



LIFE-BASED ON STABILITY STANDARD

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Abstract: *The basis of the stability of life must consist of four requisites: food, cloth, lodging, and medicine. The development of quality of life according to the four development (Bhavana), the principle of Buddhism is applied to all four aspects of life consisting of physical development is the development of the quality of life to match the environment. Moral development is the development of behavior of living together in society. Mental development is the development of learning and consciousness. Intellectual development is learning to gain enlightenment in the present condition for physical and mental stability, security, and good quality of life and apply to life for the greatest benefit both to oneself and the public. The development (Bhavana), when persons have self-estimation, will gain stability both physically and mentally and live on the basis of the development of balance in the physical, mental, and economic dimensions.*

Keywords: *Basis of life, Standard, Stability*

1. INTRODUCTION

All human beings are born with physical needs. It is the first basic human need in which this need is necessary for life. It is an essential requirement for life. It is the need for human existence in order to live. This is an innate need. It is a naturally occurring need. In other words, mental needs are the needs that occur from knowledge, and learning experience, these responses are to satisfy one's self. This need occurs from the environment. It is a complex need and there is a big difference between human development according to Buddhist principles. It focuses on the use of mindfulness to improve human life to live a quality life, be able to rely on one's own body, and mind, and live by having a relationship with human friends and the environment. All human beings have the potential to develop themselves for a quality life and be able to train themselves to grow physically, morally, mentally, and higher in wisdom respectively. As the Buddha said a person cannot be called a bad person because of his/her origin, and a person cannot be called a Brahmin because of his origin but it is believed that a person is called a bad man because of kamma, it is called a Brahmin because of his kamma. [Dh. [Thai]25/142:532] [1] It views that a person is a bad man because of his original birth, it is wrong, a person is noble because of his original birth, it is wrong, but he/she is a bad person because of his action, being noble because of action. [Phra Dhammapitaka [P.A. Payutto]: 1988] [2] said that the development of the quality of life according to the Bhavana 4 (development), is the practice of self-development in order to pure from defilements. Human development is self-development, it is the highest human need [Surang Kowtrakul: 2001, 116] [3] in which all human beings are able to develop this level of need until he/she can realize himself/herself. It makes people learn and do creative work on things according to individual interests or has expertise in that field for the development of a higher quality of life. To achieve this a man must try his/her full potential and be ready to develop himself/herself. That person must have a true self-understanding which is one of the needs of the person to reach the peak of potential. Buddhism, therefore, focuses on human beings to use as a guideline for developing human potential in order to create consciousness and wisdom, in the right direction which will lead to self-realization eliminating all problems or cessation of suffering at all



levels, goals, and freedom from all suffering or problems [Somdet Phra Buddhaghosacariya: 2018, 123] [4]

2. STABILITY OF LIFE ON THE FOUR REQUISITES (PACCAYA)

Ever since the beginning of human existence on this planet, human beings live on food, lodging, clothing, and medicine. Therefore, many things have been created to make human life happy, safe, and stable in life. Searching for requisites of life, Buddhism focuses on satisfying one's desire for happiness. It is said that happiness occurs from wealth, happiness occurs from expenditure, and happiness occurs from non-indebtedness, and focuses on getting the happiness that comes from work without blamelessness. Living life is a virtuous principle which is called the right livelihood to live in a righteous way is essential. Work without blamelessness determines the action, it must not exploit oneself and others. [A. [Thai] 21/62/105-107] [5] Searching for requisites of life must be based on legality and morality. The Buddha gives importance to consumer goods, therefore he rises modesty to show in the sermon (Ovada Patimokkha) which is shown on the Buddhist All Saints' Day (Magha Puja Day). It is the day of giving the speech Ovada Patimokkha to 1,250 monks who come together without an appointment. One of the discourses of the Patimokkha is said that "Mattannuta ca bhatutasumin" moderation in food. [D. [Thai] 10/90/50-51] [6] It is shown that the Buddha gave importance to consumer goods. Good living through consumption, the Buddha tells the monks to consider ingeniously that the consumption of four requisites, clothing is used to cover the body, not to decorate it. Food is known to be consumed to sustain the body's existence, relieve old hunger, and prevent new hunger in order to have the strength to create virtue. Lodging uses to treat cold and heat and protect from animals and seasons. Medicine uses to treat pain and various ailments. Consumption of four requisites must be considered in accordance with the objectives, therefore it will benefit for own consumption. [M. [Thai] 12/23/22-23] [7] These things are discreetly considered by the monks, and not used to increase the defilements. Using the four requisites is to cure the feelings caused by the desires that occur by using the intelligence to abandon the defilements of Bhikkhu so that they can consume it. The Buddha teaches the monks to be an example of how to live a good life for society. Principles of living with stability in life, Buddhism does not rely on wealth or poverty as a criterion to measure good and evil but is measured by being a person with virtue. Being a wealthy person or rich person is just a means of leading to other goals. Searching for consumption affects a lifestyle that is inappropriate for a person's status, Buddhism teaches to refrain from false livelihoods, not relying on pseudo-science as a tricky tool. Searching for consumption is only a treatment or satisfying needs, i.e. the use of goods and services to treat needs, to be satisfied that is to treat needs in order to be satisfied. Buddhist say that consumption is the use of goods and services to cure needs in order to be satisfied with the quality of life. It means that consumers must have a purpose and wisdom [Phra Dhammapitaka [P.A. Prayutto]: 1988, 25] [7].

It can be seen that human living must request the four requisites for the benefits and sufficient for the needs of the body consisting of cloth, it covers and protects the body appropriately, lodging in good condition, a good atmosphere, environment, and medicine for use in times of illness or to treat diseases.

3. STABILITY OF LIFE-BASED ON BHAVANA 4 (DEVELOPMENT)

Life development refers to a person who sets goals in daily life, i.e. creating good things by applying principles in life, by self-conquest, trying to love yourself, and developing more self-confidence, forgiveness, and detachment. If we can do this, we then modify our own life in a better way. Self-development according to Buddhist principles focuses on developing the mind and purifying the mind



through concentration or Vipassana etc. [A. [Thai] 21/14/25] [8] To be born as a human being is considered difficult. The survival of these animals is considered difficult. To hear the truth of Dhamma is difficult. To be born as a Buddha is considered more difficult. [Dh. [Thai] 25/182/90] [9] Buddhist doctrine explains the development of one's physical and mental stability that all human beings are born to learn and practice in order to achieve a balance or balance in life. The development of one's life requires a harmonious relationship between one's life and one's environment and focuses one's own actions on one's own benefit. And the principle of self-development according to Buddhism consists of 4 developments 1) physical development is a self-development practice to be able to live with the environment, be conscious of your own life, and train yourself to be easy to live, and easy to eat. Moral development is a practice of behavior or self-development by not exploiting others of the physical, verbal, and mental parts i.e. using the body in a good way, creating only virtue is called control of the senses. In other words, the monks should develop their bodies, their morality, their mind, and their wisdom. When there is no growth in body, no growth in morality, no growth in mentality, no growth in wisdom. If other clansmen are ordained, they will not be able to guide those clansmen in higher morality, higher mentality, and higher wisdom. Even those clansmen will not develop in physical, morality, mentality, and wisdom when the physical is not developed, the morality is not developed, the mind is not developed, and the wisdom is not developed to other clansmen are ordained again, will not be able to guide them in higher morality, higher mentality, and higher wisdom. Even clansmen will not develop in physical, morality, mentality, and wisdom. because Dhamma is unclear, discipline is blurred, and because discipline is unclear, Dhamma is blurred. [A. [Thai] 22/79/144] [10] The development of the physical, morality, mentality, and wisdom, human beings will then be able to develop their quality of life towards happiness, reduce attachment, and make their minds peaceful. This mental development is primarily focused on the individual level. [Buddhadasa Bhikkhu, 1979] [11] Whenever, if a person has self-confidence, they see themselves as valuable, capable, and creative, and have leadership rather than followers, they are assertive and adaptable, have good physical and mental health, etc. [Phra Brahmagunabhorn] [P.A. Prayutto], 2008] [12] views that physical, morality, mentality, and wisdom development can be compared to the development of the body, social, emotional and intellectual development, etc. 1) physical development refers to the development of the physical in order to growth in controlling faculty (Indraya 5), or door (Dvara 5), namely the channels of contact in relation to environment namely eyes, ears, nose, and tongue. Body skin and physical development promote relationships in all 5 ways as normal, without harm such as knowing eye-to-eye relations, choosing to accept good things that are useful from seeing through the eyes, knowing ears-to-ears relations, choosing to listen to good things that are useful, not to listen to bad things, etc. 2) moral development refers to the development of actions, it is about building a physical and verbal relationship with another person without harassment, without harming others, without taking any action to cause trouble to oneself and to others but it will use good words and actions to help support and strengthen good relationships 3) emotional development means training the mind to be strong, stable and prosperous with all virtues such as kindness, diligence, patience, concentration, refreshment, joyfulness and brightness, etc. 4) intellectual development means wisdom, training to know and understand things as they really are, seeing the world and life according to the conditions, able to purify the mind, to purify oneself from defilements, free from suffering, solve the wisdom occurring with wisdom. [Phra Brahmagunabhorn] [P.A. Prayutto], 2003] [13] [Phra Dhammakittivong [Thongdee Suratejo, member of the Royal Institute], 2008] [14] views that mental development is for good mental quality, good mental performance, and good mental health. Good mental quality is a virtuous mind such as kindness, compassion, faith, and generosity, etc. Good mental performance is the readiness to work including patience, concentration,



praying for the mind to be resolute, perseverance, mindfulness, etc. Good mental health is a mental state that is comfortable, full of joy, always comfortable when living or doing activities with others, is always happy. Somboon Watana says that giving prosperity is development, it must be done in all four areas. Physical is body training in order to know how to relate to things outside controlling faculty (Indriya 5). Morality is disciplined training, it does not exploit or cause trouble, or damage, to living well with others and helping each other. The mentality is training the mind to be strong, and stable and flourish with virtues such as kindness, diligence, patience, concentration, joyfulness, and happiness. The intellectual is training intelligence in order to know and understand things as they really are, know the world and life according to the conditions, be able to purify the mind, purify oneself from defilement and free from suffering, and solve problems with wisdom (Somboon Watana: 2015)[15]

Therefore, mental development is the development of knowledge and understanding of things as a matter of fact, knowing the conditions of the world and life, purifying the mind to the highest level resulting in living in the world without adherent to the world, to have the freedom to continue prosperity.

Summary of good quality of life standards, the training of physical makes it possible to know well the communication with the external things of the five controlling faculty (Indriya 5) and treat those things in a way that is virtuous, does not cause harm, and allows good deeds to flourish, let bad deeds be ruined. The relationship development with the physical environment, the mentality is the basis of social life. Nowadays, every life has to face many problems and livelihoods have social income inequality. There is so much inequality in the economy that society has to think a lot. Some people gradually solve problems one by one by using their intelligence to solve them, by using applying Buddhist principles to life for the greatest benefit both for themselves and for the public. So, it's important to do. It is because people know how to adapt to their lives and actions in order to achieve stability in both physical, mental, family, and social economy.

4. NEW EXPLICIT KNOWLEDGE

The four requisites are fundamental to human life. Every life is consumed, but they should know how to be sufficient for their needs. Buddhism teaches about consumption for the benefit of life. The consumption of the four requisites of monks must be considered while consuming and the laymen consume the four requisites and all things including technology by treating their needs. Buddhism teaches consumption with modesty and without dishonor, but the laymen who consume uncontrollably forget to see the value of consumption, etc. The value of life, therefore, develops the quality of life. The principle of development is called Bhavana 4 (development 4), it is self-development starting from physical development is the development of the quality of life through physical. Moral development is behavioral development for living together in society, knowing how to practice diligence in the greatest minds. This is the doctrine of the Buddhas. Mental development is the development of life by learning and creating awareness. Intellectual development is learning to gain enlightenment in the condition of physical and mental stability.

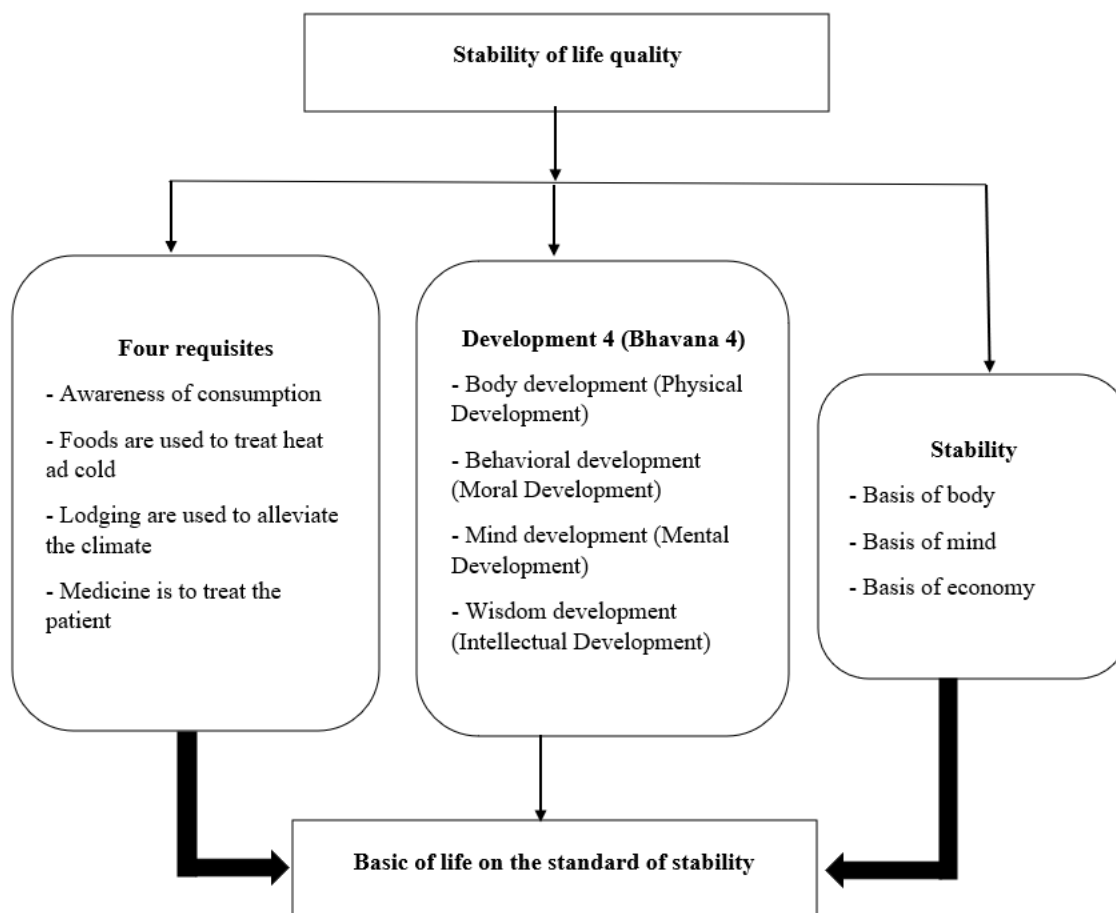


Figure 1 New Explicit Knowledge

5. CONCLUSION

There should not consume the four requisites with lust but there should consume them with wisdom, it should explain the value and benefits of consuming or living a conscious life. Human living consists of four requisites, it requires nutritious food to be sufficient for the body's needs. Cloths cover and protect the body appropriately. The lodging is in good condition, good atmosphere and environment. Medicines are available to treat the disease and prevent future occurrences. It is often more useful than medication to treat disease. It is consistent with the principle of development 4. In Buddhism, it is the principle of development for the person both physically and mentally, that is, the development of the quality of life is necessary to live as self-development, human development, and job development in order for those who want to develop their quality of life to apply the principles of development on the value of life, so there is a quality of life development. The principle of development is called four development (Bhavana 4). It is self-development starting from physical development, it develops the quality of life in terms of physical. Moral development is behavioral development for living together in society. Mental development is the development of life by learning and creating awareness and intellectual development is learning to gain enlightenment in the present condition for physical and mental stability, security, and good quality of life.

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