



上座部佛学中心

CHINESE THERAVADA BUDDHIST EDUCATION

Buddhist Education and Meditation in the Modern Era

Bhante Raja
Assistance Resident Monk (MVBT)
Religious Advisor (CTBE)



Adapt Change in the Modern Time

In the next era, it is important for Buddhist practitioners to adapt to change and embrace modern technology as a tool to promote Buddhism. While the truth cannot be changed, our teaching methods must change with the times.

By incorporating high tech into our teachings, we can enhance and improve the traditional way of teaching.

The Pro of Modern Technology

The modern technology provides a platform such as:

- Websites
- Mobile Apps
- Virtual Learning
- e-Books
- Video and Audio Teachings
- Online Courses
- Social Media Outreach
- Online Discussion Forum or Dialogue
- Video Conferencing
- Live Streaming
- AI Artificial Intelligence

The Con of Modern Technology

One need to maintain awareness and balance use of technology.

Their flip side are:

- loss of personal connection
- loss of direct experience
- lack of guidance
- ignoring subtle aspects
- ensuring authenticity and credibility

Therefore, technology should serve as a complement to traditional Buddhist practices, but not as a substitute.

Buddhist Meditation Cannot be Replace by Modern Technology

While modern technology is useful tool in Buddhist education, Buddhist meditation remains essential for individual mental cultivation and spiritual progress.

It fills the gap that technology lacks in spiritual growth and cannot be replaced.

The Important of Buddhist Education and The Three Approaches

Buddhist education is important, and it can stand against time.

There are three approaches in Buddhism:

- (1) Pariyatti - Learning or Study
- (2) Patipatti - Practice
- (3) Pativedha - Realisation or Attainment

Buddhism Education

- (1) Pariyatti - Learning or Study
 1. Nursery
 2. Kindergarten
 3. Children
 4. Youth
 5. Adult
 6. Senior
 7. Tertiary
 8. Research Study on Tipitaka

A Comprehensive and Systematic Structure Buddhism Course

A Comprehensive and Systematic Structure Buddhism Course design for a lay Buddhist provide a strong foundation and build confidence in the practice of right path.

The course syllabus should include:

- The Life of Buddha
- The Dhamma
- The Sutta
- Abhidhamma
- Meditation and Retreat

- Research Study on Sutta Nikaya
- Recitation of Sutta

One then can put their learnings into practice and realize the truth themselves.

Bhavana - Mental Cultivation or Mental Development

(2) Patipatti – Practice

After learning and study one must put into practice. We practice what we learn, and we learn what we practice.

The Buddha's teaching is to be practice in daily life. Only then can one benefited from the teachings and realize the truth by himself.

There are many different meditation methods taught by the Buddha for different individual temperament.

And one such meditation practice is

Mindfulness Meditation - The Art of Living in the Present Moment

Mindfulness meditation, the art of living in the present moment, which must be practice in daily life, moment to moment mindful of one:

- Body
- Feeling
- Thought
- Six Senses

This practice is taught by the Buddha in the Satipatthana Sutta - The Four Foundation of Mindfulness.

Mindfulness in Daily Life

One is to be mindful at all times, regardless of what one is doing, at anytime, anyplace, and anywhere, one has to apply mindfulness in daily life activities. During the practice you are only the observer, you do not involve neither do you reject whatever things that happen to you in the present moment. You see thing as they are without making any judgement. You accept it as it presents to you, and you will be able to see the truth nature of thing. The truth nature of thing is Impermanence, Suffering and Non-Self -- Anicca, Dukkha and Anatta.

Mindfulness Meditation Retreat

In the fast-paced and mentally stressful modern world, taking sometimes away for mindfulness meditation retreat is important. It will help one to slows down the pace and allows one to have a peace of mind, seeing the root causes of one problem – ignorance and attachment. Ignorance because one sees thing as permanent due to wrong view and attach to it.

But when one is mindful observing the whole process in the present moment, one realised everything rises and disappear, another moment it rises and disappear. Moment to moment rising and disappearing. There is a continue changing state, and this state doesn't last long, there is no entity of its own. One will lose interest in clinging to it, this leads to freedom from ignorance and attachment, breaking the cycle of birth and death. One realised the supreme bliss of Nibbana -- the ultimate goal of Buddhism.

Different Meditation Methods to Curb Our Defilements

However due to individual temperament Buddha is skilful to use different meditation methods to curb our defilements.

When one temperament is anger and hatred one can first practice loving-kindness meditation,

When one who is very much attachment or craving can first practice repulsive object meditation.

And one who is lack of faith or confident is to practice reflection meditation on the Nine Virtues of the Buddha.

Thereafter Proceed to Insight Mindfulness Meditation

Thereafter one should proceed to insight mindfulness meditation, to eradicate the three unwholesome roots; craving, ill-will and ignorance, the roots cause of our defilements, it antidote is to develop the three wholesome roots: generosity, loving-kindness and wisdom, but it is insight mindfulness meditation that root out the three unwholesome roots to break free from the chain cycle of birth and death.

The Realisation or Attainment

(3) Pativedha - Realisation or Attainment

Through a comprehensive systematic structure Buddhism course, it helps a lay Buddhist build a strong foundation and confidence in their practice of right path, and eventually realised the truth by themselves.

Thus, these three approaches in Buddhism; apply learning (Pariyatti) into practice (Patipatti) and practice realize (Pativedha) the truth by themselves.

Buddhist Education, Meditation and Modern Technology can be Complement to Each Other

The high tech is a useful tool for promoting Buddhism education, it cannot replace our spiritual progress. Both can complement to each other, with technology aiding in education and meditation supporting personal growth. Let us embrace the changes of the future while staying focused on our spiritual progress.

Thank You! Sadhu!



