



THE UNIVERSAL LAW # 3

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APPLICATIONS in the BODY-MIND PURIFICATION PROCESS

- + Do not take any other foods which contain high calories, such as: starch/carbohydrate, protein, or lipid without permission from the teacher
- + In the first three days, you should have at least 3 bowl movements (toilet #2) everyday
- + Keep your body, speech, and mind in the NOBLE SILENCE and purity
- + Continuously & equally practice: Sila (morality), Samadhi (concentration), and Pannā (wisdom/insight)
- + Continuously & equally practice: learning, thinking, and practicing
- + Practice sitting cross legs & upright as much as possible, at least 3 times daily at eating times and/or sitting meditation times
- + Practice right nourishment both body & mind by bringing your mind back to your body fully 100% before eating or drinking
- + Contact with fresh air and have more outdoor activities at least 3 times daily through practicing walking meditation, tai-chi, ki-gong
- + In life, when we try to do something, if we fell, we can try again 3 times before we change to a new plan
- + Buddhas formed 3 Gems, teach 3 major things (do no harm/bad deeds, do all good things, & continue to purify one's mind), the TRUE DHAMMA verified base on 3 factors (dukkha/suffering, anicca/impermanence, & anatta/no-self), if we want to get out of birth & death cycles, we have to practice 3 things (sila/morality, samadhi/concentration, panna/insight); to accomplish our ultimate goals, we have to equally master 3 levels (learning, thinking, & practicing); allow a monk can possess 3 pieces of shangaties (clothes) only, & also not allow a monk to stay at certain place more than 3 nights, v.v.v

WHERE DID THE UNIVERSAL LAW # 3 COME FROM

- + From illusion, greedy, & aversion. Actually, from an illusion mind, we be attached to self or ego then differential mind start to like & unlike. From like it leads to

grasping, clinging, & greedy. From unlike then it leads to avoiding, hatred, & aversion.

+ From that illusion thoughts which create electro-magnetic waves like neutral waves/fields, positive waves/fields, negative waves/fields moving/traveling in the cosmos.

+ When these waves move slow or the mind be attached then they form tiny particles like: neutrons, protons, & electrons in the universe.

+ From these particles, they combine/attract each other then they form atoms. Atoms then form elements. Elements then form molecules. Molecules then form compounds. Compounds then form substances. Then form trees, roots, leaves, flowers, fruits, animals, human beings.

+ Also, from these waves, they can be existed in forms of middle-energy bodies, male, & female fields.

+ The attraction between male & female lead to sexual intercourse & attracted the middle-energy bodies at the same time resulting in to conceive or to be impregnated.

+ For human beings, the pregnancy period is about 9 months & 9 days and divided into 3 terms. Each term is about 3 months & 3 days.

+ In each term of pregnancy, the mother has to provide enough and in right portions of 3 main types of food: starches, proteins, & lipids for the development of the fetus. If she missed or lacked something then the fetus cannot be alive or grow up normally.

+ Therefore, after born and growing up to mature the human body be divided into 3 sections: head, body, & limbs. Each section then be divided into 3 sub-sections: top, middle, & bottom. In case of limbs, the arms (upper arm, lower arm, & hand). In case of legs (thigh, calf, & foot). Then every single finger or toe is formed by 3 small bones.

+ Thus, we see that the illusion & bias thoughts in mind had created all Dhamma in this universe including : inanimates, plants, & animals, as well as 3 realms (worlds) in the universe: the world of passion, the world of Forms or appearances, & the world of No-forms.

+ All living beings then continuously be rotated up & down in that 3 realms or worlds.

