

3rd Habit - in preparation of true love - letting go of the self

Recapping previous classes - especially about the different kind of happinesses

- sensory gratification
- meaning
- inner peace - the buddhist view

The difference between them.

Last week we into two things

- Real cause of Happiness vs deceptive cause
 - the more you do the more the true nature of the cause becomes evident. => true suffering causes suffering true happiness causes happiness

Few simple habits to always consider

The following should really be as basic as breathing. They are so self evident that they do not need much explanation but what you do need is to implement them, practice them, again and again and again until they become part of the fabric of how you understand everything

These are:

1. Rejoice in Your Own Good Fortune
2. Discouragement is useless
3. Continuous repetitions with the above two.

Last week we also looked in something very important:

Uncertainty

Being the nature or defining characteristic of everything - who we are who other people are what things are and what situations are.

We learn to reflect on and live with uncertainty

Quite often **uncertainty** is uncomfortable for us - for various reasons.

- it may feel threatening
- it invites imagination
- it creates a desire for control
- and it can even be at times exciting - which even this can be a problem...

But by learning to accept think about and work with uncertainty in our life we become better prepared for when uncertainty becomes certainty...

Karma

Karma is the subject that says whatever you dish out will sooner or later come back to you.

It actually helps to reduce anxiety from uncertainty.

More on Karma - Thursday class

For tonight: Grasping

There are few kind of graspings:

In Buddhism we mainly talk about

- grasping at permanence - countered by impermanence
- grasping at things and mind being separate entities
- grasping at true existence - countered by realizing everything is illusory

Of these the first one is a bit easier to understand than the second and the second bit easier to understand from the third

We study this topic because we want to learn and become a loving person.

But to become a loving person we really need to understand who we are first.

To understand who we are we need to understand who we are not...

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