

November 2019

Newsletter



Emptiness and Attachment

It doesn’t take long for newcomers to Buddhism to realize that “emptiness” probably means something different in Buddhist philosophy and practice than it does to the newcomer. So if emptiness is not quite “empty” (my head is starting to spin a little) why is it important?



Remember, the Buddha spent years of observing, studying, and meditating before he discovered that suffering comes from human attachment and clinging to our desires. Attachment occurs when we have expectations and our “egos” become attached to wants, desires, and outcome. We think ego knows best!

How can attachments **not** be beneficial, one may ask. After all in American culture attachment is an important part of human bonding. Insight Meditation, while valuing the connection in human relationships, views attachment as an obstacle to achieving awareness and insight. In Buddhist philosophy it is our clinging to attachments (not our relationships *per se*) that creates suffering. So when we meditate, we try to observe when our desires, often disguised as thoughts, creep in. In Insight Meditation (Vipassana) we remain compassionately aware that our “egos” and our attachments will distract us and even lead us to “monkey mind”. But that is a topic for another day!