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THE
USER GUIDE
TO *Life...*
The Moral Diet

A book of practical advice for understanding and following the Buddhist path to true happiness.

Contents

Foreword by Juliet Banyard	4
Introduction	13
Chapter 1 My Eureka experience!	17
Chapter 2 Words of agreement	21
- Two types of guides	21
- Depending on holy map	22
- A new ball game	22
- Mental journey	24
- Different words but same meaning	25
- Mental tourist!	27
Chapter 3 Why we must stick to our moral diet!	29
Chapter 4 Don't kill, don't steal	37
- Thou shall not kill	37
- You have only one choice	38
- Who is going to kill animals for food then!?	38
- The butcher and the little pig	39
- Do you have to be a vegetarian?	41
- Just to survive	42

- Never boast about your humility and compassion	42
- How should a vegetarian act?	43
- Hui Neng	44
- Split view	45
- It is about how you eat and not what you eat	45
- The noble lady and the ailing Bhikkhu	47
- Don't steal	48
- Take the meat with you!	50
- Pao Boon Jin	51
Chapter 5 Love, Sex and Relationship	55
- Don't commit adultery	55
- Don't do it again	55
- Do the right thing and be very patient	56
- Being single and hoping to have a stable relationship	57
- The strategy for procreation	57
- Reward	58
- The ingredients of Love	59
- Sex without love	60
- Midlife crisis	60
- Craving for sweets	61
- The degrading human	62
- What makes human excel above animals	63

- Cultivate love	64
- Responsibility and commitment	65
- The amazing network of pregnancy	65
- Maternal instinct	66
- Equal share	67
- Traditional family	67
- Nature's will	69
- Ladder to peace and harmony	69
- Tampering with nature	71
- Bypass sex	73
- Self respect	74
- Compatibility	74
- The karmic factor	75
- Nothing is perfect	76
- The quicker you know, the better	77
- Overture	78
- Sirima	78

Chapter 6 Lies and Intoxication 87

- Don't lie	87
- Truth hurts	88
- White lies & talking nonsense	90
- Virtuous lies	91
- Ar Peng	91
- The crucial precept - intoxication	97
- The preparation	97

- Soberness is a must	99
- Social protocol	100
- Summary	101
Chapter 7 Giving	103
- Selfishness hurts	103
- Mental journey belongs to mental self	105
- A size zero ego	105
- Pushing camel through needle's eye	106
- Kindness counteracts selfishness	107
- Giving can be trained	108
- Breaking the spoon	108
- This following guideline will help you to loosen your selfishness.	109
- Two fingers up	113
- Never say one penny is less and ten thousand is more	115
- The mean master	122
Chapter 8 The Simple Diet	131
- Checking the goal again	131
- You cannot have it all	132
- Misconception	133
- How to practice simplicity?	135
- Moral and simple dieting	135
- The danger of wealth and fame	136

- Invisibility and denial	137
- Everyone wants to feel special	138
- Bruised ego and havoc	139
- Doing a big job	140
- An overflowing cup of tea	144
- Kwai Shane Cane	147

Chapter 9 Dealing with death 151

- Fear of the pain	151
- Tragic death	152
- The tsunami ghosts	154
- Are you prepared to be a lost soul?	156
- Arranging a good death	158
- Fear of the uncertainty	159
- God believers	160
- Big zero believer	160
- Make room for wisdom	162
- Death is a natural event	164
- Wish you all die accordingly!?	165
- The three old ladies and my parents	166
- Relevent to age and status	169
- Titanic	169
- Do you know what is around the corner?	171
- When death is inevitable	171
- Euthanasia	172
- Hypocritical attitude	174

- ICU culture	175
- Enlightening culture	176
- Misconception	176
- Facing death	177
- Death drill	178
- Getting ready	179
- Following the guideline	181

Chapter 10 Dealing with death, continued **183**

- Visakha	183
- The Venerable Katjayana	185
- Kisa Gotami	188
- Simple teaching	192
- The weaver's daughter	192