	4 & Dr. Mehm Tin Mon	The Art of Living Nobly and Happily	> 5
The Art of Living Nobly and Happily CONTENTS Introduction 6 To live nobly and happily we need knowledge 8 The appearance of the Buddha is for the welfare and happiness of all living beings 8 Why should we worship the Buddha? 9 Why should we worship the Dhamma? 13 Why should we worship the Saringha? 16 Keep Threefold Refinge most respectfully 19 The wonderful benefits of Threefold Refuge 23 The Art of Living happily and beneficially 24 What are the evil actions to be avoided? 25 What are the good actions to be fulfilled? 26 The first important thing is to know the law of Kamma 27 What is Kamma? 32 What are Ultimate Realities? 33 Ten Defilements (Kilesās) 38	• Three good roots of moral minds 51 • How do Kammas arise? 1 53	The Counting Method to Control the Mind Second Step: Awareness of the Length of Breath Third Step: Awareness of the Whole Breath Fourth Step: The Disapperance of the Breath	. 93 . 94 . 95 . 98 100 102 103 108
a These avil roots of immoral minds 42	and the state of t		