4th Class

in this class we may consider two things that can help dealing with overthinking

1. karma
2. emptiness these two topics help with overthinking because overthinking is scrade from the uncertainty of life and overthinking creates in ourmind an appearance of the world which does not exist but we relate to it as if it does. becasue we relate to this inner appearance as if it is the reality we then experience all the painful issues associated with overthinking

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