The Intentions of earnest meditation 4 Principle: Spirit Development in the first book of the Buddhism scriptures

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Abstract

This research there are objectives for study a meaning, important and objective of the intentions of earnest meditation 4 together with the procedure, principle and method of spirit progress as the intentions of earnest meditation 4 for development the life and society in the present. The intentions of earnest meditation 4 are consist of 1) body 2) spirit, soul 3) sensation of pleasure 4) truth, righteousness. This is determine the virtue entry by 6 apertures such as to see, hear, smell, taste, touch.

(2) The research procedure: the researcher determine the primary document that is the intentions of earnest meditation for translated a meaning, important and objective of the intentions of earnest meditation 4. Determine the second document from related research, knowledge textbook, modern literary work and information department (online) for translated the principle and procedure about spirit progress as the intentions of earnest meditation 4 together with interview method for synthesis important topic by clearly.

(3) The finding of primary document to known a meaning, important and objective of the intentions of earnest meditation 4 and the second document to known principle and procedure of spirit progress as intentions of earnest meditation 4.

(4) Summary the intentions of earnest meditation 4’s meaning, the important of the intentions of earnest meditation 4 that is consider to see body, pity, spirit and dharma ability to get rid of sorrow. The objective of the intentions of earnest meditation 4 that is an ability control the spirit status as requirement. Principle and method of spirit progress such as remember and know oneself always and the practice procedure after acceptance of religious precepts finish to clean the place cut all worries and to give oneself to the Buddhism and teacher monk. The success from the intentions of earnest meditation 4 ability take develop people all 4 parts such as body, pity, spirit and dharma. The spirit have relax, no have serious and any worries in daily life ability to create any good thing to the nature environment, build the peaceful, reduce the force of population in the country by occur the freedom to the fellowmen really.

Key word: The intentions of earnest meditation 4, progress, spirit, the first book of the Buddhism scriptures
1. Introduction

The human healthy development have 2 types such as body and spirit health. The most our would like to interested and take important only body health by forget that both of are relationship if the spirit health not well would effecting to body health surely. (Koson Wongsawan, Suteela Tunyasatean and Satit Wongsawan) However, the split idea as science dimension push the human development the social by stress of objects. Specify they bring the limited nature resource for respond the requirement until environment’s critical. The human to depend on for a living technology by miss social interaction until serious and kill themselves, advertise by lacking the ethical spirit effecting to the children and youth because the wrong media consumption effecting to the society’s problems, those catastrophes close the human (Kosajan, 2549). Although in the present the world’s event changed to science and technology age, many countries are progressing to NICS or new industry to make many objects progress by science stress in accurate measuring but spirit progress can not see in tangibles. The science related only objects nature principle and throw away abstract, the science world decline to the object and abstracts are related with the spirit and worth for human. (Praweat Wasee)

The word “Develop” or “Progress” more effecting to human’s spirit critical because the human’s requirement more limit more enough effecting to main reason of human’s spirit critical, deteriorate spirit have anguish when not get something requirement. To see that the human try to build a new thing that call “Progression” for support own desire. Those things became to critical of human’s spirit in the present. (Pittaya Wongkun) The various change occur in society both of economics, policy and culture that someone feel that own self can not adjust consistent with change situation and adjust a spirit for receive a press from any problems such as to earn a living, working, health, contradict problems in society and environment problems. Those feeling would be have various different each a people if pile on for a long time by not improve corrected and instantly effecting to deteriorate of spirit. (Koson Wongsawan, Suteela Tunyasatean and Satit Wongsawan)

However, among of critical in society trend (pessimism system) is meaning trend around the world proceed as mentioned occur theory and idea for build a new model of “Humanism” which bring the human comeback to centre of humanism system such as Buddhism, Marxist, Mahatama Gandhi and Humanistic Psychology. This all ideas require present the new philosophy for human’s happiness such as humanistic psychology model will denial an object world or external world and stress that development should be back to
human’s spirit. This theory would be stress 3 matters such as experience, understand and human development. (Precha Peampongsan, Kanoksak Keawtep and Kanjana Keawtep)

The differentiation of human and society development as Buddhism and Marxist, Dr. Mabedkar described that “The Buddhism teach that this world was unstable (to born and die) to be worried (difficult to endure or not permanent) and soulless self (not assume not as to requirement no depend on who’s authorize). The Buddhism’s method for get rid of sorrow that is not attach or infatuated about external properties, would be teach the Buddhist monk should be have only neccessary properties if get unexpected gain (unnecessary things) could be keep at the central. And Karlmark would like to get rid of the richer and poorer by said that “This world have sorrows because flight between the richer and poorer if can get rid of this problem will be have not flight when not have a person grade will be happiness. The important topic although the Buddhism and Karlmark will have same objective that is get rid of unfair in society but the Buddhism and Karlmark are have different method because the Buddhism used a peaceful way such as when the Buddhist monk get unexpected gain (unnecessary things), the Buddhism would be considered the human’s spirit first and used the peaceful way and truthful. And the Karlmark like to used force way that it is not certain because Karlmark look the world only one side that is object side which really the human’s happiness is not only object, a spirit it is customary that most important. The Buddhism did teach the human that should be develop both of body and spirit. Therefore the Buddhism will take important all object and spirit but to give important in spirit more than object. (Wirat Tirapanmetee)

From this differentiation have view point that the human development completed at spirit development as the intentions of earnest meditation 4 which Praveth Wasee said that spirit persevere is one way to occur free of time pressing and all sins will be meet quiet, beautiful, happiness, friendship and power of create learning. The spirit persevere that is practical to known own self, knowledge and known own self are different the human learning a knowledge for application but lack completed if not learning known own self such as body and spirit. The spirit persevere is practical to known body and spirit, the known of spirit can divided 3 sections as pity, spirit and dharma. In technique about spirit progress usually likely say that in 4 matters such as body, pity, spirit and dharma that meaning all matters related oneself.

From situation can to summary that in the present human meet with a weak of spirit, human develop only object for respond their requirement by not attention about spirit progress. This problem is caused the society meet with various problems such as an
overlapping of society, to take advantage between human, the people in society selfish more than make the usage to the public. The people in society poor virtue and spirit for public occur more problems such as kill oneself, addicting drug, manslaughter problem. Only object development effecting to serious, worries, fear and the lasting become to spirit degenerated effecting to go on life in society.

Therefore the researcher should be interest for study spirit progress as The intentions of earnest meditation 4 for development the life, society problem for solve the problems in daily life and help to solve the problems of fellomen and create some good thing for useful to the fellowmen permanent.

2. The research’s objectives

To study a procedure, principle and method of spirit development as the intentions of earnest meditation 4 together with meaning, important and objective of the intentions of earnest meditation 4 from the first book of the Buddhism scriptures.

3. The research’s limit

The researcher used the primary document for translate a meaning, important and objective of the intentions of earnest meditation 4 , the second document for study procedure, principle and spirit development method as the intentions of earnest meditation 4. Before present and design the questionnaire will determine the question topic such as 1. to study the spirit problem situation. 2. The spirit problem situation’s cause. 3. Accomplish from a spirit development effecting to a life quality. 4. Bring an accomplish for application in daily life and society around oneself.

4. The meaning of word in this research

1. Development: in this research is meaning spirit development or practice a spirit to strong, grow with virtue such as pity, satisfaction, industrial, endure, concentration and cheerful.

2. Spirit: in this research is meaning nature of known a mood, think status, spirit, soul.

3. The intentions of earnest meditation 4 in Buddhism treatise is meaning situation of consciousness, the concentration was consider in body, pity as nature really that is body of the intentions of earnest meditation that is concentration by determine body. Pity of the intentions of earnest meditation that is concentration by determine a pity to known as nature
really. Spirit of the intentions of earnest meditation that is concentration by determine a spirit as nature really. Dharma of the intentions of earnest meditation that is concentration by determine to see moral as nature really.

4. The first book of the Buddhism scripture is meaning speech Buddhism codify of Buddhism section such as Buddha’s sermon, described of various religious discourse appropriate for people and opportunities thought the literary work and stories of Buddhism’s origin layer. The intentions of earnest meditation have all completed such as commandment, concentration, intellect but the stand out of the intentions of earnest meditation stress in concentration that is spirit progress.

5. The research methodology

This research was divided a procedure as following

1. Determine a resource

The resource of primary document such as the intentions of earnest meditation treatise in Thai version number 10, 12, 25 and Pali language copies C.E. 2500 number 10, 12, 25. The second document resource such as a related research, knowledge textbook and modern literary work, information technology (online) related with this research, summary an information from primary and second document (online) then synthesis the important topic for clearly in gist of the matter.

2. Interview

The interview step in this research, the researcher inform the information giver known and make a permit book from the dean of department of liberal arts for interview, send a permit book to the interviewer and appointment as schedule.

The interview direction by stress study a real life phenomenon, the appropriate topic for interview that is life story of answerer, relation, important of meaning, understand a evidence and meaning of answerer’s view.

The gist of the matter of interview are consist of : Section 1 have details about introduce oneself, describe an objective, to know and talk about general topic matters. Section 2 have details about study the spirit problem situation for how to development? . Section 3 have details about spirit problem situation’s cause that what’s cause? Section 4 have details about accomplish from a spirit development effecting to a life quality that how’s effecting to a life? Section 5 How’s bring an accomplish for application in daily life and society around oneself?
3. Information analysis

The researcher brings an information from treatise’s primary step that important part in this research to offer a meaning, important and objective of the intentions of earnest meditation 4. Bring an information offer a principle and method together with procedure of spirit as the intentions of earnest meditation 4. The information getting from interview method will offer that case study of human life for application.

6. The research’s result

The finding of the intentions of earnest meditation 4 in primary document about principle and method about spirit progress. In secondary document getting an information from interview method by divided the important topics as following:

1. Meaning of the intentions of earnest meditation 4

Meaning of the intentions of earnest meditation 4 is consciousness in body and spirit by determine know oneself of present mood 6 apertures such as eye, ear, nose, tongue, body and spirit.

2. Important of the intentions of earnest meditation 4

Important of the intentions of earnest meditation 4 as following (1) Consider see body in body, have industrial have presence of mind have consciousness to get rid of sorrow. (2) Consider see the pity in all pity, have industrial have presence of mind have consciousness. (3) Consider see spirit, have industrial have presence of mind have consciousness to get rid of sorrow. (4) Consider see dharma in all dharma, have have industrial have presence of mind have consciousness to get rid of sorrow.

3. Objectives of the intentions of earnest meditation 4

Objectives of the intentions of earnest meditation 4 that is consciousness’s characteristics 2 items above for considering to see the objective’s useful to practice of the intentions of earnest meditation 4 which can summary as following 1) Ability control a spirit status by checking the received process and ideal trend. 2) Ability control body and spirit status as call that own oneself because a relax is happy, it’s ready to confront the various situations and can manage with any things in the world. 3) In spirit status may be used consciousness for induce the receive process and ideal trend by limited a dimension. 4) Holding or catch the mood for consider by intellect clearly. 5) Cleanse the various behaviors (gymnastics, discourse, mental work) to pure, freedom.

4. Principle and method of spirit progress as the intentions of earnest meditation
Principle and method of spirit progress as the intentions of earnest meditation are using in the present the wellinformed give many meaning but in this research stress about inflate-sink method that is recall and presence of mind that is know in oneself always.

Principle and method of spirit progress as the intentions of earnest meditation or practices of transcendental meditation, the first book of the Buddhism scriptures described as following: beginning easy practice by auspicious inauguration to difficult.

Principle of practices of transcendental meditation as inflate-sink method should be start to easy see and clear in mood. Abstract is a meticulous mood can see difficult more than tangibles. Therefore in the first period of meditation should be determine a tangibles first that is determine a breath or in breath in the stomach.

5. The spirit progress procedure as the intentions of earnest meditation

This is basic important practice procedure. The practice could be cut any worries, cleaned a religious precept to pure if a layman should be acceptance of religious precepts or religious precept because the religious precept support a spirit have concentration and concentration is caused get intellect. The intellect were trained like to refit, to be free from depravity therefore the commandments is important factor to occur concentration.

6. Practice procedure

When acceptance of religious precepts completed then practice by beginning from:
1) To cleanse the place.
2) Cut any worries such as about relation, family, unexpected gain, work.
3) When time arrived to ignite a joss-sticks, candle for respect the priest.
4) To give oneself body to the Buddhism and teacher monk that teach in mode of Buddhist meditation leading to a thorough tranquility of mind in the later chance. a. Word for give oneself body to the Buddhism for give myself to the Buddhism. (for progress the practices of transcendental meditation in the later chance.)
   b. Word for give oneself to the teacher monk that teach the mode of Buddhism meditation leading to a through tranquility of mind for give myself to the teacher monk. (for progress the practices of transcendental meditation in the later chance.)

7. Application the intentions of earnest meditation for spirit progress oneself
The finding from interview some people that progress spirit by using the intentions of earnest meditation in the first book of the Buddhism scriptures, the researcher will present to example case as following:

1) The spirit not confused: From Siream Pakdeedumrongrit’s interview to practice of transcendental meditation a long time while work hard and serious from working when she practiced of transcendental mediation only 7 days but effecting to positive in her spirit, no confused, have concentration.

2) A point of view of Mrs. Siream Pakdeedumrongrit consistent with Miss Mayurin Pongpudpan, she take interview that beginning of practice she not have concentration, usually likely to think at home, work and her life in the past when she practice always she have a fresh spirit, not bring matters in the past and more happy to working.

The way of Mrs. Siream Pakdeedumrongrit and Miss Mayurin Pongpudpan are consistent with Buddha’s teaching said that “to be delivered from misery or suffering when spirit wake up or understand a reason in various things, no have want and indignant effect to spirit, no have anxiety which is a spirit status to be in the black, have light, relax, peaceful”.

2. To known for control oneself: From Miss Surangkana Suntornpanawet’s interview she have a chanced to join spirit progress. In the other time she don’t know to control herself, using a life related with destruction after she have a chance to practice the mode of Buddhist meditation leading to a thorough tranquillity of mind her life was change to good way, have consciousness for control herself before do, speak and think and have a shame of sins committed.

From behaviour as mentioned of Miss Surangkana Suntornpanawet consistent with Miss Mayurin Pongpudpan’s interview that prior she not cease and no have a shame of sins committed but she have a chance to practice the mode of Buddhist meditation leading to a thorough tranquillity of mind she can bring the success for application such as stop a desire oneself, control oneself and no careless.

From the interviewer’s behaviour of both are consistent with practice method of venerable priest Tean said that “If no have consciousness the dharma is not completed, control the behavior 3 parts such as body, words, spirit not only take a posture of transcendental meditation even when we leave concentration remain have consciousness always. (Anchalee Thaiyanon and Taweewat Puntarigwiwat)

3. To make oneself industrial: From Mrs. Daraneenoot Potipiti’s interview to give an observed oneself that before practice the mode of Buddhist meditation leading to a
thorough tranquillity of mind her is not industrial, restrain usually likely quarrel with her husband always but after have a chance to practice the mode of Buddhist meditation leading to a thorough tranquillity of mind she have more industrial and she can to considered something effect to her spirit.

Case of Mrs. Daraneenoot Potipiti is consistent with Pramaha Boonleart Tammamatsee’s interview scrip said that the practice’s result can see clearly that is knowing oneself when our angry, unsatisfied, envy but if our known for these things ability to control and stop oneself spirit to not curse and kill.

An observation as mentioned is consistent with persevere in meditation and consciousness for development a life quality. Everybody can enter by spirit progress, consciousness progress by know oneself, to know the trick, have intellect can destroy a bias really. (http://www.watsomphanas.com/index.php?lay=show&ac= article&Id=5379528)

4. To make diligent : From PraSompan Somparo’s interview said that the people lazy work or no have trying to practice the mode of Buddhist meditation leading to a thorough tranquillity of mind because they not understand that spirit progress can help some people lazy work become to diligent people and can to be in the black.

These made as mentioned is consistent with PraSangkatikarn, the finding indicated that the society development as Buddhism religion have objectives for develop people in society 3 advances such as the present advance that is diligent people, future advance that is deep more than to see now and the life’s worth highest that is nirvana. (PraMahamanot)

5. To make firm people : From PraMahaWuttichai Wachimetee’s interview said that after practice learning ability for used such as body, pity and dharma. Body is know oneself, practice for know the trick when the difficulty impact it’s can not effect to body. When our practiced a spirit progress, our not attach with pity, light spirit. The spirit does not quiet because to be mood infatuated the real spirit no have any thing, it’s nature.

These ideal is consistent with Chong-Poll-Sar theory said that the human have lacking or empty permanent because it’s nature of human. Therefore within spirit of human is cavity that human try to find anything to fill effecting to cavity spirit or empty because the spirit is not be anythings but it’s be only idea. Although human try to flight for find something to fill spirit but can not success or have one’s desire fulfilled. Human doesn’t have a way to success to make it. Therefore Sar said that the human are requirement un success
compared with words dharma that “no have any rivers compare with lust” (Prameteetummaporn)

6. To various learning quickly: From Onuma Kasetputpon’s interview to found out that the spirit progress as the intentions of earnest meditation 4 helping oneself to learn the regulation of society living. The spirit can practice and know to the trick the nature really of all things occur within spirit, select to learn the occur phenomenon and application with oneself quickly and continuous.

From these interview is consistent with science research that is the spirit practical of Alberg Istyle, he is famous scientist of the world said that “Science is observation and understanding in the nature” by the scientist is observatory to try understand and learning the nature phenomenon and develop a regulation that meaning science theory for using to describe or expect the nature phenomenon and bring an information for application and build an instruments or new innovation for human’s comforting. (Rungreang Limchopatipan)

7. To make a meticulous people: From Arporn Cheoprapisin’s interview to found out that the results occur from spirit progress effecting to a meticulous people for take care patient, for bring a result application for take care the patient both of body and spirit together with practitioner of present by using Buddhism principle for suitable.

From practice results to the patients is consistent with balance develop idea that meaning body and spirit must develop together. In the Buddhism religion have a new view about basic balance development on view as mentioned by see all human are consist of body and spirit. Both of 2 sections must develop together until balance in science and technology. While the religion is necessary for spirit development as Alberg Istyle said that by correctly about relation between science and religion that “The religion less science is lame, science less religion is black”

8. To make good remember: The spirit progress is support intellect as really entry to essential of all things, to get rid of nascence and have power clear and efficiency because practice the presence of mind always ability to get rid of an obstacles of remember.

The results from application as mentioned is consistent with research “Analysis the practice’s success of transcendental meditation as Mahachulalongkorn rajavidyalaya University the finding indicated that the practice of transcendental meditation principle is same the intentions of earnest meditation 4 principle ability help PraNisit good remember for more study. (Aniwat Pethnorarat)
9. To knowing one’s standing or merits: as Siream Pakdeedumrongrit’s interview said that after she practice the meditation her mind is more calm and everything would be come to her. If every body practice in morals then meet with true friend, reduce greed all matters.

From these view as mentioned is consistent with spirit progress said that about spirit status the Buddhism said always practice process until occur concentration and intellect.

10. To be ashamed in bad thing: The results occur from practice application ability to be ashamed in bad thing and fear all sins. To make clear oneself to show a good behavior and are loved of general people.

From these behavior as mentioned is consistent with dharma idea and human target. At www.watsomphanas.com, sakonnakhon province which is a practice target. It’s not obstacles for learn dharma, help to be ashamed in vice effecting to living quality because it’s same lamp lighten the way or open that something to meet with freedom. (http://www.watsomphanas.com/index.php?lay=show&ac=article &Id=5379528)

11. To have faith of friend: The useful of spirit progress effect to mind strong and personally strong, firm, gentle, smiling, dignified, kind, know oneself and other people. The spirit ready for settle a virtue and support good behavior, truth of around person.

From the result application and useful as mentioned is consistent with research “The success to open virtue information for development a quality life and society of PraMahaSamroiy Jaruwanno in related with spirit development” because when spirit development completed effecting to body development also. Development by created happiness of country to bring happiness to the human directly, the world would be peaceful no have war no have disturbance, the human in society are live by friendly, to have pity, help together, more truth. These arise from spirit development higher.

8. Application by using the intentions of earnest meditation 4 for live together with other people in society

1) To be good example to society: the result application by using the intentions of earnest meditation occur expand of mind to external for good relation with fellowmen and basic of helping an other people by society occur virtue that is called the principles of virtuous existence have lovely, good desire, require other people meet happiness. The result application as mentioned is consistent with life development or people of Buddha’s teaching said that the spirit is most important, the spirit development is meaning to make a good mind.
2. To make increasing a good people in society: when the practice get result application completed effecting to more people are virtue, respect rule for living in society, the people in society have requirement to do a benefit public, not selfish.

3. To reduce the society’s problems: because the society’s problem in Thai society have many things such as crime, economics, corruption problem and the most important problem is people more destroy oneself, infatuated in path of ruin such as drink liquors, marcotic drug, play gamble. These behaviors became to wrong trend in the present are forcing. The intentions of earnest meditation 4 can reduce the society’s gap.

4. To occur firm of the society’s institute: the result application from spirit development as the intentions of earnest meditation 4 to make people are good behaviors, quiet, relax, firm and have an immunity, know clearly as nature really, free of spirit, it’s customary that highest target of the intentions of earnest meditation to the oneself and society.

5. To make society progress: the result from practice is factor to change a positive society by progressing in the part of an earn a living, commercial, education, economics, people and society. All component of society are progressing that requirement of the human race.

6. To make society live together by happiness: the result from spirit progress to see that the human ability development oneself by not have blemish, to get rid of angry, force, weak in mind and can make power of spirit to flight with an obstacles, needy effecting to human respect the rule of society and live together by freedom.

From result application as mentioned is consistent with permanent development theory as Prapromkunaporn said that about important problem should be development the people if the people have education and correct development can solve some miss thing. The most important factors 3 parts such as:

Section 1 : Behavior such as discipline, to earn a living and practice method for produce, consume, share and live together with nature environment.

Section 2 : Spirit such as virtue, feeling, persuade and spirit status such as happiness, satisfied, fresh.

Section 3 : Intellect or intuition, knowledge and understanding in reason, enter really, faith, view, trend and various ideas.

When coming to this point the blend education all 3 parts for development the people by culture for more peaceful and freedom.
7. Summary and discussion

Summary this research “The intentions of earnest meditation 4 principle : the first book of the Buddhist scriptures theory” to meet an answer as objective consecutively that is know a meaning, important and objective of the intentions of earnest meditation 4 ability understand principle and method of the intentions of earnest meditation 4. After then ability to application for oneself about living together with other people specify Buddhism’s teaching.

Therefore the spirit progress as the intentions of earnest meditation 4 is appropriate for all people and necessary to meticulous study for solve a problem in the society’s critical status. This statement to shown a modern of the intentions of earnest meditation 4 principle by have highest an objective that is completed human of Buddhism’s teaching should be practice of this way :

8. Suggestion

1. The suggestion for practice to the juristic person, society, organization all government office and private should be support more spirit progress or should be determine the syllabus for guideline to same practice.

2. The suggestion for continuously research, the finding indicated that remain have virtue related with LarnBuddhism such as physical education are consist of faith, diligence, consciousness, concentration. Therefore should be research proceed addition as following :
   - Relation between consciousness and diligence for quality life development.
   - Balance body and spirit development in new age society.
   - Should be test as the intentions of earnest meditation 4 theory really by proceed with sample group together with interview method addition for keep results to research examination.