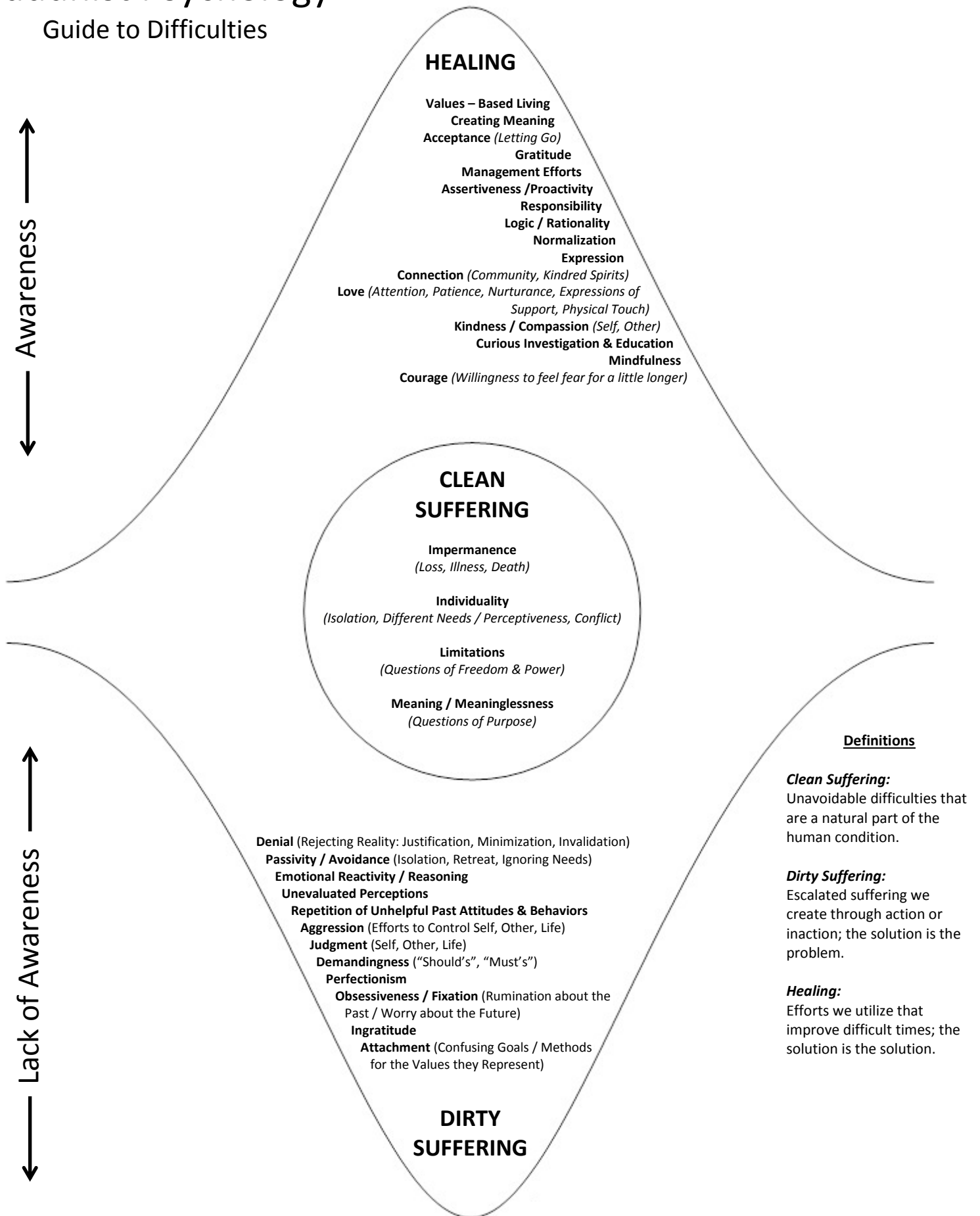


Buddhist Psychology

Guide to Difficulties



Definitions

Clean Suffering:
Unavoidable difficulties that are a natural part of the human condition.

Dirty Suffering:
Escalated suffering we create through action or inaction; the solution is the problem.

Healing:
Efforts we utilize that improve difficult times; the solution is the solution.