

Things I should have said

I should have explained how we can name two types of fears:

We as Buddhist always start from an issue which bothers or pre-occupies the normal person on the street.

Declaring that issue is declaration of departure point. Necessarily we will then take that topic and give it a Buddhist explanation. This explanation is rooted in buddhist thought and so quite often we need to explain some of Buddhism general ideas. This is needed in order to give the listener context to understand the Buddhist reans for dealing with the said topic in the peculiar manner Buddhist deal with the topi.

Fears

1. Specific fears
2. General fears

Specicfic fears these fears are what we know as our fears:

- Fear or rejection
- Financial fears
- Uncertainties
- etc

General fears These fears are mostly hidden for most people - these are the fears Buddhist study and accept. They are fears arising from delusions - specifically self-cherishing and self-grasping.

From these basic two mental attitudes all the dangers of the world arise.

This is obviously not accepted by most people.

Whenever we talk about life with out fear we necessarily have to talk about reducing and abandoning these two minds.

If there is a person who has no presence of these two minds that person is free from fear.

So the Buddhist journey is one that has to deal with both these fears.

With time, as you practice - and here it does help to have a period of life where you detached yoruself from the normal society for a while and reallyl got into being the buddhist life - there

should happen a shift from the specific fears to the general fears. Initially you face the specific fears and resolve them with the understanding that they are an expression of the general fears and this helps the specific fears subside. In time you have less and less of the specific fears or at least they become weaker in their presence in your mind, at which time you begin to notice that you are working more on your general fears - the self cherishing and grasping minds. This is where your Buddhist journey begins to take traction

Journey

It is also important to explain how dealing with these fears is the Buddhist path/journey. And when you start the Buddhist journey it will change you, it will bring with it its own hardships, its own fears. (this is why we need clear aspirations coming from clear wisdom about the nature of our present existence)

However if you are working on undermining the general fears the experience of the journey will become more and more joyful as you become clearer and clearer about the Buddhist aims.

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