

**Suffering** (nikhil\_tikekar@hotmail.com)

IMHO, when **Empirical Spirituality** (ES) - witnessing what **actually** happens in **evident** moments - “clicks”, **all** intellectual doubts cease. Practical matters aside. Those go on their merry ways. But what about mitigation of suffering - as any spirituality worth its name must offer?

Cessation of “seeking answers to big questions” itself offers some peace. **But words continue to emerge in evident moments.** ES points out that suffering - worries, fears etc. - persists **as long as meanings of words have significance** as e.g. unpleasant memories, anticipation of the unwanted, losing or not getting the desired - including cessation of suffering, etc.

ES offers **no prescription to end/modify** the play of words- just points out that the one who wants to end suffering and every prescription would also be **part of that play!** Is there an entity - persisting in time - to suffer? There **IS** suffering when related words **emerge**, there is memory of prior - including recurring - suffering when those words **emerge**, there is a wish to end suffering and efforts towards that when those words **flow** and there may be disappointment while reading this “factual” description. All such words that **emerge** are time and also **a seeming** entity suffering in that time

No meditations, prayers, rituals, myths; no “take control of your life”, no neuroscientific approaches, no “life isn't fair/no free will, deal with it”, no positive thinking, no “be in the moment”- all **assume an entity** that can act or at least “see”. **Each has a role in the play**, like ES, but they **aren't** ES.

Who will realize the above e.g. absence of entity? There is **evident** seeing, hearing, knowing (meanings of words) etc. **in the moment.** That there is an entity in time that sees, hears, realizes, suffers etc. is a **belief**- play of words that **emerge**. These too were words and so would be **all reactions!**

ES **isn't** “The Truth” but **limit** of words= intellect - before yielding to **Silence**