
STUPIDITY & EGO

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Inspirational lecture of meditation

By: Bapak Merta Ada

We're very often confused by Stupidity and Ego that are detrimental to ourselves. Those who're dominated by Stupidity and Ego will be dazzled and become selfish. We'll then be blaming other people. Why it occurs? Because having lack in being alert, mindfulness and wisdoms. It rarely happened to a Meditator even though it is still inevitable. While we're observing a breath and feeling the body, it has automatically been training our vigilance, mindfulness and wisdoms.

The fools can't differentiate sort of right stuffs to be taken and to avoid. Those who possess lack of alertness are not able to realize their body's bad symptoms. Our body sometimes feels well but might be on the way around. It will be realized when becomes severe illness, it's then getting difficult to be cured. The sensitivity gets stronger coincided with having more alertness and wisdoms. It enables us to recognize when the body doesn't feel well. With mindfulness, we can release it. Our roving mind won't be eternally embedded in our body.

Let me tell you a story:

There was a man visiting a doctor for consultation. He asked the doctor, "What's wrong with me, people don't want to associate with me?" They keep away from me albeit I want to make a friend with them. Many people said that I am sick. I am feeling well, there's no illness that I feel.

The doctor then asked, "Recheck your body carefully!" There might be a latent illness that you don't realize. Yes, I have got it now. I fart every minute but it doesn't smell and no sound. None knows. The doctor said, "I will prepare a prescription to get it cured". He is back after a week. He was coming with fury. Having your drug, my fart becomes smelly. It wasn't smelly at all. In fact, the doctor gave him flu medicine. He was flu for he couldn't smell his fart. This time, the doctor gives him another prescription to sharpen his hearing ability for he can hear his fart's sound.

The fool and the ego people are mostly like that. Without their being aware of it, it has damaged himself and his surroundings. By learning meditation, it can strengthen our maturity and wisdoms. I have heard from many patients who come for consultation, they commonly don't realize that they're being sick. They can feel the difference after having meditation. The symptoms can be felt during meditation. It's very natural according to me. Meditation creates peace of mind and its sharpness, it encourages sensitivity for sickness or pathogenic germs can be sensed. It is changed, it is not immortal. By doing meditation we lessen our stupidity or ego in our body and mind as well as strengthen our harmonious balanced mind.

Translated by Wayan Winawan.