

Solving Your Self

PETER GREBOT - APRIL 2021



How are you going to solve your self?

How are you going to solve your self when every move you make is informed by your self, that is, your history, conditioning or belief system that got you where you are in the first place? No matter which way you turn it's going to end up with the same patterns repeating themselves, a little more sophisticated perhaps, but in essence the same!

Depressing isn't it? There seems to be no way out of this prison cell that you've constructed for yourself. But hold up, if you have constructed the prison cell of the separate-self, maybe you could deconstruct it! Perhaps the separate-self served a purpose once upon-a-time but now it's starting to appear more of a hindrance than helpful.

We can't really have our cake and eat it, there's no way round suffering, so the question is are you ready to throw your teddy bear away, your apparent safety net and go into free fall? Remember suffering is optional not obligatory.

The external world is only a manifestation of the activities of the mind itself, and the mind grasps it as an external world simply because of its habit of discrimination and false-reasoning. The disciple must get into the habit of looking at things truthfully.

BUDDHA

The Legend of the Buddha and The Four Noble Truths –

According to the Buddha, the problem of suffering runs deep. Life is not ideal: it frequently fails to live up to our expectations.

The First Noble Truth - Suffering

Human beings are subject to desires and cravings, but even when we are able to satisfy these desires, the satisfaction is only temporary. Pleasure does not last; or if it does, it becomes monotonous.

Even when we are not suffering from outward causes like illness or bereavement, we are unfulfilled, unsatisfied. This is the truth of suffering.

Some people who encounter this teaching may find it pessimistic. Buddhists find it neither optimistic nor pessimistic, but realistic. Fortunately, the Buddha's teachings do not end with suffering; rather, they go on to tell us what we can do about it and how to end it.

The Second Noble Truth - Origin of Suffering

The Buddha taught that the root of all suffering is desire. This comes in three forms, which he described as the Three Roots of Evil (or the Three Fires, or the Three Poisons). The three roots of evil, that ultimate causes of suffering are:

1) Greed and desire, 2) Ignorance or delusion, and 3) Hatred and destructive urges.



The Third Noble Truth - Cessation of Suffering

The Buddha taught that the way to extinguish desire, which causes suffering, is to liberate oneself from attachment. So this is the third Noble Truth - the possibility of liberation.

The final Noble Truth - Buddha's Prescription for the End of Suffering. This is a set of principles called the Eightfold Path. The eight stages are not to be taken in order, but rather support and reinforce each other:

The eight stages are summarised in these groups: Wisdom (right understanding and right intention), Ethical Conduct (right speech, right action and right livelihood) and finally, Meditation (right effort, right mindfulness and right concentration).

One doesn't have to be a Buddhist to realise that if we create our own suffering, then it is possible to free ourselves from it.

Through self-enquiry, if you seek, you shall most certainly, always find.

**Our next online meeting will
be Sunday 25th April
at 16:00 GMT/17:00 CET**

Look out for further details from
Regis Pradal, Jana Joanna Milbou
or Maria Casale. You can also visit -

knowingconsciousness.com

