“Great doubt will eventually lead to great awakening.” *Manhae (Han Yongun)*

“To live in the realm of Buddha nature means to die as a small being, moment after moment.” *Shunryu Suzuki*

“Let go of the past, let go of the future, let go of the present, and cross over to the farther shore of existence. With mind wholly liberated, you shall come no more to birth and death.” *Dhammapada* 24.348

***Making Sense of Suffering***

1. The Four Noble Truths: Life is suffering, suffering comes from desire, desire can be overcome, the path of overcoming suffering; diagnosis, etiology, prognosis, treatment plan

2. No-self (Pali, *anatta*); Shunryu Suzuki, the essence of Zen is “everything changes”

3A. *Dukkha*: (Pali, “suffering”), experiential feel of insubstantiality, transitory unsatisfactoriness, a ‘thirst’ for things to be different

3B. *Samsara* (Sanskrit: “to journey”)

4. Pain vs suffering

5. Acceptance; gumption, willingness

6. Enduring; happiness vs. purpose; path vs. goals

7. The Three Jewels: Buddha (teacher), dharma (philosophy and practice), sangha (community)

*Recommended Readings*

Bowker, J. (1970). *Problems of suffering in religions of the world*. Cambridge: Cambridge University Press.

Huber, C. (2002). *Suffering is optional: Three keys to freedom and joy.* Murphys, CA: Keep it Simple Books.

Levine, M. (2000). *The positive psychology of Buddhism and Yoga: Paths to a mature happiness*. Mahwah: Lawrence Erlbaum.

Schuhmacher, S., & Woerner, G. (Eds.). (1994). *The encyclopedia of Eastern philosophy and religion*. Boston, MA: Shambhala Publications.

Varela, F., Thompson, E., & Rosch, E. (1993). *The embodied mind: Cognitive science and human experience*. Cambridge, MA: The MIT Press.

Dr. David Zuniga: www.drdavidzuniga.com describes thousands of books, web links and other resources related to the intersections of psychology, spirituality, mindfulness and wellness, including free videos of guided meditation.