

## My Opinions on How to Send Forth Righteous Thoughts

By Clean Mind

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Recently many practitioners have been talking about how to send forth the purest and most powerful righteous thoughts to eliminate the evil. I would like to share my opinions on this issue.

In order to send forth the purest righteous thoughts, I think the most critical moment doesn't lie in those few minutes of sending forth the righteous thoughts, but rather in our genuine cultivation practice in daily life. We lay the foundation of powerful righteous thoughts gradually, little by little during our daily genuine cultivation practice. It's said in *Zhuan Falun*, "When one chants the Buddha's name, one must do it single-mindedly with nothing else in mind until other portions of the brain become numb and one becomes unaware of anything, with one thought replacing thousands of others, or until each word of 'Buddha Amitabha' shows up before one's eyes. Isn't this an ability? If you do not believe it, you can give it a try. With different strong desires and attachments and without being able to give up everything, you may try and see if you can achieve tranquility."

Do we have the solid foundation laid by daily practice that would enable us to resist other thoughts brought by various kinds of attachments when sending forth righteous thoughts? Could each word of "the Fa rectifies the Cosmos, the Evil is completely eliminated" show up before our eyes?

Sending forth righteous thoughts is a comprehensive test of a practitioners' xinxing. It is to examine practitioners' attitudes towards major matters. Are we able to step forward, oppose the evil resolutely, and deny the evil totally? Can we also handle minor details in our daily life with righteous thoughts? Can we read a chapter of *Zhuan Falun* at night when we feel very tired and want to go to bed? Can we overcome our tiredness and laziness to practice the exercises everyday? Do we defend ourselves or do we acknowledge our attachments when others point them out? Do we correct the attachment right away or do we try to find excuses and wait to correct it next time? Can we maintain our xinxing and be benevolent when others use sentimentality (qing) to interfere with us? Can we keep a peaceful heart when clarifying the truth to others? Do we avoid being involved in detailed contradictions for the sake of Dafa? Do we have any conflicts with other practitioners while working on Dafa projects? Do we pursue fame, have the attachment of zealotry, or the heart of just doing a job when working on Dafa things?

There are some other trivial issues also. Can we help others to put back the line used for drying clothes when it falls down? Can we not waste food, even when it is not the kind of food that we enjoy? Do we respect the customs of different countries? Are we "...Full of great aspirations while minding minor details..." (*Hongyin*)? We should do better than ordinary people not only in major matters, but also in minor details. In this way, our xinxing cultivation will be solid. When we have a solid xinxing, every thought of ours will be righteous. Then, when the time comes to send forth righteous thoughts, the thoughts will be righteous without struggling to make them so.

I saw a practitioner compressing his lips tightly and breathing deeply, while sending forth righteous thoughts. He was trying too hard. I think the "striving" itself is actually an obstacle.

I think only when we have the cleanest mind, can we send forth the purest righteous thoughts. And only at that time, can the righteous thoughts be sent from the most microscopic portions of our being. It won't be achieved through human thoughts, notions and ideas.

Cultivation is serious. There is no shortcut. We cultivate our righteous thoughts little by little and step by step. In order to send forth the purest and most powerful righteous thoughts at critical times, we need to regard ourselves as practitioners and be strict with ourselves all the time.