



## The End of Suffering

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In order to understand how to reach the end of suffering, we must understand its beginnings. It exists within our thoughts and minds.

Our attachment to people, circumstances, their outcomes, actions, and so-called problems along with our mental reaction to them is the cause of suffering.

When we are faced with a person, circumstance or situation which has us “down in the dumps” first it is vital to recognize what our *thoughts* about the situation are.

If our thoughts are focused on the negative, how hard & difficult, how unfair, how wrong either we were, or another person was – how then can we transcend & rise above the negative in order to become illuminated from within to bring light into our minds and this situation?

We begin by seeking to find the gift that this situation is offering. Our suffering is due to focus on everything that exists outside of us. The end of suffering exists solely & completely from within.

It is your purpose.

What *is* your purpose? Who *are* you – deep down inside?

You may have wronged. You may have had many mess-ups in your life, & yet, they are not the core of who you are. It is solely your decision to decide who you are, and to consistently move yourself deeper into your own truth.

This can only be accomplished by the death of the ego.

Your ego is attached to outer circumstances. Your brilliant and radiant Self is waiting to shine light on every seeming dark corner of your life.

Light – your inner light will always dispel the darkness of negativity that you focus on.

When you live a life filled with purpose that is aligned with the truth of who you are – you begin to realize what is no longer valid, important, and necessary to have in your life. This, of course, includes negative self-talk.

The more you focus on negative self-talk – the worse you are going to feel.

Many people, myself included, are going through deep and profound life transformations.

We are beginning to see that non-attachment to events outside of ourselves are completely out of our control. The *only* thing we can control is our focus, thoughts,

and match our actions to authentically bring out the true essence we each carry within.

For some this path is difficult. For others, the path is treacherous, and yet, the darker our personal hours, the more light we shine by *being* a living expression of our highest selves.

Being is and can only be *in* the moment.

We cannot *chase* happiness. We cannot chase clouds.

We can enjoy the beauty of a sunrise and not panic when it is no longer there.

Such is the beauty of a life free of ego attachment. We can appreciate and give of ourselves – reach beyond our *own* egoic needs and desires to contribute something as small as a hello, or as large as forgiveness for others who have hurt us.

Forgiveness of Self is paramount in order to end our own spiral of self-decay.

The end of suffering is the ceaseless joy of purposefully choosing to focus on who we authentically are, and acting according to that truth – even when thoughts to the contrary may cause a glitch within our emotional system.

We are all made up of energy. Our thoughts, focus, words, deeds and motives carry profound and powerful energy that can literally obliterate *any* darkness we seem to have in our lives, simply by shifting our focus.

When the words of negative messages pop up in your mind, acknowledge them, ask yourself what gift this can have, & then switch your focus to a time in the future when you can see that this period brought you growth, strength of character, an open heart, compassion, integrity and self-truth.

Ultimately – all suffering leads to non-attachment to the death of the ego.

With that death, comes true life. The life you were born to live. The person you incarnated to be. The gifts you came into this world to share and all of the wonder of your unique contribution that *will* tough the lives of others so beautifully and magically.

*“To thine own self be true.”*

When you ask yourself who you are – you will become your own best friend as you stick to your ethics, values, and are humbly & joyously shining as an example that sets you free. By so doing, your example will inspire others who were once in your shoes.

This is the end of suffering.

It is inspiration – found in bringing out the magic that is you.