

# A Brief Explanation of Cyclic Existence

(a more detailed explanation can be found in the teachings on the 12 Links of Dependent Arising)

## Suffering

### Types:

1. **Suffering** – physical & mental pain
2. **Change** – contaminated pleasures: mere relief of suffering
3. **Conditioning** (all pervasive) – the 5 contaminated appropriated aggregates through which we experience (& perpetuate) all 3 types of suffering

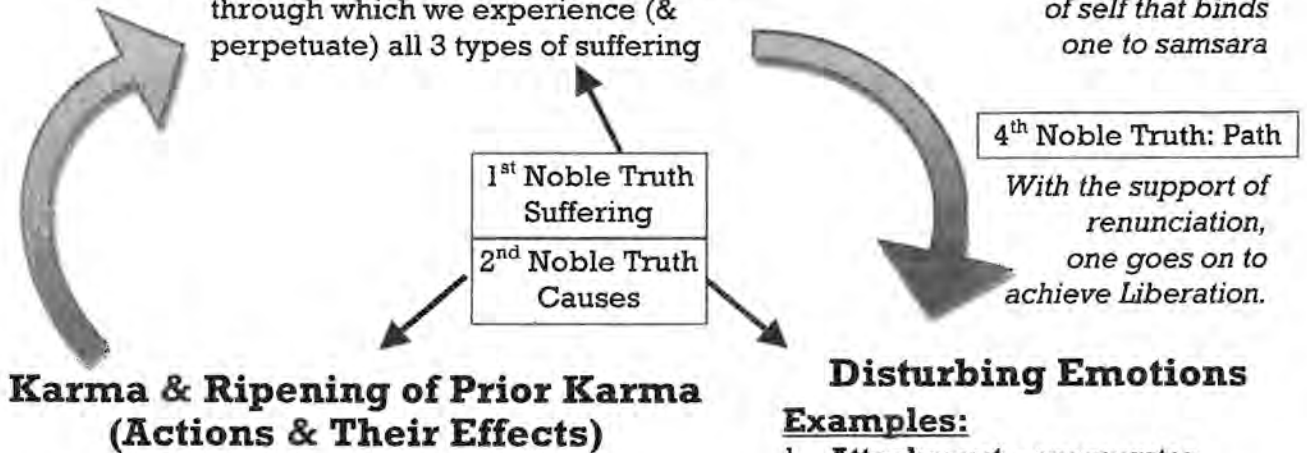
### To Reverse Cyclic Existence:

3<sup>rd</sup> Noble Truth: Cessation

*A direct, perceptual realization of emptiness cuts the misapprehension of self that binds one to samsara*

4<sup>th</sup> Noble Truth: Path

*With the support of renunciation, one goes on to achieve Liberation.*



## Karma & Ripening of Prior Karma (Actions & Their Effects)

### Types of Effects:

1. **Fully Ripened/Propelling** – rebirth in one of 6 realms
2. **Environmental** – external situation
3. **Similar to the Cause** – includes the tendency to both commit the action again and to experience similar actions to those you committed initially

## Disturbing Emotions

### Examples:

1. **Attachment** – exaggerates positive qualities & grasps at them
2. **Anger** – displeasure combined with ill-will, exaggerates negative qualities
3. **The Ignorance That is the Root of Cyclic Existence** – the reifying view of the perishing aggregates/Innate self-grasping

## Equivalent Terms & Explanations

**Samsara** = Cyclic Existence = Uncontrolled Rebirth:

The 5 (or 4) contaminated aggregates (Form, Consciousness, Feelings, Discrimination, Intention) perpetuated by karma and the disturbing emotions. It is an internal phenomena, not a place.

**Liberation** = Nirvana:

Peace, freedom from samsara.

**Emptiness** = Voidness = Selflessness = Thusness = Ultimate Truth:

The lack of all phenomena (people, objects, concepts, etc): existing: from their own side, by way of their own character or nature, inherently, in a self-powered or self-sufficient way, autonomously, substantially, independently. Emptiness must be understood in relation to something, not in a vacuum – not nihilism.

**The Root of Cyclic Existence** = Innate Self-Grasping/Misapprehension of the Self:

The thought, abandoned by the realization of Ultimate Truth is: mistaken, deceptive appearance, a wrong view, incorrect assumption, innate ignorance, invalid inference. All phenomena have a nature & identity but they do not exist by that nature