

Quotes/Notes from The Path of Serenity
and Insight by Henepola Gunaratna

- Pg. 2. 'The way to end suffering is the middle way of ethical and mental training that avoids all extremes of conduct, and the Noble Eightfold Path made of right view, right intention, right speech, right action, right livelihood, right effort, right mindfulness, and right concentration.'
- Pg. 3. 'With his mind unified by means of the development of serenity (Samadhi), made sharp and bright by the development of insight (Vipassana), the meditator can proceed unobstructed to reach the end of suffering. [Yes, the meditator will not cause suffering to anyone. No, any aggressor can/will/could attack the meditator causing bodily harm, or suffer attack on his honor and dignity. E.g. Buddhist Burma suffered violence from Muslims. The only way to not suffer from such asuras is to keep the asuras out of the country and/or out of the world.] [Freedom is required to do meditation. When there is terrorism or life threatening, or honor or property threatening situation, then one cannot meditate.]