Often, our practice will become stagnant. We are stuck. Are there ways out to move forward to liberation? Buddha: *"There are five things to make the immature mind mature for liberation. What five?"* (AN 9.3)

1. He has a wise friend, a good companion, who is well-versed in scripture and well-trained in morality, concentration, and wisdom. Such a good friend is a source for inspiration.

2. He is virtuous, seeing danger in the slightest faults. He trains seriously in the training rules he has undertaken. Impeccable virtue gladdens the mind and makes concentration easily attainable.

3. He is easily exposed to profitable talk that is suitable for opening up the mind, and that leads to absolute disenchantment, dispassion, cessation, peace, deep knowledge, complete awakening and emancipation, such as: talk on wanting little, talk on contentment, talk on complete seclusion, talk on disassociation [from others], talk on arousing energy, talk on virtue, talk on concentration, talk on wisdom, talk on freedom, and talk on knowing and seeing freedom. If he cannot get such talks easily, he should approach his wise friend and request it.

NOTHINGNESS

4. He strives to give up unwholesome things, knowing they are impediments for progress, and he desires to take up wholesome things. He is steadfast and firm in his endeavor. Without such persistent effort, nothing can be accomplished.

5. He is wise, endowed with wisdom that sees rising and falling with noble penetration, leading to the complete destruction of suffering. Seeing the impermanence of all compounded things is the gateway to liberation.

We should check our practice from time to time to ensure that all of these five conditions are fulfilled, leading us to liberation.

Sayalay Susilā