

LBV ADVANCED BUDDHISM SERIES  
2022 Thursday Series: Aug. 18 – Sep. 29: 7.00 PM-8.30 PM  
Instructor: Bhante Upananda  
Theme: MISSTEPS OF PERCEPTION

**Dear participant:**

**Please note that this Thursday course is intended for advanced learners willing to learn the Dhamma with reference to key Pali canonical/scriptural terms and phrases that are incorporated into a single theme. Therefore, questions asked must pertain to the theme.**

Session 5: September 15, 2022

**Missteps due to wishful thinking**

- The Saccavibhanga Sutra of the Majjhima Nikāya encourages us to avoid missteps that we take due to wishful thinking (na icchāya patthabham) in the following situations in life:
  1. jāti (birth), jarā (aging), vyādhi (illness), maraṇa (death), sōka (sorrow), paridēva (lamentation), dukkha (bodily pain), dōmanassa (mental pain), upāyāsa (distress)

- The Arañña Sutra of the Samyutta Nikāya encourages us for self-acceptance by living in the present. Advice thereof is described in the following manner:

“The wise do not sorrow over the past. Nor do they hanker for the future. They maintain themselves with what is present. Their complexion, therefore, is serene.”<sup>1</sup>

“Through hankering for the future, through sorrowing over the past, the unwise dry up and wither away like a green reed cut down.”<sup>2</sup>

- In the Bodhirājakumāra Sutra of the Majjhima Nikāya, Buddha warns Prince Bodhiraja against the latter’s belief that pleasure is to be gained through pain. Buddha explains how his practice showed Him the fallacy of that belief. Pain is negative and blocks us from progressing.

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<sup>1</sup> Atītam nā’nusōcanti – nappajappanti nā’gatam  
Paccuppannēna yāpentī – tēna vannō pasīdatī.

<sup>2</sup> Anāgatappajappāya – atītā’nānusōcanā  
Etēna bālā sussanti – nalō’va raritō luto.