

Changing Mind

I received a forwarded email on September 22, 2011 from a friend kaymoephyuchit@gmail.com. I changed the display for convenience, but not the content, and added some of the thoughts that came into my mind in blue scripts. I am a Buddhist.

drminaung@gmail.com

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People

How? (Practice **Sīla** (moral practice), **Samādhi** (right concentration) and **Paññā** (wisdom, right-understanding).)

Fwd: All man should learn from this tragedy and change their bad attitude towards each other. GOOD LUCK!!!

Sparrow....very, very touching indeed (Repeat)

HIS EYE IS ON THE SPARROW, SO I KNOW HE IS WATCHING ME.

<p>A female mate was hit by a car as she swooped low across the road, and the condition was soon fatal.</p>	<p>Her male mate brought her food and attended her with love and compassion. (The good will to offer food is a kusala kamma (a wholesome act or a positive mind).</p>	<p>He brought her food again, but was shocked to find her dead. (The great disappointment or sorrow is an akusala kamma (an unwholesome act or a negative mind).</p>
		
<p>He tried to move her - a rarely seen effort. (The good will to move her body to a better place is a kusala dhamma. The sorrow is an akusala dhamma.)</p>	<p>Aware that his mate was dead and would never come back to him again, he cried with adoring love... The sorrow (soka) and deep sorrow (parideva) are akusala dhammas.</p>	<p>...and stood beside her with sadness and sorrow. The continuing sorrow (soka) and deep sorrow (parideva) are fuels for him to go on in samsara (birth-death-birth-cycle) and encounter similar sufferings again and again.</p>



Millions of people were touched after seeing these photos in America, Europe, Australia, and even India. The photographer sold these pictures for a nominal fee to the most famous newspaper in France. All copies of that edition were sold out on the day these pictures were published.

And many people think **animals and birds don't have brains or feelings**. You have just witnessed love and sorrow felt by God's creatures. The Bible says that God knows when a sparrow falls. Imagine how much He cares for us! Live simply, love care deeply, and speak kindly.

Buddhist Abhidhamma (the ultimate laws of nature) said that all minds including animals like birds have feeling.

To overcome dukkha (suffering), detach samudaya (attachment). To detach samudaya, practice the noble eight-fold path. While living, live in a brahmavihāra (divine state of mind), which are Loving-kindness (Metta), Compassion (Karunā), Empathetic joy (Mudita), and Equanimity (Upekkhā).

Animals do not have capacity to practice the Noble Eightfold path.

Human beings have the capacity to practice the Noble Eightfold path.

Min Aung

drminaung@gmail.com

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