

2) The most precious thing in the world

If there is something most precious in the world, it is your mind at the present time. There is a tremendous past in one's mind and an infinite future with eternity in one's mind. There is a great possibility in one's mind. If you leave that mind, you will suffer from loneliness and suffering from hunger. Your only mind at the present time will direct the possibility of today and tomorrow.

We are currently troubled by what we have done in the past, and we are now worried because of uncertainties in the future. One who is currently distressed due to the past affairs, or who is currently struggling with uncertain future work cannot do what one needs to do at the present time. One who fails at the present time continues the present work at the mode of failure and unhappiness. One's failure is not caused by the given ability to do his or her job. One's failure was caused by one's defilements at the present time and one produces the defective products.

Buddhists believe that the present mindset is the most precious thing in this world. I do not obsess about things that have happened in the past but I do not obsess and pray about things in the future but when I do not obsess, I can concentrate on what I need to do at the present time. One's unlimited strength and power that are available to each person can be exercised at this moment of the present time.

When an obsession and attachment occur in one's mind, one becomes lonely, bitter, hungry, and incapacitated. One's life becomes rougher and distressing. One must concentrate one's soul in his or her mind, and when one gets rid of all his or her negative thoughts and become unconscious, one will open the door of clear and bright world. Therefore, the most precious thing in this world is the clear present mind without any blindness in any of the defilements such as hatred, greed, and delusion. Our positive soul of mind at the present time is the source of success and happiness in everything we do for today and tomorrow. Therefore, we want to cultivate the ability to concentrate on the positive mind to defend the infiltration of the negative mind. Our ability to concentrate in our minds empowers our ability to be in the stage of the Mindlessness (無心) and do anything for our positive life,