CONTENTS

List of Illustrations xv
Acknowledgements xvii
Editor's Preface xix
Foreword xxii
Voices from the Dhamma Revolution xxxv

REMEMBERING AMBEDKAR: AN INTRODUCTION I

Remembering Ambedkar 3
The spirit of Dr Ambedkar 15
B. R. Ambedkar, a great Buddhist 21

BUDDHA AND THE FUTURE OF HIS RELIGION: A COMMENTARY ON DR AMBEDKAR'S ARTICLE 29

Introduction 31

- 1 The many founders of religion 33
- 2 Comparing Buddhism with Hinduism 43
- 3 The parent of the caste system 51
- 4 The revival of Buddhism in India 57
- 5 Buddhism is the only religion the world can have 63
- 6 The opium of the people 70
- 7 Dr Ambedkar's vision 75

THE MASS CONVERSION AND THE YEARS AFTER: 1956-1969 91

The tide turns 93
A whirling programme at Nagpur 95
Dr Ambedkar 106
A great injustice 109
Diksha Bhumi 112

Preaching tours 1958-1961 115

First tour 116
Are Hinduism and Buddhism the same? 117
The real Buddha 118
Character building 119
Buddhism in the modern world 119
The bodhisattva ideal and the six pāramitās 121

Second tour 124
What the Diksha movement means 124
The impact of conversion on Indian life 125
Dr Ambedkar and Buddhism 126

Third tour 131 The origin of Buddhism Hīnayāna and Mahāyāna 133 The fundamentals of Tibetan Buddhism The middle way 135 Tantric Buddhism Karma and rebirth 137 Atheism 138 Buddhism in England Buddhism 140 The central philosophy of Buddhism Om mani padme hum: notes for a series of three lectures 144

Fourth tour 149 Buddhism and God 150 Mindfulness 150 Om mani padme hūm 151 The spiritual path in Buddhism Literature and Ethics 153 Buddhism today Practical Buddhism 157 Anātman and śūnyatā 159 Duties of Upāsakas and Upāsikās The Diamond Sūtra T62 The great life of Dr Ambedkar The universality of Buddhism The four brahma vihāras Om mani padme hūm

Social training course in Buddhism at Poona 179
Manners and customs 180
Poona District Buddhist Women's Association and Buddhist
Society of Gujarat 181
The position of women in Buddhism 182
Ambedkar Jayanti 185

A NEW BUDDHIST MOVEMENT: TALKS IN INDIA AND ENGLAND 1979-1992 189

Mettā is the most important thing 193
The energy of the Windhorse 199
What attracts Westerners to Buddhism? 204
Whatever helps us grow 210
Why did the Buddha leave his house? 219
The Buddha – man or god? 229
The path of the Dhamma 239
Lessons from the life of the Buddha 254
The future of the Sangha 261
Questions at Ahilya Ashram, Poona 276

1982–1983 285
A miscellany of impressions 286
The ex-untouchable Indian Buddhists 305
What death reminds us of 316
Buddhism in one word 326
Dr Ambedkar's true greatness 335

The foundation stone of the Mahavihara 354
On Ambedkar and Buddhism 358

1992 365 Keeping the Mahavihara beautiful 366 Return to Nagpur 372 Dhamma revolution for the world 374 A visit to the IAS training institute **381** Why start a new Buddhist movement? 383 The ten ornaments of the Buddhist The opening of the boys' hostel at Dapoli 399 A visit to the girls' hostel at Vishrantwadi The opening of the shrine hall at Bhaja 404 Bhaja shrine dedication, Order convention 407 Interview with Nagabodhi 410

WISDOM BEFORE WORDS: AN EXPLORATION OF THE UDANA 419

Editorial Note 421
Introduction 424

- 1 The Bodhi Tree 427
 - 1.1 Seeing the nature of causation 427
 - 1.2 This not being, that does not become 432
 - 1.3 Scattering the armies of Māra 433
 - 1.4 Who is the real brahmin? 436
 - 1.5 Those who wander, always mindful 443
 - 1.6 Kassapa refuses dinner from the devas 447
 - 1.7 A dark and stormy night 451
 - 1.8 Free from all ties 454

	1.9 You don't become pure by bathing 457	
	1.10 In the seen, only the seen 458	
2	Mucalinda 469	
	2.1 The serpent king shelters the Buddha 469	
	2.2 Talk about the Dharma or keep quiet 471	
	2.3 The Buddha teaches some boys not to be cruel 476	
	2.4 The Buddha's advice about handling criticism 477	
	2.5 The Buddha and the businessman 483	
	2.6 Happy indeed are those who have nothing 487	
	2.7 Don't fall into the King of Death's power 490	
	2.8 A difficult pregnancy 493	
	2.9 Being under another's power is all suffering 498	
	2.10 Ah, what bliss! 500	
3	Nanda 502	
	3.1 Bearing the consequences of your actions 502	
	3.2 Nanda and the nymphs 504	
	3.3 The Buddha and the noisy bhikkhus 508	
	3.4 Sāriputta sits like a mountain 511	
	3.5 Mindfulness of body and Nirvāņa 512	
	3.6 Five hundred lives of conditioning 514	
	3.7 The king of the gods makes curry for Kassapa 515	
	3.8 The advantages of going for alms 517	
	3.9 Elephant-craft and other matters 520	
	3.10 The difficulty of communicating Enlightenment 521	
4	Meghiya 526	
	4.1 Meghiya and spiritual friendship 526	
	4.2 A home territory of perfect emotion 532	
	4.3 The Buddha and the cowherd 533	
	4.4 Sāriputta gets a slight headache 534	
	4.5 The Buddha and the elephant seek solitude 536	
	4.6 Pindola the rag-robe wearer 537	
	4.7 Sāriputta apparently doing nothing 538	
	4.8 The bhikkhus are accused of murder 539	
	4.9 Rejoicing in merits 541	
	4.10 Sāriputta reviews his own calm 542	

	5.7	Passing beyond doubt 577
	5.8	Devadatta decides to break away 579
	5.9	Why do people go on talking? 581
	5.10	Setting up mindfulness before him 581
6	Born	Blind 583
	6.1	Why didn't Ananda ask the Buddha to live
		longer? 583
	6.2	The Buddha and the king's spies 588
		The Buddha reviews his state of mind 593
	6.4	The blind men and the elephant 594
	6.5	Sinking in the middle of the flood 599
	6.6	Going beyond self-agency 600
	6.7	Thoughts burned up like incense 605
	6.8	A fight over a courtesan 607
	6.9	Like moths that fall into the lamp's flame 610
	6.10	The sun and the glow-worms 611
7	The	Little Chapter 613
•	7.1	Bhaddiya the dwarf gains insight 613
	7.2	
	7.3	
	-	Like fish in the mouth of a net 617
	7.5	A beautiful royal chariot 618
	7.6	Working on all your imperfections at once 619
	7.7	The abandonment of proliferation 621
	7.8	Mindfulness of the body is enough 621
	7.9	The Buddha and the well 622
	7.10	The women of the harem gain insight 627

5 The Elder Sona 543

xii / CONTENTS

5.1 No one dearer than one's own self 543

5.3 The Buddha gives a public lecture 5495.4 Do you fear suffering and dislike pain? 556

5.2 The pattern of the Buddha's life

5.6 Sona learns the Dharma by heart

5.5 The taste of freedom 557

- 8 Pāṭali Village 632
 - 8.1 Neither earth nor water nor fire nor wind 632
 - 8.2 One who sees holds on to nothing 633
 - 8.3 The unborn, unbecome, unmade, unconditioned 634
 - 8.4 There is agitation for one who is dependent 637
 - 8.5 The Buddha's last meal 639
 - 8.6 The Buddha gives the villagers tips on ethics 641
 - 8.7 The Buddha and the foolish disciple 649
 - 8.8 The death of Visākhā's grandchild 651
 - 8.9 Dabba attains final Nirvāna 653
 - 8.10 Unwavering happiness 655

Appendix 1 657
Dr Ambedkar's twenty-two conversion vows 657

Appendix 2 659

Ambedkar and Buddhism, reinstated passage 659

Sources 662 Notes and References 664 Indexes 726

A Guide to The Complete Works of Sangharakshita 757