

# Editorial

## Grooming the future

Tragic is not the word to describe the present state of affairs of our state, even though the feeling in the hearts of the general public cannot be far from it.

The Government has shown, in fits and spurts, that things can and does happen if the rulers so put their hearts to any task, which begs the very relevant and necessary question: is the Government deliberately keeping the state on tenterhooks with engineered chaos and calculated mayhem?

Nothing that has been done for the development of the State so far looks and feels systematic or sustainable- from the various infrastructures being constructed with shoddy workmanship and dubious results, to the haphazard and stop-gap measures in terms of the essential services being provided, mostly on paper to dispense off with the official requirements without ever taking the trouble or the initiative to check on the efficacies of such schemes and welfare measures. The reality we are undergoing today is a far cry from the trumped up reports and statistics that make up the records meant for display at the centre, the most obvious result being the promotion of Manipur from the least developed state category to the less developed one without having nothing to show for it. Yet the Government, in its quest to prolong the reign, have failed to address the situation with pragmatic solutions and progressive steps that would steer the state in the right direction of inclusive growth- the most prominent shortcoming being the failure to harness the potential of the youths- the future of the state.

According to house listing and housing census data 2011, the number of youths between ages 18-22 in the country is 149.36 million. That's about one-fifth of the total electorate of 725 million estimated by the Election Commission. Stating that almost, if not all, the problems ailing the present society can be remedied by moulding the youths of today to bring about the still elusive change and progress would not be an exaggeration. No amount of resources or materials can effect change or usher in progress unless those who are to direct and utilize these resources be prepared and groomed to take on the responsibilities and challenges with confidence and determination.

A radical mental revolution based on progressive thinking and broadened outlook beyond self preservation and personal enrichment, tempered with the spirit of equality and infused with the dignity of labour is the panacea for our society long festered with enmity, greed, doubts and subdued mindset. The Government should make the most and invest in the one true asset it ever has- the teeming youths.

## International News

### US imposes new economic sanctions against North Korea

Washington, Sept. 27: President Donald Trump has warned North Korea that any U.S. military option would be devastating for Pyongyang, but said the use of force was not Washington's first option to deal with the North's ballistic and nuclear weapons program. Trump said at a White House news conference yesterday that US is totally prepared for military action which is not a preferred option. The strong reaction from the US president came a day after North Korea said that it was ready to defend itself by shooting down US bombers. North Korea's foreign minister Ri Yong Ho, who was in New York early this week, had accused Trump

of declaring war against his country. Meanwhile, United States has imposed sanctions on eight North Korean banks and 26 bank executives, ratcheting up pressure on the country amid increasingly bellicose exchanges with Pyongyang over its nuclear programme. On Tuesday, US Treasury Secretary Steven Mnuchin said in a statement in Washington that this further advances our strategy to fully isolate North Korea in order to achieve our broader objectives of a peaceful and denuclearized Korean peninsula. All property and interest of the designated companies and individuals in the US are blocked by the sanctions.

### WHENEVER YOU SEE CONSTRUCTION AND MINING EQUIPMENTS, JUST THINK OF US

Faster and Fuel Efficient Construction Solutions Are Here.

Automobile Engineering Works  
New Checkon Road Purana Rajbari, Imphal East  
Authorized Dealer : Case New Holland Construction Equip. (P) Pvt. Ltd  
&  
Kirolokar Engines Oil Limited (Kirolokar Silent Generator)  
Contact No. 9385-2452151 / 9862596601

Letters, Feedback and Suggestions to 'Imphal Times' can be sent to our e-mail : [imphaltimes@gmail.com](mailto:imphaltimes@gmail.com). For advertisement kindly contact: - 0385-2452159 (0)

# THE BUDDHA'S METTA (Loving-kindness) & KARUNA (Compassion) FOR ALL SENTIENT BEINGS

By Sanjoo Thangjam



The word "METTA" ( loving-kindness ) is an abstract noun for the word "mitra," meaning friend. However, it is not just friendliness, but the same type of love that is discussed in the Metta Sutta (Loving-kindness Discourse) : Just as a mother protects her child, Her deeply only lovely child, Even as to risk her life for its sake, So toward all living beings May one cultivate boundless loving thoughts.

Metta is an emotion which is non-attaching, non-possessive. The non-attachment aspect of metta implies friendship without sensual affection. The Buddha encouraged his disciples to practice metta, exhorting them by saying, " Monks, go forth, travelling for the welfare of the multitudes, for the happiness of the of the multitudes, out of Karuna ( compassion ) for the world for the benefit, welfare, and happiness of humans.

The basic instruction of the Buddha is in the "Eightfold Path." The path can be divided into three areas: Disciple, Concentration/ Mindfulness, and Wisdom. The steps of the path are all based on Metta (loving-kindness for these promote harmony within society. Love guides one:

1. To right understanding;
2. To right thought;
3. To right speech;
4. To right action;
5. To right livelihood;
6. To right effort;
7. To right mindfulness;

8. To right concentration In Buddhism, metta ( loving-kindness) towards oneself is the important first step. For if you do not have metta for yourself; you cannot give it to others. It is similar to the airline's instructions for you to put on your oxygen mask first and then help your child or another person. It is only practical , for if you pass out from lack of oxygen, you cannot help anyone.

The Buddha's boundless metta extended not only to human beings, but to all living creatures. The Metta Sutta ( Loving-kindness Discourse) is found in the earliest collection of suttas. It says: May all beings be happy and secure. May they all have happy and healthy minds. May all beings, whatever they may be,

Weak or strong, long, stout, medium or short, Small or large, seen or unseen, Living close by or far away, Already born or yet to be born, May they all have happy and healthy minds.

Venerable Piyadassi wrote in *The Buddha's Ancient Path* that metta is an active force. Every act done with the pure mind to help, succor, cheer, to make the paths of others easier, smoother, and more adaptable for the elimination of sorrow was metta in action. The performance of such acts would enable them to attain the highest bliss.

One way to help develop metta is by contemplating the disadvantages, of anger/ hate versus the advantages of not having anger/hate (of having loving-kindness). Thoroughly investigating the effects of hate versus the benefits of loving-kindness, it becomes clear that one should develop loving-kindness. Thoroughly investigating the effects of hate versus the benefits of loving-kindness, it becomes clear that one should develop loving-kindness.

Through the concept of karma, one can see that there is really no one to be angry with or hate since as the Buddha said, "...it is not easy to find a being who had not formerly been your mother...your father...your daughter in a previous life of this beginning less cycle of lives." Thus it is foolish to feel anger or hatred because that only breeds a darkness that obstructs right understanding.

KARUNA ( Compassion ) on the other hand is closely tied to METTA (loving-kindness). Karuna is not merely giving when needed, but to do so with a pure mind; without the thought of personal gain.

The following quotes are from D. Brandon's *Zen in the Art of Helping*. They present similar sentiments about compassion from a different school of Buddhism:

" Karuna ( compassion) has nothing to do with achievement at all. It is spacious and very generous. When a person develops real compassion, he is uncertain whether he is being generous to others or to himself because compassion is environmental generosity, without direction, without 'for me' and without 'for them'. It is filled with joy, spontaneously existing joy, constant joy in the sense of trust, in the sense that joy contains tremendous wealth, richness..."

" At the highest level, karuna ( compassion) does not attach itself to the intricacies of suffering or to the individual human situations. It is involved with the salvation of all living things. It spreads out the map of enlightenment for all who care to take."

"... Compassion is the complete reflection of overall harmony."

The benefits of the divine states can be experienced in daily life. The attitude of loving-kindness is like the feeling which parents have for their newborn child; the wish that the child enjoy good health, have good friends, be intelligent and to be

successful in all endeavours. In the same manner one has loving-kindness towards all living beings. When parents see their child ill, they will naturally be moved by Karuna (compassion) and earnestly wish that the child be free from the suffering of sickness. In the same way one has feelings of compassion upon suffering of any living beings.

As the parents experience joy at their child's success and happiness in life, one has feelings of joy at the good fortune of all beings. When the child becomes an adult with their own family, they begin to have their own responsibilities.

Although parents still have their own feelings of Metta (loving-kindness) and Karuna ( compassion), these are combined with a new feeling called (Upekkha) equanimity which means calmness of temper. They recognize their child's new independence and responsibilities and do not cling to them.

Metta (loving-kindness) eradicates ill will, anger and (Dosa) hatred. Karuna ( compassion) eradicates greed, craving and (Lobha) worldly attachment. And (Upekkha) equanimity eradicates ignorance and ( Moha) delusion.

As one travels along the path, one becomes capable of helping others. All the Buddha's teachings and practices lead to personal growth both for oneself and others. Living in the world, one encounters unhappiness/ ( Dukkha) sufferings. The use of Metta and Karuna can aid in relieving Dukkha; promoting personal growth.

They lead to the highest happiness. Thus it can be said that the two sublime states, Metta (loving-kindness) and Karuna (compassion) are the ultimate description of " Love."

*The writer is a lay Buddhist & Human Rights Activist for People Who Use Drugs (PUDs).*

## Sports Special

### BFI makes major announcement during their fifth executive committee meeting

- BFI completes one year; locks calendar for next year
- India to fight against Pakistan along with SAARC nations at South Asian Boxing Championship
- BFI to come up with grading for their Referee Judges and Coaches

New Delhi, Sept. 26 – Giving a massive impetus to the sport of boxing in the country, Boxing Federation of India (BFI) in their executive committee meeting held yesterday approved its calendar for 2017-18 season.

BFI which completed one year of its existence has locked the national calendar well in advance to give chance to the boxers to prepare well; with the first tournament being the elite men championship and will take place in Vishakhapatnam from October 23rd-30th followed by junior women in Rohtak in the first week of November. Sub junior men and women will be seen proving their mettle from December 12th-20th in Pune, while elite women will be seen packing a punch from December 18th- 24th in Trivandrum, youth men will vie for glory in the first week of January in Punjab.

It was also announced that India for the first time will be hosting the South Asian Championship from December 6<sup>th</sup>-10<sup>th</sup> in Guwahati and India International Open tournament, New Delhi in the third week of January for the elite men and women during the fifth executive committee meeting of the federation which was attended by BFI executive committee members and was chaired by the President Mr. Ajay Singh.

While the South Asian Championship will see a potential blockbuster clash between India and their arch-rivals Pakistan which will also see host of other SAARC countries participating including Afghanistan, Sri Lanka and Bangladesh amongst others. The international tournament will see countries like Uzbekistan,

Kazakhstan, and Ukraine among other top boxing nations participating in the Championship. The committee also outlined the Federation's decision to streamline the qualification criteria for the coaches, referee judges (RJ). All the coaches and RJs henceforth will have to make compulsory participation in the state level tournaments as part of the qualification criteria for international tournaments.

BFI will also be for the first time initiating a grading system as well on the lines of AIBA's star rating qualifications for coaches, referee judges. BFI has also appointed Mr. Santiago Nieva as the new Performance Director along with Mr. SR Singh as the head coach for elite men, Mr. Shiv Singh will be in charge of elite women, Capt. G Manoharan will be responsible for the Youth Men's team; Mr. Bhaskar Bhatt will be in charge of the Youth (Women) squad and Mr. MS Dhaka will be in charge of junior men.

It was also announced that Mr. RK Sacheti has unanimously been elected as the new Executive Director of the federation.

#### About Boxing Federation of India :

The Boxing Federation of India entered a bright new phase in September 2016 when Mr Ajay Singh became its new president. Within a couple of months, the dynamic leader took India back into the AIBA fold by professionalising the entire setup. He has already chalked out a plan for boxing in the country and aims to take it to the zenith, even making it one of the top sports in the country. Since Mr Singh's elevation, BFI has hosted six national tournaments, attracting over 300 boxers in each of the championships. It has hosted the AIBA 1-star course R&J certification course and seminar as well as the AIBA Cutman course this year. BFI, in association with AIBA and SAI, is also setting up a world-class boxing academy at the Indira Gandhi Indoor Stadium, New Delhi. It also plans to start 8 satellite academies across the country. Under the stewardship of the president, BFI is also organising for the first time the AIBA World Youth (Women) Boxing Championship in November, 2017 and the AIBA World Boxing Championship in 2021.

### India to host South Asian boxing Ch'ship in Guwahati

Guwahati, Sept 27: India will be hosting the South Asian boxing Championship for the first time in Guwahati from December 6 to 10. Boxing Federation of India, BFI, after its executive committee meeting yesterday said, the country will also host the 'India International Open tournament' in New Delhi in the third week of January. In a release BFI said, Pakistan, Afghanistan, Sri Lanka and Bangladesh will participate in the Championship with other SAARC countries.

The India international tournament will also see countries like Uzbekistan, Kazakhstan, and Ukraine among other top boxing nations participating. BFI announced that Capt. G Manoharan will be responsible for the Youth Men's team; Bhaskar Bhatt will be in charge of the Youth (Women) squad and MS Dhaka will be in charge of junior men.

It was also announced that RK Sacheti has unanimously been elected as the new Executive Director of the federation. BFI also said, first time it will initiate a grading system as well on the lines of AIBA's star rating qualifications for coaches, referee judges.