



Health & Wealth

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Q: I've prayed for more than 20 years - but I'm still having so much problems. A few of my prayers get answered and but mostly not. Why?

Ans: Prayer is one way of creating a cause for a result. Without the complete creation of a cause, there will not be the completion of the result. The complete creation of a cause refers to right motivation, action of prayer and proper dedication. For example, when making a light offering to the Buddha or reciting the Golden Light sutra, if one's motivation is only for the success of one's business, that would be wrong motivation and in conflict with action of offering lights and reciting sutras. Instead, at least one should think to gain total freedom from the creation of negative karmas by understanding that whatever struggles one now faces is due to past negative karmas and have total faith in Triple Gem. Then, make the light offering or recite the sutra and dedicate it to be the complete cause to eradicate past negative karma (including those which have led to failure in business) and to actualize not only freedom from negative karma but also to actualize liberation. Dedicate your prayers in this way with 100% conviction and faith in the object of prayer (Buddha) and nature of dependent arising. Then any prayer can be actualized - whether worldly or non-worldly prayers.

Faith acts like an antenna to receive blessings. The fruitful result of prayer is definitely possible because of dependent arising by you creating positive causes, you experience positive results. There shouldn't be a single moment of doubt. Doubt diminishes the strength of prayers and that's why many prayers are not 100% fulfilled.

Doing Dharma practice for only worldly gains is using the right method for the wrong purpose and will not bear good fruit. Whereas



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doing Dharma for the right purpose (namely to gain enlightenment to benefit all beings) will result in positive results coming your way.

People complain that despite having many protective holy objects, they still encounter robberies and break-ins. People start to think that there is no power nor benefit in having holy objects or doing prayers. Know that the representations of Buddha's body, speech and mind always benefit you because without them, the situation could have been far worse!

Q: Many people facing psycho-social problems attribute their unhealthy mental state to their childhood experiences such as child abuse. Are the child-abuser or his bully friends the true cause of his problems? If not, how do we persuade them to think differently?

Ans: The true cause of all problems is karma and delusion. The one to blame is one's delusions (anger, attachment, ignorance pride etc) which in turn give rise to harmful results and experiences, rather than blame childhood times and others. Therefore, one needs to understand delusions what they are, how they operate and stop the action/karma which produces problematic results. Therefore, do purifications to remove the negative karma. Let's take the example of assault cases – sometimes, the way we dress or behave due to our deluded mind cause people to want to look at us and wanting people



to admire our beauty. And when they do, the purpose of our delusion has been fulfilled. However, there may be consequences such as an assault arising from it. Blame is then placed on the assailant; when brushed against, accusations of molestation arise. You wouldn't blame until you are forcefully harmed. On the other hand, sometimes, one is assaulted due to carelessness – therefore, there is the need to be sensible and have proper protection for one's safety. Otherwise, one could become prey to persons of low-esteem.

Q: Is there such a thing as a "healthy ego"? Western psychology encourages people to become confident by being freely expressive and even let out their anger as part of developing one's sense of "self and confidence"? What is the Buddhist view on this?

Ans: The Buddhist view is that ego is self-centred and thus always unhealthy and has all the negative qualities. There is a thing called divine pride which comes through concentration meditation during a certain stage of realization of deity yogas but that is absolutely different from pride in us ordinary beings. The divine pride is totally infused with humility, compassion and understanding the nature of existence (emptiness).

The Western psychology's view might have certain benefit for worldly (short term) purposes but the better solution is to find one that is not based on ego because ego is basically self-centred. As far as the great



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compassion (Mahayana) practitioner, even when engaged in worldly activities, using the ego to actualize the job to be done is absolutely wrong (even if there is outward and short term benefit) because it focuses oneself only. Confidence can be positive or negative. If it is initiated by loving-kindness and compassion, then such confidence is needed and helpful; but if confidence includes having the mind that serves oneself only, is willing to harm others or looks for power which can destroy peace or destroy others happiness or cheat others, then this is totally a negative form of confidence.

Q: My husband and I are always in financial difficulties. We are in debt. Because of monetary issues, we always end up in quarrels. When I meet old people that are sick and helpless, I will feel a deep sorrow and wish I have the ability to give more. Due to my own bad financial situation, my help are always limited.

I seek your advice as to what can I do to reduce my bad karma, help my business prosper and what can I do to help my husband gain merits so that he too will be out of financial difficulty and we will have no quarrels over financial issue.

If I do not have a Dzambala statue, is it possible to just practise Dzambala mantra?

Will my reading the Diamond cutter sutra or the Heart Sutra help to gain merit for my husband behalf?

Ans: Whatever problem in life is definitely due to past negative causes, so you need to put some effort to purify all those negative actions done, whether you remember the action or not. Reciting prayers not only purify negative karma but simultaneously accumulates merit as well. I would like to suggest one very powerful purification mantra, which just by reciting one time, it will purify hundred million eons of negative karma, the name of this mantra is called Super Purification Mantra, the mantra is:

Namah Sarwa Tathagatha Hridaya Anuh Gatey Om Kurum Ghini Svaha

You can recite as many times number as possible, and visualize purifying white light enter through your crown and pervade your body and mind, driving out all negativity in the aspect of black smoke coming out of you. After that, visualize oneself as completely clean-clear like crystal and completely joyful. One should feel conviction, faith and great satisfaction that one has definitely purified all negativities.

As you asked about Dzambala mantra, it is definitely beneficial to recite that too and the Yellow Dzambala mantra is: Om Dzambala Dzalen Draya Svaha

Or you can recite White Dzambala mantra: Om Pema Drodha Arya Dzambala Hrih Daya Hung Phet

As far as your compassionate wish to make action as making charity to others those in need in your best ability, it is already a great charity practice. It is not the matter of amount you give. It is the matter of the heart that gives without any expectation of return/reward. You should practice this as it is one of best practices to generate wealth. When you

can't afford to give those who need your help, it is unhealthy for yourself to feel sad. Rather, you should generate greater compassion for them to be free from entire suffering. If you get depressed because you can't help somebody, there is the danger of yourself becoming the victims of other's negative karma i.e. that person indirectly caused you to be depressed. Therefore you cannot let yourself feel sad in relation to any other being, while practicing compassion.

Definitely by doing the practice of reciting Diamond Cutter Sutra and Heart Sutra it has great benefit on accumulation of merit and purification. However, in terms of your karmic affinity, I see it will be beneficial for you to recite Golden Light Sutra for the whole family's well-being, you can get this text in from LDC or any FPMT Centre anywhere. You can go into our web directory to get the addresses.

All the above mention practice, you can suggest your husband to do for his own benefit. However, if he is not ready to do so, you can do it and dedicate your merit for him too.

Q: All my life, I have experienced feelings of self doubt and have very little energy about myself. I wonder if it would be suitable for me to come to your centre and try to rid some of my negative thoughts and improve my self esteem?

Ans: To answer your question, it is not necessary to come to the center for purification, but by coming to Center you will be inspired and will get great purification just by the blessing of holy objects, and the inspiring environment.

Self-doubt and low self esteem are negative emotions and will plant negative imprints in your consciousness as well as affect your physical health. The way to get rid of this state of mind is to think that however low you might be feeling is because you think you are the only person experiencing difficulties and that there's no solution. We rarely look around to observe and notice that many other beings are in far worse condition than ourselves. From that point of view, one has many reasons to feel fortunate as to who we are now. Then think that there are always dark days and bright days. Hence, to initiate a bright day is to be positive about who you are. Once you get through the day in this manner, you will feel more uplifted and physically you will feel lighter and better and that helps to build the positive energy which can attract positive conditions such that if one's low self esteem relates to one's job, you will meet new opportunities; if one's low self esteem is due to relationships, you will find a way to recover; if due to sickness, there will be better chances of recovery.

Q: What are the causes for heavy mental conditions such as depression, suicidal mentality, split personality, Alzheimer's.

Ans: Such conditions are definitely due to past karma but at the same time, to determine the exact causes because one needs to see subtle karma and only Buddha can see that. However, one can make some inferences through observation such as

- Depression (the cause is likely to be impatience; narrow-mindedness; negative-minded; lack of positive confidence; influence of negative friends);
- suicidal (cause is likely due to having a rigid mind; lacking in self-respect; lack of understanding of karma; hopelessness; guilt) ;
- Split personality (cause is likely due to the habit of extreme emotions; selfishness; low concentration and mindfulness);
- Alzheimer's (the cause is likely due to the loss of physical essence; lack of mindfulness and concentration; extreme anxiety).