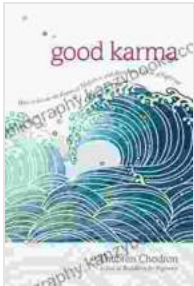


How to Create the Causes of Happiness and Avoid the Causes of Suffering



Good Karma: How to Create the Causes of Happiness and Avoid the Causes of Suffering by Thubten Chodron

★★★★☆ 4.6 out of 5

Language : English
File size : 918 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 273 pages



A Practical Guide to a More Fulfilling Life

In this book, you will learn how to create the causes of happiness and avoid the causes of suffering. You will learn how to identify the things that make you happy and how to cultivate those things in your life. You will also learn how to identify the things that make you unhappy and how to avoid those things.

This book is a practical guide to a more fulfilling life. It is based on the teachings of Buddha, who taught that happiness is the natural state of mind and that suffering is caused by our own attachments and aversions. The book provides clear and concise instructions on how to let go of our attachments and aversions and live a life of greater happiness and fulfillment.

The Causes of Happiness

There are many things that can contribute to our happiness, but some of the most important include:

- **Relationships:** Strong and supportive relationships are essential for our happiness. They provide us with love, companionship, and a sense of belonging.
- **Purpose:** Having a sense of purpose in life can give us a sense of direction and meaning. It can also help us to stay motivated and focused on our goals.
- **Gratitude:** Practicing gratitude can help us to focus on the positive things in our lives and appreciate what we have. This can lead to greater happiness and contentment.
- **Kindness:** Being kind to others can make us feel good about ourselves and can also make the world a better place. Acts of kindness can range from small gestures to large acts of service.
- **Health:** Our physical and mental health can have a significant impact on our happiness. Taking care of our bodies and minds can help us to feel better and live happier lives.

The Causes of Suffering

There are also many things that can contribute to our suffering, but some of the most common include:

- **Attachment:** Attachment to people, things, or outcomes can lead to suffering when we lose them or when they don't meet our expectations.

- **Aversion:** Aversion to people, things, or outcomes can also lead to suffering when we encounter them or when we think about them.
- **Ignorance:** Ignorance of the true nature of reality can lead to suffering when we make decisions that are based on false beliefs.
- **Craving:** Craving for things that we don't have can lead to suffering when we don't get them.
- **Anger:** Anger can be a destructive emotion that can伤害 ourselves and others.

How to Create the Causes of Happiness and Avoid the Causes of Suffering

The good news is that we can create the causes of happiness and avoid the causes of suffering. It takes practice, but it is possible. Here are some tips:

- **Identify the things that make you happy and cultivate those things in your life.** Spend time with people who make you feel good. Do activities that you enjoy. Pursue your passions. Set goals that are meaningful to you and work towards achieving them.
- **Identify the things that make you unhappy and avoid those things.** If there are people or situations that make you unhappy, limit your exposure to them. If there are activities that you don't enjoy, don't do them. If there are goals that you don't want to pursue, let them go.
- **Practice gratitude.** Take time each day to reflect on the things that you are grateful for. This can help you to focus on the positive things in your life and appreciate what you have.

- **Be kind to others.** Acts of kindness can make you feel good about yourself and can also make the world a better place. Start by being kind to the people around you, and then extend your kindness to others.
- **Take care of your physical and mental health.** Eat a healthy diet, get regular exercise, and get enough sleep. These things will help you to feel better and live a happier life.

Creating the causes of happiness and avoiding the causes of suffering is not always easy, but it is possible. By following these tips, you can take steps to live a more fulfilling life.

In this book, you have learned how to create the causes of happiness and avoid the causes of suffering. You have learned how to identify the things that make you happy and how to cultivate those things in your life. You have also learned how to identify the things that make you unhappy and how to avoid those things. This book is a practical guide to a more fulfilling life. By following the tips in this book, you can create a life that is filled with happiness, peace, and joy.



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