

# **THE HEALING THROUGH LOSS AND GRIEF SUPPORT GROUP**

## **THE DISTINCTION BETWEEN PAIN AND SUFFERING**

The Buddha makes a very important distinction between pain and suffering that we miss in our western culture.

Pain and sorrow are inevitable in human life. People that we love will die. Things that we hold precious, we will lose.

Dreams that we have - some will come true and some won't. Things that we hope for - some will take form and soar; and some will crash and burn and break our hearts.

This is just the nature of all things. This is an inevitable part of being human.

If in having been given this sorrow or that illness or pain, we use it in some way to color our thinking - either I don't deserve this; or I'm bad and being punished - that is suffering.

We are capable of creating and alleviating suffering. We are not capable of avoiding sorrow.

Once we begin to see that the nature of suffering, is having to do with attachment to life being a certain way, then we can begin to relax our death grip on our expectations about how it is supposed to be or should be; then we can alleviate some of the suffering that always seems to accompany pain and sorrow.

Love,  
Marilyn