



Mid-America Buddhist Association

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Reflection for Year 2024

Reflection is a turning point in one's life. It gives oneself a depth to think and observe. Reflection allows daily life to pause for a moment. Reflection provides a new impetus for thinking about progress, finding an entry point for correction, allowing one to climb higher, and making a new plan before departure.

When I was a child, my grandfather said that introspection is the internal motivation for a career and future happiness. Introspection is a favorable condition, and we must learn always to think inwardly. Buddhism requires introspection. We must not depart from the right views, but instead, with right thinking, stay on the Middle Path by also avoiding the two extremes of suffering and hedonism, by not being indolent, by not pursuing satisfaction through sense-based pleasures, and by not wasting time in actions that do nothing to help the body and mind escape suffering. Remember the Buddha's teachings: Directly, virtuously, righteously practice the Noble Eightfold Path that leads to liberation – this is the introspection that does not deviate from the Buddha's path.

1. Strengthen the foundation with diligence in progression.

- Realize the true meaning of the "Four Indestructible Purities" spoken by the Buddha (Buddha, Dharma, Sangha, and the Moral Precepts).
- Ensure that the path to ultimate Nirvana is perfect and pure.
- Determine, via the Buddha's teaching, to achieve the mission of world peace.
- Ascertain that the Buddhist perspectives on "life and cosmos" are practical and achievable.

With clear understanding and deep reflection, one becomes a wise person who has the capability to face society and be respected by others.

2. Holding onto the Buddhist scripture

The Saṃyutta Nikāya of the Theravadin tradition and the Āgama of the Northern lineage are considered the origin and source of the teachings of the Buddha. Members of the monastic order should waste no time in studying, reviewing, and becoming familiar with the discourses, especially with the (Thirty-seven) Prerequisites of the Path (to Awakening), Dependent Arising, the Five Aggregates, the Six Sense-Bases, and the Four Noble Truths – all these important concepts. Hopefully, in the year 2024, all teachers and friends will seriously study and investigate the essence of these teachings.

Truthfully, we appreciate our supporters, donors, and friends who support and help MABA year after year so that we can provide a center for practice. In this new coming year of 2024, we wish you all the ability to advance and benefit from the Dharma, good health in body and mind, a harmonious family, and further prosperity.

We wish harmony for all societies and countries, as well as world peace. May all beings be blessed!

Best Regards, and Metta

With joined palms
Abbot Jiru Bhikkhu
12/20/2023