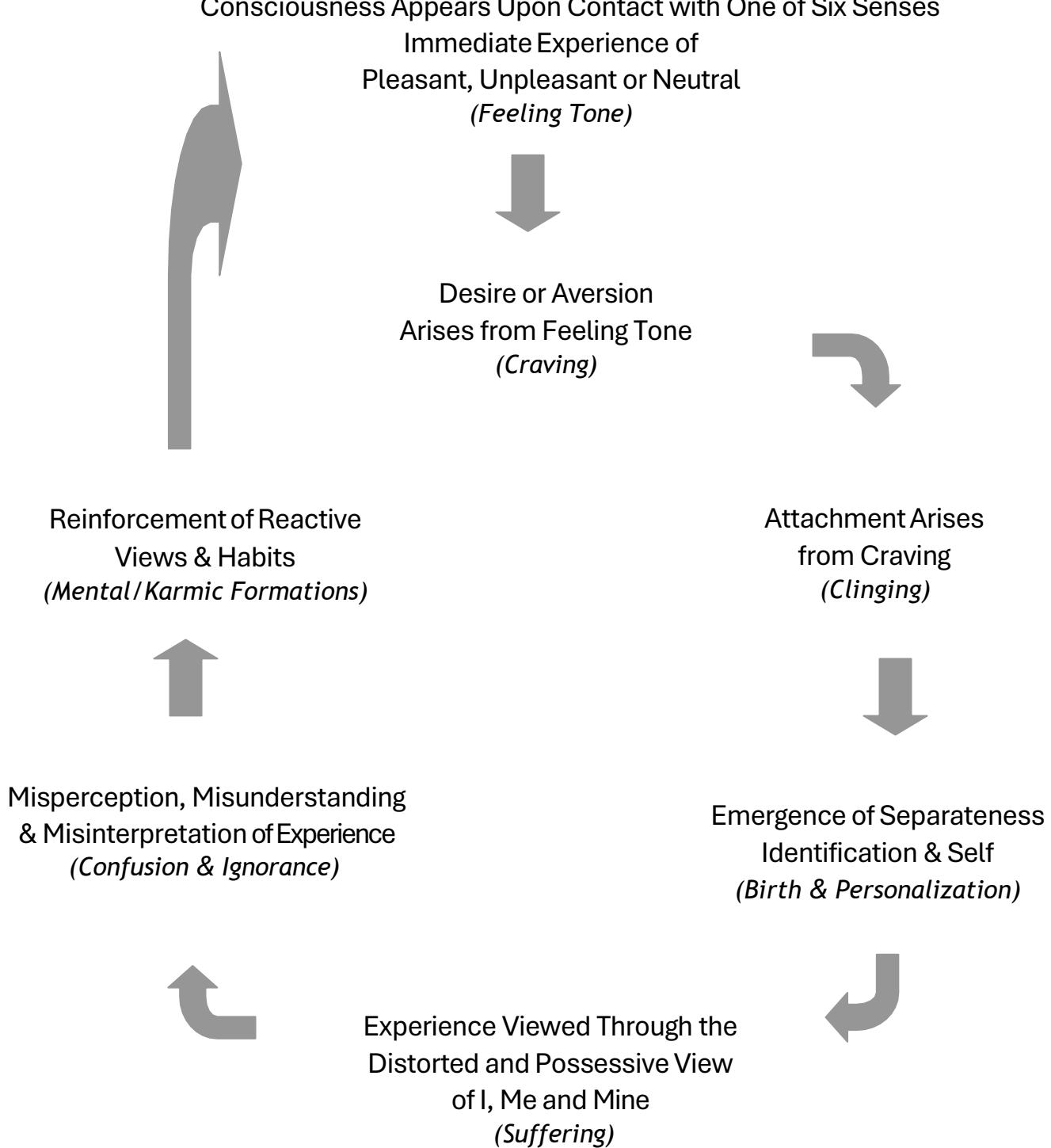


# Being Born into Suffering

## The Psychology of Causation

### The Cycle of Reactivity & Selfing



## **The Historical Buddha's Liberating Insights**

Everything appears & disappears based on conditions. It is the nature of all things to be "conditioned" or "conditional." (Conditionality)

Everything is constantly changing because conditions are constantly changing. It is the nature of everything to be temporary, transitory, and fleeting. (Impermanence/Anicca)

The process-of-conditions-constantly-changing is so interwoven that nothing is separate, independent and lasting apart from it. It is the nature of everything to be in process, interrelated and interdependent. (Non-Separateness/Non-Self/Anatta.)

The failure to deeply understand these fundamental characteristics of reality through direct experience is the condition that leads to repeated suffering. (Ignorance/Suffering/Dukka.)