

# The Consciousness and Enthusiasm with “12 Is”

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## ABSTRACT

*Life is born to study to become a noble person having the wisdom and awareness to take care of the body, mind, spirit, or form and name which is the holistic one to be free from suffering according to the Four Noble Truths that the Lord Buddha has enlightened Teach people to find the cause of suffering that counter-currents for all mankind to apply in their lives. This academic article will present the concept of holistic health assessment by reading the iris, integrated with the Four Noble Truths, reveals the emotions that cause distress from physical suffering and life events that affect various systems in the body. “12 Is” consists of I see, I choose, I feel, I can, I will, I know, I love, I am, I create, I do, I have, and I enjoy. Wisdom that grows both physically and mentally when learning makes them see the truth clearly, enlightenment, and truly will help people to understand their own life better. The mind is strong, the body is strong, has immunity to various problems and diseases. As the saying goes, Arokaya Parama Lapa, the absence of disease is a great fortune.” This Arokya means Nirvana, a condition without disease is complete mental health, or even if the disease is found, then use natural healing processes that start with the spirit, mind, emotion and body respectively, which corresponds to the word “manopuphang khamathamma manosetta mano maya”, mind is the subject of all things because everything in this world starts from the heart.*

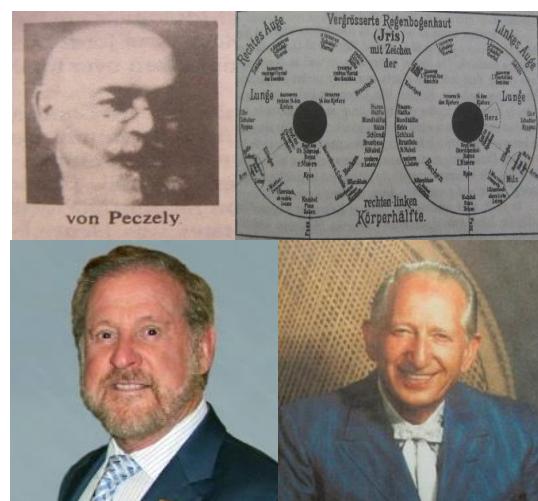
## Keywords

12 Is, Consciousness and Enthusiasm, Buddhist Wisdom, Holistic Health Assessment

## I. INTRODUCTION

The World Health Organization said the biggest public health crisis in 100 years is the situation with the new coronavirus, or COVID-19, that has spread around the world since late 2019. The United States has the most infections and deaths in the world up to one million people as of May 12, 2022. The aftermath of the epidemic has a markedly educational, social, economic and political impact all over the world. Currently, the Ministry of Health will use the concept of Health for Wealth, the goal of returning the health system to the people by declaring it as an endemic disease. When the mortality rate is reduced by less than 0.01%, the 3rd dose vaccination covers 60% among the general public and the elderly, and people have the correct knowledge and can control the spread of the disease, but the public health problem is not over. It still found some non-communicable diseases and diseases for which the cause could not be found. Even though we know the mechanism of disease that the Buddha said that caused by not keeping the balance of body and mind unbalanced diet, hot and cold. The two closest to living life are too loose (kamasukhalikanuyok) or too tortured, (at kilmathanu yog) and said that trepidation is a disease. Therefore, people should come to learn how to not be shaken and not torturing the body. This includes, for example, holistic health care with 8 principles (iddhipada, emotions, food, air, exercise, leaning, detoxification, and precepts), medical health care (principles of 9 pills by Dr. Jaipetch Klachaon). Use Buddhist principles, diet, exercise, and good friendship, but there are still a small number of people who are still worried, troubled and unable to rely on themselves in matters of health, so that people can diagnose able to analyze or self-assess as well as to make health care more holistic, it

should be integrated with other sciences to be said here is Iridology and holistic health assessment by reading the iris (Holistic Iridology).



**Figure 1** Dr. Ignatz Von Peczely, Iridology Chart, Bernard Jensen D.C., N.D., Ph.D. (1908-2001) David J. Pesek, Ph.D. Figure from Iridology Volume II Dr. Jensen [1]

## II. IRIDOLOGY IS THE PRACTICE OF VIEWING BOTH EYES

Iridology is the practice of viewing both eyes through a flashlight and a lens or a microscope and digital camera by an iris reader (Iridologist) is used to diagnose and treat diseases without physical examination or history. This science has

been used since 460 BC or more than 3000 years ago in Central Asia (Mesopotamia) on the Island of Kos by Hippocrates said that “observing symptoms Facial expressions, gestures, history taking physical examination. All the record keeping of all the information concerning the aforementioned patient was already present in the person's eyes.” Hippocrates was a highly regarded physician of that era. Later, in the early 1800s, Hungarian surgeon Dr. Ignatz Von Peczely discovered the fact that the iris is like a mirror that shows or indicates that altered lesions or cavities in the retinal fibers are associated with changes in the tissues, cells or organs of our body. He made the iris reading chart for the first time and is regarded as the father of international iris readers. Later, in the first half of the 20th century, Dr. Bernard Jensen D.C, N.D., Ph.D., the father of retinal readings in the United States, stated that “nutrition therapy and retinal reading are inseparable,” he wrote the chart, read the iris Diagnosed and treated using food as medicine [2] teaching family doctor and naturopaths more than three hundred thousand students and patients until his death at the age of 93.

Dr. David J. Pesek, a student of Dr. Jensen, developed holistic iridology, using the term health assessment instead of diagnosis. It treats the causes of emotions related to disease and problems with various body systems, which corresponds to the Four Noble Truths that the Buddha enlightened about happiness and suffering and eliminate all happiness and suffering (nirvana). When integrated with the science of holistic health assessment, the body of knowledge is obtained as shown in the picture [3].

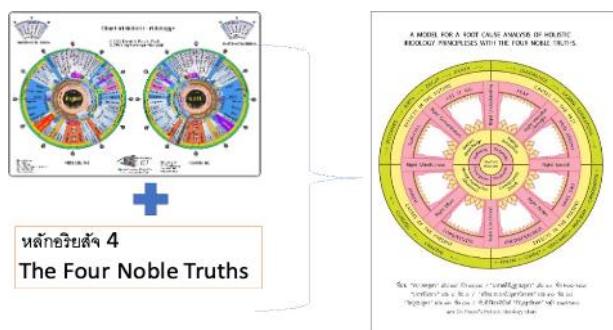
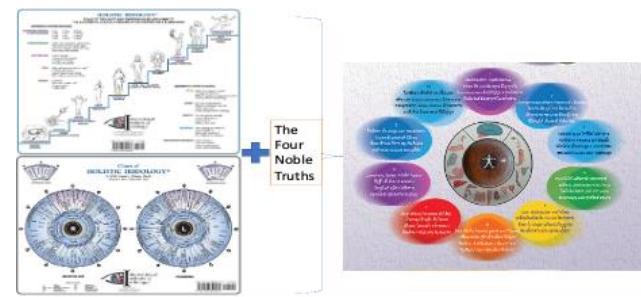


Figure 2 The Wheel of The Four Noble Truths

Analyzing the cause of disease by integrating the science of holistic health assessment by reading the iris and the Four Noble Truths, it can be seen that the wisdom of the Buddha can be born by using the Four Noble Truths consisting of (Suffering) which should be learned to differentiate between suffering mentally from suffering that can be avoided or not knowing and being able to diagnose the cause of suffering (Samudaya) and then extinguish it at the source of suffering, problem, disease (Nirodha), use the wisdom of the Buddha to follow the eight precepts (Magga). The cause of merit will prevent disease, trouble, suffering and ignorance (Ignorance) The first factor in the cycle of suffering (Paccasamupbat) while opening your eyes, practice all the desires and hold on to the emotions and quench the past, present and future feelings of happiness and suffering, respectively, which sums up the emotions that caused them diseases as follows:



Heart แมลง Hypothalamus	Pineal หัวใจ Skin/Skin Hypothalamus รากศีรษะหัวใจ รากศีรษะหัวใจ
Consciousness รักษาความมั่นคงทางปัญญา	Unforgiveness affects Kidney: Bladder รักษาความมั่นคงทางปัญญา ไม่รับรู้ทั้ง ถูกบีบอัด ศีกษาอ่อนน้อม
Unforgiveness affects Kidney: Bladder รักษาความมั่นคงทางปัญญา	ชีวิตจะได้รับผลกระทบที่รุนแรง ฉะนั้น Intestine มากยิ่งขึ้น กระเพาะลำไส้ Large colon กระเพาะลำไส้
เลือกอนาคต พยายามเลือกตัวเอง	Not letting go ไม่ร่วงโรย กระเพาะลำไส้เลือกตัวเอง กระเพาะลำไส้
	Pain รู้สึกในร่างกายทั้งหมด ทางทุกท่า
	ฉันต้องไม่ได้รับผลกระทบใดๆ ทางทุกท่า
	Liver, Gallbladder จะใจหาย
	ฉันต้องไม่ได้รับผลกระทบใดๆ ทางทุกท่า
	Fear กระตุ้น Adrenal gland and Thymus หัวใจและตับ หัวใจ หัวใจต้องมีภูมิคุ้มกัน
	ฉันต้องไม่ได้รับผลกระทบใดๆ ทางทุกท่า
	Grief affects Pancreas ถ้าได้รับผลกระทบใดๆ ทางทุกท่า
	ฉันต้องไม่ได้รับผลกระทบใดๆ ทางทุกท่า
	Lymphatic, Spleen จะติด Apathy หัวใจและตับ หัวใจต้องมีภูมิคุ้มกัน
	ฉันต้องไม่ได้รับผลกระทบใดๆ ทางทุกท่า
	Respiratory หายใจ ฟื้นฟูชีวิต
	ฉันต้องไม่ได้รับผลกระทบใดๆ ทางทุกท่า
	ปอดและหัวใจ หัวใจต้องมีภูมิคุ้มกัน
	Heart หัวใจ หัวใจต้องมีภูมิคุ้มกัน
	Testes, Ovaries ตัวอ่อนกลอก
	หัวใจต้องมีภูมิคุ้มกัน

Figure 3 The Four Noble Truths

### III. BUDDHIST INTELLECT IS BORN “WHERE IS THE PRECEPT?

Buddhist intellect is born “Where is the precept? Wisdom is there, The precepts are there ; The virtuous has wisdom. The wise have morals. The sages refer to precepts and wisdom as the best things in the world.” The practice of wisdom has a beginning, middle, and end, which is the knowledge that can eradicate defilements in the soul that are greedy, anger, and delusional to nirvana healthy body and mind immune from the practice of having the right mindset of the 12 Is as follows:

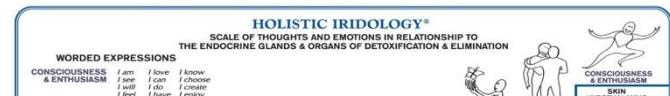


Figure 4 HOLISTIC IRIDOLOGY

“12 Is” consisting of I see: a person with the right view I choose: a person who chooses to learn the noble truths I feel: a person who is fully aware of all touches I can: is a person who can perceive emotions Desires that cause problems in life in the world I will: I am a person who is ready to accept, ready to adjust, and change all the time. I know: I am someone who knows how to stop problems in the world. I love: I am a person with ideals in love. I am: I am a caste person 9, sufficient, secluded, self-sufficient, diligent, and

patient. I create: I am a creative person like no other. I do: I am a person without suffering, and as an example to teach people to be free from suffering. I have: a person with a body like Brahma. I enjoy: practicing the precepts jarana15 Vijja 8, having a Buddhist wisdom, striving for nirvana.

**1. I see:** I know and understand that the body is the mind of the spirit. The body and the soul must coexist in form and name if there is no spirit. That body will have only a body, will see right in accordance with the precepts as taught by the Buddha. One must meet the faithful and have faith, trust, obey and believe, believe in karma rationally. [4] Learn about your own suffering until you get a new mind and a new soul in your original body with only kindness no selfishness. The heart is strong, the brain is good, not stressed, sleep well, the body has immunity. From training as a “I see” person.

**2. I choose:** the person who chooses to learn the noble truths of suffering because even though the Buddha had learned 18 sciences, but eventually he taught people to learn suffering in order to get out of suffering, which most people are addicted to happiness and do not want to learn suffering, which is the heart of Buddhism. In order to become a noble and wise person, here is to learn the 10 sufferings that are physically uncomfortable and suffering from the environment and the inevitable misfortunes of life and the inevitable mental suffering. By using the wisdom of the Buddha in the Four Noble Truths, learn the truth of life [5].

1. Know the meaning of life that he was born to learn suffering, which is the result of unwholesome things that should be clearly learned that it arises from the heart that wants it to be good as the heart desires like good things happen hate that bad things happen.

2. Samuthai, knows what life is like. Able to diagnose the cause of suffering, disease, and problem as arising from sensual desires, cravings, and ignorance in desires. If the cause of suffering can be found, suffering can be completely extinguished.

3. Nirodha, knowing that life is good and noble, which is the state of being free from suffering, disease, and problems from the fruit of meritorious deeds, clinging to the desires that are attached to one's soul.

4. Magga, knowing the good life, should be known, enlightened, truly knowledgeable, knowing the way to the cessation of suffering is a healing process. If you do a cause that is merit until birth, upholding the precepts, exhortation, and wisdom will lead you to know yourself and understand others.

**3. I feel:** Practicing to grasp feelings 108 past, present, and future as a person who is fully awake with every touch, able to touch the touches that come to touch the ears, nose, tongue, body and mind, knowing the pleasures and pains of the body and mind in the past, present and future with true knowledge in fact whether you feel happy or sad. It does not manipulate the mind to cause happiness, suffering or misery, likes or dislikes, wants or clings, worries, shakes, or creates misunderstandings will cause energy to crystallize to do bad things will be a person with good consciousness [6].

**4. I can:** able to kill ego defilements in one's body or soul. Know the emotions of passions that cause life problems such as greed, anger, delusion, for example, knowing anger causes problems with liver disease, thyroid gland, gallbladder, unforgiveness, affecting kidneys, bladder, anxiety, not letting

go, affecting the intestines, emotional loss, loss, sorrow, regret, affecting the pancreas, etc. When you know the cause, it extinguishes or clears that emotion before the disease or problem.

**5. I will:** Practice being a person who is ready to accept, ready to adjust, ready to change all the time because everything in the world is nothing. When things do not change the way we think must be ready to accept both good things and bad things without anger and balance the body and mind. Let the soul not be suffering, not worried, shaken, which is the root of all suffering, adjust and stop at the cause as a matter of fact. Ready to change: all the time is to study and practice until it sees results for yourself, no matter how the world changes have the wisdom to solve problems and help people with a pure heart, the body's digestion and absorption systems work well [7].

**6. I know:** Practice being a person who knows your life. He is the one who knows how to solve the problems in the world. Buddhism is a science with cause and effect. “Those Dharmas arise from the cause...and the cessation of those Dharmas.” [8] [9] The main goal of Buddhism is to know how to quench happiness and suffering in the mind to be nirvana use merit to wash away sins, evil and evil. If you know these things in yourself, you will know that defilements or thoughts that cause suffering arise and disappear will make them know and understand every story of one's life and others.

**7. I love:** practice selfless sacrifice a person with ideals in love is to sacrifice to free others and oneself from defilements (greed, anger, delusion) not to encroach on oneself and others not selfish practice development, love in the higher dimension is idealistic love for all mankind [10]. The mind will be strong. Affects the pituitary gland (pituitary), good memory, no stress, good sleep, good skin, cure all diseases like the word “Love can heal everything” (David J. Pesek).

**8. I am:** Trained to be a poor but wise person, a caste 9 [11] [12] sufficient, secluded, self-sufficient, diligent, patient that the Buddha led to do, and the new theory of sufficiency economy. King Rama IX said that loss is profit which most people think that the acquisition is profit. But it is actually the sacrifice or giving up that is more profitable [13]. Self-reliance is the true independence of all mankind [14]. The poor are happy, virtuous, selfless, sharing their benefits. Only to survive together from training as an “I am” person.

**9. I create:** Practice being a creative person like an arahant who does not escape society. but doing activities for the common good with the people in a concrete form, having value from self-reliance with good knowledge, having opportunities, having modest capital, having a good job, good people, sufficient, secluded, self-sufficient, strict, diligent, always strives to strengthen the body and mind. Living with a group of good friends, unity, and mindfulness will unite wisdom [15] with a vision that will help balance the world with farming, produce food, share the world with full capacity without prejudice, help turn around and build immunity for education, society, economy, and politics in a sustainable way.

**10. I do:** Act as an example, practice to clear your attachment to your sensual pleasures and teach people to be free from suffering because the purpose of life is make the spiritual body free from suffering which can attain Dharma, an arahant, or nirvana get while alive with disobedience. It is

not selfish, builds charity, does not cling to forms, tastes, smells, sounds, touches that are detrimental or harms oneself and others, the brain will not be good.

**11. I have:** a person who has 4 Brahma Viharas, has a spiritual body like Brahma, has mercy, compassion, mutita, equanimity, love, mercy help, physical strength, mind, wealth, wisdom, and mind that is Dharma. Willingly not be possessive of the mind, full of Dharma. Doing charity is doing good. Making merit is the purification of desires and attachments and letting go of the likes and dislikes of one's soul by having morals, fearing, ashamed of sins, equanimity, that is, wisdom, not greed, anger, delusion, no happiness or suffering. There is only happiness from the results or virtues of the 10 [16][17] precepts thus create happiness and build immunity in all systems of the body.

**12. I enjoy:** practicing the precepts Jarana 15, Vija 8 wisdom, or precepts, concentration, and wisdom for liberation from suffering to true well-being, which is the perfect balance of body and mind, or nirvana from believing in karma leading to the cessation of suffering, do yourself a favor, leave evil, do no evil, do not harm yourself and other beings. Do not accumulate lust, anger, vengeance, and do not harm yourself and others. It makes me feel happy and take advantage of every action fairly and in every situation according to the bad and bad things of each life, not everyone has everything equal. Therefore, a wise person will be happy, know how to solve and solve problems in daily life in the present, more and more.

## CONCLUSION

On training oneself to be a Buddhist, integrated with the concept of 12 Is to have complete physical and mental health The Consciousness and Enthusiasm with “12 Is”. In conclusion, life is a study of the mind, society, and spirit in order to quench mental attachment and let go of comprehending karma able to distinguish suffering that arises in the mind from the suffering of the body and the bad events in life. The success of life is not just eliminating physical ailments and ailments. It is learning to understand yourself and help people see suffering must practice to be fully conscious, both physically and mentally Mantras according to each person's status where the goal is nirvana is the destruction of suffering, sin, disease, and unwholesomeness so that it does not recur again. It is a stable immunity at the individual level. This will affect the social system, politics, education, economy and holistic health in balance, ready to be adapted, ready to change, sustainable all the time.

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