

Q: I watched a YouTube video where you patiently answered Ilangho's questions. I love that Ilangho persisted and persisted and You beautifully, beautifully responded .. from the real truth of your experience. I love you, Robert.

I have read so much, practiced most methods so poorly, but you help me relax the movement of thought and tendencies when I listen to you.

Richard Sylvester refers to a quote that resonates with me “relaxation is the key to Buddhahood,” so if there is a doing at all I find myself just relaxing when relaxing happens . . . and after listening to you I find myself questioning, “well what does Buddhahood even mean”.

I have sought the end of psychological suffering. Wanting happiness, there is still this momentum inside me. I hope this movement at some point will exhaust itself and stop. I really don't know when this will happen, but more and more that's what I am left with. I really don't know what "This" is, but "This" really is. Labeling "This" as good or bad produces suffering, when no labeling happens then things good or bad are dealt with. But I really can't predict how I will deal with things. I found myself initially trying to write something clever, but in all honesty, my real reason for writing is to thank you for your book, your YouTube videos, and your interview with Joan Tollifson. I have read most of Joan's books and what she speaks of also resonates with me.

I also wanted to mention I loved your interview with Jim Newman and I have to say I agree with you that he and Tony Parsons do come across as being very smug and just cut people short when the wrong vocabulary is used. There is a certainty to their conclusions and there is no space for the mystery in what they say, although they will refer to it as a mystery. I can go on but I better just end here with a heartfelt thanks to you for your book and your videos.

Best wishes

A: Thanks. Happy to hear from you.

It's natural to want suffering to ease up or stop entirely. That is true of physical pain and discomfort as well as emotional pain and discomfort. But to be alive is to be subject to pain and discomfort of both varieties.

We may not want that to be the way things are, but that is the way things are, To live is to suffer in all the ways that we living beings suffer. No one is above it all and no one is immune. In the acceptance of that fact (I say it is a fact), there is peace of mind. Pain still hurts, but one's mind remains calm and open even when in pain. I speak here from experience.

So for me, that peace of mind is the natural outcome of non-resistance to suffering and all the other difficult facets of being alive.

What is, is. Simple as that.

Be well.