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this verse as encouraging us to be more honest, more generous people. Taking what is not freely given and deceiving others in particular can cause not just long term but immediate suffering.

So, there are two things to consider;

1. How to utilise our wealth and
2. how to live a right livelihood.

We should think how to use our wealth wisely. If we ask why we amass our possessions, then the answer is to bring ourselves some satisfaction. So what is the point of being miserly or stingy if it means that we won't use our possessions to benefit even ourselves - let alone to share with our friends and family? And what is the point of holding on to possessions if we've no time for them to give us any satisfaction? Some people are afraid to touch their wealth for fear of exhausting it, even though they're very well off. They're stingy even when it comes to buying food and clothes for themselves.

The other aspect of this is to live a very right livelihood, not cheating others or stealing from them.

One consequence of such actions is that we lose trust, while, if we're honest, we win the trust of others. In the workplace, for instance, its important above everything else that an employee be honest.

Dishonesty costs not only the employee his job, but the work goes badly as well. If six people, say, work together on a government project, and they all work diligently with a good motivation then, after ten years, even more people could be employed. But, if they've not performed properly, if their motives and actions have not been honest, then after some few years, some of the six have to leave the job. So its especially important to think to be honest. If you're working for the government, you're working for the representatives of 17 or 18 million people. You don't want to deceive all these people. If everyone does his job honestly, the country progresses, there are fewer problems and therefore less crime, fewer robberies and so forth. But if people don't work properly, the country doesn't progress, people's livelihoods are affected, there's more crime, and so, more fear and insecurity. If we look at this verse from this perspective, of overcoming miserliness and avoiding these wrongdoings, then, if put it into practice, it has relevance not just for ourselves, but for the welfare of many other people.

Of course, as we said earlier, we don't face the problem of starvation in our daily lives, but for those of you who undertake the Nyung Na fasting practice, it is recommended that you apply the instructions for giving and taking as part of the practice. Think that the difficulties you experience are the result of your past miserliness and wrongdoing, so, feel positive and think that, through the kindness of my gurus, this past wrong is now ripening on me and I'll never have to experience the result of these actions again. As you bear the suffering think, "May all other beings be free of the same suffering."

So we'll finish tonight's teaching here. As you sit in the meditation posture, once again make sure your body is

relaxed and as we chant the Buddha's mantra, focus the mind on the mantra.

TAYATHA OM MUNI MUNI MAHA MUNAYE SOHA

*Transcribed from the tapes by Jenny Brooks*

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