



Our Time Is Limited

Lead a meaningful life
before the last moment
of your consciousness

V.Vajiramedhi

Our Time Is Limited

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V.Vajiramedhi

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from the Lectures of V.Vajiramedhi

Translated by Oraya Sutabutr

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Published by Amarin Dhamma
A Division of Amarin Printing and Publishing Public Co., Ltd.

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This book was originally published in Thai in 2018
by Amarin Printing and Publishing Public Co., Ltd.

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ISBN 978-616-18-2907-0

First Edition : Amarin Dhamma Publishing in April, 2019

Amarin Information Center Cataloging in Publication Data

V.Vajiramedhi.

Our Time Is Limited / Oraya Sutabutr: Translator.— Bangkok: Amarin Dhamma
Publishing, 2019.

(12), 140 p.: ill.

1. Dharma (Buddhism). 2. Death -- Religious aspects -- Buddhism. 3. Conduct
of life. I. Oraya Sutabutr, Translator. II. Title.

294 3444 V8O8

DDC 294 3444

ISBN 978-616-18-2936-0

Printed by Printing Business Division

Amarin Printing and Publishing Public Co., Ltd.

376 Chaiyaphruk Road, Taling Chan, Bangkok 10170

Tel. +66-2422-9000, +66-2882-1010 Fax +66-2433-2742, +66-2434-1386

Distributed by

Amarin Book Center Co., Ltd.

108 Moo 2 Bang Kruai-Jongthanom Road, Maha Sawat,

Bang Kruai, Nonthaburi 11130 Tel. +66-2423-9999 Fax +66-2449-9222, +66-2449-9500 - 6

Homepage: <http://www.naiin.com>

Proprietor and Publisher

Amarin Printing and Publishing Public Co., Ltd.

378 Chaiyaphruk Road, Taling Chan, Bangkok 10170

Tel. +66-2422-9999, +66-2882-1010 Fax +66-2434-3555, +66-2434-3777

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Contents

The Publisher's Foreword	(6)
The Author's Preface	(8)
Make your life meaningful	1
Match the value of gold with your merits	5
Contemplation of death is comforting	9
Death is the Ultimate Truth	13
Stop believing that life is long	17
Do not take your youth for granted	25
Do not take your good health for granted	29
Stop believing that you have plenty of time left	39
Stop believing that making merit is for another day	47
Have you missed anything?	51
Make the most out of your life	59
Supernatural of the spool	61
Death is only at the tip of your nose	65
The king's dhamma riddles	67
The happiest person in the world	73
One's life fits into only one pair of shoes	77
Dead before dying	83
The Buddha's stance on death	89
Prepare for death and you will not be dead	105
Contemplation of death meditation	111
The Buddha's own words of caution against imprudence	121
About the Author	138

The Publisher's Foreword

Most people do not think of death as being close to us. We generally wait for special days designated by society, such as Father's Day, to take our fathers to dinner. Only on Mother's Day do we buy jasmine flowers and bring them to our mothers to pay respect. On Songkran, we make merit for our ancestors. On Valentine's Day we buy flowers for our boyfriend and girlfriend. We give birthday gifts, and we only stop smoking on World No Smoking Day. Only on religious holidays do we go to the temple, etc.

Since we do not see the significance of every moment of our lives, we all lead careless lives. We thought that there is plenty of time left, so we always procrastinate. Let's wait... Do it later. It's not the right time yet. There is, nevertheless, no reassurance that we will live until the end of our lifetime.

The book "Our Time Is Limited" will prompt us to recognize the value of our lives. How to make our lives most meaningful for ourselves and others. Because every living day is a day for undertaking something that you want to do, what you have not had a chance to do. If we let each day pass by meaninglessly, we are losing regrettable

opportunities, the opportunity to be born in the realm of bliss, to be born human and to learn Buddhism.

Hence, one should make every day worthwhile. Make the best out of every day, so there will be no regret. You will not feel sorry afterwards. As a matter of fact, you should appreciate every single moment that you are still breathing, and you can be considered a prudent person. You would also be following this advice by Lord Buddha:

...And now, I must caution you all that

All mental formations [Saṅkhāra] normally deteriorate.

You must all earnestly practice heedfulness.

Amarin Dhamma Publishing

April 2019

The Author's Preface

“Death” is the last inevitable truth that every life must encounter. Thus, we must learn, prepare and brace ourselves for death, to the best of our abilities.

The art of preparing oneself for death in the best way, is known as maranassati bhārvanā or maranānusati which means contemplation of death meditation. This kind of practice is like a tool for understanding, a strategy for becoming aware, learning, deep contemplating, until one reaches understanding and acceptance of death as an ordinary event in life.

We learn about death, not to be afraid of it, but in order to lead a worthy life, because our time is limited. We learn about death, not to become tired of living, but to turn death into a study of our consciousness and insight. In other words, we learn about death, so that we realize the ultimate truth, and we accept that death is ever present, and the dead is not.

The study of death is vital for every human being. It is a pity, nonetheless, that few people want to learn about this most important concept. This is due to fear and the common perception of death as bad omen, a frightening

experience. With this inaccurate belief, when death approaches, we are at a loss, unable to prepare for it in time. The worse part is we are afraid of death, and, as a result, our death is the final moment filled with anxiety, not giving rise to the true understanding of life's inevitability, which is one of the most crucial moments.

This book, "Our Time Is Limited", is a result of my preparations for my talks at different occasions. We will study about death from many different perspectives and the ways to lead a prudent life (appamāda), with death as an inspiration to develop ourselves.

This compilation is not the only one. There will be another book in which I will guide you through the study of death and the benefits of contemplation of death meditation at more advanced levels. Gradually, we will be able to see that death is ever present, and the dead is not.

V. Vajiramedhi
Cherntawan International Meditation Center
July 15, 2018

Dead beyond Dead

*One who is afraid of death, will die again and again.
Fear confines us to the cycle of mortality.
You will be born over and over.
While Nibbāna is far, like the divide between earth and sky.*

*One who fears not death,
Whose last breath will end and no more.
One dies and is gone forever.
One's body buried and never seen again.
Should we continue to see death as an enemy,
Fear will always inflame our consciousness,
Forever and ever engraved in our soul.
Our suffering will be as hardened as stone.*

*When we let go of desires,
Fear also disappears.
There is a body, but no self.
Death is ever present; the dead is not.*

V. Vajiramedhi

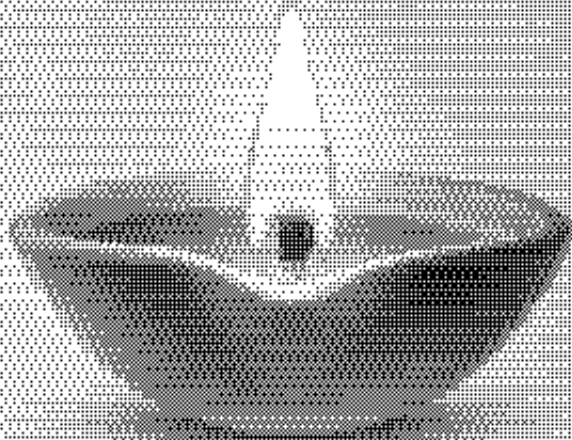
Mahaparinibbāna Stupa, Salavanotayan Park

India

February 11, 2017

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Make your life meaningful

Life itself is not valuable. One is born, goes to school, gets a job, starts a family, grows old, gets sick, and dies. It's all the same. But why was Luang Poh Kūṇ Parisuddho's life precious?

As recorded in the book published to commemorate Luang Poh Kūṇ's 77-year anniversary, we learn that he had devoted his life to the good of our country. Throughout his life, he donated over five billion baht to charities. This is the answer from a humble monk who did not live for himself. All the funds that he received were given to hospitals, public health clinics, schools, universities for monks, to build toilets, to provide medicine to the needy, and for other social causes. He gave so much that he barely had little personal savings. This was because when he received something, he gave it away. He would give to anyone. Each day, when he woke up, someone would be there to present to him their project. And he would also support it. It was always like that, throughout his life.

Luang Poh Kūṇ was, therefore, different from other monks who received funds and put it in their personal bank accounts. And these monks get into trouble. A billionaire is not a monk, and it must not be part of a monk's conduct. It is, instead, the conduct of a businessman, a layperson. The venerable abbot gave what he received, so we all loved him because he never did anything for himself.

When he passed away, it was decided that his body should not be kept at his temple. When he was still alive, he knew that a lot of people would go to the temple to pay respect if his body was kept there. Everyone would fight over everything that had to do with him, whether his robes, his alms bowls, spittoons, or mattress. If he did not leave behind a will, it would be chaos. In the end, the funeral took place at Khon Kaen University because he knew that so many people would come. And they certainly did.

Why was the life of King Bhumibol a worthy one?

When the king passed away, the public truly mourned his death. We never felt so sad about anyone's passing as much. A person who was in every Thai's heart. His energy was tremendous, and it was nothing to do with wealth or status. When we saw him seated on the throne, we did not feel the connection to him in that position. In fact, we felt deeply attached to his presence in the fields and mountains, working as he sat on dirt. This was how we loved

him. Our Beloved Father sat on his throne only a few times, during royal ceremonies. But in our minds, we remember Our Father walking in the mountains, forests, fields, amongst common people. This is how we remember him.

One's life becomes worthy, when one is not born only to serve one's own needs. But to serve others. To do that, one needs to develop oneself. If you can sustain yourself, then you sustain others. Train yourself as someone who is self-sufficient, and then help others along the way. We all must, therefore, learn from Luang Poh Kūṇ and King Bhumibol who have captured the hearts of all Thais.

The same goes for our own lives. If you want to live for yourself, ask yourself what you want and how much you need to get what you want. To live for oneself is very easy: a house, a car, and enough money to get by. That's all. If you just think about yourself, your life would be very easy but not worthy. Because birds can do that too. They get up, fly from their nest to find food, return to feed their young, and that's all. You are already successful. If a human being is born just to find food to fill his or her stomach, they are no different from a little bird.