**Buddhist Philosophy**

The meaning of life spoken by a Lama:

Empty – Empty! Happy – Happy!

Empty / Happy - The Buddhist is trying to achieve happiness by having nothing.

Full / Happy - The businessman is trying to achieve happiness by having everything.

The end of suffering:

A commuter can be happy or can be mad depending on his/her believes.

Example 1.

A driver cutting off another driver in traffic is only trying to gain advantage for himself. He does not consider or care for the other driver and traffic.

It is your choice to get mad and try getting even becoming like the other driver or ignore him/her and stay content.

Example 2.

A beach walker is hit by an ocean wave getting doused with water. It is up to him to get mad or remain calm. Getting mad at the wave would be silly.

Both examples demonstrate the end of suffering.

References:

<http://www.espresearch.com/>

<http://www.espresearch.com/limitlessmind/>