

# The Four Kinds of Love & Our Road Maps to Love and Wisdom

*SLIDES FOR MF3.2*



**Boundless Love Project**

*Creating a global Beloved Community where all life thrives*

# Pain and Suffering Defined

**“Pain is inevitable. Suffering is optional.”**

**Pain:** Unpleasant physical sensations that result from illness and injury.

**Suffering:** Any and all mental or emotional unpleasantness, regardless of whether it is really strong or hardly noticeable.



# The Math of Suffering

**Unpleasantness x (Aversion + Identification) = Suffering**  
(0-10)                      (0-10)                      (0-10)                      = (0-200)



# Unpleasantness = Any unpleasant thoughts or sensations we have.

In Pain and Suffering

Unpleasantness x (Aversion + Identification) = Suffering

10



# Aversion = Our mental and emotional dislike towards the unpleasantness

In Pain and Suffering

Unpleasantness x (Aversion + Identification) = Suffering

10 x (10



# Identification = How much we see ourselves in the unpleasantness

## In Pain and Suffering

Unpleasantness x (Aversion + Identification) = Suffering

$$10 \times (10 + 10) = 200$$



# The Math of Suffering

**Unpleasantness x (Aversion + Identification) = Suffering**

In pain and suffering

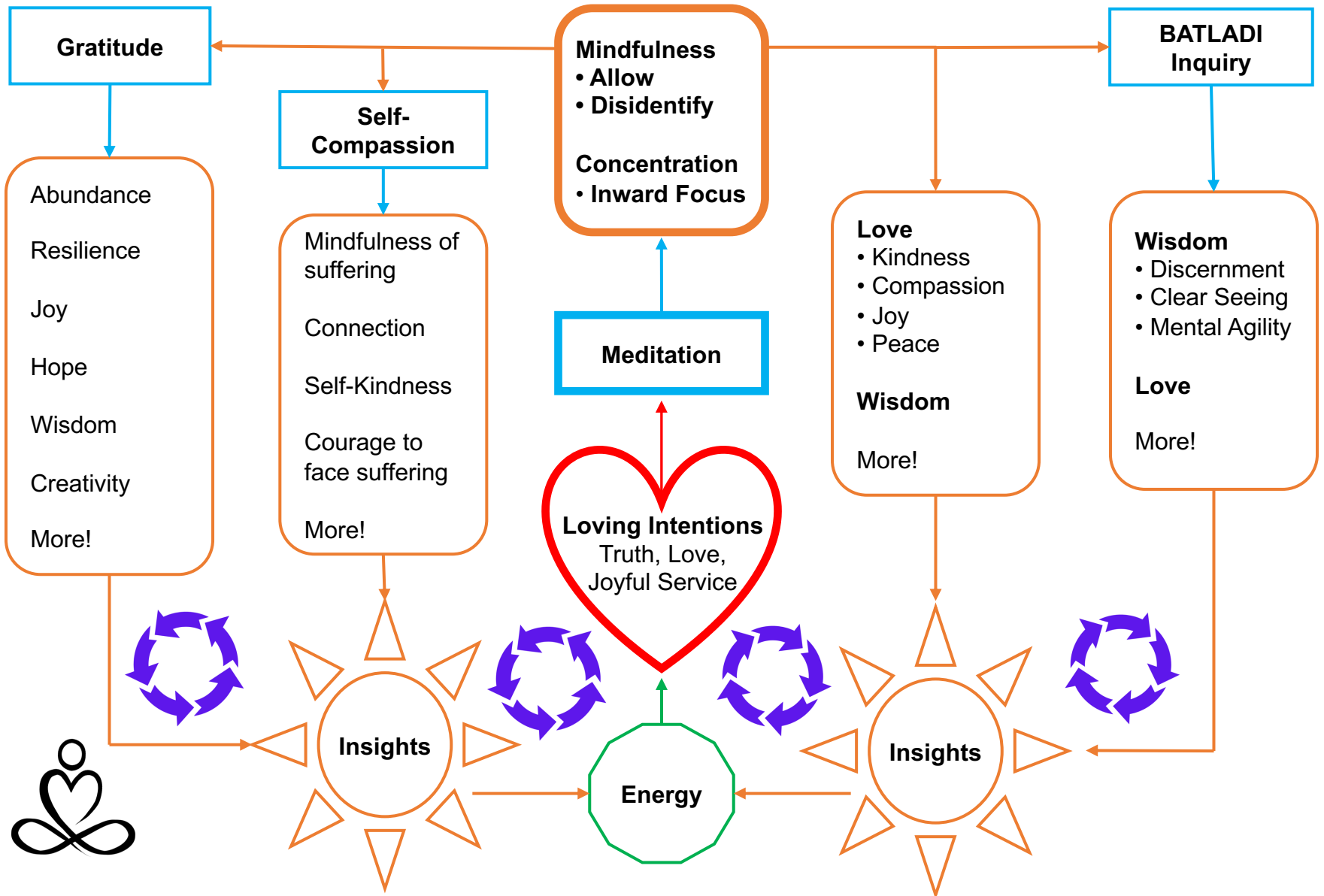
$$10 \times (10 + 10) = 200$$

In pain and not suffering

$$10 \times (0 + 0) = 0$$



# Our First Road Map to Love and Wisdom





**Mindfulness = Awareness**  
that is balanced, peaceful,  
detached, and allows present  
experience to be as it is.

\* Contains no active aversion (allow)  
or identification (disidentify).



**Concentration** = The ability to focus our attention on an object of our choosing.

\* Helps us focus our attention inward.



**Insights** = “A-ha!,” light-bulb, or heart-opening events where we directly experience something so clearly that the truth of it becomes self-evident.

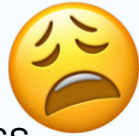
\* Insights often reveal liberating wisdom, make wisdom teachings more understandable, and help us see new possibilities.



# Our Second Road Map to Love and Wisdom

## Nightmare Ingredients

### Relational Suffering



#### NORMAL CONSCIOUSNESS

- Outward Focus (Projection)
- Scattered Attention
- Negativity Bias
- My Thoughts are True Bias

#### FALSEHOODS

- Judgment
- Craving and Aversion
- Futuring and Pasting
- Fixed-View
- Self-View (Identified)

### Behavioral Suffering

Unskillful behaviors

## Transformational Practices

### Foundation Practices

Loving Intentions

Meditation

Gratitude

Self-Compassion

### BATLADI

Breathe (Mindful Pause) or  
Be Here Now

Appreciation (Gratitude)

Treat yourself with compassion  
(Self-compassion)

Label

Allow

Disidentify

Investigate



## Joyful Ingredients

### Relational Pleasure



#### Mindfulness

- Allow
- Disidentify

#### Concentration

- Inward Focus

#### THE FOUR KINDS OF LOVE

- Joy
- Peace
- Compassion
- Kindness

#### Wisdom

- Discernment
- Clear Seeing
- Mental Agility

### Other Pleasures

Insights

#### Skillful behaviors

- Joyful Service
- Generosity



**Relational Suffering = Relating to the objects of our senses in ways that create or magnify our suffering.**

\* Just like relational pleasure is not sense-based, relational suffering is not sense-based either.



# Updating The Math of Suffering

**Unpleasantness x (Aversion + Identification) = Suffering**

## Substitutions

**Unpleasantness = Active Falsehood + Physical Pain**

**Identification = Active Self-View**

**Aversion = Active Aversion + Active Craving**



# Updating the Math of Suffering

**Unpleasantness x (Aversion + Identification) = Suffering**

**Turns into**

**(Active Falsehood + Physical Pain) x  
(Active Aversion + Active Craving + Active Self-View)  
= Suffering**



# Transformational Practices Help Us Reduce and Eliminate Our Suffering

<b>(Active Falsehood</b>	<b>(0</b>
<b>+ Physical Pain)</b>	<b>+ 10)</b>
<b>x (Active Aversion</b>	<b>x (0</b>
<b>+ Active Craving</b>	<b>+ 0</b>
<b>+ Active Self-View)</b>	<b>+ 0)</b>
<hr/>	<hr/>
<b>= Suffering</b>	<b>= 0</b>



**“Pain is inevitable. Suffering is optional.”**