

Living Kindness Daylong

SN – Samyutta Nikaya; the Connected Discourses of the Buddha

MN – Majjhima Nikaya; the Middle Length Discourse of the Buddha

SELF-LOVE:

SN 3.4: “Dear”

Pasenadi says to the Buddha: “Those who engage in misconduct of body, speech, and mind treat themselves as a foe. Even though they may say, “We regard ourselves as dear,” still they treat themselves as a foe. For what reason? Because of their own accord the act toward themselves in the same way that a foe might act towards a foe...But those who engage in good conduct of body, speech and mind treat themselves as dear. Even though they may say, “We regard ourselves as a foe,” still they themselves as dear. For what reason? Because of their own accord they act towards themselves in the same way that a dear person might act toward one who is dear...”

SN 3.8: “Mallika”

King Pasenadi: “Is there, Mallika, anyone more dear to you than yourself?”

Queen Mallika: “there is no one, great king, more dear to me than myself.”

Buddha: “Having traversed all quarters with the mind, one finds none anywhere dearer than oneself. Likewise, each person holds himself most dear; hence one who loves himself should not harm others.”

LIVING IN COMMUNITY

MN 31: Culagosinga Sutta; the Shorter Discourse at Gosinga

“It is a great gain for me that I am living with such companions in the holy life.”

“I maintain bodily (verbal and mental) acts of lovingkindness toward them openly and privately.”

“I consider: ‘Why should I not put aside what I wish to do and do with these venerable ones wish to do. We are different in body, venerable sir, but one in mind.’”

NON-ILL-WILL

MN 21: Kakacupama Sutta: The Simile of the Saw

“You should train thus: “Our minds will be unaffected , and we shall utter no evil words; we shall abide compassionate for their welfare, with a mind of lovingkindness, without inner hate. We shall abide pervading that person with a mind imbued with loving-kindness, and starting with him, we shall abide pervading the all-encompassing world with a mind imbued with loving-kindness, abundant, exalted, immeasurable, without hostility and without ill will.””

“Even if bandits were to sever you savagely limb by limb with a two-handed saw, he would give rise to a mind of hate towards them would not be carrying out my teaching.”

NON-ATTACHMENT

MN 87: Piyajatika Sutta: “Born from Those Who Are Dear”

“Sorrow, lamentation, pain, grief, and despair are born from those who are dear, arise from those who are dear.”