

Wisdom Keepers' Stories

The following interview took place in a remote mountain top cave with a Buddhist abbot whose temple is not listed on any register. It is a hidden place only known to the rural people who visit the abbot for healing and spiritual guidance. The interview took place on March 2, 2001.

Abbot Tusit

*Temple Wat Tuhn Buatong
Maetang District, Chaing Mai Province*

Following a long fast, I once had a vision that showed that I must walk to a cave in northern Thailand and become a Buddhist monk. I was originally from Malaysia. I was a married businessman whose life was changed by that vision. That was many years ago. When I found the cave, I lived inside it with no contact with the outside world. This lasted for three years.

One day, a man walked out of the side of the cave wall. I asked who he was and he replied, "You don't need to know my name. But you can call me 'Granddaddy.' I am here to watch over you and see that you have what you need." The spirit taught me how to heal others. He became my main teacher and helper.



Abbot Tusit

When he finished teaching me how to help others, he said he would start bringing people to me. Sure enough, sick people started showing up at the cave. Their dreams led them here. I healed them with the assistance of Granddaddy. The people kept coming. There was a long line waiting to see me. Then they wanted to build me a temple. I didn't want it, but they built it at the bottom of the mountain near the steps leading to the cave.

I have a secret escape route in the cave that enables me to get away from the crowds. It is my secret passage. Sometimes I need to rest from seeing so many people. The entrance to my passageway is behind a big rock inside the cave.

Granddaddy taught me to heal with the life force. I use energy to heal others. I can heal at a distance. When you know the secret to healing, you only need to activate the energy. There is no need for anything complicated. When you are a true healer, it is natural communication requiring little thought or effort.

There is little to teach about meditation. You must simply do it in a natural way. Forget all the talk and debates about what is the "right way." Simply start by sitting in a comfortable fashion. You don't need the lotus position if it is not natural for you. After you are comfortable, then focus on your breath. Should you see or hear something inside or outside your mind, do nothing more than say out loud or to yourself, "I am seeing (or hearing)...." Doing so will deflate the importance of the experience and help make the



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Entrance to the cave

image or sound go away. This is all there is to meditation. Get comfortable and focus on your breath. The rest will come forth effortlessly.

Most Buddhist teachers have not fallen into the natural way. They rely upon books, previously spoken words, and the opinions of hierarchical teachers. This is not the truest way. When you make a connection to the spirit world, it will carry you into the heart of the teachings.

You are my spiritual brother. I see that we are alike. Please live with me in the cave for a while. I want you to meet my teacher.





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Abbot Tusit in the cave in which he lived for three years with no outside contact and now heals those in need.