

Meditation Master JinBodhi's Dharma Teachings**Letting-Go Isn't Detachment**

Now you have money, shelter, and food. No need to date, as you have dated several times. It is done. You have done all these. You have made the mistakes you should have. You have had the sorrow you should have. What do we do after having all the stuff we need to live? Have you reached a perfect life? No. The door to Hell has just opened. As nothing matters to you anymore, you will do nothing. You are better than many people in finance, looks, intelligence, family conditions, almost everything, but you are not as happy as they are.

Also, those who are not good at anything are not happy either. Thus, we, who have everything, need to do one thing: Use our behavior to create a beautiful future. Begin learning to help others. There are many places or charity organizations we can go to help. Bodhi Meditation advocates actual practice for actual realization. Our goal is to help many leave suffering and gain happiness, especially to help people gain mental and physical health.

If you have benefited and have everything I mentioned, you should learn to help others. Many of our practitioners worldwide who serve at the center hire maids at home. They don't wash their own toilets or clothes. They go for a massage if they feel even a bit uncomfortable. However, at the center, they help others, clean, care, and serve the public. They end up being happier and healthier.

The legs of many seniors, not old, just over 55, seem to be filled with lead. They walk awkwardly, as their legs feel heavy. It is inconvenient to squat and do things. After practicing here daily, they serve others. After doing so for 100 days, they seem to be in their 20s. Every day they run around helping others, but they are very healthy and happy. Besides being healthy, they are happy. This is the benefit of serving all beings.

If we want great happiness, we serve and benefit all beings. This world needs such a group of great bodhisattvas with true benevolence. People need your help, guidance, and support. You have been helped on your path of cultivation. Some said, "I've been here for just half a year." I believe it is enough. If you are enlightened having been here only half a day, you are already enlightened. If having lived 800 years, you still have not become enlightened. You

are still confused. Many 88-year-old seniors, who have not learned how to gain mental liberation, say at death, "I've earned a sum of money, yet I have to die before I spend it all. What a shame. When I was alive, I was reluctant to spend money, eating porridge daily. Now it's too late to spend it." This is ignorant. Though they have a long life, they are not enlightened, then they will suffer. At the moment of dying, they didn't look good. Their mental state is not good enough. All these people have not seen through to the truth, so they cannot let go.

All Bodhi practitioners have seen through to the truth. Having money is not a big deal, as they have seen through everything. You cannot take the money with you when dying. To be honest, you cannot even take away your corpse. If you could, would you still need us to deal with it or spend money to cremate you? In Malaysia, you can have your corpse buried in a pit. If you could, bring it along to the Pure Land. You cannot take away anything. Right?

In the past, I wrote a song called "Come and Go Empty-Handed": Coming empty-handed and going empty-handed, one is only pursuing fame and personal interests for life, which brings suffering. Suffering to the last breath, we are still not awakened. This is what humans do. After being liberated, see through fame. We have done what we should have, such as gaining fortune, love, career, or success. Going from nothing to having or experiencing all these, we should let go of them. Understanding this truth, we can let go of everything. If you remain attached, you will attract afflictions. When dying, you are still thinking of a sum of money you have not spent. What will your children think of you? "You are hateful and want to spend it all? We are still alive and can use it."

Hearing this, don't you have regrets? You are disappointing. They would have missed you, but now there is not even a funeral for you. They ask someone to throw your corpse into a river. Only by being enlightened can we be liberated. An enlightened person helps others become liberated and at ease. When we need to attach to fame and personal interests, do so. When it is time to let go, let them go. We must remember this. If you have never had all these, you need to attach and own it, as feeding yourself is most important. However you are liberated, you cannot sleep in a park. Even if you live in a tent, you still need some money to buy it. Besides, living in a tent, you will be chased away. Right?

After we have seen through, attached, had, and experienced all these things, we must let them go. Only by letting go can we be liberated. Letting-go isn't detachment. Let go of the past attachment, but pick up a new attachment of

helping others. Successful people's last attachment is to benefit all sentient beings. You will surely be happy, joyful, and healthy and have many friends.