

NAMO BUDDHAYA!!!

Children's Dhamma Program

Noble Dhamma for Little Hearts

The Seven Qualities Practiced by Magha

The Story of Sakka.

Dear children

One day while residing in Savatthi, the Supreme Buddha addressed the monks, "Dear Monks, in the past when Sakka, the Lord of the Gods, was once a human, he undertook seven qualities by which he achieved the status of Sakka. Dear bhikkhus, by practicing these seven qualities, a person could achieve heavenly status."

Before he was born in the heaven, he was a regular human named Magha. Throughout his life as a human, Magha undertook seven qualities and had thought to himself never to break those qualities. He always tried to upkeep these qualities by living according to them. As a result of practicing these seven qualities, Magha was reborn as the god Sakka in his next life.



These seven qualities are:

1. For as long as we live we should support our parents and look after them.

Our parents do everything for us. They are the most important people in our lives. There are many ways in which a child can take care of his parents. We can learn by following their directions to the best of our ability, by taking care of them when they're sick; and help them in normal day-to-day activities. We can also be very grateful to them for everything they do for us. We should never disobey them and hurt their feelings; instead, we should listen to their advice and be thankful for having them in our lives.

2. For as long as we live we should respect the family elders.

Family elders are our older brothers, sisters, mother and father, our grandparents, uncles, and aunties. We should respect them because they are older than us, we should listen to their advice and respect their ideas.

3. For as long as we live we should not speak harsh words towards others.

We should not be using aggressive language with others and never show anger and hatred. We should always use gentle words with each other

4. For as long as we live we should not speak divisively.

Divisive speech is words which are used to divide or separate groups of people by inciting things such as anger and hatred among the members of that group. We should never tell stories about a person to others by having the intention of dividing them.

5. For as long as we live we should avoid being stingy.

We should be very generous, devoted to charity, delighted in giving and sharing. By doing these things, we will collect a lot of merits. We must practice the act of giving and sharing with others.

6. For as long as we live we should only speak the truth.

The important thing about being truthful is when to speak the truth at the suitable situation. This doesn't mean that we should lie in such a situation. Instead, we must choose to either be silent or avoid such conversations. For example, if something you know to be true will cause a fight between your friends, it is better to avoid it.

7. For as long as we live we should avoid getting angry.

If we get angry, we should try to restrain our self, and we should make an effort to remove the anger. Sometimes it may feel like it is fair to be angry about a certain thing. However, there is no fair reason for becoming angry. Anger will only give us demerits. For example, if a person makes us angry, we must try to think about the good qualities of that person. This will help us calm down and remove the anger. If we are being yelled at by our parents and if we become angry, we must think of not retaliating back at them. We should always try to control our anger and develop love, compassion, and respect for everyone.

Dear children when we practice these seven qualities they will help us to have a better and meaningful life, it will also bring you happiness in your next life. As devoted Buddhist, we should always follow and practice these seven qualities.