

About



Revised March 9, 2017; April 14, 2018

My name is Lal Ariyaratna Pinnaduwa. I loved physics from the school days and became a physicist. I was a Senior Scientist at the Oak Ridge National Laboratory and a Research Professor at the University of Tennessee, Knoxville. I was elected a Fellow of the American Physical Society in 2004. Since retiring in 2009 at age 55, I have been on a quest to uncover the pure Dhamma of the Buddha. Even though I am a Buddhist by birth, I did not really “practice” until I retired. Initially it was just to find out what “Buddhism” really was, and how it compared with other world religions.

- I provided the above description in keeping with my intention to be fully open, and also to make the website “as experienced” by myself; I will specifically mention what I have not experienced as such. I intend to record my progress in these web pages as much as advisable (not everybody will have the same kind of experiences related to *samadhi*, *jhana*, or *magga phala*).
- What I have found in my quest that began in 2009 is that Buddha Dhamma is really different from not only other religions, but also many forms of “Buddhism” that we have today, and that even the Theravada version has been contaminated by other religious and cultural influences.

In July 2013, I accidentally came to know about new interpretations of *anicca*, *dukkha*, *anatta* (true nature of existence). It was “the main missing piece” that I had been looking for. I will never forget the ecstatic feeling while listening to that fateful *desana* from one Thero on July 30, 2013 on the internet. I made a trip to Sri Lanka and was able to find more information, even though I was not able to meet Venerable Waharaka Abhayaratanalankara Thero who had uncovered the true teachings. What I present here is this complete picture, with my own input from my science background.

- Waharaka Thero passed away on February 9, 2017; see, [‘Parinibbana of Waharaka Thero’](#). His recorded *desanas* have been organized into a website, which can be found in that post. Unfortunately, those *desanas* are available only in Sinhala language.
- As in science, here I am going to treat Buddha Dhamma as a theory and explore whether it provides a consistent picture of our world. Buddha Dhamma is a complete worldview and its principles are the laws of Nature. Scientists have uncovered only a fraction of these laws, and only those pertaining to matter. But mind precedes matter.

My only hope is that I can give you a taste of the exhilarating experience that I have enjoyed over the past several years in uncovering the pure Dhamma. Buddha Dhamma is indeed for those who seek to broaden their horizons. You will truly gain benefit from this site if you leave behind any pre-conceived ideas about “Buddhism”.

- Above all, I wanted to convey the truth of the fact that one CAN experience the

“cooling down” or “*Nivana*” or “*Nibbana*” at various levels as one LEARNS AND LIVES the pure Dhamma. This is not something to be attained in future lives, but is something that one CAN experience in this very life by cleansing one’s own mind.

What I describe here is mostly what I have experienced.

- **11/7/14 update:** When I was struggling to find the pure Dhamma, I made a promise to myself that if I ever experience any real progress I will be open about it. Most people do not like to talk about their “spiritual experiences” and that is understandable. But I think it could be beneficial to others if I describe my progress to get an idea of what to expect; a brief description of my progress is given in, “10. Attaining the Sotapanna Stage via Removing Ditthasava” and the posts mentioned there. This will also provide a context for the material presented at this website. Please be aware that each person’s experience is different.
- Please post your questions on anything that is not clear or inconsistent using the comments tab under each post. I have a filter setup so that I will receive only those comments that have a return e-mail address. My hotmail account () puts emails from unknown addresses to the junk folder most of the time. **April 14, 2018:** It is better to make comments in the new discussion forum where a separate forum is available for making comments on posts; see below.
- Buddha Dhamma is a totally self-consistent description of the Nature’s laws, and if there are any inconsistencies in these pages, they are due to my own mistakes and I should be able to correct them. I do revise these posts on a continuing basis as my own understanding improves.

The Buddha said, “*Sabba danan Dhamma danan jinati*”, or “Gift of Dhamma excels all other gifts”. Please inform others about this site if you benefit from it.

July 25, 2016: There are around 400 posts at the site as of today. There are two ways to find relevant posts on a given concept/ topic.

- All posts are categorized under sections and subsections at “Pure Dhamma – Sitemap”. One could scan through it to locate relevant posts.
- The “Search” button at top right is also good at extracting relevant posts for a given key word or key words.
- If you have not heard back within a day or two from me in response to your comment under a post, that means you have not entered your email address correctly. You could write directly to me (), but keep in mind that sometimes Hotmail sends messages from unknown senders to the junk folder.

April 14, 2018: Discussion forum was initiated in December of 2017: “Forum”. Updates and new posts are posted at “1- General Information and Updates”.

Also, a new section on “Quantum Mechanics and Dhamma” initiated in March 2018.