

Namo Buddhaya !

The Sigalovada Sutta



The Buddha's Guide to Peace and Happiness

Dear Meritorious Children, today we are going to learn one of the most greatest and valuable set of teachings of supreme Buddha. The Supreme Buddha taught us the basic morality, building and maintaining wealth, friendships, the mutual responsibilities in social relationships, and the qualities of successful persons through this sutta. This teaching benefits both individuals and society as a whole too.

There was a young man called Sigala, who lived during the time of the Supreme Buddha. Sigala was headstrong, greedy and stubborn and always had many excuses for not paying respects to the Supreme Buddha or even going to temples. But his parents were very good devotees of the Supreme Buddha. Parents were sad because they could not make him follow their footsteps. Sigala's father was a very rich person. He was worried that Sigala would go astray and waste away the fortune that he stood to inherit.

Sigala's father was very, very sick. He called his son Sigala to his deathbed and told his final wishes. He requested that Sigala worship six directions of the East, South, West, North, the above and the below every morning. This was a common religious practice in India at that time period. Therefore Sigala agreed to do so and was obedient enough to perform this ritual faithfully every morning.

One day when he was worshipping the six directions the Supreme Buddha came across Sigala. The Supreme Buddha then asked Sigala why he was doing this. Sigala then replied that he was merely carrying out the final wish of his father.

The Supreme Buddha out of His compassion explained Sigala how to carry out this ritual meaningfully. At the end of this explanation Sigala took refuge in the Buddha and became one of His devoted followers.

The supreme Buddha showed the basic morality which everyone without exception should make an effort to live by. Today we are going to learn the basic morality.

What are those four harmful actions to avoid?

- Avoid hurting and killing living beings.
- Avoid taking what is not given.
- Avoid sexual misconduct.
- Avoid lying.

As we do not wish suffering to come to us in these ways and we should not be the cause of such suffering to others. Dear children anyone who habitually commits such acts will sooner or later get into trouble. Avoiding these four actions, as well as avoiding the misuse of alcohol and drugs, comprise the Five Precepts which we all observe and practise as Supreme Buddha's disciples.

Let see the Four reasons for committing these harmful actions

1. Desire

For example, because of desire for wrongful pleasure, one may engage in taking alcohol and drugs.

2. Anger

For example, because of anger that is not controlled, one may hurt another.

3. Ignorance

For example, because of ignorance that it is wrong to purchase stolen, counterfeit or pirated material, one may take what is not given.

4. Fear

For example, because of fear of having a mistake or a misdeed discovered, one may lie.

Dear meritorious children if we do not lead our lives astray by desire, anger, ignorance or fear, we will avoid these four harmful actions. The supreme Buddha therefore placed great importance on these foundations of morality.

Seventh Quality of Sangha (dakkhineyya)

Our supreme Buddha's Noble sangha, who have virtuous lives, is worthy of receiving offerings. To receive great merits one must give offerings to the noble Sangha.

