

Wish You a Happy New Year Full of Gladness and Contentment

At a time when one year has ended and another year is beginning it is usual for fresh aspirations to arise in every heart. What needs to be done to fulfil these hopes and aspirations to prevent them from being hopes only? First of all, let us recognise the aims that we can realistically reach. They must be within our capacity to achieve. Then they can be successful. In the **karaṇīya metta sūtra**, The Buddha has clearly preached the practices that need to be followed to reach one's life ambitions. There are 14 such actions that a person needs to follow to realise success.

sakkho: First, be a capable person. Every one of us is skilled in different ways. We need to cultivate a "yes I can" attitude. We must proceed with a "I will do it" determination.

ūjū ca sūjū ca: Whatever we do, it must be with honesty and integrity. We need to complete what we set out to do and have the honest desire to do so. Otherwise we will not succeed. That is why it is said: "**wāyamate ca puriso yā wa atassa nippadā**" "to be resolute is to proceed until the end is reached"

suvaca: To respect seniors and to listen to their advice is another quality that leads to success.

modu: In all our dealings, we must be flexible and gentle, our speech must be pleasant to others.

anati māni: Do not be conceited and proud. Respect for others will bring respect in return.

santussa koca: Being content with what we have is a source of success. "**saṅṭuṭṭhi paramaṃ dhanam.**" Buddha's words were: "contentment is the greatest wealth".

subhara ca: Like a bird in the sky who only feels the weight of its wings, we should not be overburdened. That way we can overcome greed.

appakicco ca: To only undertake tasks that we can accomplish is another noble quality. Not trying to do everything by oneself is related to this quality.

sallahuka vutti: Leading a simple uncomplicated life will also lead to success.

santindriyo ca: Restraining sense pleasures is also important. Excessive indulgence in pleasures of the senses is a path to ruin. Therefore, it is important to discipline the senses like, eye, ear and nose.

nipako ca: To carry out any activity requires knowledge. If the required skills and knowledge are lacking, it is necessary to acquire them. One must be ready to learn new things.

appagabbo kulesu ananugiddo: It is important to safeguard the dignity of one's community. Exemplary behaviour in the presence of others guarantees this.

nawa kuddaṃ samācare kinci yena viññu pare upadeyiyuṃ: Be wise to act in a way that will not cause even the slightest hurt to others.

I trust everyone will endeavour to lead a successful life based on the broad doctrines outlined above. Let us not limit our aspirations to aspirations only and begin 2018 with determination to be the year when we achieve our aims.

bhavatu sabba-maṅgalaṃ rakkhantu sabba-devatā sabba-buddhānubhāvena sadā sotthī bhavantu te.

May there be every blessing. May all heavenly beings protect you. Through the power of all the Buddhas, may you always be well.

