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Namo Tassa Bhagavato Arahato Sammasambuddhasa

Summary

This article is a brief summary of the teachings of Venerable P.A. Payutto from his book *Buddhist Principles for a Fruitful and Harmonious Life*. It provides a clear outline of the three levels of worthy goals to be cultivated.

The 3 Levels of Goals

1. First level: Present benefits to be seen & utilized here and now (*ditthadhammikattha*):

- a) Having good health, a strong body, freedom from disease, pleasant appearance, and long life.
- b) Having work and income, honest livelihood, and economic self-reliance.
- c) Having good status, being of good standing in the community.
- d) Having a happy family worthy of admiration & respect.

2. Second level: Religious goals for further advantages (*samparāyikattha*):

- a) Warmth, deep appreciation and happiness through faith of having a true ideal.
- b) Pride in having a clean life, in having done only morally irreproachable deeds.
- c) Gratification in a worthwhile life, in having made sacrifices and done much good.
- d) Courage & confidence by having understanding to deal with problems & guide own & other's life.
- e) Security and freedom from worry in having done good as an investment for the future life.

3. Third level: The absolute and ultimate Goal (*paramattha*):

- a) Not wavering in face of common vicissitudes and inevitable changes.
- b) Not being depressed, despaired, or distressed because of clinging to attachments.
- c) Being assured, secure, calm, clear, cheerful, and mentally buoyant at all times.
- d) Living and acting with wisdom, which looks rationally at all causes and conditions.
- e) Approaching *Nibbāna* - the deathless element - the highest bliss - the final peace - the highest goal

One who is able to attain the second level of goals & upwards is known as a wise man (*pandita*).

Source:

A constitution for Living. *Buddhist Principles for a Fruitful and Harmonious Life*.

Ven. P.A. Payutto. Thailand. Buddhist Publication Society 2007: BP 620S

<http://www.bps.lk>