

# BE FREE AS A BIRD

- How to Become Stream Enterer -

*BY*

**Siri Samanthabhadra Thero**

*The Fully Awakened one*

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## **Free Life**

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## The Message of All Buddhas

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Sabba papassa akaranam-Kusalassa upasampada  
Sachitta pariyo dapanam - Etam buddhana sasanam.  
Refraining from all evil - cultivating the good,  
Purifying the mind - by mental restrain,  
This is the message of all Buddhas .

Khanti paranam tapo titikkha  
Nibbanam paramam vadanti Buddha  
Nahi pabbajito parupaghati  
Samano hoti param vihethhayanto

For bearance is the highest asceticism,  
Nibbana is the highest say the Buddhas.  
One who destroys others is not a monk.  
He who gives pain to others is not a monk.

Anupavado anupaghato- Patimokkhe ca samvaro  
Mattannutaca bhattasmim- Panthanca sayanasanam  
Adhicitte ca ayogo- Etam Buddhana sasanam

Not blaming not insulting others, not hurting others,  
Having moral restraints by the precepts observed,  
Eating food in moderation, living alone,  
in a far away territory,  
Practising meditation,  
is the advice of all Buddhas.

“I have no teachers, parents, siblings and  
friends to rely on:  
Those that follow the path I show without  
any expectation:  
They are my real helpers, they are my parents, my  
children and my friends.”

- **Most Ven. Siri Samanthabhadra Thero-**

# Part One

Today our aim is to discuss on how to practice vipassana in meditation. How do we practice vipassana? What is this vipassana?

It is the path to attain the status of mind called “Sothapanna”

It is also known as the status of Gotrabhu, or the wisdom of Gotrabhu. How do we accomplish this status? How do we practice and develop this vipassana?

In our previous discussions, we tend to discuss what is Sothapaththi? And what is the path to follow? I suggest you to read all the books written on Sothapaththi from the beginning. If not you will be confused in the path. Follow the path and try to attain the noble thinking that we discuss. What is Noble Thinking?

It is the thinking of enlightened beings.

What kind of thinking that we have practiced till now in this life? It is Ignoble Thinking. Ignoble Thinking

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is unbearable. It is also restless. Ignoble thinking gives no peace of mind. No comfort at all. Your mind is not still. When a human being is born, he is in search of something. Is he or not? He is in search. Though how far accomplished the material aspects, they find something beyond the material world. People tend to seek material things as long as they do not fulfill them. Do you agree on this? Time to time we meet our expectations on material stuffs in our lives. Have you come across these scenarios?

Yes we met our expectations.

As we meet our expectations we realize, the peace of mind we are in search of does not exist anymore. Then we start to seek something beyond the material world. If there is no one to teach us about the noble thinking, we will again seek for something material. That is where the problem prevails. When we do not find the peace of mind that we are seeking, we look forward to something else. That material thing that we look forward may be accomplished within next 10 to 15 years. As a result, we will be happy temporary. As soon as we accomplish our material expectation, a need arises to protect and save them along with the idea. Here comes the restlessness.

Now here we have a tray of flowers, a glass and water. There are 3 things. Earlier there was nothing, but an empty table. Since the table is empty, I had nothing to protect or save. Now somebody keep something on the table. What has happened to the things on the table?

It has increased.

Along with the increase of the things, the attention I have to pay is also increases. Now the three things

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increased up to four. Do you feel happy? I am asking about the life. When three becomes four, happiness felt. On the other hand, you feel responsible. You need to protect all four.

What I am asking is, do you feel the same happiness now? No.

Understand the life well. This small example is more than enough for you to attain Sothapanna and to be enlightened. Now the four on the table becomes five. What is the problem now? Another burden. As long as the increase of material things, the burden also increases. Material things never make peace in your mind. Increase of material things leads to increase of your possessions.

When the number of material things increases, I feel the things will fall down as there is less space. Then I hold on to them. When it becomes seven, eight, ten, eleven, what will happen to you?

You will feel scared.

Then you think, I cannot hold all these things, and them some will fall down. Then I may wonder over them without doing anything else. Try to understand what I say. Why I am wondering because, I do not know what will fall and when. If somebody goes near, what will I do?

I will ask them to hold on to some place in order to prevent them falling and break. Am I a wise or a stupid?

I am stupid.

I struggle to protect something that can never be protected. I try to gather something that can never be gathered. Then I expect their safety and cleanness.

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