Questions	Roger Castillo's Framework	Other Important Concepts

Questions

What are we seeking?

What is available to us as happiness?

What stops us from having continuous peace of mind?

What is this suffering?

What is our attitude to the flow of life that leads to this suffering?

How do we know these attitudes are errors?

Roger Castillo's Framework

The Seeker

Happiness

Continuous unbroken peace of mind in daily living

The absence of suffering. Enlightenment.

Psychological Suffering

An attitudinal involvement with what is happening in the flow of life. An uncomfortableness with oneself.

Suffering due to our Attitude to the Flow of Life

1. guilt & shame	2. blame & hatred	3. pride & arrogance	4. worry & anxiety	5. expectation & attachment to outcomes

I and others are the 'doer'

This sees us as an entity that is insulated from life. It doesn't appreciate that what determines who we are in each moment is the result of our genes and up-to-date conditioning – two things we are not in control of.

Happiness is to be found in outcomes

We have a whole lifetime of seeking pleasure, thinking it will deliver continuous happiness. But it is never enough, we only move on to craving the next thing.

We don't appreciate that what we are at our core is not dependent on outcomes, the flow of life. We can drop into being, rest there, and find peace.

Other Important Concepts

The Flow of Life

Biological pleasure and pain due to circumstance

1. physical pleasure & pain	2. emotional pleasure & pain	3. financial pleasure & pain

The Thinking Mind vs The Working Mind

The Thinking Mind

Misguided thinking. It is the different forms of suffering. In its intense concentrated form, it doesn't present itself as thoughts but as bodily sensation or a feeling of uncomfortableness.

The Working Mind

The biological intelligence of the body. Functional thinking. It is the part of the intellect that can plan ahead and sustain the body. It doesn't produce suffering. It can contain the pleasures and pains of the flow of life. New conditioning is delivered to this mind.

Dropping into Being

Where we rest when we drop out of the thinking mind and connect to the core of ourself that is already complete. There is a sweetness, softness, connectedness.