humans’ emotional problems, I am sure the social landscape wouldn’t be like it is now. (Please bear in mind that our social landscape is the direct result of our mental landscape which



is messy!) We would be able to control our simple mental symptoms, worries, anxiety and depression, like a pinch of salt, wouldn't we? The fact is that despite all the "happy pills" flooding the medical market, global society is still inundated with mentally wrecked people responsible for endless human tragedies and suffering. The precious medications can do little to curb the wild flower-like spread of mental diseases. It's high time we looked into this matter.

Should you want to understand further this huge notion, it is vital that you learn the technique of bringing the mental self back home. This is the ideal beginning where you can gain your own wisdom and learn to survive mentally, avoiding mental stress and illness.



Chapter three

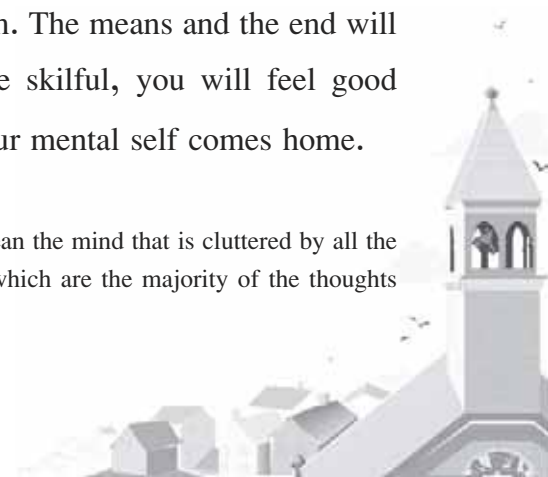
Summary of the Portland, Oregon Here & Now Retreat

My books titled, *The User guide to Life: The Moral Diet* and *The Law of Karma* will help reduce the number of Jerrys entering your (mental) home. If you can follow my guidance without much resistance, your “rubbish” thoughts will be reduced in big chunks. Less Jerrys means less stress and fewer headaches.¹

The 1st and 2nd foundations of mindfulness – the direct means to a happier life!

Cultivate the skill of bringing the mental self back home – knowing your breathing, movements and sensations – is the direct means to a happier life and the source of your inner strength and self-esteem. The means and the end will come together. Once you are skilful, you will feel good straight away the moment your mental self comes home.

¹ Rubbish thoughts (black Jerrys) mean the mind that is cluttered by all the unwanted and unnecessary thoughts which are the majority of the thoughts that go through your minds each day.



Bringing the mental self back home will reduce further the population of Jerrys. This is because every problem comes with Jerry. So, always round up all your troubled thoughts – no matter how big or small – to mere ‘Jerrys’ and then kick Jerry out of your house by knowing your breath, movements and sensations (the 1st and 2nd home). This makes it easier for you to handle your problems of all natures.²

When your mind is in a mess – Jerrys attacking you from left, right and centre – under such a circumstance, don’t try to resolve your problem by forcing yourself to think of a solution. It won’t work. Instead, tell yourself that you are being bullied by Jerrys and then do your very best to bring your mental self back home. Try to maintain your mental balance for as long as you can manage. Then, it is very likely that the answer to your problem will enter your head spontaneously and most unexpectedly. You may wonder why you didn’t think of that simple answer before.

² Please read chapter three, the theory part: Solving the problems at source in the book titled: Bringing The Mental Self Back Home, which will be published soon. The update will be in my website.

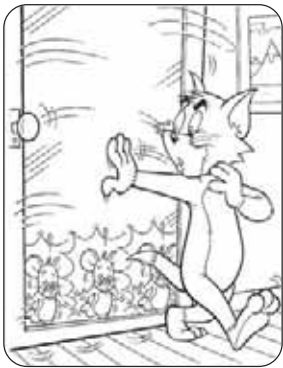
Forcing black Jerrys out by adding white Jerrys

If you are being bombarded by a huge army of ‘black Jerrys’ and it is impossible to calm your tortured mind down by bringing your mental self back home, you must try to add ‘white Jerrys’ into your head so that a few ‘black Jerrys’ can be forced out of your mental home. Adding white Jerry into your head is done by chanting loudly either with voice (if you are alone) or in your head. Find a meaningful word that has an effect on you or inspires you, i.e. God, Buddha, Oom, Guan Yin or even the name of your loved one – mom!

While you are doing your chanting, also rub your hands together or rub your hands/fingers on an object i.e. stones, beads, tip of a pen, etc.. This can reduce the army of Jerrys quite effectively. You must work hard under such a frightful circumstance until you feel you are in control over your mind, otherwise, it is more than likely that you will make a wrong decision – if one needs to be made.

Creating a reminder

The most difficult task is to tackle the delusion and mental hologram created by Jerry. So you must be one step ahead of Jerry: find a way to remind yourself by making stickers of all sizes, posters, placards, even banners or anything at all that will get yourself out of your mental hologram as quickly as possible. Break away from your illusive



thoughts by holding on to reality – the breathing, movements and sensations.

(Left) This picture is a good reminder: always slam the door on Jerrys!

A reminder of the following equations:

No thoughts (no Jerrys) = here and now = the innocent perception = the ultimate truth

Thoughts (Jerrys) = past and future = illusion = mental hologram = trouble = problem

With direct experience of bringing the mental self back home, your housework chores will never be the same again as they become a gold mine instead. These are not menial job like most people think. Every movement, breath and sensation are the truth. Live with the truth, lean against the truth and you will be safe, secure and well rooted. This is how you earn your eternal life. You won't be swung up and down the scale of emotions when being challenged. Leading an eternal life/immortality according to this meaning is very much possible; everyone can afford such a noble life by engaging in this very simple and single practice – bringing the mental self back home!

Your structured meditation practice (mindfulness with breathing) will boost your ability to come home quicker and remain home longer during your daily activities. So engage in structured meditation if you have time. If not, go straight into the practice of coming home daily.

Tips for the 3rd foundation of mindfulness

The 3rd foundation of mindfulness cannot be taught in full detail. You have to go through it yourself and find out



all the glorious details on your own. I can only tell you that the calmness/the stillness of your mind is your ‘host mind’ or the nature of your 3rd home whereas Jerrys are your mental guests which can be both good and bad.

To claim your ultimate mental freedom is to go beyond both good and bad thoughts. How you can do this is by following the allegory of sitting tight on the platform and watching the Jerry-train passing the station without jumping onto it. This is precisely how you can be above good and bad Jerrys – the direct path to the ultimate truth/God/Nirvana/eternity. Leading a life beyond good and bad will make you feel at peace or happier.

Practicing the 3rd foundation of mindfulness is very complex without clear guidance. Having gone through the face to face teaching with me, I am sure you will, from now on, do it with clarity. The 3rd foundation is all about constantly watching your thoughts/Jerry while you are awake or conscious. But do it in a way like you are sitting tight on the platform and watching the train of thought passing the station without jumping onto it.

Should you, however, be dragged on to the train of thought by persistent Jerry, make sure you jump off the train the moment you are aware of it. Otherwise, Jerry will always take you to the terminal – drifting with your thoughts until you are exhausted and stop thinking yourself. Don't worry, your mental self is in energy form, you can't break your leg or neck by jumping off the train of thoughts. It will do you much good instead because if you don't jump off the train quickly, you will be a punch-bag for Jerrys. During those critical times of riding the Jerry-train (being engulfed by Jerrys), some non-practitioners might be prompted by deluded Jerry to kill themselves due to Tom (mental self) being very weak. Jerrys are extremely clever in creating a stage show in your head and heart. They can make an absolute trivial matter into a huge mountain or make you feel like you are staring into an abyss! Don't be fooled by nasty and deluded Jerrys. The tip is to make your own stickers/placards and place them around your home and work place to constantly remind yourself.

Do it like the balloon popping

Jumping off the train of thought shares the same meaning as the balloon popping we did during the retreat. I want you to see how easily you can get rid of your constantly changing and delusional thoughts/Jerrys. Do it in the same way you popped the balloons by instantaneously coming home to your breath, movements and sensations. That is how exactly you can pop the balloons of thoughts – the same as popping the illusion and returning to reality.

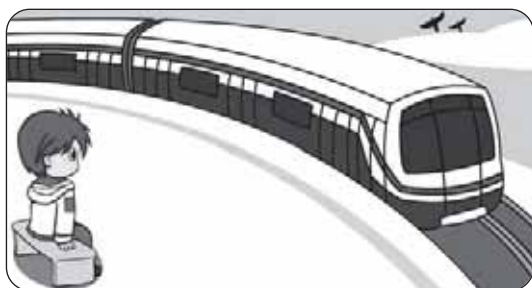
Watching The Matrix

I highly recommend that you watch the film called ‘The Matrix’ – make sure it’s the first one. This film will help you to see the nature of delusion clearly. Once you are trapped in the illusive world, you don’t stand a chance of knowing your dark, ignorant predicament. That’s why the Buddha said: ignorance is the most evil nature of all evils. The only way you can escape from the illusive world is by being told and guided by ‘A REAL KNOWER’. In the same way that Neo was guided by Morpheus in The Matrix to the real world, humankind is guided by the Buddha’s wisdom

to the real world too, which is represented by the 24 terminologies in my Moral Diet book. (page 26)

Thanks to the Buddha, our first teacher, who shared this ‘Buddha’s gospel’ (good news) with the human race. It doesn’t matter what your religious and political beliefs are; each and everyone of us must get to ‘the real world’.

Apart from the balloon-popping, which I believe everyone of you will always remember, I think the train image below can give you clear perspective as how to be a ‘train spotter’. Give yourself at least ten years (if you have time) to watch your thoughts in this manner!



Caption: To practise the 3rd foundation of mindfulness is about sitting tight and watching the train of thought passing the station (our heads) without jumping on to it (engaging and drifting with the thoughts).

Vipassana is the only science in Buddhism

This observation of your thoughts is the only scientific way, due to having an observer and the observed, that you will gain rational knowledge and profound wisdom about the illusive nature of your thoughts, memories and feelings (Jerrys).

I often say that the only science in Buddhism is vipassana and definitely not the concept about the rebirth. The term ‘vipassana’ means: inner sight. Through watching your inner sights (made up of thoughts, memories and feelings) by using your mental eye or the 6th sense (the crucial tool), you will consequently see the magnificent artistic work of Jerry – good and bad alike. Only then will you realize everyone is being deluded by Jerry in an enormous way!

Vipassana/the four foundations of mindfulness/bringing the mental self back home is pure science on the mental level. You must begin this scientific process by separating the mind into Tom (the observer) and Jerry (the observed). Then, you can use this scientific means (sheer observation) for as long as you need to until your ultimate mission is accomplished – attaining the ultimate goal of life/jail breaking! Only then will you understand your life in relation to this gigantic universe.

The final frontier (and the truth) is not out there in space, it is right here in front of your nose when Jerry plays no part in your head and allows you to have the innocent perception. Remember the meaning of truth I explained on the last day of my teaching. It is everything that you can perceive right here and right now which constantly moves along with your senses/the innocent perception. That is the moment when your life train is moving at the same speed as the God-train, resulting in the stillness, and allows you to reach out for the blessed apple from The Tree of Life.

Have you got ten years to spare for this epic life journey?

Watching the train of thought without jumping onto it will help you to see clearly the illusive Jerry but it takes time. I would say one needs at least five to ten years to be able to see the illusive thoughts clearly and become wiser; if not, it may take a life time depending on one's perfection (parami).³

³ The topic of perfections or parami is in The User Guide to Life: The Law of Karma, page 64.

Most of the non-practitioners do not stand a chance to know this secret about ones' own destructive and illusive thoughts. Consequently, they are deluded (by Jerry) or are trapped in this epic life-jail for eons. The life prison (samsara) can be compared to a ring road. Humans have to circle around this tedious ring road of life for eons until they are lucky enough to find a real knower who can guide them out of this ageless prison. Only the extremely lucky ones (with high perfection) will bump into a knower of jail-breaking!

The 4th foundation of mindfulness – the natural progression

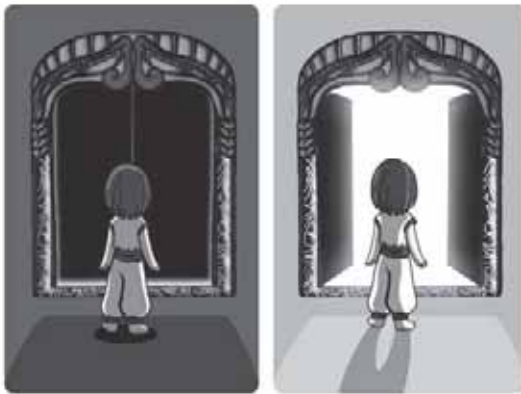
The practice of the four foundations of mindfulness (the four homes) has a natural progression of effects. Provided that you always bring your mental self back to your 1st and 2nd home, you will naturally progress to be a 'train-spotter' as well as having the ability to distinguish your host mind/still mind from a furnished mind/Jerry-infested mind/cluttered mind.

Whenever you practice until you have reached your still mind (3rd home or host mind), keep your mind still and absolutely quiet, then enter the 4th home by having the innocent perception as you were taught during the retreat with me. Keep on doing the above and extend your innocent perception from 1 second to 5 seconds to 20 seconds or as long as you can manage or until the next thought/Jerry enters your mind. You don't need to maintain the innocent perception all the time as we need to use thoughts from time to time. The skilful practitioner can enter the 4th home or having the innocent perception quite instantaneously – wherever and whenever one wants!

However, the random innocent perceptions are the crucial key moments allowing you to have direct experience with the ultimate truth, God, The Tree of Life or Nirvana. The more often you have direct contact with the ultimate truth, the wiser you will become and probably the quicker you will leave this life-prison too.

Use your thoughts/Jerry if you must in the way that you leave home to work and run errands, but when you finish, always come home – come back to the truth/kingdom of God. By doing this, you won't get lost in your mental jungles and will always feel safe.

If you can do all the above, you will progress steadily and naturally. One day in the future, hopefully in this lifetime, the powerful mental magnetic field between Tom and Jerry will be totally destroyed and disconnected. That is the same as jail breaking and when you will have a taste of real freedom.



Caption: provided that you keep up with the practice of bringing the mental self back home, you are constantly walking towards the exit of the prison of life. There will be a day when the prison door will open for you. Only then will you experience the ultimate freedom of life – mission accomplished! This moment is called the ultimate enlightenment.

Patience is another crucial tool can kill Jerry quite effectively!

All about the only ONE truth

During the retreat, if you had graded yourself either one, two or three in the experience of the “innocent perception”, it meant that you had glimpses of the ultimate truth in nature. That experience is the vital source of your true wisdom from now on. Provided that you can connect to this experience on a regular basis, you will profoundly understand life and its meaning.

There is only ONE ultimate truth. This final entity is, however, called by different names and I gave 24 synonyms in my Moral Diet book (page 26) so that the words can accommodate people of all beliefs.

The ultimate knowledge contains all the supreme qualities of being absolute, ultimate, wholesome, complete yet simple, ordinary and normal. Please don't overlook it as it is extremely simple and right under your nose. Simplicity and ordinariness become difficult matters for intellectuals because mentally active people get used to the complexity caused by Jerrys.

Intellectual knowledge – a double-edge sword!

Intellectual knowledge has the nature of activating the human mind to constantly think without offering the ultimate goal as why you need to use your thoughts in this way and no means as how to stop thinking. The absence of these two factors make intellectual knowledge become a double-edge sword which comes back to destroy humanity in a big way too. It's high time the world community such as the UN recognised this wisdom.

Please don't even think about colonising Mars or other planets for the survival of the human race. Don't be easily fooled by scientists only because they claim to be experts. Such a pointless grand idea is nothing more than the artistic work of Jerry! All fields of intellectual knowledge happen within the dark walls of 'the prison of life'. What good is it if humans still take their evil ignorance about 'the real world' with them to Mars? Knowing Jerry, I have no shred of doubt that we will end up fighting with the Martians and probably with other aliens too!

This is not your first life and is hardly your last one. As long as you haven't found 'the real world', you will have to come back to earth until you find someone who can guide you to it. Your mental self/true self has been traveling around this prison of life/samsara for eons. The most you can do is to live in peace and to die in peace, but while you are still living, use this opportunity to quickly grab the wisdom that will help you to reach 'the real world'. You can read more about this huge subject in *The User Guide to life: The Law of Karma*.

Self verification

No one can endorse the ultimate experience for you but yourself. By often going into your 4th home (the innocent perception), you will be able to see for yourself all the absolute qualities about the ultimate reality I mentioned earlier. When you come out of the ultimate experience, you can check on your experience by referring to the Buddha's teaching to Bahiya:

When you see, just see; when you hear, just hear; when you smell, just smell; when you taste, just taste; when you feel a touch, just feel; when you can do all these, you are at the gateway to Nirvana/truth. Samyutta Nikaya V, III, 15.

Then retrieve your innocent perceptions again and see for yourself whether you are doing just that or not. Your ultimate experience is the extra that you have gained in learning directly from this retreat.

The four foundations of mindfulness are the natural progression and a complete cycle. The innocent perception is your 4th home which once you reach, it engulfs the other three homes – making one big home! By perceiving your movements, breathing and sensations as they are, you have already known the truth or put your life in the hand of God – with the effect that you feel happier.

Religious books – the means to the end

Your religious books are only the means (a boat) bringing you to the ultimate truth/island. Once you have experienced the truth/the innocent perception, your reading consumption will gradually and naturally be reduced. Reading too many religious books may create more doubt-type Jerrys and the habit of analysing, both of which can prevent you from directly experiencing the truth. You should become more selective as far as religious/Buddhist books are concerned. Between written words about the truth and the actual experience of the truth, there is no comparison. The books about an author's personal experience in walking the Buddha's path until finding the truth may inspire you better than the pure scholastic texts.

Supawan's motto
Live in peace and die in peace by always
bringing your mental self back home!

I hope this summary helps and inspires you to keep up with the practice. Please help me to spread this piece of 'good news', jail breaking, to people in whatever way you can.

It was a pure joy in spending the May Memorial holidays sharing my knowledge with you all in Portland – such a beautiful green city! May you all be blessed with good progress in your practice, excellent health and a very peaceful life.

With metta,
Supawan Green
August 1, 2008





Chapter four

The magic of Tai chi qi gong exercise

By just moving slowly and breathing deeply through this unique and serene exercise, the following magical results will happen.

Physical gain

When one has good complexion, the Chinese would say: ‘your chi–blood is good’. According to the Chinese book on health, energy (chi) and blood must always go together. If you want to have good blood, you must look after your energy first.

Deep breathing will blast away any congested energy in your body and activate good energy and the subsequent blood circulation. Good energy/blood means good health. Tai chi qi gong has been known as the means for the prevention of illnesses and enhancement of longevity.

Deep breathing is about harnessing the positive chi (oxygen in simple terms) in your field of energy or ‘dan tien’ (existing two inches below your navel); this allows the good energy to seep through more areas of your body. Good energy/oxygen means good blood and good health accordingly. Deep breathing is therefore a form of therapy as it makes you feel physically good right away due to the higher dose of oxygen you harness in your body. So, living in a healthy and unpolluted environment is always good for your physical health.

Mental gain

Shallow breathing causes an overactive brain and invites unnecessary mental guests/Jerrys into your head resulting in stress, worries and anxiety all the way up to depression, breakdown and suicide, whereas deep breathing creates the high level of self awareness, which leads your mental self to return to your mental home – resulting in you feeling happier. You can prove the accuracy of this maxim by taking a deep breath right now and seeing for yourself if it is true or not.

That's why panic-attacked patients are always reminded to breathe deeply so that they can regain self-control. The significant reason behind this 'breathing therapy,' apart from the additional oxygen, is the higher level of self awareness due to taking a deep breath. As a result, the mental self/ Tom of the panic-stricken patient, who previously was in the nature of a 'lost soul', is being pushed back to his/her 1st home/breathing. Once the true self is being led home through deep breathing, it means Jerry is being kicked out of the patient's head too – resulting in the patient feeling safe, secure, balanced and well rooted. These are the reasons why panic-attacked patients can feel better in such a short time, while taking a few deep breaths, and subsequently have the ability to regain control over their troubled minds. So long as patients of this nature can regularly control their breathing, by doing Tai chi qi gong, their panic-attack symptoms may well disappear altogether.

An alternative treatment

I don't think that the medical professions are aware of this extraordinary fact. Should they know this profound hidden

wisdom, medical science will have a wonderful alternative for treating mental patients without leaving any side-effect. This easy solution (deep breathing through doing Tai chi) will drastically reduce the use of anti-depression drugs which tend to have a placebo effect anyway – according to experts at Hull University, UK. The extract below is from the BBC website on the 27th February 2008:

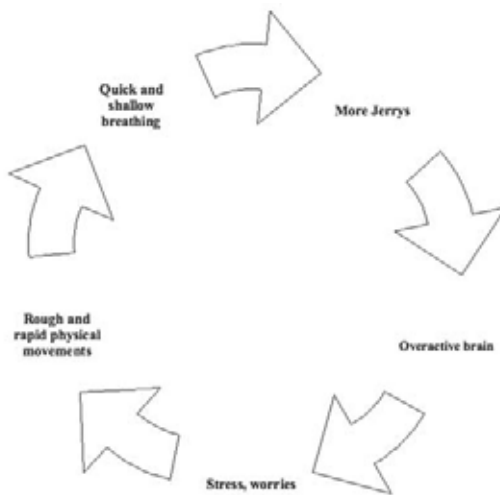
“New generation anti-depressants including Prozac and Seroxat only help a small group of the most severely depressed, according to a study carried out by the University of Hull.

Many individuals believe the drugs do work for them, but researchers claim that this could be a placebo effect – people feel better simply because they are taking a medication which they think will help them.

Prescriptions for anti-depressants hit a record high of more than 31 million in England in 2006. The government has promised more investment in talking therapies, which ministers see as a better alternative to drugs.”

Your self-built vicious cycle

An overactive brain causes rough and rapid physical movements and actions which in turn invite more Jerrys into your head. More Jerrys means more stress, worries, anxiety and all the nasty trimmings. A vicious circle is soon formed from the point of quick and shallow breathing. It looks like this:



This vicious circle will trigger you to lose control over your mind. Without being rectified, your mind, which is made up of Tom and Jerry, will entangle itself and rapidly increase its twists (portrayed by a rubber band in the retreat). The more twists your mind has, the quicker and

easier it can break. Consequently, your mind will change its nature to something similar to a runaway train which can crash and break at any moment. I am sure all adults know how frightening this predicament is.

Depression, mental breakdown, madness and suicide are the obvious symptoms of the crashing of the individuals' runaway train due to having too many twists between Tom and Jerry.



Such is the nature of your true self being bullied or rather fiercely attacked by a whole army of Jerrys as shown in the following pictures.



Creating a happy cycle through Tai chi qi gong

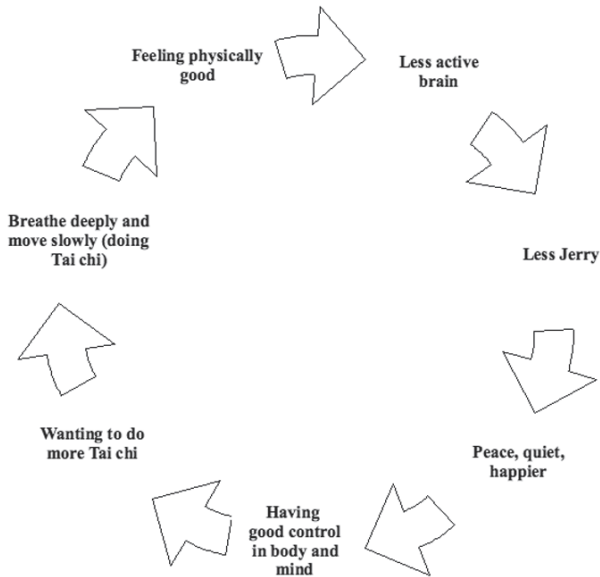
To break up this vicious cycle, you must begin with slowing yourself right down but it is easier said than done, isn't it? While your mind is running at 100 miles per hour, how on earth can you slow yourself down? The eastern wisdom has just the right answer for you.

This is when Tai chi qi gong can become very handy. This ancient unique exercise is the exact 'brake' you can slam on so that your mental runaway train can be slowed down. By using the discipline of a strict regime of daily exercise of Tai chi qi gong (breathing deeply and moving slowly) your mental-train will automatically and gradually slow itself down to the level that you can have good control over.

Slow and serene movements create a less active brain. This eastern exercise will slow down the thoughts entering your mind – delaying the arrival of your visiting mental guests. The mental space in between Jerrys gives you the

required dose of peace, quiet and harmony that everyone yearns for. This is the key factor for a happier life.

By doing Tai chi qi gong, the nasty vicious cycle will be turned into a happy cycle instead. It looks like this:



A positive mental habit, a crucial factor for jail-breaking!

In breathing deeply and moving slowly via Tai chi exercise, you gradually build a new routine of the positive mental habit of training your mental self to be home.

This will enable you to be more aware of your daily activities of sitting, walking, bending, stretching, touching and so on – returning to the 1st and 2nd homes/the nature of the truth.¹ This positive mental habit is the crucial factor for your individual jail-breaking.

Provided that you keep up with your Tai chi qi gong exercise on a regular basis, this positive mental habit will grow and become the best ever investment and treasure from which you can reap endless fruits. Your time of being a ‘lost soul’ wandering in your mental labyrinth like a runaway train will become the past that you won’t miss at all.

No matter what you do and where you are, you can always bring your mental self back home by turning the rubbish into gold. The usual daily activities that most people view as menial mundane jobs are actually your gold mine. Please do them mindfully and you will know what I mean by turning rubbish into gold.

¹ Please read Bringing The Mental Self Back Home. I have explained why breathing, movements and sensations are the nature of the truth. Please follow the update of this book in my website.

Tomorrow never comes!

Don't wait till tomorrow or after you get home or until you can join the next retreat. Tomorrow never arrives! You don't know what is around the corner and you can die any time. So, quickly move forward on your epic journey towards the jail exit by always coming home through your daily mundane activities.



Making your own judgment!

All I said above are the real secrets of living a peaceful and happier life, which, I hope you can see, is logical, practical and not far-fetched at all. Please don't be fooled by the so-called hidden secrets of whatever nature because

those secrets cannot help you to find real peace and happiness. To the contrary, an external search will initiate more Jerrys in your head especially when it is about the secret of creating more wealth.

Words of real wisdom are not necessarily recognized and made into a best-selling book as there are more ignorant people in the world than wise people. The Buddha compares the number of wise people to the horns of a cow whereas unwise people to the number of hairs of a cow. Finally, only you and you alone can make your own decisions. My duty is merely to deliver this secret of living to you as best as I can.

I hope this brief summary about the magic of Tai chi qi gong helps and motivates you to do more exercise. May you all be blessed with health, patience, inner peace and abundant intuitive wisdom.

Supawan Green

September 5, 2008

Chapter five

A=X+Y+Z...The Formula for World Peace

Hanging around at Dallas – Fort Worth airport in Texas before catching a flight to Portland, Oregon for my teaching debut in the U.S., I spotted a huge volume of books with Albert Einstein on the front covers. I picked one up, browsed through and saw a quote of the renowned physicist saying:

“Life just like riding a bicycle, to keep in balance, you must keep on going.”



I like to use fresh material for teaching and thought that quote would be an ideal piece which I could use somewhere and somehow in my pending Portland retreat.

I had two days to think carefully about Einstein's quote and how exactly his saying could help people to lead a better life. After all, people tend to listen to the rich or famous, don't they? I was totally aware that should I disagree with him and need to challenge the genius' wise words, I must make sure I had something wiser to offer to my 17 American students, three of whom would fly in from Alaska, Minnesota and Virginia. Otherwise, it would be too much of a challenge or rather a suicide mission!

Then, a familiar saying suddenly entered my head uninvited: There is no happiness greater than your peace of mind. I smiled with relief knowing that with a bit of explaining, this Buddhist wisdom may face up to the genius' motto.

Saying life just like riding a bicycle, to keep in balance we have to keep going, lacks true wisdom because it is missing any reference to the goal or direction for life. The truth is there are certain stages of our lives, especially at old age, when some people strongly feel they no longer want to keep on going; instead they just want to mellow down, take life a bit easy, spend more time reflecting and probably

prepare for a peaceful death! I used to give an example of an old Dutch man, aged 87, who asked for a euthanasia; his only reason was he had enough of life.

To me, to keep on going to maintain a balance of life doesn't make much sense. A good balance of life must come from the inside, such as having a still mind which will stabilize and neutralize our rough and destructive physical and verbal actions.

On the other hand, to state that there is no happiness greater than the peace of mind confirms the very precise and clear goal of life which is the individuals' peace of mind (the same meaning as the still mind). The Buddha tells us how to achieve this inner peace, for which the answer is to practice the four foundations of mindfulness or to bring your mental self back home (my coinage).

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Among his famous quotes, Albert Einstein also said that if A equals success, then the formula is: $A=X+Y+Z$. X is work, Y is play, and Z is keeping your mouth shut.

This may sound good and make sense to you if you regard success as the goal of your life. But the question will inevitably follow of how one would measure success, because it is a highly subjective and personal issue. A success for a working class man can be viewed as a complete failure (if not, a loser) to those fiercely competitive men and women in high flying careers. Here one could easily engage in some endless, fruitless and unnecessary debates.

If, however, you admit the individuals' inner peace is the goal of life, World Peace is then only round the corner. As I always say: World Peace is the adding together of the individuals' inner peace – dead simple arithmetic! Peace among humanity cannot begin with stocking up sophisticated weapons for mass killing. That destructive strategy for World Peace is delusional and belongs to dirty politics. It is also the main reason keeping the world society in constant turmoil.

With true wisdom towards the ultimate goal of life, Einstein's formula can be adjusted to something like the following. You don't need to be a brain surgeon to understand this simple formula:

If A equals World Peace, then the formula is:
 $A=X+Y+Z$.

X is inner peace in all women resulting from bringing the mental self back home.

Y is inner peace in all men resulting from bringing the mental self back home.

Z is morality in all men and women resulting from bringing the mental self back home.

Such a simple formula for World Peace is neither idealistic, nor far fetched. It is very much possible if only people know how to bring the mental self back home. Then each of us can easily contribute towards World Peace just by engaging in bringing our own mental self back home on a daily basis.

World Peace via Tai chi qi gong

Back at the University of Birmingham, U.K. since 1989, I have been using Tai chi qi gong exercise as a non-religious means of helping my students to find their inner peace. The slow movements of Tai chi and the deep

breathing are, in themselves, the nature of the 1st and 2nd home. While the students were executing the serene movements and breathing deeply, their mental selves were naturally pushed back home, resulting in a good rest. That's why after an hour session of Tai chi qi gong with me, most of my students would easily attain their inner peace, except those who had really 'big problem/Jerry' in their minds.

If Tai chi qi gong could become a compulsory exercise in schools, colleges, universities and workplaces all over the world, World Peace can easily be achieved through the means of Tai chi qi gong. As long as all individuals are guided to breathe deeply and move slowly, their mental selves (Tom) will naturally be pushed back to their 1st and 2nd homes. Jerry will always be kept under control, resulting in peace and quiet in the minds of all men and women – reaching their 3rd and 4th home.

If A represents World Peace, the formula is $A = X + Y + Z$

X = inner peace in all women results from doing Tai chi qi gong.

Y = inner peace in all men results from doing Tai chi qi gong.

Z = morality in all women and men results from doing Tai chi qi gong.

This method for World Peace is realistic, pragmatic and much easier than the approach used by many world politicians which often involve killing people for peace – a very strange way of thinking!

The question is how loud I have to shout before the world community hears my voice. Your guess is as good as mine!

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Chapter six

Enough of the old vomit!

We (intellectuals) have learnt and read enough of such overloaded information like the below, have we not? To be honest, I am sick and tired of that old vomit!

We now want a serious solution, a real cure as how to take this immense greed from people's minds. World politicians, so far, haven't given us any hope because they are the 'big fish' themselves. They know as well as we do that their well-crafted speeches in the world-assembly don't mean much, and do not have real impact on the poor.

The truth is we cannot go to those rich and powerful people and ask them to have compassion towards the poor and stop being greedy. If the solution (globalization) was that easy like the writer suggested below, the world wouldn't be like this - hellish!

The problem here is that the real wisdom for a real solution has not been heard by the world. If we want all

these global ugly scenes – obscene wealth and heart-rending poverty – to stop, and to build a better future for the world, we must hit at the heart of the problem – purge the greedy and arrogant thoughts (Jerry) from people’s minds, especially the minds of the rich and the powerful.

This first and foremost button will give a domino effect – all problems will collapse like a house of cards. At least half of the world problems could be resolved.

The pragmatic formula for World Peace: $A=X+Y+Z$ that I have offered is the real wisdom that the world is very much lacking. The world community only needs to recognize the existence of the human’s 6th sense, and everyone can begin doing their own bits and pieces to curb their own greed and ego right away.

Under this critical predicament humanity is facing, I really think this is our new hope and the only hope too. This is the time to work seriously on the solution (a cure), and enough of the overload information (diagnosis) that we have already known for the last two decades!

This formula for World Peace is something new and not the old vomit. Please help me by spreading this gospel (good news) to people. Let the World Community hear of this new solution for the survival of the human race.

For your information, here is the old vomit.

Supawan Green

1 August 2008



A NEW HOPE
for
HUMANKIND

How to spend \$500 billion on security

The following is one of those forward emails people sending in the internet. I am sure you might have one yourself.

A few facts:

-- Almost half of the world's population lives on less than two dollars a day.

-- Despite a global food surplus, nearly a billion people are malnourished.

-- One hundred million children are denied primary education.

-- One third of the people of the poor world die of preventable conditions: infectious diseases, childbirth complications, malnutrition, unsafe water.

-- A citizen of the United States consumes, on average, 88 times as much energy as a citizen of Bangladesh.

How do we in the rich nations react to these facts? Many of us profess to rue global inequalities of health, wealth

and education. We vaguely hope someone is doing something about it. After all, isn't that what foreign aid is all about? Isn't that what the World Bank and the International Monetary Fund (IMF) are supposed to be doing – lifting the poor out of their misery, sharing things around?

Well, not exactly. The United States provides a smaller proportion of its national wealth in the form of aid than any other rich nation – a mere 0.1 percent of our gross domestic product! That means you and I sacrifice one cent out of every \$10 of our wealth to alleviate global inequality. We take good care of our own, however. In 2002, US taxpayers gave \$3.9 billion to just 25,000 American cotton farmers, or three times the entire aid budget for Africa.

As for the World Bank and IMF, Nobel-laureate economist Joseph Stiglitz has conclusively demonstrated – in his book *Globalization and Its Discontents* – that the effect of these supposedly well-meaning institutions has been to

increase, not diminish, the flow of wealth from poor nations to rich nations. For all of our pious posturing, we in the rich nations have been slow to surrender any crumb of our wealth or sovereignty.

And we wonder why we are the target of hate and distrust. Iraq was not a demonstrable threat to our security, but global inequality certainly is.

Of course, inequality is not new. What is new is satellite communication. The stark contrast between wealth and poverty is splashed on TV screens all over the globe, inevitably provoking resentment and discontent. If we are serious about creating a world where we are safe from terrorism, we must create a world of relative economic equality.

It's time to stop posturing and get serious about revising international bodies – the United Nations, the International Criminal Court, the World Bank, the IMF, the World Trade Organization – so that they truly reinforce global equality, rather than serve the interests of wealthy

nations. As the world's dominant power, America should lead the way. If this means giving up some small part of our sovereignty, so be it. A totally sovereign America is a fortress America, under siege.

If we really cared about our own security, the \$500 billion we may end up spending on the misadventure in Iraq would have been better spent on AIDS drugs, condoms, mosquito nets, clean water, health care, schools, and access to the internet. Nor should we resist the outsourcing of jobs; people whose livelihood depends upon a stable international economy will not crash planes into the World Trade Center. Science is a powerful force for global harmony, and a model for what can be when we focus on what unites us rather than what divides us. Scientists of all religious, political, national and cultural backgrounds work together and exchange information as one.

Globalization is not the problem, it is the solution. What is required is not increasing segmentation of society -- localization -- but greater integration.

If science has taught us anything, it is that we are all one under the skin, biologically a single species, alike in every genomic particular other than the utterly trivial. Until we accept the much ballyhooed "brotherhood of man" as truly universal, and act accordingly, we will live in fear.



Chapter seven

A New Hope for Humankind

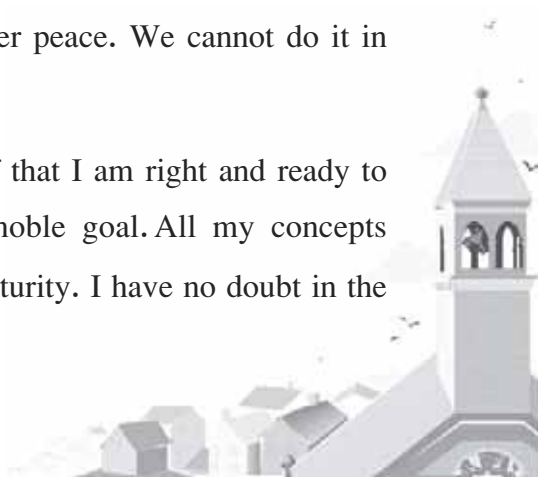
10 February 2009

Dear Ian, Sally and Craig,

Thank you for all your input. Don't worry too much about the title. That was just my spontaneous thought. We can adjust it until we are all happy about it. In fact, you all can be a great help in this matter.

My goal is to one day address the existing 6th sense to the UN. The Buddha stated it clearly for 2596 years but humanity still turns a blind eye on this vital fact that can easily change the world for the better. In the same way that we need our physical eyes to hunt and find food to sustain our physical selves, we certainly need our mental eye (6th sense) to find our way to inner peace. We cannot do it in any other way.

I have told my Thai staff that I am right and ready to launch a campaign for this noble goal. All my concepts and approach have reached maturity. I have no doubt in the



meaning of ‘the ultimate truth’ I deliver to people. So, I am quite ready to move forward and share the Buddha’s gospel to people.

And the first task we need to do is to take away the blindfold from people’s mental eyes. The only way we can do this is by bringing the awareness all the way to the global community/the United Nation. I am sure that this is what the Buddha had wanted us, his followers, to do. This campaign can also take away the myth that the non-Buddhists like to think the Buddhist practice focuses on helping one’s self and not helping others.

To gain global credibility, it means that in practice, I must try to successfully establish ‘Bringing The Mental Self Back Home Institute’ in Thailand so that this institute will represent me. In no way that I can do this as an individual. You must know that by the Western standard, a woman from the ‘inferior race/culture’ has to work a hundred times harder (if not more) than Western men/women if she wants her voice to be heard by the global community.

I just pray that I will live long enough to one day deliver this message myself (probably with my zimmer frame) in the UN assembly for my teacher, The Buddha. Should I have died before, I am sure one of my students (preferably one of my sons) will complete this task for me.

I seriously think that we must at least give it a go. Humanity doesn't have much choice now. We either carry on living like this – destroying everything in front of us until the end of the world arrives – or we take the wise man/the Buddha's advice and use the formula for World Peace as I have suggested. As I said, the latter option might help humanity to survive a bit longer.

Human civilization will end regardless. This is not the first, nor the last human civilization. This mighty human empire will definitely end according to the law of impermanence. This huge task is not about making the human race live eternally or replacing our dwindling natural resources, but to at least let mother nature do that final annihilation herself, and not we humans destroy ourselves till the end. I hope you know what I mean. Should the world community recognize and accept this formula for World Peace, the tasks

that everyone can do to contribute towards this noble cause will be overwhelming. Every single human being will have so much work to do as far as peace contribution is concerned.

I often said to my Thai staff that I would do this job with or without their help but with their help, I could do much better. I am saying the same to you, my students in the US, and elsewhere too, I will fight for this noble cause head on with or without your help. But with all your help, I am sure I can do far better. So, please help me to pursue this common goal so that we can help a few more humans to free this tedious prison of life. The world community may hear our voices if we shout loudly together.

Thank you all for helping me prepare this book. Your hard work is very much appreciated.

Live in peace and die in peace by always bringing your mental self back home!

**With Metta,
Supawan Green**

Glossary

Balloon popping: A description or analogy of how an individual thought disappears when it is noted or observed by the 6th sense.

Bringing the mental self back home: Supawan's coinage. The same meaning as the four foundations of mindfulness and vipassana, i.e. having Tom (consciousness/mental self) observing Jerry (thoughts, memories and feelings).

Defilements: Mind defiling unwholesome qualities, (kilesa).

Five entities: According to the Buddha, the human life form consists of five different groupings (five aggregates or khandhas)– one group is mass and the other four parts are of a formless nature (energy).

1. Body = physical self = mass = rupa
2. Memories = Jerry = energy = nama
3. Thoughts = Jerry = energy = nama
4. Feelings = Jerry = energy = nama
5. Consciousness = mental self = true self =

Tom = energy = nama

Four foundations of mindfulness: Four awarenesses (satipatthana): contemplation of the body, contemplation of feelings and sensations, contemplation of mental processes, contemplation of mind objects.

Four homes: The four foundations of mindfulness.

Innocent perception: Supawan's coinage referring to the 4th foundation of mindfulness, the ultimate truth, God, Nirvana, Tao

Jail-breaking: Referring to the ultimate mental freedom, Nirvana or God – the disconnecting between Tom and Jerry by bringing the mental self back home.

Jerry : Thoughts, memories, imaginations, feelings, emotions. See Tom and Jerry.

Jit-jai : A Thai word for mind, composed of Jit meaning Jerry, thoughts etc. and Jai meaning mental self, Tom, consciousness.

Law of action: See law of Karma.

Law of karma: A universal law of cause and effect as in wholesome actions (physical, verbal or mental) have a wholesome effect and unwholesome actions have an unwholesome effect.

Lood-pon: A Thai combination word, lood means disconnect and pon means go beyond, a flash of insight.

Mental eyes: The 6th sense.

Mental hologram: A confusing, illusive, or disoriented state created by a flood of thoughts, emotions, memories or imagination.

Mental self: The 6th sense.

Sixth sense: The consciousness, the subject part of the mind that observes the object parts of the mind.

Suan Mokh: A monastery and meditation center in Southern Thailand founded by Venerable Buddhadasa.

Tom and Jerry: Cartoon characters used as analogies to illustrate the parts of the mind and the activities of the mind.

Tom: The mental self, the 6th sense, consciousness.

Venerable Buddhadasa: A Thai monk and an innovative and fearless teacher of vipassana meditation; one of Supawan Green's teachers. UNESCO's great international personality 2006.

Vipassana: Insight; direct meditative observation of one's own bodily and mental processes with the 6th sense.

Supawan Green's works

In English language

1. Dear Colin: What is the Meaning of Life? *Minerva Press*
2. Can a Caterpillar be Perfect? *Mental Health Publication*
3. A Handful of Leaves (the 2nd edition) *Distributed by Amarin*
4. The User Guide to Life...The Moral Diet *Distributed by Amarin*
5. The User Guide to Life...The Law of Karma *Distributed by Amarin*
6. Do You Know What A Normal Mind Is? *Skybook*
7. Einstein Questions, Buddha Answers *Skybook*
8. Buddha Answers, Einstein Questions (the collection of title no. 6 and no.7 put together) *Released soon, distributed by Amarin*
9. Understanding Buddhism and the 6th sense *Free distribution*
10. A New Hope for Humankind *Free distribution*
11. Bringing The Mental Self Back Home *Released soon*
12. Many more unpublished articles and mail answering in the website forum, please visit www.supawangreen.in.th

Audio CDs English

The User Guide To Life (can be downloaded from website)

DVD

The User Guide to Life ...Bringing the Mental Self Back Home
(in English) Released soon

Bringing the Mental Self Back Home with Tai Chi and Qi Gong
(in English)

More information

Should you want to find out more of Supawan's works, please visit the following websites and contact.

www.supawangreen.in.th

www.hereandnowholiday.com (purchasing Supawan's books online)

<http://supawangreen.wordpress.com> (Supawan gave interviews on national Thai TV)

<http://www.supawangreen.in.th/indexeng.html>

<http://www.squidoo.com/supawangreen>

Downloading free of Supawan Green MP3 (Thai and English)

http://www.supawangreen.in.th/mp3/index_eng.html

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081-8066009 (speaking to Thai staff)



Contribution towards World Peace

I hope you enjoy reading this book and have grasped the message I wished to deliver. Should you be interested to contribute towards World Peace in this guided approach, you can begin your task now by learning how to bring your mental self back home.

You can either:

Read my published books, articles and correspondence on my website, some contents of which tell you how to bring the mental self back home. The book titled: Bringing The Mental Self Back Home is in the process of being written and will be published as soon as possible.

Or

Learn this essential skill through the 18 movements of Tai Chi Qi Gong through a DVD. There is a brief introduction in this DVD guiding you how to bring your mental self back home while executing the serene movements of Tai Chi Qi Gong. Please email nuanrat204@gmail.com for information.

Or

Join my retreat conducted in both Thai and English language. The retreat schedule is in my website www.supawangreen.in.th

Or

Organizing a teaching retreat in your local area, I am happy to go and guide you to bring your mental self back home. My knowledge is a gift and is absolutely free of charge.

The contents in this book are ageless; we will therefore keep on printing this book for free distribution and propagate the good news to humankind. Should you wish to contribute towards the printing fund, please contact nuanrat204@gmail.com or innocentperception@gmail.com. Your help is greatly appreciated.