

why think
about our suffering?
I just want to feel joyful.
Isn't it much better to think
positively & ignore suffering
to feel more peaceful? And
confidently manifest what
we want in our lives
& enjoy it?



For those who have been very traumatized, a period of time to heal and learn to enjoy life is important. But at some point we all must take the next step on the Dharmic path: understanding that life is full of suffering. What suffering? All unpleasant thoughts & feelings, discomfort, discontentment, stress & dissatisfaction, from the slightest subconscious ones to the most severe. Almost every moment of every day we feel some degree of it. Considering all our countless past lives, we've endured an ocean of suffering. Even at our most joyful moments, and even during lives in heaven-worlds, we feel the dread of knowing they will end. We don't realize the constant discomfort we have until we experience pure bliss, which is deeper & more satisfying than the joys of ordinary life. But those moments of bliss are temporary; we're still stuck in the ocean of samsara, the cycle of birth, life, death & rebirth, with all its suffering, until we attain the ultimate bliss of nirvana. Why think about suffering? If you're not aware of your suffering, you're like a prisoner who isn't aware he's in prison, and won't make efforts to get out of it. Awareness of your everyday suffering can motivate you to reduce it by practicing the Dharma. Why wait for intense pain to come along to motivate you? To decrease suffering, first be aware of why we suffer: our desires (for what we want), our aversions (from what we dislike) and our ignorance - the 3 poisons – are the root of suffering. We don't get what we want, we lose what we love, we face what we dislike, things change in a way we dislike. And we don't know how to get out of this situation. Our ordinary activities distract us from addressing the root of it, and pursuing what we want with afflicted emotions drags us into further misery. But if we reduce the intensity of our desires, then we make wiser choices that lead us toward a more peaceful, harmonious life. Mindfulness calms our mind and makes us more aware of our thoughts, feelings & emotions and the motives behind our desires. It gives us insight into our patterns & habits of thinking and their sources, that intensify our desires and aversions. It helps us direct our mind away from negative thoughts, regrets from the past & worries for the future, and into the present moment. Every moment we are mindful, we are practicing the Dharma, generating merit & reducing suffering both now and for the future. We reduce the emotional pain of unpleasant events by remembering the Buddha's teachings, such as those on karma & impermanence. We realize that trying to manifest mundane things won't fully satisfy us & leads to more desires. Instead, we manifest Dharma in our thoughts, words & actions, which gives ongoing and ultimate satisfaction. The enduring peace of growing in the Dharma relieves suffering more than fleeting joys of acquiring & achieving in the material world.

When there's no "me" to be hurt, nothing "mine" to gain or lose, then "my" suffering ends.

I am only a temporary wave in the ocean of existence.

~~~~~M.L. Buschmann~~~~~