

## WISDOM by Sayadaw U Tejaniya

Wisdom is what this practice is about. It is the elusive and hard-earned quality of mind we so desperately try to achieve. When found, it will become the compass that shows the way as we try to penetrate and understand the three mind-defiling elements of greed, aversion and delusion.

The antidote to delusion is wisdom, and the byproduct of wisdom is happiness. Not the sensory happiness that we spend most of our lives chasing but genuine wisdom-happiness that comes from the insight, information, and knowledge gained by being continually aware.

We always start with awareness. It is that which grounds us and allows wholesome mind-states to arise. All wholesome mind-states arise together with awareness.

When we have awareness, we have the opportunity to learn and allow the wisdom aspect of our mind to flourish.

Wisdom is that which sees clearly, and with the addition of awareness, we can have the faith and motivation to keep exploring and moving into the unknown and uncharted regions of our minds.

When the mind is balanced and strong, and awareness becomes natural, wisdom is always available. No effort is required for it to arise.

When the observing mind gets stronger, wisdom can deal more easily with the defilements of greed, anger and delusion.

When the conditions are ripe, then insight will arise. Experiencing reality through the lens of insight will have a profound effect on your life and practice and the way you view the world. Wisdom acquired in this way will immediately alter the way in which you relate to things.

See the activities of the mind with fresh eyes. Bring in the wisdom of the beginner's mind: curiosity, asking how to be more raw in the moment, and not assuming that the experience is what we always assumed it to be. All this, without excessive questioning or intellectualizing.

It is very important to bear in mind the impact that wisdom will have on our practice. All this information keeps working in the back of our minds and influences the way we think and the way we view things.

Always leave the door open for new and deeper understandings. Wisdom is limitless; there is always room for more.

When we realize there is less suffering because of the wisdom and understanding that has been gained, then hopefully the mind will become interested and want to know more.

If the defilements get so much as a toe in the door, they can leave you penniless. So please—take care of what wisdom you have and nurture it.

### ESSENCE OF THE PRACTICE

Develop a right understanding of the practice.

Practice continuously. This is absolutely essential to develop insight and wisdom.

Relax!

Have the right attitude: accept your experience just as it is.

Be aware intelligently.

Recognize the defilements.