

The practice of Buddhism

**The practice of Buddhism
goes against following the ordinary.**

**Ordinarily, when you wish to change behavior,
you work on the behavior until it is changed.**

**But Buddhism
goes all the way to the genesis
of the behavior and beyond.**

**In Buddhism we all know
there is that citta,
commonly called the function
or unit of functioning of the mind.**

**Each citta arises
for a very brief split-second,
1/10 to the power of 12 second,
and then disappears.**

**Amazingly,
zillions and zillions of this function of the mind,
also commonly called thoughts,
happen in our mind
and go on to form
our personality.**

**So on one level
if you are versed in Buddhism,
you know the futility
of changing the behavior
at the level of behavior only.**

**You will go deep down to looking
at the citta that arises and falls
to change the behavior
that you have got habituated to
from numerous times of thinking
the same citta.**

**Because Buddhism goes deep and beyond
like the Heart Sutra says,
ultimately one who goes beyond,
even further than the citta,
to the point of
no citta nor rupa
can then
cut the roots
of the behavior
that we all have
got habituated
to.**

**Only then,
yes,
only then,
can that behavior be totally changed.**

Desmond Chiong