



ICM Asia Pacific 2019

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ICM Asia Pacific 2019 Talk – Venerable Chwasan The principles of mind study and practice

Understanding the mind requires careful study. However, such ‘Mind Study’ is different from other studies. It is not about description of concepts or amusement with ideas but instead has real-life problems at its core. ‘Mind Practice’ is about addressing practical problems such as acquiring wisdom to get rid of agonising thoughts in your mind, how much you understand about human affairs and universal principles, how much you can stop evil deeds or misbehaviour, and creating a habit to practice good deeds. Therefore, no matter how many theories are listed, if you fail to reach the heart of ‘Mind Practice,’ all of them are nothing more than blank echoes. In other words, ‘Mind Practice’ is a matter of practice rather than intellectual study. There are many examples of illiterate wise men who achieved advanced spiritual levels in regards to dharma written by others. Therefore, I would like to reiterate that all that matters in ‘Mind Practice’ is whether or not we actually do it.

