

## **CHAPTER – 10**

### **‘THE SERMON AT BENARES’**

#### **HANDOUT**

*LET'S HAVE A QUICK REVIEW OF THE SECOND HALF...*

#### **KEYPOINTS: -**

1. Kisa Gotami was sad and had no expectations. All “weary and hopeless”, she came back to the Lord to seek his blessings.
2. Sitting down at the wayside, she watched the flickering lights of the city for some time. As the lights were extinguished, darkness enveloped the entire city. She considered herself foolish enough to have fighting the mighty death overpowering all mortals.
3. However, we humans can sell our “selfishness” in exchange for kindness, selflessness and truthfulness and achieve “immortality”.
4. Lord Buddha told her that our life is full of ups and downs, pains and joys. It is short and therefore should be spent wisely.
5. Death is painful and affects all mortals just like a breakable earthen vessel. It does not discriminate between young and adults, foolish and wise.
6. Grieving for the dead, either one’s child, parents, relatives are all pre-decided. And the wise person is the one who does not grieve for the dead as he or she knows the truth.
7. Weeping does not bring peace to the mind. A person’s pain only increases with lament and complaints.
8. The control of one’s grief brings peace of mind.
9. The overflow of emotions is natural with grief. But the rein should be in our hands.
10. As we realise the truth, our ‘sorrows’ and ‘pains’ disappear and our life turns blissful and contented.