

Lassitude, Fear and Suffering

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‘At the root of all sorrow is DESIRE’ - no doubt! An ancient Hindu axiom re-iterated by Gautama Buddha. It is an inviolable TRUTH, too often forgotten at great expense!

For those engaged in the pursuit of equanimity there can be no compromise, desire must be abandoned or one’s sanity and peace forfeited to hell, we all know it from bitter experience!

Yet another ancient Hindu antidote for sorrow exists, LOVE!

If self-centred, selfish desire is re-directed, transmuted and expressed as unconditional Love - a method far easier than ascetic abandonment - then the same end is achieved, Nirvana.

Take your pick and make your play; you have everything to lose and nothing to gain - how sweet it is!

If the above is not a self-evident, obvious Truth then tribulation is your fate.

Sweet peace to All.