

HAPPINESS: The Cessation of Suffering

Suffering:

- *Dukkha* – suffering/unsatisfactoriness/dissatisfaction/stress
- *Three Types of Suffering*: suffering of suffering; suffering of change; pervasive suffering
- *Eight Types of Suffering*: birth; old age; illness; death; the unpleasant; separation from the pleasant; not getting what one wants; five aggregates
- *Kilesa*: greed (covetousness, passion), hatred (aversion, anger), delusion [3 Poisons]
- *10 Fetters*: Attachment to rules/rituals; craving for material existence; craving for non-material existence; conceit; ill will; ignorance; ill-at-ease (restlessness); self-illusion; scepticism; sensual lust.
- *Five Hindrances*: sensual desire; ill will and anger; sloth and torpor; restlessness and worry; doubt
- *8 Worldly Concerns*: praise/blame; gain/loss; pleasure/pain; fame/ill-fame
- *Mental States of Suffering*: greed/avarice/arrogance/pride; anger/hatred/jealousy/envy/fear; ignorance/delusion

Cause of suffering: *Craving*: (1) Sensual craving for enjoyment through any of the sense doors; (2) Clinging to a notion that one is a permanent unchanging Soul; (3) Craving for self-annihilation – a delusive materialistic notion of a real Ego that is annihilated at death (and therefore has no causal relationship with the time before or after death).

Cessation of suffering (*dukkha*) [Effect]: "What, now, is the Noble Truth of the Extinction of Suffering? It is the complete fading away and extinction of this craving, its forsaking and abandonment, liberation and detachment from it" (*Digha Nikāya* 22).

Path to cessation of suffering [Cause]: The Noble Eightfold Path "To give oneself up to indulgence in Sensual Pleasure, the base, common, vulgar, unholy, unprofitable; or to give oneself up to Self-mortification, the painful, unholy, unprofitable: both these two extremes, the Perfect One has avoided, and has found out the Middle Path, which makes one both to see and to know, which leads to peace, to discernment, to enlightenment, to Nibbāna" (*Samyutta Nikāya* LVI, 11).

Threefold training: wisdom (*panna*); virtue (*sila*); concentration (*samadhi*)

Right understanding (right view)	<ul style="list-style-type: none"> ▪ 4 Noble Truths: suffering; origin; cessation; Path ▪ 12 links of dependent origination: ignorance; karma; consciousness; mind and body; six senses; contact; feeling; attachment; craving; becoming; birth; aging and death ▪ 5 aggregates: matter; consciousness; sensation/feeling; perception; mental activities
Right thought (right intention)	<ul style="list-style-type: none"> ▪ 3 marks of existence: suffering (<i>dukkha</i>); impermanence (<i>anicca</i>); not-self (<i>anatta</i>) ▪ 3 Refuges: The Buddha; The Dhamma; The Sangha ▪ 7 factors of enlightenment: mindfulness; keen investigation of the Dhamma; energy; rapture or happiness; calm (tranquillity); concentration; equanimity
Right speech	<ul style="list-style-type: none"> ▪ 5 precepts: no killing; no stealing; no sexual misconduct (misuse of senses); no incorrect speech; no intoxicating drinks (leading to carelessness) ▪ 4 qualities of speech: truthful; accepting (not divisive); needful; kind
Right action	<ul style="list-style-type: none"> ▪ 5 Precepts ▪ 10 perfections: determination; discernment; goodwill; truth; virtue; persistence; renunciation; generosity; patience (endurance); equanimity ▪ 4 bases of power: desire (will); persistence (effort); concentration (intentness); investigation ▪ 4 emotions (<i>brahma-viharas</i>): loving-kindness; compassion; empathetic joy; equanimity
Right livelihood	<ul style="list-style-type: none"> ▪ 5 Precepts ▪ 6 senses: seeing; hearing; smelling; tasting; touching; thinking
Right effort	<ul style="list-style-type: none"> ▪ Negative (unwholesome) mental states: abandon/prevent ▪ Positive (wholesome) mental states: develop/maintain ▪ 5 spiritual faculties/strengths: faith (conviction); energy (effort); mindfulness; concentration; wisdom (discernment)
Right mindfulness	<ul style="list-style-type: none"> ▪ <i>Satipatthana Sutta</i>: (1) body; (2) sensations and feelings; (3) mind states; (4) mind objects ▪ 5 Dhammas to be mindful of: 5 hindrances to abandon; 7 factors of enlightenment to develop; 5 aggregates to see arise and pass; 6 senses and to be aware of any fetter generated by them; 4 Noble Truths to be penetrated with deep understanding
Right concentration	<ul style="list-style-type: none"> ▪ <i>Samatha</i> (tranquility meditation): <i>anapanasati</i>; <i>brahma-viharas</i> ▪ <i>Vipassana</i> (insight meditation): mindfulness of breathing; body scan; choiceless awareness (bare attention); <i>dhammanupassana</i>

Miscellaneous: ▪ *Psychology*: 5% conscious mind activity controls – reason, willpower, insights, positive thinking, motivation; 95% sub-conscious activity controls – beliefs, instincts, thoughts, emotions, memories, behaviours, skills

- *Whole-brain state* – an avenue to higher consciousness. Combines left-brain functions (*yang* – masculine) with right-brain functions (*yin* – feminine): logic/emotion; reason/creativity; thinking in words/thinking in pictures; analysis/synthesis; ordered/spontaneous; controlled/free; extroverted/introverted; time bound/time free
- *Universal principles* – interconnectedness; collaboration; cooperation; balance; harmony; common purpose

(Source for miscellany: <https://www.psych-k.com/>)