

## **'LIVE IN JOY, IN LOVE, EVEN AMONG THOSE WHO HATE'**

Talk at IMCC by Susan Stone, September 4, 2018

### Main Points & Inquiries for Practice

1. The Buddha said, "Live in joy, in love, even among those who hate.  
Live in joy, in health, even among the afflicted. Live in joy, in peace, even among the troubled. "
2. The Buddha also said "There is suffering in Life." This is his 1<sup>st</sup> Noble Truth. Suffering is intrinsic to Life, always and ever.
3. We are naturally averse to suffering. We resist and want to change it. Sometimes this is do-able. Often it is not.
4. The Buddha's 2<sup>nd</sup> & 3<sup>rd</sup> Noble Truths are about surrendering, letting go of resistance to things we cling to.  
INQUIRY: Sitting quietly, consider one area of suffering in your life. Notice the physical sensations and thoughts that arise. Is there judgment, aversion?
5. Living in joy and love requires us to surrender our resistance to Life for including suffering—that is, to forgive Life for being Life. It doesn't mean trying to strong-arm ourselves into liking what we don't like.
6. Living in joy and love requires us to have both/and minds, minds that can hold the following paradoxes:
  - Life expresses on a personal level where suffering is experienced personally (my suffering). AND Life unfolds on a universal level where your suffering is part of an impersonal unfolding.  
INQUIRY: Sitting quietly, consider something that is causing you suffering, and, as in the above inquiry, notice the physical sensations and thoughts that arise Now, try to shift your attention from this personal experience of suffering, to Life's perspective. Do you experience a difference? What are the physical sensations? The thoughts?
  - We can practice sincerely with lovingkindness—May all beings be happy—AND we know they won't all be happy.
  - We can do our best to alleviate suffering, AND we know our efforts will never be enough.
  - We can be sensitive to the pain of the world AND we can live in joy, love and peace.