



**Speech by Prof. Manfred Krames**

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Dear Friends of the truth,  
dear Friends of Eastern values!

I speak to you through a translator and hope that his translation is accurate. The most vital message given by Lord Buddha is this:

Do not believe anything, unless you have proven and experienced it by yourself. Do not believe anything, just because it is said so for many hundred years, or because it is said by famous people etc. You must find out the truth by yourself.

In the Qu’ran, the holy book of the Muslims it says (17:36):

“You shall not accept any information unless you verify it for yourself. For that, God has given you ears, eyes, speeches and other senses as a tool. Use them!”  
Unfortunately this is not understood by most Moslems.

It is always easier to blindly follow somebody, or to worship a god or an object. But that is not the way Buddha was teaching. Rather than going to a temple and asking a monk to solve our problems, we must use the teachings as an instrument to solve problems by ourselves. Therefore, the teachings of Buddha are not a religion. Religions are based on believe or blind faith, gods etc. Being rooted in ourselves makes us strong and independent.

However, I noticed that Buddhists often feel alone. Not to have a god to worship, or to pray to somebody, can make lonely. It is easier to ask somebody for help. But that must not be. The Buddhist community should be our support. Try to create a lot of love in your life, too. Love makes us strong against obstacles and doubts in life.

But don't get lost in physical love or relationships. Those can be a trap. Try to find out WHY you came into this world. What is your task, your mission, your goal, your destiny? If you enjoy helping others, try to find out how you can help others best. You don't have to be a king to help your society. Do it in a small way and you will find happiness for yourself and others.

Long time ago I met an elderly monk in Krungtep. His English was good and he started a conversation with me. I asked him: "Venerable Monk. If you could summarize the teachings of Buddha in 1 sentence – just the essence – what would you say?"

He thought a while and then answered "Life is suffering."

I was angry and left him immediately. This monk was a teacher at a large meditation centre in Surath Thani but he not understands the core of Buddhism.

Now I am asking you! What will you reply? Think a moment. - - - - -

If life was suffering, that means we live in hell and never get out. Why then we need a Guru, a teacher, a master, an enlightened Buddha? What a terrible situation!

Buddha once said "Life is suffering . . . . " **but his sentence continued!!**

"Life is suffering, but if we understand the cause of suffering, it can be eliminated!"

That is our salvation! If we can see the cause of our misery, if we understand how and why it happened – misery will vanish.

Don't worry too much about how to solve the problem. "From right understanding comes the right action" Buddha said. So the 1<sup>st</sup> step is UNDERSTANDING. From then on things are easy.

Be mindful in your daily life. Be good to others, but also to yourself! Try to learn as much as possible from Buddha's teachings, and also from your marvelous King. However, do not worship them too much. They never asked for that. All they want is that we learn from them, so we create a good and happy life, free from bad Karma. Don't believe what the society or media tells you. Believe in yourself only. Trust your heart! Trust your 6<sup>th</sup> sense.

I hope to talk to you directly some day.

Take care!

Prof. Manfred Krames