

The Nature of Suffering

A daily affirmation recited each morning

Affirmation of the nature of suffering

Through reifying my identity, I reify my vulnerability.

Through reifying my vulnerability, I reify my problems.

Through reifying my problems, I reify my suffering.

Conversely...

Through realizing the ethereal nature of my identity, I realize the ethereal nature of my vulnerability.

Through realizing the ethereal nature of my vulnerability, I realize the ethereal nature of my problems.

Through realizing the ethereal nature of my problems, I realize the ethereal nature of my suffering.

~ Venerable Tenzin Tharpa