

THE HISTORICAL BUDDHA'S JOURNEY OF AWAKEING

Before Awakening	After Awakening
<p>Motivation</p> <p>A search to discover the cause of suffering and the path to peace and happiness inspired by encounters with an old man (Old Age), a sick man (Sickness), a corpse (Death), and a wandering ascetic (Peace & Happiness).</p> <p>The Problem To Be Solved</p> <p>Suffering resulting from</p> <p style="text-align: center;">Craving</p> <p style="text-align: center;">&</p> <p style="text-align: center;">Clinging</p> <p>The Solution</p> <p>The avoidance and suppression of sensory experience & pleasure through concentration practices that produce rarified states of consciousness disconnected from bodily experience.</p> <p>Result</p> <p>Temporary peace and happiness while doing concentration practices.</p>	<p>Motivation</p> <p>To share the Insights of his Awakening with others to help them eliminate suffering, and to experience peace, satisfaction & happiness, in their lives.</p> <p>The Problem To Be Solved</p> <p>Suffering resulting from</p> <p style="text-align: center;">Craving</p> <p style="text-align: center;">&</p> <p style="text-align: center;">Clinging</p> <p style="text-align: center;"><u>Leading to</u></p> <p style="text-align: center;">Personalization of experience Thru Identification (Dependent Origination)</p> <p>The Solution</p> <p>*Understanding (Wisdom) in the form of Insight thru direct experience that Craving / Clinging / Identification, together, are the true cause of suffering. *The integration of Insight & the teachings into our lives thru wakeful, ethical and financially responsible conduct.</p> <p>Result</p> <p>Gradual reduction in the frequency, intensity and duration, and eventual elimination, of Craving, Clinging & Identification. This results in a life guided by Mindfulness, Wisdom and Compassion & characterized by peace, satisfaction and happiness.</p>