

We are here to end suffering.

If ending suffering is more important than anything, we will end suffering.

If ending suffering is not more important than anything,
we will not end suffering.

If I am suffering, it is because I am choosing something over ending suffering.

We are not here to create and cling to beliefs.

We are here to pay attention.

We are here to use everything in our experience
to see how we cause ourselves to suffer so we can drop that and end suffering.

Gasshō

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