

# The Time is Now

If you like something there is *lobha*; if you dislike something there is *dosa*; you live between the two.

In order to struggle yourselves free of these you have to concentrate in the way of the Buddha, and when you know *anicca* or when you have *samādhi*, you are free.

But this is quite difficult. The debts of *akusala* [unwholesome] *kamma* we have are very large, and because we can't pay them back, we keep turning round in *saṃsāra* [round of rebirth].

There is only one time period when it is possible to pay back these debts, and that is when the *sāsana* [the dispensation of the Buddha and his teaching] shines and a *vimutti* [deliverance] period comes up.

When you can grasp this opportunity, grasp it. If you don't grasp this opportunity and with life being as short as it is, you may die and not meet with such a chance again. You lost it.

Therefore, you should use this opportunity as much as possible and understand the Dhamma according to your capabilities wherever you are. I want to give you a warning, however; *sīla* should be the *sīla* the Buddha taught, *samādhi* should be the *samādhi* the Buddha taught and *paññā* should be the *paññā* the Buddha taught.

Only then can you meditate to understand these three trainings clearly and develop in the Dhamma.

Whoever meditates developing in these three trainings of *sīla*, *samādhi* and *paññā*, understanding clearly their purpose, will in this time of *paṭipatti* [practice of the teaching] and *vimutti* attain the *magga* [path] and *phala* [fruition] states of *nibbāna*.

- Sayagyi U Ba Khin