
Characteristics Suffering and (Present Moment) Awakening

Suffering

Awakening

Contraction	vs	Expansion
Limited or Bounded	vs	Spaciousness or Unbounded
Guarded or Closed	vs	Open - Receptive
Rigid or Fixed	vs	Flexible – Adaptable
Holding On	vs	Letting Go
Separation	vs	Connectedness
Self-Centered (Me/Us v Them)	vs	Relationship Centered (Us)
Personalization	vs	Neutrality / Non-Judgment
Exclusiveness	vs	Inclusiveness
Conditional	vs	Unconditional