



# QSA DHAMMA MAGAZINE

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## ARTICLE NUMBER

## DESCRIPTION

10	When the mind gets embroiled in confusion
11	When the mind goes to sleep after running around
12	When the eyes cannot see what is right in front
13	Crowding of activities for the mind
14	Pipe dreams

**All articles in this number relate to cases where the mind tends to stay out of a person's control. One needs to use knowledge of the Dhamma to prevent this happening and to take back control of the mind after a lapse of time.**

**Readers are welcome to raise new questions for discussion. Please address communications vis email [infoqsa@gmail.com](mailto:infoqsa@gmail.com)**

### Article 10

## WHEN THE MIND GETS EMBROILED IN CONFUSION MOST OF THE TIME

When a problem arises, when a decision has to be made, at times you might be in a difficulty to move towards a decision. It may be partly because of prevailing confusion in the mind. In confusion you need advice.

When there is more than one possible solution to the problem, a sudden is likely to lead to difficulty. This is a time not for making decisions but to think again from fundamentals. While concentrating on the definition of the problem, the confusion could subside.

The confusion may have arisen because you have muddled up facts and re-thinking might help to sort out facts. While sorting out facts it is best to keep your pet opinions away.

If you still have difficulty in getting rid of the confusion, it would help to identify the significant issues and leave aside the trivial ones. As you reduce the number of issues, the confusion could get resolved.

### **Article 11**

#### **THE MIND IS TIRED AND WANTS TO SLEEP, AFTER RUNNING AROUND TOO MUCH**

This might happen after a series of heavy activities are done within a short period. It can also happen when some of those activities are not to a person's taste or range of abilities.

When the mind gets tired the body too looks to a break for replenishment of energy.

This is unlikely to happen when one is engaged in some unwholesome activity. It is in the nature of things, that unwholesome engagements are enjoyable. Good examples are parties in which drinking or wasteful chatter is taking place

Here sleepiness may not arise.

In a wholesome activity like listening to a religious chanting, or a sermon or in meditation sloth and torpor is more likely to occur.

What are the solutions possible? In an extreme case, the best thing is to forget everything and have a good rest or sleep.

Short of that a person can have a glass of cool water, look at the open sky, do a short walk among the trees, or take mild exercises. For meditators more actions are recommended in commentaries and by meditation teachers.

If laziness is a perennial problem, it is good to reflect on shortness of life and become active again.

### **Article 12**

#### **THE EYES TRY TO SEE WHAT IS HERE BUT THE MIND DWELLS ON WHAT IS THERE**

This a fairly common experience. Here the person is not living in the present moment.

The general solution is to develop Mindfulness (or Sati). Alternatively, one can observe the surroundings more carefully and with interest. Are you aware of where you are at this time, what you are about, what you are doing, what time of the day it is, who is around you, does your behaviour suit the social surrounding?

In short are your five physical senses active? If they are active, the mind sense has little time left for wondering around. That implies that your mind is not out of control.

In Abhidhamma we are taught that the mind can do only one thing at one time. If you are supposed to see something, you cannot think of another thing at the same time. You will fail to do either of the two tasks. It makes sense to put the mind on one object at one time.

Finally, a person who wishes to get rid of this tendency must seek an opportunity to learn and practise mindfulness (Sati) meditation. Walking meditation is a very effective way of developing mindfulness.

Mindfulness is taught as the one and only way to attain enlightenment.

### **Article 13**

#### **THE MIND TRIES TO DO TOO MANY THINGS AT THE SAME TIME**

Life is frightening for some people because they always see a mountain of things to do almost right now. Something must be wrong. There are others who carry huge responsibilities but seem to be unruffled and light-hearted. What is the secret?

The common-sense approach would be to select a few things that can be done. Otherwise, a person cannot continue or progress. In the discourse on Metta

(loving-kindness) it says one needs to have only minimal duties. That is necessary for one who is trying to follow the spiritual path.

What about the path to worldly happiness? Again, some think that to succeed in the job or in business one must carry a huge load of work. That is not true. If you keep good relations, if you have no ulterior motives, and if you are genuinely committed to duty, progress will be smooth and obligations will not pile up in the work place. One needs to review the work schedule now and then. If there is something unwholesome in your mind that must be identified and cleared.

Similar considerations apply in the domestic scene.

Having too many things to do is not natural. One might be collecting too many jobs to do for hidden reasons. It might be that you need more training in management particularly in delegation to manage the apparent heavy work load.

Were you trying to impress the boss or somebody else?

#### **Article 14**

#### **THE MIND ENJOYS HAVING A PIPE DREAM**

This is not uncommon. The question is whether one is aware that a pipe dream is going on. If one is not aware then the problem is serious. If one is aware it would be possible to take control of it.

This problem arises due to a natural reason, namely that the mind is unable to stay in the present moment. Hence it tries to live in the future. Imagine something, even an absurd thing, and then let your mind enjoy the imagined thing. It will keep going. It is easy to do.

The tendency to dream grows because we have unfulfilled desires. When you come to understand that we can procure only a limited number of things the dreaming will automatically reduce.

This does not mean that planning is not good. Planning is a deliberate activity. In dreaming, the mind is pushing you this way or that way.

Issued by the President of QSA, Reverend James Wilson

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