

# Understanding the Nature of Suffering

with Peggy Rios, PhD and Emi Lenes, PhD

“I teach only two things: the fact of suffering  
and the possibility of escape from suffering”





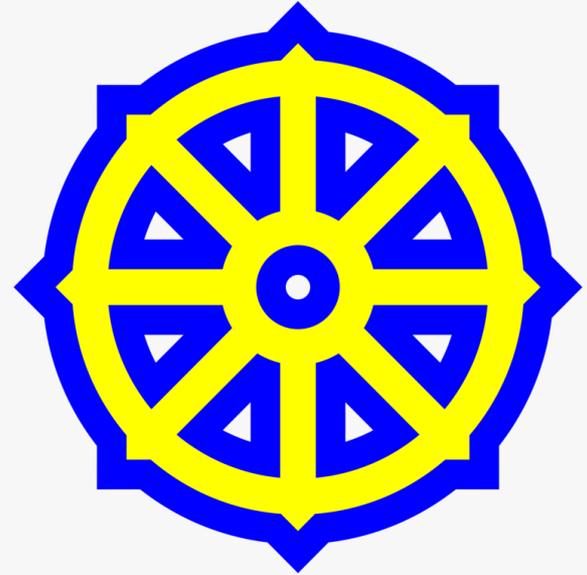
Buddhist approach to the human problem of suffering; how we face suffering and how we seek joy.

# Brief Background

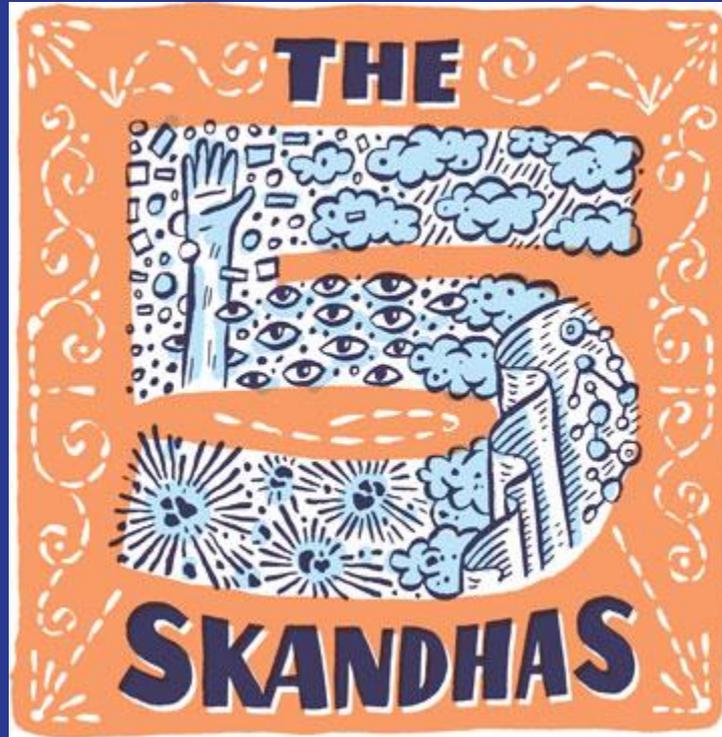
5 Skandhas

4 Noble Truths

Noble Eightfold Path



# The creation of the “self”





1. Form (Pali, rupa)—the physical world

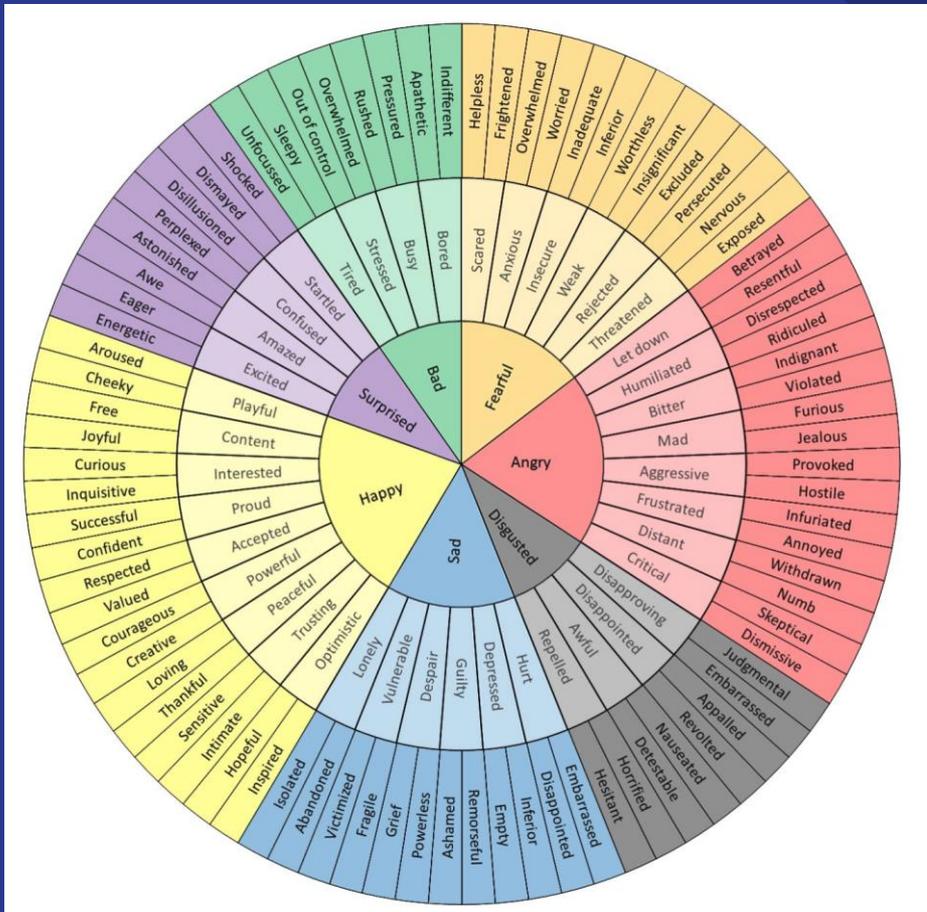
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graph TD; A[1. Form (Pali, rupa)—the physical world] --> B[2. Sensation or Feeling (vedana)—not "sensations" or "feelings" as they're meant in ordinary English usage, but our simplest responses to experience: like, dislike, or indifference]; B --> C[3. Perception (sanna)—again, not "perception" as conveyed by ordinary English, but the recognition or interpretation of sense objects followed by mental labeling.]; C --> D[4. Mental formations (sankharas)—concepts - volitional mental actions, triggered by some object]; D --> E[5. Consciousness (vinnana)—cognizance, including thoughts, which this system views as sense objects perceived through the "sense gate" of the mind];
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4. Mental formations (sankharas)—concepts - volitional mental actions, triggered by some object

5. Consciousness (vinnana)—cognizance, including thoughts, which this system views as sense objects perceived through the “sense gate” of the mind



## Felt Sense Vocabulary

Achy	Free	Queasy
Bloated	Frozen	Quivery
Breathless	Full	Radiating
Brittle	Fuzzy	Raw
Bruised	Heavy	Releasing
Bubbly	Hollow	Shaky
Burning	Hot	Sharp
Buzzy	Icy	Smooth
Calm	Itchy	Sore
Clenched	Jittery	Spacious
Cold	Jumpy	Spinning
Cool	Knotted	Sweaty
Damp	Light	Tender
Dense	Nauseous	Tense
Dizzy	Numb	Throbbing
Dry	Open	Tight
Dull	Pounding	Tingling
Electric	Pressure	Trembling
Energized	Prickly	Twitchy
Flaccid	Puffy	Warm
Flushed	Pulsing	Wobbly







# Four Noble Truths

1. There is suffering. Pain exists. It is real and almost universal. Suffering has many causes: loss, sickness, pain, failure, and the impermanence of pleasure.
2. There is a cause of suffering. It is rooted in our desire for things to be different than they are. It is the desire to have and control things. It can take many forms: craving of sensual pleasures; the desire for esteem; the desire to avoid unpleasant sensations, like fear, anger or jealousy.
3. There is an end to suffering.
4. The Noble Eightfold Path leads to escape from suffering because it helps us better perceive and engage reality

# Noble Eightfold Path

Right understanding (Samma ditthi)

Right thought (Samma sankappa)

Right speech (Samma vaca)

Right action (Samma kammanta)

Right livelihood (Samma ajiva)

Right effort (Samma vayama)

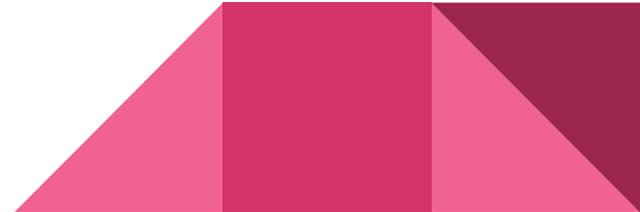
**Right mindfulness (Samma sati)**

Right concentration (Samma samadhi)

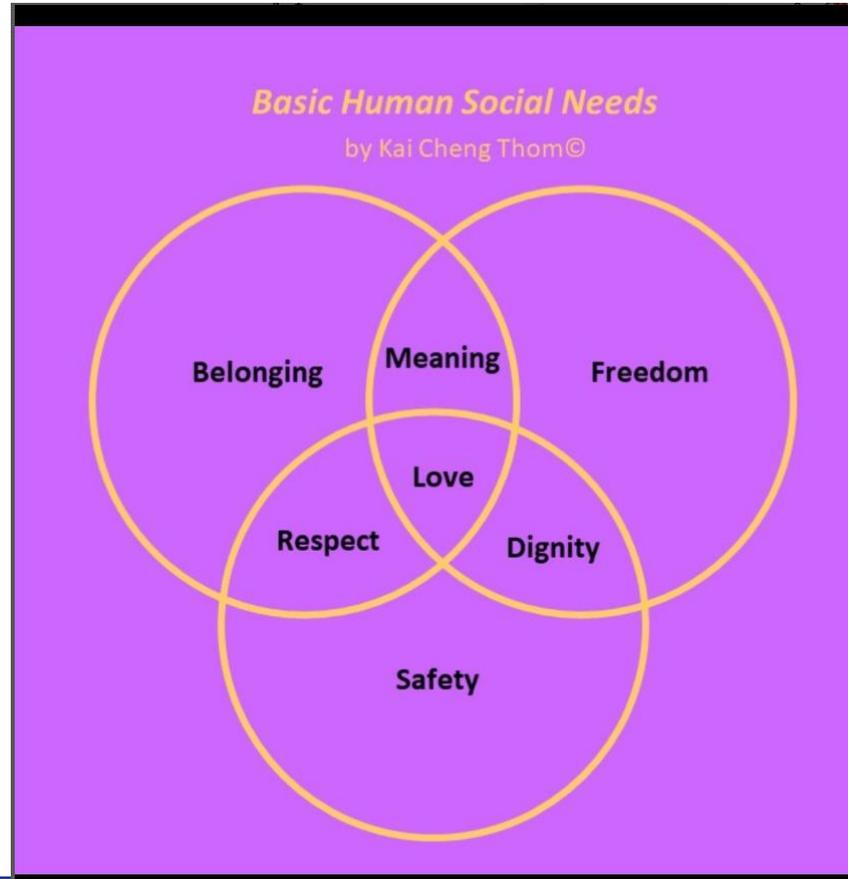
# Three characteristics of reality

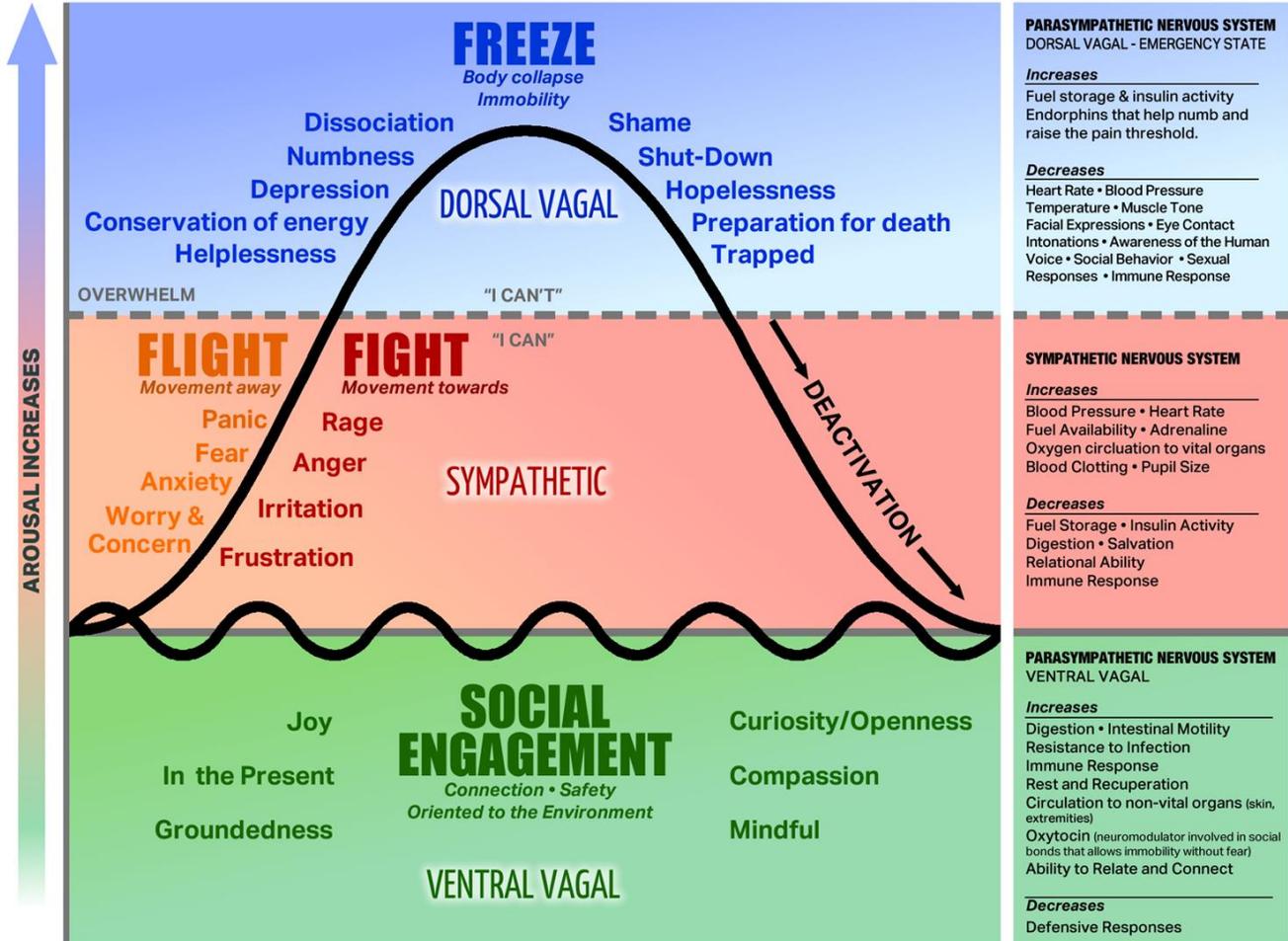
- Radical interrelatedness
- Change, impermanence
- Non-self

Understanding these deepens our compassion → 6<sup>th</sup> sensory organ?



# Suffering in the Body/Mind

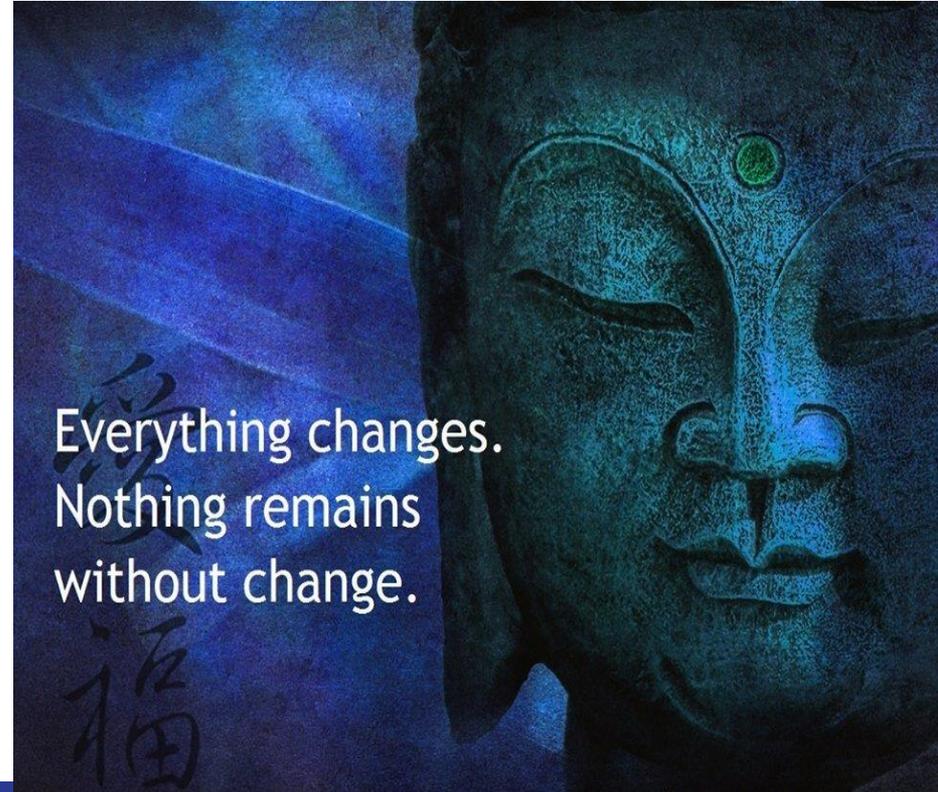




## 2. Our Relationship with Impermanence

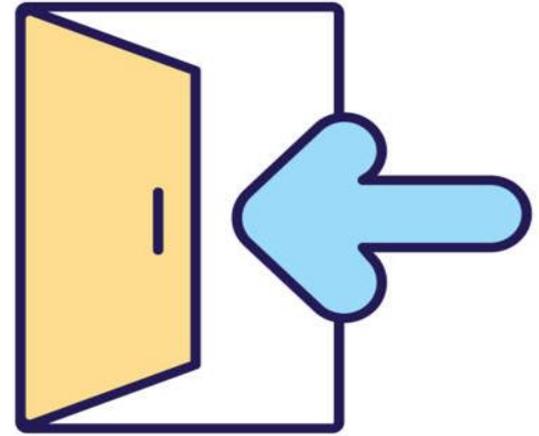
**“Remembering the precious opportunities of my unique life, Recalling that in each moment I am offered all I need, Not wanting to squander the gift of my existence, I undertake this journey.**  
**Impermanence**  
Remembering that death is real and comes without warning,  
Recalling that this body will be a corpse,  
Knowing that my chance to practice dharma is brief,  
I undertake this journey.....  
The Relentless Suffering of Samsara  
Remembering that promises of lasting happiness are empty,  
Recalling that suffering is an unavoidable part of life,  
Not wanting to become lost in fear or wishful thinking,  
**I undertake this journey.”**

- Read by Dr. Berta Seldman in her “Mindful Therapist” Course



## Impermanent Break Out Room

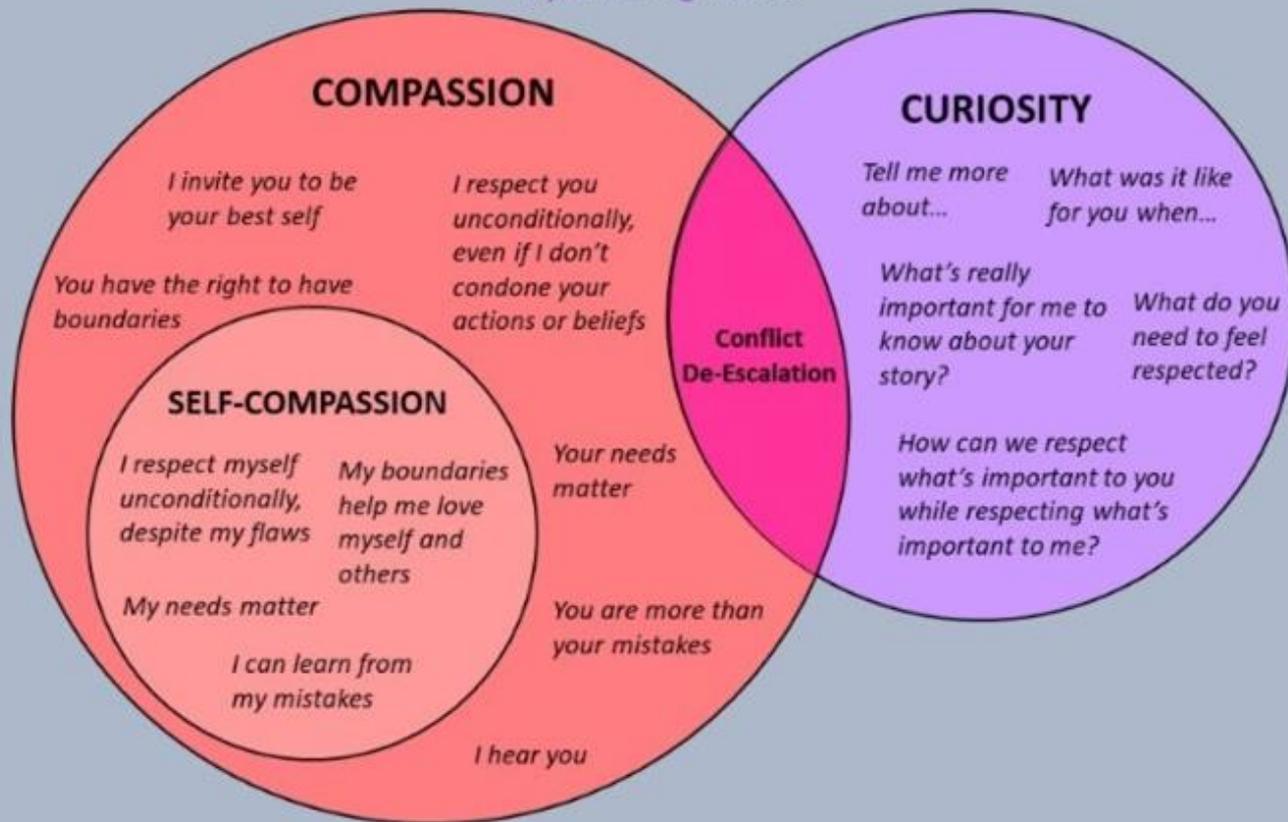
Something you love and enjoy that comes and goes

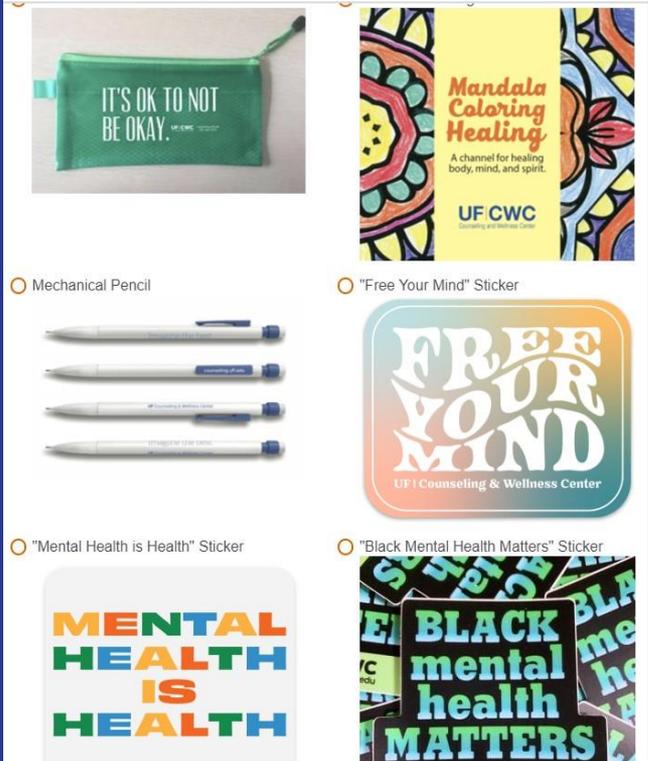


How We Can  
Hold our  
Suffering  
with  
Compassion  
and Curiosity

## The Two Keys of Loving Justice

by Kai Cheng Thom©





Thank You UF  
Mindfulness!!  
Time Now for Feedback  
and Free CWC Swag!!!

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