Curse: Buddhism and Modern Psychology

Week 2

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**Question 1:** The Buddha offers a specific diagnosis of the suffering that is part of human existence. Explain the Buddha's diagnosis. Does this diagnosis ring true to you, or has the Buddha ignored some aspect of human life, or made some other mistake? Offer two specific reasons or experiences that support your answer, and explain how they support it.

As seen in the course, it is difficult to know if the Buddha really wrote everything that is shown as evidence in Buddhism, however, following the tradition that this happened, the Buddha shows 4 Noble Truths that define the life of the human being.

1. The truth of suffering (dukkha)  
2. The truth of the origin of suffering (desire)  
3. The truth of the cessation of desire  
4. The truth of the eightfold path  
  
We start then with the first truth that indicates that the human being faces life in suffering or, as was said in the course, dissatisfaction with life. What motivates you? According to the Second Noble Truth, desire, longing, clinging to things, attachment to them.  
Thus, the solution to this conflict is shown in the Third Noble Truth that the cure is in the abandonment of desire, of attachment.  
The Buddha does not stay with the simple indication of the priest, but rather indicates how to overcome it and this is through the Eightfold path. Eight steps that are mixed between encompassing consciousness, thought, action, daily effort, understanding the world in the correct way.  
  
An important technique that Buddhism presents to overcome and improve the life of the human being is through meditation of which there are various practices. The man focuses on a specific point (breathing, image, etc.) and allows his sensations and thoughts to be observed without being judged so that, immediately after, they disappear without leaving any trace on the meditator when he perceives that everything that happens is inconsequential .  
  
I, more than ever have tried to meditate on my life, took a Buddhist Meditation course in Mexico City and tried to follow the guidelines of the guide.  
Now taking the Buddhism and Modern Psychology course with Robert Wrigth, I have clarified many doubts that I had as an apprentice of Buddhism.  
Understanding the examples we have seen in the course of the development of psychology in the West presents different options to try to understand the human mind and behavior. Particularly Robert Wright leads us to compare points of view of evolutionary psychology that leads you to understand that everything that a human being thinks, feels, does has strong evolutionary roots. That man has been endowed with genes that have led him through the long path of human evolution.  
  
What things face between this psychological vision and the Buddhist vision? Well, there is a contrast. According to evolutionary psychology, the maximum objective of natural selection is that all living beings survive by adapting their environment and, on the other hand, that they pass their genes on to the next generation. It means that the desires, attachments, visions of the world have been given to the human to achieve those two objectives.  
Natural selection is not really interested in whether man feels attached to it or sees reality distorted through the senses. It is all about survival.  
  
The conflict between this and the Buddhist position is that he must practically do precisely the opposite of what natural selection requires. Detach from all thoughts, feelings, sensations coming from the outside to face what you consider the total truth: everything is inconsequential.  
  
These two positions are really interesting and it leads us, as students, to try to find more answers.  
What is clear to me until now is that following the ethical guidelines of Buddhism such as thinking, acting, feeling, living correctly can lead us, in a conscious way, to be better human beings and that, the practice of meditation without trying to The West reach what for the Orientals is its maximum objective: Nirvana, the liberation of the wheel of reincarnations, if, on the contrary, it can help us find an antidote against worldly stress by obtaining more serenity and balance in our lives.

Note: I should point out that my first assignment was written in Spanish and I used the Google translator to submit it. Therefore, I apologize if errors appear in the newsroom.  
It is another reason to take this course, to practice my English.