



# Threefold Training and Human Development

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## Abstract

This research paper explores some of the fundamental teachings that the Lord Buddha gave on the development of the mind and some fruits that can be obtained by diligent adherence the Threefold training of morality, concentration and wisdom together with the practice of Satipatthana in daily lives. The paper looks to show the simplicity of the training rules coupled with the profundity of what can be achieved by the leaders, the managers, the administrators of all organizations in today's society when the correct methods of application are adhered too.

*Keywords:* Threefold Training, Human Development, Satipatthana

May I pay respect to the Most Venerable Chairperson of ICDV, Seniors monks, distinguished guests, ladies and gentleman.

On the special occasion of Vesak Celebration 2018, MCU, Thailand, under the main Theme “Buddhist Contributions for Human Development”. There are a lots of dimensions of the Buddhist Doctrines to be talked about.

After getting an enlightenment, the Lord Buddha sent out the sixty monks to propagate Buddhism with sayings “Go Ye forth, O monks, for the benefits of the many folks, for the kindness of the world, for the helpfulness and happiness of gods and human beings...”. These sayings of the Buddha can be regarded as the Buddhist ultimate ideal, and also the absolute objectives of wandering to preach the world creatures. It can be really regarded as the Buddha was born for the development of gods and human beings, Buddhism arose for the development of gods and human beings.

When we ask the question that “what was realized by the Buddha ? what is the enlightenment of the Buddha ?”. there are two answers of these questions;-

First one: the Buddha realized the Four Noble Truth, comprising:-Suffering, cause of suffer, cessation of suffering and the path leading to cessation of suffering.

Second one:the Buddha realized the law of cause and effect, that is “having this existed, this exists, through arising of this, this arises, having this not existed, this dose not exist, through disappearing of this, this disappear”.

What the Buddha taught for 45 years are the truth realized by Himself. But the Buddha taught only what are the benefits and helpfulness for leading daily life of the humans. These teachings can be concluded into four ultimate Reallities, comprising:- mind, mental factors, matter and Nibbana. And also these teachings can be grouped into three good doctrines; the academic teachings to be studied, the threefold Training to be practiced, ie. morality, concentration and wisdom, and the magga, phala, Nibbana to be attained.

The Buddha’s daily routines for 45 years gives rise to the Buddhist Teachings as mentioned above. The question is that “of these teachings what is the emphasized doctrine ? what are the contributions for human development ?”

**The Buddha had often said that** “I only preached the world, the origin of the world, the cessation of the world and the path leading to cessation of the world in this body which is two meters in length and 12 inches in thickness, equipped with perception and consciousness”. These sentences mean that the humans are the most valuable things,

the center of all things. This is the answer to the question that what is the emphasized doctrine. The Buddha taught emphasizing the doctrines of mind, mental factors and matter inside the human's life, the ideal goal of the human that is Nibbana along with the means for human development leading to that Nibbana.

The objective of preaching the Dhamma is for the helpfulness and happiness of the world and humans. And the Buddhist contributions which are used for human development are the Threefold Training. The Threefold Training is the guideline for human development, in practical way it means **Meditation**. The Satipatthana-Method is the popular way of the Buddhist Meditation because it is the direct and effective way as the Buddha said “O monks, this is the only-one way for the purification of creatures, for overcoming the grief and lamentation, for destruction of suffering and mental painful feeling, for attainment of the knowable truth, for realization of Nibbana, this is the method of Satipatthana”.

The threefold Training is the means for management of the inner factors in the humans life, by practicing again and again, by training oneselfs to be equipped with virtue and morality.

Physical and livelihood training is called Silasikkha.

Mental qualitative and effective training is called Cittasikkha.

Intelligent training for realizing all the phenomena as they really are is called Pannasikkha.

The meditation-practice in the method of Satipatthana in reality is the following the concept of Threefold Training, that is - contemplation of the body for setting up oneselfs in good manner is regarded as **Silasikkha**, contemplation of the feeling for management of the fluctuated feelings is regarded as **Cittasikkha**, contemplation of the mind for management of thoughts is regarded as **Cittasikkha** and contemplation of the truth for realizing all the phenomena as they really are is regarded as **Pannasikkha**.

Talking about the view-point regarding the human beings, the Idealists said that “the mind is the human being, the mind controls the body, mind and body are separated, the mind is boss, the body is subordinate”.

The Materialists said that “the human beings are the matter, the mind dose not exist in reality, the human's life arises from ultimate sub-unit of matter”.

The naturalists said that “the human beings are born from evolutions starting from matter, then matter's chemicals, then life and self-consciousness respectively”.

What is the Buddhist view of this matter ? the Buddhist view is that the human beings are the holistic conglomeration of five aggregates, comprising:- -corporeality, feeling, perception, mental formations and consciousness, apart from these there are many surrounding factors which give rise to the human' life such as actions, nutritions etc. the human beings are the miraculous living things.

**“The human beings are the miraculous living things”.** This key sentence is very reasonable. It is because that in the human' life there are five aggregates, in five aggregates there is the mind or consciousness equipped with enormous potentials. Because of this mind the human beings can do everything both creative and destructive depending upon the training and cultivating in the right or wrong way. Moreover because of the mind, the humans have the more advantages than other world creatures, for example;-

- humans are the only type of worldly creatures that have quick reception to dharma. Humans are entirely aware and conscious of their multiple dispositions.
- humans are the only creature capable of developing feelings from memories to consciousness, and finally reaching the highest form of knowledge, that is wisdom.
- the human realm is the only realm that allows beings to fully accumulate the merits according to Buddhism, that is -dana, sila and bhavana to cleanse the mind.
- only humans are capable of developing themselves towards the highest religious achievement, that is the arahant.

Going back to the issue of the miraculous thing “the mind”. What is the mind ? how dose it have super power ? the mind is just one of five aggregates, but very active because the nature of the mind(citta) is thinking, thinking and thinking to lead the world, as the Buddhist saying that “cittena niyati loko-the world is taken around by the mind”. This means that the mind is the origin of humans activities. In the mind there are good, bad and nutral factors, talking only about the two good factors; **faith and wisdom** which can create the goodness without limit. The faith and wisdom have super power. Through these the humans can accomplish everything in the universe. The humans are the living beings because of the mind, the mind has the enormous power because of faith and wisdom. The issue is the development and cultivation of the mind in the right way to get rid off all the defilements from the mind. **The question is “what is the right way ?**

The answer is that the Threelfold Training in the method of Satipatthana or any other method.

In the system of practice by Threelfold Training, “Morality” is the first priority. Morality is the good intention to refrain from doing any bad deeds which results in the purified mind, free from all worries. Then the concentration arises from the purified mind, every time one recollects the goodness from Morality the gladness, rapture, serenity and then concentration will happen respectively as the Buddhist saying “sukhino cittam samadhiyati-the mind of the happy man is concentrated”.

As explained in the beginning that the meditation-practice in the method of Satipatthana in reality is under the concept of Threelfold Training, meaning the usage of the mindfulness to control the mind to be stick with mind-objects, or contemplating on the present moment. The meditation-practice by mindfulness is to use the mindfulness to pick up the mind-objects and send those to wisdom to consider for the benefit of realizing the phenomena as they really are, then the concentration and wisdom arise respectively.

The human development by Threelfold Training starting with Morality then going up step by step until the topmost, that is Nibbana as the Buddha talked to Venerable Ananda “through Morality the restraint, non-worries, gladness, rapture, serenity, concentration, ...happen respectively”.

Having been developed upto the topmost level of concentration, the potentiality of the mind is appeared in the form of Super-Knowledge, equipped with the tremendous power reflecting through physical, verbal and mental actions that is **the magical power** such as making several persons from one person, walking through the wall, going down into the ground, flying into the sky etc. the retrocognition of the past lives, the divine ear, the divine eye. This is the mundane Super-Knowledge.

Having been developed further, the concentration will be the foundation of wisdom automatically, then from wisdom the dispassion, detachment, liberation, purity of knowledge and vision and Nibbana happen respectively.

The persons who have developed the mind by Threelfold Training upto this level have the clear-cut vision of the Four Noble Truths and strongly self-confident that “all the burdens in the present birth have been accomplished”. This is the Supra-Mundane Super-Knowledge. These are the benefits of human development by Threelfold Training.

No need to talk about the Supra Mundane Super-Knowledge, only Mundane Super-Knowledge can give the tremendous power. The leaders, the managers, the

administrators of all organizations who have these powers are very effective man. Even though they may not have the power as much as the power from Super-Knowledge, but at least they should always try to develop themselves for getting the power like Super-Knowledge. It is very necessary in the society of informations and technology, in the age of big data, the age of cyber-communications, the age of globalization.

The leaders in the modern world should have the power like magical power, the ear like the divine ear, the power to communicate in distance like telepathy, the power to remember the past events like retrocognition and the eye like the divine eye at least.

Lastly do bear in the mind that the Threefold Training is the only-one way to develop the human beings, there are no any other ways on earth. The persons who have developed themselves by Threefold Training always and continuously are equipped with strong mind, strong faith and penetrative wisdom, standing still in the fluctuated modern world peacefully and happily.

Thank you very much for giving me a chance and thanks for your attention.