Buddhist Doctrine, Transforming Suffering Into Peace for Hiv/ Aids Clients

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Abstracts

AIDS is not evil, it gives many complimentary views to alert society. The critical, vital key in solving the AIDS problem is basic molecular knowledge, oxidative stress, free radicals, and antioxidants. AIDS is a lifestyle disease that is one's duty to follow the precaution and try earnestly to practice proper conduct. This article is in the field of behavioral science, the purpose is to describe and illustrate the health promotion program and place a greater emphasis on action-oriented activities in HIV/AIDS clients. All of these need to be considered with a multidisciplinary approach by a pluralistic medical system, emphasized on the popular sector (Kleinman, 1980), that is based on the requirement of living with HIV. For human beings, Dhamma must be utilized as a tool for the practice that create wisdom, decision making, and actions. HIV/AIDS clients must respond to the calls of their conscience and the Essence of Dhamma, they should learn how to obtain the value from utilizing Buddhist as a way of life, because it lies in Buddhist's hands. It is possible for HIV/AIDS clients can improve the quality of life, experienced proportionate promoting behavior, and can live a symptom-free life. Provide the Buddhist doctrine together with maintaining a healthy lifestyle are the advocacy for health promotion, the future medicine.

Keywords: Buddhist doctrine; Suffering; Peace; People infected with HIV and AIDS

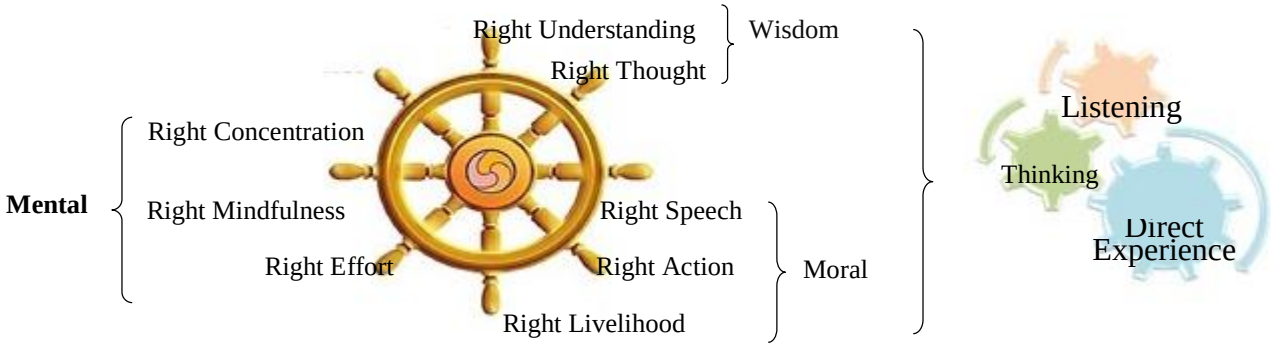
Introduction

Buddhist doctrine views all phenomena in terms of a causal relationship, teaching by the Noble Friend and learning with critical reflection, based on The Four Noble Truths (Ariya Sacca). They introduced to the interactive learning through action; they learned to develop wisdom not merely by listening and thinking, but also in action that functions together during all activities in daily life, and learned that any event was related to another. This relationship extended to all other conceived phenomena.

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The Threefold Training (Trisikkha) in Buddhism

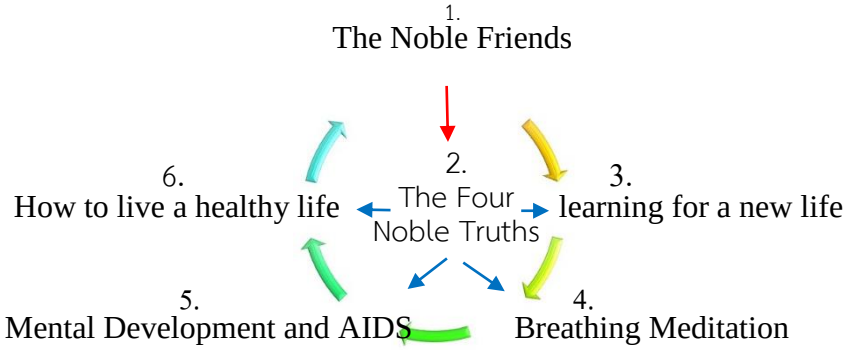
	Three Higher Trainings in the Buddhist path	The three signicant sources of knowledge integrated into the health education process
Training for outer practices	1) Moral (Sila) training resolves the problem of suffering from social concerns.	1) Knowing the truth through listening is used to utilize information and activate prior knowledge
Training for inner practices	2) Mental (Samadhi) training also resolves the problem of physical and mental suffering. 3) Wisdom (Panna) training resolves the problem of spiritual suffering for the way of life.	2) Knowing the truth through thinking is used to provide knowledge orderly and leads to make decisions. 3) Knowing the truth through direct experience is used to realize one's actions and leads to wisdom.



Three Higher Trainings Three signicant sources of knowledge

The organized health education program applying Buddhist Doctrine

The organized health education program developed a combination of listening, thinking and acting, a fundamental guideline for behavioral modification. The program planned to follow up six times every two weeks for four months. There was a broad discussion and sharing on experiences of individual problems and ways of life. It led to a better understanding of AIDS that affected the regularity of the clients.



1. The Noble Friends

The provided program started with a sense of friendliness. It tended to depend mainly on the Noble Friends to build trustworthy, very beneficial in solving the problem. They certainly learned how to give and take. They felt arousal, valuable, had a meaningful experience, and expressed that association with Noble Friends (Kalyana-mittata) is the greatest blessing.

2. The Four Noble Truths

The program was provided step by step, based on The Four Noble Truths (Ariya-Sacca) that used critical reflection as solving the problem process. They have great emphasis on wisdom and developed an understanding of solving the problem, realizing what should be done, and put it into practice. It depends on the basic concept, that once the causes and conditions of a problem are identified, they can solve it that directly approach the causes through the consideration of one's own action (Payutto, 1995; Varadhammo, 1996).

Group discussion question guidelines are the conceptual frame of The Four Noble Truths, understanding how to solve it.

2.1 The Noble Truth of suffering(Dukkha) At the beginning of solving the problem, they were hopeless, felt that AIDS threatened their life. They went to any lengths to kill AIDS by using any means available through ignorance. They did not solve their problems and frequently raised more problems and more tremendous suffering. This vicious cycle went on and on. One must thoroughly understand the condition of the problem, the truth of suffering.

2.2 The Noble Truth of the cause of suffering(SamuJaya) They constantly confronted with statements and generalizations about social and moral problems. They assessed risks and expressed many different conclusions by interacting within groups for the activities that gave valuable insights and recognizing statements, closely related to daily life. They concluded that potentially harmful chemical in foods and air pollution act as oxidizing agents that cause a chain reaction, producing free radicals and damaging cells continuously. These crucial triggers can further weaken the immune system and accelerate the progression to clinical AIDS that affected their lives. In this way, the chemical contaminated in foods influences HIV/ AIDS clients' needs to be given a more meaningful perspective The

Five Hindrances (nivarana); sensual desire, ill will, dullness, anxiety, and doubt, act like manner, causing suffering. The mind cannot experience real peace when these Five Hindrances are present. Listening to Dhamma, they learned to observe their mind and realize the characteristics of all feelings or concocted emotions that arise for a brief time and then pass

away. It could instantly change to the neutral state. They did not suffer from any of these feelings. They realized the harmfulness and danger of the Five Hindrances, along with the benefits of a neutral state. Therefore, the Hindrance decreased considerably.

2.3 The Noble Truth of the no suffering (Nirodha) They explored and prioritized the problems through experiences and set the goal of solving the problem, the end of suffering; the right mindfulness, and concentrate that only HIV does not cause AIDS. They were also able to establish their right understanding and thought of living without illness, and to set the right action to take care of themselves in a healthy way to prolong symptom-free life. They were much interested in the importance of eating. They set eating as the priority first in their lives and shared their experience with food allergies that increased their consciousness about xenobiotic and improved eating behavior.

2.4 The Noble Truth of the way of practice (Magga) They appreciated group participation in identifying health problems and attempted to demonstrate a new way of life, a solution to the problem, the path frees from suffering. It introduced a fundamental guideline for behavioral modification, the Noble Eightfold Path, to create daily life based on the wisdom. They had a well-trained mind with positive mental qualities that found a solution. Food was the most exciting issue to share; the chemical contaminated in foods influences HIV/AIDS clients. They developed continued mindfulness about potentially harmful chemicals in foods. The significant change of eating showed that right understanding with critical reflection is the excellent decision making, and it is very urgent to develop mindfulness in any situation and at any time. Thus, the condition for significant changes in one's life is the right understanding of the realities. Whoever develops the right way will see oneself, and realized that it is not easy to change habits; it cannot be changed all at once. Gradual changes were seen in one's character. They took necessary action according to eat wisely.

3. Learning for a new life

Only HIV does not cause AIDS: AIDS involves 2 words; Immunity is the body mechanism to carry a normal life, HIV attacks and eventually destroys the immune. When the immune remains 1/5, the body becomes deficiency state, and susceptible to any infection.

The cofactor of AIDS is a polluted lifestyle.

HIV/AIDS can be compared to a forest on fire. Inutility, it can be put out spontaneously. When being dry and windy, the fire grows and finally rages beyond control.

At the onset of HIV seropositive, the immunity can resist against infection. When exposed to polluted air, water, food, some symptoms can develop quickly (Person, et al. 1996).

HIV/ AIDS is like a train traveling down a track with an obstruction up ahead. It runs high on speed for a short distance and will crash at a high velocity. When reducing speed and given enough distance, it travels along the track safety.

Goals of living: Having a high viral load and low immunity make one more susceptible. Having a low viral load and normal immunity make one less susceptible.

It is necessary to slow the train down and lengthen the distance.

HIV/ AIDS must inhibit HIV replication and enhance the immunity to have a longer symptom free life span (McDonald, J.H. 1994).

In the past there were Acacia by the way, grilled fish by the field, Morning glory in the big lake. Today, our lives are opposite of nature, there are residue toxin in the air, water and food. There are no flowers in the field nor lotuses in the swamps. In the water there is no fish, in the field there is only rice and chemicals.

These cause health to deteriorate, especially in HIV/ AIDS, whose body defense mechanisms are low. There are susceptible to any chemical. The allergy affects the immunity which leads to opportunistic infection (Ali A Al-Jabri, 2007).

The allergy should not be tested.

Learning suffering to live a happy life

Learn what cause you get allergies. Learn to associate with the environment.

Learn the precautions, to live with no careless

Learn the contraindications, put into practice.

Learn what can't eat, to choose some can eat.

Consider yourself, remind yourself, improve yourself

It is necessary to change lifestyle correspond to situation, especially being warned by body signs, HIV infection is just a warning sign. It is a direct consequence of life: One is constantly remained of HIV, the immunity is partially damaged, and one must, therefore, change the lifestyle.

In daily life, only you know how to adjust your habit, to harmonize with your lifestyle, until getting one more time. It means **Only the Adaptation Survive.**

Ready for a change

A new life cannot be changed immediately. The most certain way to succeed is always to try just one more time. And there are more than one health related behaviors to consider.

In life, there are rather many certain decision making. There must be some gradual changes in one's character. Find out what you can do. Building a better life and self-regulation. Learning the reality that...One have to rely on oneself.

4. Breathing Meditation

Training by Dr. Anne rose Akanke (Dr. Amu: Family doctor)

Harmony in life

Life is composed of mind and body, as the statement;

Mind is the boss, body is the slave

A healthy mind in a healthy body

Meditation is a means to control the body and mind through physical movement and mental calmness, lead to harmony in life rather than strengthen body. There are various practical postures for everyone to choose.

1) Physical training: all movements and gestures are function of flexor muscles, such as bending, standing and moving. Physical training is extensor muscles and tendons stretching. Therefore, each day no matter what kind of activity you act, including the physical training, you gain a balance of your muscles. This is the physical preparation for the mental training step.

2) Mental training is achieved initially by mindfulness of breathing. Every movement cultivate mindfulness, focusing attention on inhalation and exhalation in order to release tension both body and mind. Body-scan meditation experience the sensations in the body and relaxation. It can be done in various postures: sitting, lying down or while walking. It relies on the smoothness of deep breathing that are going to engage the lungs, full inhale to extend the lungs, then exhale the lungs are completely empty. This helps to increase the lungs' capacity and also helps one to feel strong and fresh.

Mind setting: Place the palm of your hand on your abdomen and feel the movement as you inhale and exhale. Know your abdomen movement, breath each time, consider every moment. Keep your mind calm, not distracted. Know the condition as they are. That, train yourself not to be careless. **A well-trained mind brings happiness.**

How to feel relaxed: Physical and mental training are achieved through meditation. Warming up physically for about 20 minutes, makes it easier to feel a sense of peace. Meditate about 30 minutes to relax your mind.

The practice: Become familiar with your exercises, become expert on controlling your breath, and develop optimism. Send love and compassion in everything with a smile in every exhalation. Get a sense of clean (Sila), calm (Samadhi) and clear (Panna) into yourself with every inhalation.

This is truly how to find Harmony in life. A well- trained mind will be one that experiences true peace and happiness. It will lead to both understanding and wisdom.

5. Mental Development and AIDS

Phra Songserm Kasaradhammo, Panyanantha Institute, Umong Temple, Chiang Mai

Dhamma and AIDS

AIDS is a physical illness, it attacks the immunity. It cannot yet be cured, like many other diseases.

AIDS is a mental suffering, HIV stigma and discrimination. This increases their suffering.

These two statements reflected that the real problem is not only AIDS. They got stuck on thoughts in a mind trap, no solutions to solve the problem.

There are many thoughts running through their mind (The Five Hindrances, nivarana): sensual desire, ill-will, dullness, restlessness or anxiety, and doubt. It is the weak mind vary according to a wide range of impact. AIDS is a warning sign to learn a new way of life.

The Buddha's View of Life

Change is a natural aspect of life, such as suffering, aging, sickness and death. Today, many still live with carelessness, do not learn about the facts of life. When facing unexpected change, they escape from reality. Some may even think of committed suicide. AIDS is a cycle of suffering. It attached to problems, and one suffers more and more. Some ask for sympathy from others, who are afraid and worried. We can't depend on anyone more, that turn to develop self-reliance, facing-reality with courage.

Physical illness reduced by prescription

Mental suffering releases by wisdom

The way to a happy life

Several experiences of pleasure and suffering occur in daily life. It is not in the past nor AIDS, it is in the present moment that how we view, think and manage life. Initially, one must understand what HIV is. Although it is undesirable, it has already happened permanently. Open your mind, Happiness can be achieved through training the mind (Dalai Lama). Training the mind to be in the present moment, the key to making healthier choices. Explore all feelings and thoughts, how it was. Why do we stay angry? Do not let thoughts threaten your life. Let the past be a lesson make you stronger. Know what a life view is, shift your perspective to grasp new opportunities. Mindfulness in the face of unexpected change, release tension in a crazy world, and experience sense of peace.

Do not dwell in the past, do not worry about the future, living in the present moment.

No other happiness is beyond peace

AIDS is one event in life. We should learn how to look the best at everything. Learn to find peace of mind and happiness. Don't attach to problems, see through everything changes. Experience the body and mind in reality. In this way, you can find liberty in the mind. Recall realistic thoughts, be liberated from worldly concerns. Release the tension. Doing one thing at a time. Keep your life in order, empower yourself to reach full potential in life. That is Spiritual Immunization

The guideline

Basically, experience the mind in the present moment.
Concentrate on smooth breathing.
Concentrate on all movement.
Concentrate on what really matters.
Concentrate on everything and even thought.
Thank you **AlDS,** reminds us being self-considering.
Thank you **The Noble Truths**, leading to see reality of life
Thank you **Buddha, Dhamma,and Buddhist monk,** providing the right way, and Buddhism as Lived and Cherished by the Thai People

6. How to live a healthy life

Change your life forever

In reality, everyone comes in contact with microorganisms, xenobiotics, a heavy polluted environment, but HIV/ AIDS clients are much more susceptible because of weaken immunity, leading to be at high risk (Vijayanthiwala, 2013). Therefore, life adjustments is a mission to survive.

Seven Keys to a healthy life

1. Air…Today, air pollution from car smoke and cigarette smoke effect the HIV particles and the immunity as well. Intoxication from pesticides and various petroleum products, such as engine oil, lubricants, thinner, lacquer, nail enamel cause deteriorate the body.

2. Food…Cooking today, from preparing in a family to the industrialization, people are threatened with unknowns in food. Therefore, not only need the 5 food groups, but also be aware of the contaminants in food: preservatives, colorings and fragrances, residues etc. From now on, you must never forget the expression "You are what you eat" (Hippocrates)

3. Water…Bathing clean body, proper handwashing get rid of dirty, and appropriate sanitation/ hygiene are especially important. And drinking water keep hydrated, be crucial for health and well-being, Fluids transport the nutrients you need through your body, and assists bowel absorption, relieves constipation, clears up urine, enhances skin moisture and freshens breath. ꕥ Dehydration leads to many issues, makes it difficult for your body to eliminate the accumulation of toxins, and over-burdens the immune system, making it weak and leaving your body more susceptible to opportunistic infections.

4. Exercise…Exercise should be a natural activity in daily life. It should not be like work or a burden. Everyone should select an activity that is suitable for oneself. The goal of exercise is sweating, strong heart beat and pulse rate 100-120 a minute. This naturally accelerates immunity. One must exercise 30-40 minutes every other day. It increases strength, endurance and alertness. It helps deal with both physical and emotional health. It provinces excellent relaxation and builds self-discipline.

5. Sleep... Sleep is essential to both physical and mental health, to rest and recover. Restful sleep means a deep sleep, being away from harsh light. One must rest both the body

and mind, only 5-6 hours deep sleeping is sufficient and allows one to awake with a refreshed feeling.

6. Bowel movement…The digestive tract is a source of toxin in the body. Large intestine, a self-cleaning oven, gets rid of whatever remains. The longer it remains, the more solid the feces are accumulated. This may cause reabsorption into blood stream, including bacteria, virus and/ or toxins. One must have bowel movements every day that is important to health, more radiant skin and having more energy. It is an effective detoxification.

7. Emotion…It is generally accepted that stress has a direct effect on physical health. Stress from depression, hopeless, anger etc. also effects the immunity. HIV/AIDS clients' stress is prolonged. They are more susceptible to infection. Optimism relieves tension, unhealthy body but healthy mind helps the body to resist infection.

How to success with Seven Keys

The greatest obstacle to success is ignorance. They see no different whether they do or don't. Whenever you have to face the problem on the narrow way of life, you'll only go forward if you are ready. It means; critical thinking to decision, put thought into life that create a bright future. Take courage to get rid of your habits. To fill the gap with something better and confidence to bring life to success. Success in life is to do the best you can. Lifestyle changes, only you have responsibility for your life. Brave enough to be yourself, your worst enemy is yourself.

Conclusion

It hope that this will more effectively solve these long-standing problems by utilizing the Buddhist doctrine. However, it is individual way of solving the same problem through critical thinking may be different. They all must establish the right way when solving a problem. Thus, there may be more than one way to explain specific problems. The best approach to solve the problems is to practice and experience the Dhamma for oneself. It implies wisdom and, or understand the problem deeply and correctly. Thus, Buddhists need to commit themselves more meaningfully to their religion.

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