

HOW "LET GO & LIVE"

CORRELATES WITH BUDDHIST PHILOSOPHY

1. SUFFERING

The Buddhist philosophy's main objective is to locate the cause of suffering, and subsequently alleviate suffering.

Let Go & Live's philosophy is that the aversion, the resistance, and the avoidance of any feeling is the greatest cause of suffering. To eliminate the resistance is to alleviate suffering.

2. THREE POISONS

The three poisons of Buddhism are: Attachment, Aversion and Indifference.

Let Go & Live's theory is that an Attachment to a feeling as the result of an Aversion to its polarity, brings suffering. The answer is not to bury or deny feelings and be indifferent, but to experience and celebrate them all.

3. & 4. MINDFULNESS & EQUANIMITY

Mindfulness and Equanimity are two of the main pillars of Buddhism.

Let Go & Live states that the ability to identify the feeling behind the symbols and situations is a giant step toward

the Mindfulness of self-awareness. We must first know ourselves in order to forget ourselves. It also states that we must recognize that all feelings are needed for a full life, and that feelings, whatever they may be, are universal.

5. DUALISM

Buddhism is one of the non-dualistic practices.

Let Go & Live stresses that differentiating between the polarity of feelings and turning them into opposites is one of the four big boundaries we set. A non-dualistic approach brings about integration of feelings.

6. IMPERMANENCE

Buddhism stresses Impermanence.

Let Go & Live suggests that all behavior stems from feelings, and whatever the situation, the feeling behind it will arise and disappear, and only habit repeats itself.