

In a certain forest live many monkeys. Along the monkey trails, hunters set out traps of pitch to catch the monkeys. The monkeys who are not foolish and greedy avoid the pitch when they see it from afar. But if a monkey who is foolish and greedy approaches the pitch, he seizes the pitch with his hand and gets caught there. Thinking, "I will free my hand," he seizes it with his other hand and gets caught there. Thinking, "I will free both hands," he seizes it with his foot and gets caught there. Thinking, "I will free both hands and my foot," he seizes it with his other foot and gets caught there. Thinking, "I will free both hands and feet," he applies his muzzle to it and gets caught there. Thus, that monkey, trapped at five points, lies there screeching. He has met with calamity and disaster and the hunter can do with him as he wishes. (SN 47:7)

When we, as practitioners, stray outside our own resort into the domain of others, we meet with the same calamity, like that monkey. Evil gains access to us.

And what is not our own resort, but the domain of others?

It is the five cords of sensual pleasure—

- ❖ **forms** cognizable by the eye that are desirable, lovely, agreeable, pleasing, sensually enticing, and tantalizing.
- ❖ **Sounds** cognizable by the ear...
- ❖ **Odors** cognizable by the nose ...
- ❖ **Tastes** cognizable by the tongue ...
- ❖ **Tactile objects** cognizable by the body that are desirable, lovely, agreeable, pleasing, sensually enticing, and tantalizing.

BODY
FEELINGS
MIND
PHENOMENA

To avoid attack from evil, we should move in our own resort, or our own ancestral domain.

What is our own ancestral domain?

The four foundations of mindfulness—contemplation of the body, feelings, mind, and phenomena.



By directly seeing that the body is composed of the four great elements of earth, water, fire, and wind, we gradually lose our perception of "self." Because feeling activates craving, by directly seeing all feelings as suffering due to their change, we keep craving under control. By directly seeing different states of mind as impersonal, we come to know their illusive nature and will not be cheated by them through compulsive reaction. By seeing all phenomena as impermanent, we let go of the conceit "I am."

Move in your own resort so that you will be protected.