Liberation from the Mind

How to Overcome the Causes of Suffering
The Four Noble Truths

1. In life there is suffering (Dukkha)
2. Suffering has causes (Samudaya)
3. The causes of suffering can cease (Nirvana)
4. There exists a path of cessation (Marga)
What is Freedom?

Freedom is something that can only be achieved within ourselves. No one can achieve it outside of themselves. “Riding through the air,” is a very Eastern phrase which allegorizes the sense of genuine freedom. No one can really experience freedom while their Consciousness remains bottled up inside of the me, myself, the “I.” Understanding the myself, “my persona, what I am,” is imperative if we sincerely wish to attain freedom.

There is no way we can destroy the fetters of our enslavement without previously and totally comprehending this question of “mine” and all that concerns the me, myself, the “I.” What constitutes slavery? What is it that keeps us enslaved? What are the obstacles? We must discover all of this.

–Samael Aun Weor, The Great Rebellion
What is the Mind?
The Mind and the Being

The mind only serves as a hindrance to the Being (the Innermost). The mind does not know anything about Reality. If thought knew Reality—the Innermost, the Being—then all people would already be comprehensive. It is completely impossible to experience the Being—the Innermost, the Reality—without becoming true technical and scientific masters of that mysterious science called Meditation. It is completely impossible to experience the Being—the Innermost, the Reality—without having reached a true mastery of the quietude and silence of the mind.

—Samael Aun Weor, *The Spiritual Power of Sound*
“Scratching an itch brings pleasure, but more pleasurable than that is not having an itch. Likewise, satisfying worldly desires is pleasurable, but more pleasurable than that is not having desire.”

Nagarjuna in *The Precious Garland*