

## The Buddha's example of Determination - *Adiṭṭhāna*

In Buddhism, determination means having a strong and steady mind to do good things without giving up. The Buddha taught that when we make a good decision, we should keep trying until we succeed.

The Pali word for determination is *Adhiṭṭhāna*. It means making a firm resolution to do something wholesome and continuing with patience and courage.

Determination is one of the Ten Perfections (*Pāramitā*) to be accomplished by a *Bodhisatta* – a Buddha aspirant.

### The Buddha's Determination

When Prince Siddhartha wanted to find the truth about suffering, he left his palace in a quest to know the causes of suffering. One night he sat under the Bodhi Tree and made a strong determination: ***"I will not get up from this seat until I find the truth"***. With this strong determination, he was able to reach his goal and become a Buddha, an Enlightened One.

### Why Determination is Important in life

Determination helps to:

- Reach one's goal in life;
- Practise kindness to others and learn to be patient;
- Learn new skills;
- Do good deeds every day;
- Continue even when things are difficult.

When one has determination, there is no stopping halfway. One tries again and again until one succeeds.

### **How to practice determination**

A person can start practicing determination in simple ways:

- Complete the tasks for the day before getting to bed;
- Be kind and helpful always to parents, teachers and elders;
- Practice meditation or quiet time for a few minutes every day;
- Speak the truth and keep promises;
- Try again when something is difficult.

### **A Small Example**

If you decide, “I will keep away from the mobile for one hour every day,” and continues doing it without forgetting, that is determination.

### **Conclusion**

Determination makes our minds strong and bright. When one practices determination with kindness and wisdom, you are sure to be a success in life. Following the teachings of the Buddha, let us learn to develop determination and walk on the path of goodness and success.



**'CLUTTER IS NOTHING  
MORE THAN POSTPONED DECISIONS'**