

# BRAHMACITTA

## Principle and Practice to get Brahma's Mind for Laypersons (Rev.1)

By

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Figure 1: **Jesus**, God's son, taught his disciples to LOVE each other. Loving, kindness and helping each other are combined to be the Primary Dharma of Mankind.

NOTE: In Christian societies, people seek for love throughout of their life. In the past to present, they have been developing their society based on loving, kindness and helping each other, the Jesus' thought. Anyhow presently, in addition, some countries have been developing their society to have **good governance** too. This requires **SINCERITY** and **IMPARTIALITY** of people as basis which is the Secondary Dharma of Mankind taught by Brahma.



Figure 2: **Brahma**, 4-face God, the creator of all lives on the planets including Earth, taught mankind, the secondary Dharma of mankind, by the metaphor of his rotational 4-face head on good governance by having **Sincerity** (no front or back) and **Impartiality** (no left or right) among mankind. Another teaching is the 4-BRAHMA-VIHARN Dharma, consisting of **METTA** (Loving-kindness), **KARUNA** (Compassion), **MUDITA** (Sympathetic Joy) and **UPEKKHA** (Equanimity), for the divine abiding and peace of mind. (Note that in Hindu Culture there is only one Brahma, but in Brahma Culture there are many Brahmas and many levels of Brahmas too.)

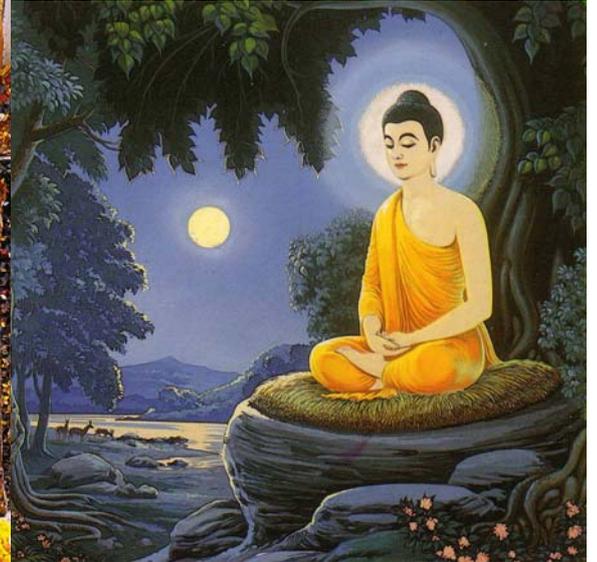


Figure 3: **Sakyamuni Buddha** (SA-KYA stands for "Compassion and Mercy", MU-NI stands for "Pure and Tranquil", Buddha stands for "Perfect Wisdom and Awakening"), the Root Teacher of Buddhism, taught his layperson students (not SANGHA which stands for "harmony" and means the novices and the monks) to hold **5-percept** or **8-percept** depending on the status and readiness of each layperson. Apart from DHARMA (stands for everything, universe(s), theories, phenomena) and PERCEPTS, Buddha also taught mankind to DONATE and to do MEDITATION. Donation is obvious, but meditation, which is the path to be ARAHAT, BODHISATTVA and BUDDHA (Bachelor, Master and Ph.D. degrees of Buddhism so to speak), requires a very firm foundation of mind, the mind which is clean and very strong (enough to prevail the GOD of the EVIL) or the **ADVANCED BRAHMACITTA**. NOTE that Buddha taught a lot more than this in Buddhism culture.

**DEFINITION 1: BRAHMACITTA** means Brahma's mind which holds the mind of an individual mentally at all time with the Primary Dharma of Mankind consisting of Loving, Kindness and Helping each other, and the Secondary Dharma of Mankind consisting of Sincerity and Impartiality and 4-Brahmaviharn Dharma of Brahma consisting of METTA (Loving-kindness), KARUNA (Compassion), MUDITA (Sympathetic Joy) and UPEKKHA (Equanimity).

**DEFINITION 2: ADVANCED BRAHMACITTA** means Brahma's mind which holds the mind of an individual at all time mentally with the Primary Dharma of Mankind consisting of Loving, Kindness and Helping each other, and the Secondary Dharma of Mankind consisting of Sincerity and Impartiality, 4-Brahmaviharn Dharma of Brahma consisting of METTA (Loving-kindness), KARUNA (Compassion), MUDITA (Sympathetic Joy) and UPEKKHA (Equanimity), and mentally either intermittently or continuously holds the 5-percept or 8-percept of Buddha.

**BACKGROUND:** The development of mankind civilization began with the Primary Dharma of mankind which consists of loving-kindness-helpful. People seek for love through out of their life. Some of them are successful, some are partially successful and need help from others, but many of them failed, could not control their mind or end up with mentally ill and lonely. In addition presently, some civilized countries regardless of religions have been developing their society to have good governance too. To make this attempt successful it requires people in the society to have the Secondary Dharma of Mankind taught by Brahma too which means people must have Sincerity and Impartiality in their mind (or behavior). However, Brahma also taught the Secondary Dharma to Mankind, the so called **4-Brahmaviharn Dharma** of Brahma that he holds (in Hindu Culture or they hold in Brahma Culture) which consists of METTA (Loving-kindness), KARUNA (Compassion), MUDITA (Sympathetic Joy) and UPEKKHA (Equanimity), for the divine abiding and peace of mind. Note that the first Dharma of the 4-Brahmaviharn Dharma, METTA or Loving-kindness, is very similar to the Primary Dharma of mankind taught by the Jusus, and the forth item of the 4-Brahmaviharn Dharma, UPEKKHA or Equanimity, can make people control their mind, thus, having mantle to protect them from too much sorrow, and lonely. Therefore, the successful development of mankind's societies, the ideal societies in which people have loving-kindness-helpful and good governance and so on, requires that people in all societies must hold the Primary Dharma of mankind, the Secondary Dharma of Mankind and the 4-Brahmaviharn Dharma of Brahma. Note that after getting **good governance societies** as all people have and hold the Primary Dharma of mankind, the Secondary Dharma of Mankind then they can also develop their societies more by means of Brahmacitta in order to get the ideal **Societies of the Diviners**. So far it is good enough for people (mankind) to get Brahma's mind held on their mind or in other word, BRAHMACITTA.

But for those who seek for "**Perfect Wisdom and Awakening**" by meditation which requires more firm foundation of mind, the mind which is clean and strong (enough to prevail the GOD of the EVIL). Holding the 5 percepts or 8 percepts of Buddha by both Physical and Mental, namely, Advanced Brahmacitta is recommended for those who want to achieve high levels of meditation. Usually, most Buddhism laypersons have and hold the 5-

percept of Buddha only physically. Holding 5-percept or 8-percept (or Uposotha Sila) of Buddha mentally may seem to be weird for most people. But it is needed for those who want to be ARAHAT, BODHISATTVA and BUDDHA (Bachelor, Master and Ph.D. degrees of Buddhism so to speak). In fact, it will be easier to achieve high levels of meditation (either ARNAPANASATI scheme or VIPASSANA scheme) if your mind has achieved **ADVANCED BRAHMACITTA** which means achieving Brahmachitta plus holding 5 - 8 percepts of Buddha by both physical and mental at all time or very long period of time mentally and intermittently (at least 2 hours a day).

**THE PRINCIPLE: BRAHMACITTA** can only be achieved by holding the Primary Dharma of Mankind, the Secondary Dharma of Mankind and 4-Brahmaviharn Dharma of Brahma physically and mentally at all time. **ADVANCED BRAHMACITTA** can only be achieved by achieving Brahmachitta plus holding 5 - 8 percepts of Buddha by both physical and mental.

From my experience, mental practice of Advanced Brahmachitta usually takes not longer than 2 hours as it is very difficult to hold 5 - 8 percepts of Buddha mentally or by one's mind for a long time. Meditation manners such as sitting cross-legged (see Figure 3) or walking back and forth and so on are employed in practicing Brahmachitta and Advanced Brahmachitta mentally. Regarding Advanced Brahmachitta, depending on the status and readiness of each layperson, either 5-percept or 8-percept (Uposotha Sila) can be chosen by each practitioner. For example, normal laypersons who have been married and cannot hold the 3<sup>rd</sup> percept of Uposotha Sila must hold 5 percepts, while some laypersons, usually not many people, can hold the 3<sup>rd</sup> percept of Uposotha Sila and can follow the percepts No. 6 to No.8 which includes having one meal per day and so on should hold 8 percepts which is of higher rank than taking the 5 percepts. To increase difficulty some practitioners of the later case should try to be vegetarian too. However, the practitioners who usually hold 5 percepts should try to hold 8 percepts for a short period such as 7 days or 15 days depending on their convenience too. The more difficult you take in the practice, and the more practice you do, the cleaner and more powerful Brahmachitta and Advanced Brahmachitta of yours will be.

#### **THE OBJECTIVES:**

- (1) Brahmachitta is to prepare people's mind (or behavior) for being a part of good governance societies. It should be put in the syllabuses of the primary and secondary schools. Advanced Brahmachitta is to prepare people for the unique society of the diviners in the future. Peace among humans will be a consequence of such unique society.
- (2) Brahmachitta is to prepare people to have protection or to have mental capability to defend from failure in seeking for love, getting hurt from disappointments or departing from beloved ones or be lonely and so on.
- (3) Advanced Brahmachitta enhances the psychic power of the ones who have already got it by their former merits.
- (4) Advanced Brahmachitta is to prepare the practitioners to get better contacts with the guardian angel(s) of each practitioner. My mentor said that if anyone can mentally hold 5-percept or 8 percept in Advanced Brahmachitta for at least 1 hour everyday, then that person shall be able to contact his/her guardian angel(s) and high rank souls such as the earth kind-hearted goddess, local guardian spirit(s) of the land, as well as ordinary souls or ghosts and so on. Once the practitioners can contact their guardian angel(s) then it is safer for them to move their soul into the 5D world under the protection of their guardian angel(s) because the 5D world is quite a dangerous place especially for the newcomers. (See [www.geocities.com/book\\_2546/](http://www.geocities.com/book_2546/) for the books about experiences in removal and moving soul into the 5D world. Every page of the books can be printed out but the

books are in Thai.) However, the author does not recommend the readers to practice meditation alone without experience mentor who can review the students past deeds (Karma) and capable of negotiating with the past deeds because the god of the evil may use the students' past deeds to attack them, their property-job- business, and their beloved ones. The higher the level of meditation you are practicing, the more the attacks from the god of the evil against you. Because meditation is the way to be Brahma over the 6<sup>th</sup> level of heaven and achieving Asawakayayarn by Vipassana scheme of meditation to be ARAHAT, BODHISATTVA or BUDDHA is the way to escape from the past deeds. In Brahma culture the god of the evil is on the 6<sup>th</sup> level of heaven and occupies half of the total territory on that level of heaven, the other half belongs to Boranimitta Deva Raja who is a god of the good. From 18 levels of Hell to Earth up to the 6<sup>th</sup> level of heaven, there are 5D. Above them are 20 levels more of heaven for various levels of Brahmas of which the numbers of dimension are from 6D to 11D.

**Note:** At a certain age which shall be different from one person to another, the guardian angel(s) of each person will try to communicate with that person to tell him/her what to do and not to do for prosperity, healthiness, warning of danger, solving problems like finding lost things—the right books in the library-person(s)-soul(s), guiding to the person who can help solving problem(s), telling story in the past with photos or see the remote place(s) or future as still 2D pictures which are usually in black & white but sometimes colorful and can be zoomed-in and out, seeking curing of illness for that person, telling about illness of other persons, power to cure and etc. But the signals from guardian angel(s) are usually gentle and people who have not practice or have inadequate former merits cannot detect those signals. From my experience, at the age of twelve in 1967, I was assigned to draw any creature in the nature by the art teacher. The picture that I drew was two Angler fishes. That was 20 years before they were discovered for the first time by scientists who dived in a submarine to the deepest ocean. I was punished by the teacher by flogging on my palms after he told the other students that the creatures I had drawn were never exist in nature which contradicted to his specific instruction. That was because of my former merits. After achieving the primitive Advanced Brahmachitta by holding 8 precepts and was vegetarian for about 2 years with 1 hour mental holding of 8 precepts per day, in the first year the signals from my guardian angels were very clear. I could sense that there are 4 guardian angels but my mentor said there are 8 of them. The messages were sent as a faint signal direct to the brain within a quarter of a second no matter how long the message was (not as indistinct hearing by ears). It took almost one year to get enough skill in communication with my guardian angles. So, it requires practicing to discriminate the faint signals from the guardian angel(s) and the background noises including your own thinking and guessing. Sometimes the guardian angel of the other person sent some messages to my guardian angel to ask for telling me to tell that person what the guardian angel of that person wanted that person to know because that person could not receive the signals. The readers should know that communication with their guardian angels does not come automatically after achieving Advanced Brahmachitta but it requires regular practicing. Also the readers must realize that we are not controlling our guardian angel(s) but merely receive their faint signals, see what they let us see and follow instructions from them. This is important thing to know. The more you practice the more skillful you will be and if you do not practice Advanced Brahmachitta or communicate with your guardian angel(s) for a long time (say 2 years) you will lose those abilities because only Asawakayayarn, the highest level of Vipassana scheme of meditation, is permanent.

- (5) Both Brahmacitta and Advanced Brahmacitta are to prepare the practitioners' mind to be able to cope with the moment of death with consciousness and bravery.
- (6) Both Brahmacitta and Advanced Brahmacitta are to transfer the merits to every creature including ourselves, our friends and foes and our beloved ones or pets and other creatures.

### PROCEDURES OF PRACTICE:

- (1) **Place:** For the beginners it is advised to sit in a quiet room with air conditioner or in open air with no odors. If you have an altar in the room, you should sit in front of the altar facing the altar except for the altar of the passed away relatives. Light up a candle throughout the period of your practicing. For the experts, I recommend that you should try to control the combustion rate of the candle with your mind such as acceleration of burning. Next, try to control the melting candle on the floor to form any 2D shape you want it to be. To light up the candle with mind after its flame was put out (so-called Fire-Kasin) is more difficult but my mentor often do.
- (2) **Time:** After awoke and personal daily morning routine finished in the early morning. After practice you will not return to sleep again. However, someone may want to practice 2 – 3 times a day, in this case the good time for practicing depends on convenience.
- (3) **Manner:** Sit cross-legged like Buddha in figure 3. You may have bodily movement anytime you want and resume the former sitting again when the ache has relaxed. But don't worry about your deportment too much. When we are skillful in the procedures we can and should try to practice in any deportment all day long.

3.1 Orally chant the **Namo Verses of Buddha** in Pali (left) or both Pali and English (right) as follows:

(Skip this if you do not want to practice Advanced Brahmacitta or are not Buddhism.)

<p><b>“Namo tassa bhagavato arahato sammāsambudhassa”</b> (thrice)</p>	<p>“Homage to the Uncomparable One, The Worthy Undeified One, The Perfectly Self-Awakened One.” (thrice)</p>
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3.2 Orally chant the **Verses for paying homage to the Triple Gem** (Buddha, Dharma, Sangha) as follows:

(Skip this if you do not want to practice Advanced Brahmacitta or are not Buddhism.)

<p><b>“Arahamsammāsambuddho bhagava, Buddhambhagavantamabhivademi.</b></p> <p>(Make the five-point prostration once)</p> <p><b>Svakkhato bhagavata dhammo, Dhammam namassami.</b></p> <p>(Make the five-point prostration once)</p> <p><b>Supatipanno bhagavato savakasangho Sangham namami.”</b></p> <p>(Make the five-point prostration once)</p>	<p>The Exalted One, far from defilements, Perfect Enlightened by Himself, I bow low before the Buddha, the Exalted One.</p> <p>(Make the five-point prostration once)</p> <p>The Teaching, well-expounded by the Exalted One, I bow low before the Dharma.</p> <p>(Make the five-point prostration once)</p> <p>The Sangha of disciples who have practiced well, I bow low before the Sangha.</p> <p>(Make the five-point prostration once)</p>
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3.3 Now, we will mentally consider the **Primary Dharma of Mankind** (slowly) as follows:

(Start here if you do not want to practice Advanced Brahmachitta or are not Buddhism.)

To whom did I love yesterday, the day before yesterday and so on up to 7 days or more?

To whom did I help yesterday, the day before yesterday and so on up to 7 days or more?

To whom will I love more today and tomorrow?

To whom will I help more today and tomorrow?

To me what have I done to help or improve myself today, yesterday and the day before yesterday?

To me what will I do to help or improve myself tomorrow?

3.4 Then, we will mentally consider the **Secondary Dharma of Mankind** (slowly) as follows:

To whom did I provide sincerity yesterday, the day before yesterday and so on up to 7 days or more?

To whom did I provide impartiality yesterday, the day before yesterday and so on up to 7 days or more?

To whom will I provide sincerity today and tomorrow?

To whom will I provide impartiality today and tomorrow?

To me what have I done on sincerity to myself today, yesterday and the day before yesterday?

To me what will I do on sincerity to myself tomorrow?

To me what have I done on impartiality to myself today, yesterday and the day before yesterday?

To me what will I do on impartiality to myself tomorrow?

3.5 Then, we will mentally consider the **4-BRAHMAVIHARN Dharma** of Brahma (slowly) as follows:

**(1) LOVING and KINDNESS**

(Name of person No.1), may you be free from enmity, may you be free from ill-treatment, may you be free from troubles of body and mind, and may you protect their own happiness.

**(2) COMPASSION**

(Name of person No.1), may you be free from loss, may you be free from obscurity, may they be free from blame, and may you be free from suffering.

**(3) SYMPATHETIC JOY**

(Name of person No.1), may you not be parted from the wealth, may you not be parted from the dignity, may you not be parted from the praise, may you not be parted from the happiness obtained by them.

**(4) EQUANIMITY**

(Name of person No.1), is the owner of his/her deed, heir to his/her deed, born of his/her deed, related to his/her deed, abide supported by his/her deed, whatever deed he/she will do, for good or for evil, that he/she will be their heirs.

(Repeat step 1 to step 4 but changing the name of persons or even your pets to which or whom you want to transfer the merit. Mentally call the name of your beloved persons who are being in troubles, being ill, going to die or had passed away first, then other persons next, starting from the nearest person. It will be great if you can transfer this merit to all of your foes or the ones you hate.)

**Go to step 3.7** if you do not want to practice Advanced Brahmachitta or are not Buddhism.

**The followings are for the practitioners of Advanced Brahmachitta only.**

3.6 Mentally chant as follows: (Choose either a), b) for the 5-percept or c), d) for the 8-percept (Uposatha Sila).

a) **Asking for the Five Percepts orally for Advanced Brahmachitta Practice.**

(For ordinary people who have been married and inconvenient to eat only once a day and etc.)

(Skip this if you will choose to hold the Eight Percepts)

“May I, O Venerable Sir, ask for the Five Percepts to observe separately together with the Three Refuges?  
For the second time, may I, O Venerable Sir, ask for the Five Percepts to observe separately together with the Three Refuges?”

For the third time, may I, O Venerable Sir, ask for the Five Percepts to observe separately together with the Three Refuges?”

b) **The Five Percepts for Advanced Brahmachitta Practice. Mentally** think about what you did to comply or not comply with each item of the 5-percept yesterday, the day before yesterday and so on.

“I undertake the percept to abstain from destroying living creatures.

I undertake the percept to abstain from taking what is not given. **Even one grain of sand and one drop of water there are owners. In this era the owners are the earth kind-hearted goddess and river kind-hearted goddess, so when I will use anything not belongs to me then I will ask from the owner first. Or if I don't know to whom it belongs I will ask from the unknown owner with the Namo Verses of Buddha.** (see 3.1)

I undertake the percept to abstain from wrong conduct in sexual pleasures.

I undertake the percept to abstain from false speech. **Apart from this I will also observe my words which have been given to the other person. Should I realize that I cannot observe my words, or my words would have never been observed, I shall not let the other person hear my words. But if I have told the other person already I will try very hard to observe my words by all means.**

I undertake the percept to abstain from distilled and fermented intoxicants which are the occasion for carelessness.”

c) **Asking for the Eight Percepts (Uposotha Sila) orally for Advanced Brahmachitta Practice.**

(For people who can comply with abstain from unchaste conduct and ready to eat only once a day.)

“O Venerable Sir, I ask for you the Eight Percepts together with the Triple Gem to be our guide.

O Venerable Sir, I ask for you the Eight Percepts together with the Triple Gem to be our guide.

O Venerable Sir, I ask for you the Eight Percepts together with the Triple Gem to be our guide.

I beg to receive the Eight Percepts as ordered by the Lord Buddha and to observe them for one day and one night.”

d) **The Eight Percepts (Uposotha Sila) for Advanced Brahmachitta Practice. Mentally** think about what you did to comply or not comply with each item of the 8-percept yesterday, the day before yesterday and so on.

“I undertake the percept to abstain from destroying living creatures.

I undertake the percept to abstain from taking what is not given. **Even one grain of sand and one drop of water there are owners. In this era the owners are the earth kind-hearted goddess and river kind-hearted goddess, so when I will use anything then I will ask from the owner first. Or if I don't know to whom it belongs I will ask from the owners with the Namō Verses of Buddha.** (see 3.1)

I undertake the percept to abstain from unchaste conduct.

I undertake the percept to abstain from false speech. **Apart from this I will also observe my words which have been given to the other person. Should I realize that I cannot observe my words, or my words would have never been observed, I shall not let the other person hear my words. But if I have told the other person already I will try very hard to observe my words.**

I undertake the percept to abstain from distilled and fermented intoxicants which are the occasion for carelessness.

I undertake the percept to abstain from eating at the wrong time (meaning after noon time).

I undertake the percept to abstain from dancing, singing, music, unseemly shows, wearing garlands, apply perfumes and cosmetics.

I undertake percept to abstain from lying on a high or large bed. **Apart from this I will raise to high level at all time for the kindness of Buddha, Dharma, Sangha, Father, Mother, Teachers, Favorers including Gods, Goddesses, Angles and High Rank Spirits. I will not be presumptuous to show disrespect by all means.”**

This item is the most important percept. There are two groups of them. The first is tangible, consisting of Sangha, Father, Mother, Teachers, and Favorers. Should they instruct me to do anything, then I will consider to do it with my full capability. But if it is over my capability, I will try to find way to do it by chanting “Buddho” until I get intelligent or idea to serve them as good as possible. The second group although intangible, consisting of Gods, Goddesses, Angels and High Rank Spirits, I will pay homage to them by water, flowers, joss sticks, candles and holding the 5-percept or 8-percept.

3.7 Then, you mentally separate the items or things you can do and cannot do, or did or did not into two groups.

(1) Things you could do or did both physically and mentally.

(2) Things you could not do or did not do physically or mentally.

Finally, you will ask **orally** for forgiveness from the persons you did not or could not give love-kindness-help, sincerity-impartiality and 4-Brahmaviharn Dharma for BRAHMACITTA, and including 5 or 8 percepts of Buddha for ADVANCED BRAHMACITTA by **calling the name of the 1<sup>st</sup> person** and say that **“I ask you to forgive me for I could not (or did not) give you or favor you (please explain)”** Repeat this statement for other persons until finish. Then, make the five-point prostration thrice and put out the fire of the candle. END.

#### REMARKS:

- (1) Sometimes we do not know the name of the persons we wanted to pray for or send merit to, in that case we can use a pronoun with a short explanation about that person to represent him/her instead.
- (2) Regarding the 5 or 8 percepts, while mentally considering the first percept, for example, if you think about roasted chicken with desire to eat then your mental practice stop at this point. Measure the time it takes from item 3.3 to this point and record it. You may try another round starting from item 3.3 immediately after the previous round then record the time you can mentally hold the percepts if it is longer than the previous round. The same is true for other percepts such as while mentally considering the second percept, if you think about money or jewelry with desire to own it then your mental practice stop at this point and so on.
- (3) In holding the 5 percepts and 8 percepts of Buddha mentally, the sentences in bold fonts on items 2 and 4 for the 5-percept and items 2,4 and 8 (for the 8 percepts) are applied in conjunction with the sentence in normal fonts before them which is applied only to physical practice in Buddhism.
- (4) From 3.3 to 3.7 are the transference of merit to the persons you mentioned their name including friends and foes.
- (5) Brahmacitta is of lower rank than Meditations in Buddhism or Dharmakaya doctrine but Advanced Brahmacitta may be different. So, those who are practicing Brahmacitta have to pay respect to the one who has achieved Advanced Brahmacitta, or Dharmakaya or from the Primary Contemplation Level of Meditation up. Depending on the longevity of holding the 5-percept or 8-percept of Buddha mentally of the person who has been achieving Advanced Brahmacitta the level of mind of that person may be as high as the highest level of ANAPANASATI meditation but lower than ARSAWAKAYAYARN, the highest level of VIPASSANA meditation. My mentor said that he/she who has achieved Advanced Brahmacitta will know the level of other persons' mind at a glance.
- (6) Apart from ability to contact his/her own guardian angel(s), it is not possible to tell about what miracles a person who has achieved highly Advanced Brahmacitta can do by considering the longevity of mentally holding of the 5-percept or 8-percept of Buddha because it depends on the rank and skill(s) of the guardian angel(s) of that person and his/her former merits. Last, my mentor said that every Brahma's mind links up together.



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Sahatchai Wanawongsawad, holds a BS degree in physics from Mahidol University in Bangkok in 1978. From 1994 to 1996 he studied and practiced Advanced Brahmacitta from a mentor in a cave in Kaoyai in the NE of Thailand. But because of illness and mentor's advice, he had to quit and his mentor traveled again. His mentor was an Indian priest in white cloth. His name is Srireyamaka. He said Brahmacitta will not be flourished until the Grand Master of Advanced Brahmacitta is found. It might be you. (Rev.0:July1,2007, Rev.1:Aug. 20,2007 )