

The Greed, Hatred, Anger

Hello, my name is Yugen Saito.

Today, I would like to talk about the "three major afflictions," namely, the greed, hatred, and anger.

In Buddhism, the three most common three kinds of afflictions are greed, hatred and anger.

The Chinese character for "greed" is written as "ton to" in the Japanese phrase "貪瞋痴," which is read as "ton shin chi".

To desire without limit is called tonto.

It would be good if we study greedily or practice greedily, but it is to covet things or money and not be satisfied.

瞋 The word Shin is an angry mind that is easily offended.

痴 Word Chi is the unwillingness to know the truth. It is written "to know".

It means that we have a disease of knowing, that is, we do not try to know the truth.

We all spend our lives seeking happiness and a world of peace of mind.

Nirvana, the ultimate goal of Buddhism, is a state of tranquility and peace in which vexations have been extinguished.

Nirvana means to extinguish the fire of vexation and to perfect wisdom.

Jakjyo means a state of peace and tranquility in which the causes of mental agitation and sensory suffering arising from one's instincts, or the three poisons, have been cut off.

It is a state of tranquility and peace in which vexations have been extinguished.

We know that there is a world of peace and tranquility if only we can free ourselves from these vexations, but it is not easy to attain it.

The list of vexations is seemingly endless, including pride, doubt, attachment, desperation, depression, and so on.

In the story of Xuanzang Sanzo's journey from China to Nalanda, India, to study Buddhism, he is accompanied by a pig, a monkey, and a kappa.

These three animals represent the three kinds of greed and hatred. The pig represents greed, the Monkey represent anger, and the kappa represents ignorance.

These three poisons cover the truth of our originally pure selves, just as the full moon is obscured by black clouds.

It is said that we are born with these three poisons, and that from these three poisons 36 worldly desires emerge.

How many troubles do you think there are? When asked, most people respond that there are 108. It is very difficult to have that many.

I said that the three poisons are the cause of the 36 worldly desires, but why are there 108 worldly desires?

Because we live in the time between yesterday and today.

We multiply the 36 afflictions by 3 (past, present, and future) to say that we have 108 afflictions.

Even one second of time that has passed is past, and even one second ahead is future.

“Do you really need what you want? Did you get angry but really had to get angry? Do I really understand”?

If you can live your life without being driven by greed and anger, you will find peace of mind, happiness, and the state of nirvana and tranquility.

I would like you to think about the three poisons of greed, hatred, and anger and see what you have tried to do or are trying to do.

The postcard sermon series was given by Rev. Yugen Saito of Hagyu-ji temple . Translation and voice in English by Hirokazu Kosaka.