

## 10.5

### **Keep Buddhism Simple—And Effective**

The Buddha teaches in very simple ways. For example, to meditate on colours, you only need to look at a hibiscus (for red), or cassia flowers (for yellow). Then during the Commentarial Period (about 500-700 years after the Buddha), special “colour discs” and ritualistic theories were introduced.

Now in our times, meditation is made to become more exotic with all kinds of new fancy names and gadgets--and very high prices. Even then, often you do not get the real thing.

Once a student of mine told me that he spent over \$10,000 for his family to learn a commercial meditation, but when he discovered Buddhist meditation, he remarked that the methods are not only simple and effective, but more detailed (and cheaper) than the commercial ones!

So let us return to “mere Buddhism” the simple teachings and ways of the Buddha himself.

This goes for Buddhist teachings on the dying and the dead: let us find out how simple and effective mere Buddhists deal with these issues by study the (Saddha) Jāṇussoṇī Sutta (A 10.177 = [SD 2.6a](#)).

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