

# HOW TO END SUFFERING

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### **How to end suffering | HuffPost**

What I want to tell you is that you have the power to end suffering. I have proven it in my own life. We don't need to suffer. Here are the two ways to end suffering.

### **The Way to the End of Suffering**

Birth is suffering, aging is suffering, illness is suffering, death is suffering; sorrow, lamentation, pain, grief and despair are suffering; union with.

### **How To Stop Your Suffering in the Next 5 Minutes - Life Evolver**

And I figured: "I can still do good, even if the result will be that I end up in hell for that one mistake". . What is the end purpose of life, and of all the suffering?.

Related books: [Livia Drusilla - Iulia Augusta: Kaiserin und Kaisermutter \(German Edition\)](#), [Cocoa and Chocolate, 1765-1914](#), [The Glorious Lord](#), [Three Philosophies Of Life](#), [Lunar Calendar: Short Cozy Mysteries and More \(Dark Side of the Moon Mysteries\)](#), [Somewhere Ill Find You \(Capitol Theatre Book 1\)](#).

That sounds incredible doesn't it? Bust yourself for believing in assumptions.  
But the work of removing the defilements has to proceed in a methodical way. Our concern is only with the Dhamma, the teaching of the Buddha, and with the solution this teaching offers to the problem of suffering. As indubitable knowledge of the ultimate nature of things, wisdom cannot be gained by mere learning, by gathering and accumulating a battery of facts. These are all the things that you will suffer. Sometimes this unsatisfactoriness erupts into the open as sorrow, grief, disappointment, or despair; but usually it hovers at the edge of our awareness as a vague unlocalized sense that things are never quite perfect, never fully adequate to our expectations of what they should be.