

Eight Types of Suffering

“ The Noble Truth of Suffering is this: **Birth** is suffering; **ageing** is suffering; **sickness** is suffering; **death** is suffering, sorrow and lamentation, pain, grief and despair are suffering; **association with the unpleasant** is suffering; **dissociation from the pleasant** is suffering; **not to get what one wants** is suffering. In brief **the five aggregates of attachment*** are suffering.”

From the *Sutta of Setting in Motion the Wheel of Truth* (SN 56.11)

* Also called: five appropriated aggregates, or five aggregates subject to clinging.

Three Types of Suffering

1. Suffering of suffering – obvious physical and mental suffering
2. Suffering of change – pleasant samsaric experiences that don't last
3. Suffering of conditioning – aggregates that are under the control of karma and mental afflictions

N.B. all other types of suffering are included in these three.

Six Types of Suffering

1. Lacking certainty
2. Lacking satisfaction
3. Having to discard one's body again and again
4. Being reborn again and again
5. Changing from high to low again and again
6. Lacking companions

These can be summarized into three:

- 1) There's nothing reliable in samsara (1, 3, 5, 6)
- 2) There's no final point of satisfaction (2)
- 3) We've been in samsara since beginningless time (4)

Sufferings of the Three Upper Realms

- 1. Humans:** hunger; thirst; heat; cold; frantic activity; fatigue; the 7[or 8] types of suffering.
- 2. Demigods:** jealousy; fighting; getting injured, etc.
- 3. Gods:**
 - Desire realm: dying & transmigrating; falling to lower realms; jealousy; getting injured in wars with demigods.
 - Form & formless realms: mental afflictions & obstructions; lack control over death & rebirth.