

Dukkha

In the meditative traditions, there is actually a relatively simple cause for suffering and a relatively simple (although difficult!) formula to achieve contentment, or sukkha. In this video, I'll explain the concept of dukkha, or suffering, which is born of our attachments. Many of us seek particular things – whether it be a relationship, a job, money, or worldly prestige – thinking it will lead us to happiness. But as it turns out, there are many things we can do that may be painful, but bizarrely may lead us to peace. And that if we live a life of pleasure seeking, we'll still feel discontent.

References and further reading

- The Bhagavad-gita. (1929). Chicago, Ill. : The University of Chicago press

Glossary

Dukkha

Bhagavad Gita

Meditation Videos



P18 - Raga and Dvesha (Attraction & Repulsion)