

Suffering and How to Transcend It

The main issues

- What is suffering?
- What is the major cause of suffering?
- How to transcend suffering?

Suffering

Suffering: Stress, Disease, Unhappiness.

Types of suffering

1) Natural suffering

Birth, Old age, Physical pain, death

2) Unnatural suffering

-Mental pain: stress, depression, anxiety,

worry, sadness, sorrow and so on -Weather Hot, cold, dry,
humid,

-Separation: friends, relatives, colleague, spouse, animals

-Losing: Job, power, health, wealthy,

-Fight: Enemies, competitors

-Getting what one does not want

The means to deal with suffering

Acceptance, but clinging and holding on suffering

The major causes of suffering

Ignorance: 1 Lack of understanding, or Misunderstanding 1 Forgetting the past experience

2 Do not know what will happen tomorrow

3 Do not know how to heal the suffering right now

Desire: Want, need thing without understanding or planning

1 Sensual desire

2 Wanting to be (Fight)

3 Wanting not to be (Flight)

Grasping: Clinging, Holding, Attaching

1 Sensual clinging

2 Clinging in the certain set of belief, religion, theories

3 Clinging in the certain set of rites and rituals

4 Self-clinging

The means to deal with cause of suffering

Making understand it by doing research, experiment, observe to the cause of suffering

The approach of transcending suffering

1. The ethical approach: its aim is to build a personal trust and social dignity and peace

-Not harming

-Not taking thing that not given by the owner

-Not commit Sexual assault

-Not taking bad speech

-Refrain from Drinking

Two levels of ethical approach

-Individual level: personal commitment

-Social level: Law, regulation,

2. The mindfulness approach: its aim is the calm down the mind, and gain the deeper spiritual happiness

-Bodily awareness

-Sensation awareness

-Thought awareness

-Consciousness awareness

3. Reflective approach: its aim is to see thing as it is.

- 1) Associate with a wise
- 2) Develop your reflective thinking

-Think from whole to one (Reductionism)

-Think from one to whole (Holistic view)

-Think positively and negatively then choose the best choice

-Think positively

-Cause and effect reflection

The means to achieve: cultivating, training, and educating

Sources

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2. T.W. Phys Davids, *Dialogues of the Buddha II*, the Pali Text Society Oxford, 1995 pp. 4270, pp. 322-346.
3. Grof Stanislav, *The adventure of self-discovery*, Albany State University of New York Press 1988.