

The Three Sufferings

- **Suffering of suffering** - What we ordinarily consider as suffering. Physical and mental pain, backaches, headaches, anxiety, depression, etc.
- **Suffering of change** - The experiences we ordinarily consider as pleasurable. They aren't real happiness because they are merely a temporary relief from a previous discomfort or suffering, and the previous discomfort or suffering will return once again.
- **Pervasive suffering** - The suffering that pervades all experience within cyclic existence because we are under the control of karma and mental afflictions. "Every feeling, and the web of experience in which it is embedded, is the product of karma and afflictions. Not only that, this moment of experience carries with it the potential in the form of afflictions, for future suffering." (*Geshe Sopa*)

The Eight Sufferings of Humans & the Six General Sufferings

Eight sufferings of humans

- Suffering of birth
- Suffering of aging
- Suffering of illness
- Suffering of death
- Suffering of meeting with the unpleasant
- Suffering of separation
- from what is pleasant
- Suffering of seeking what you desire and not getting it
- In brief: the five appropriated aggregates are suffering

Six types of suffering

- Lack of certainty
- Insatiability
- Discarding one's body again and again
- Being reborn again and again
- Changing from high to low states again and again
- Lacking companions