

Anger and Fear Don't Produce Peace; Reconciliation Does

Smart Bombs Don't Produce Peace; Reconciliation Does



EDITOR **XIANYANG CARL JEROME** REFLECTS
ON THE BENEFITS OF BEING AT PEACE WITH
THE WAY THINGS ARE.

Many of the fundamental “truths” about which the dharma teaches, such as impermanence, suffering, no-self, even emptiness, are in fact quite an ordinary part of our everyday life experience. We experience them in the here and now.

While these are neither abstruse nor esoteric beliefs, nonetheless they can be hard truths to become reconciled to. So hard, in fact, that we dream of things that are permanent, that are free of suffering, that are substantial in nature in an unsuccessful attempt to escape these simple, inescapable conditions of our life. I cannot help thinking that all such imaginings pull us away from the basic facts of our condition: we are impermanent beings, liable to suffering, conditioned by the world in which we live.

This is why I think the idea of reconciliation is so powerful. It is not a question of overcoming the fact of impermanence, or even of overcoming suffering and discontent. Reconciliation is a different matter. It is a question of reconciling ourselves to this fleeting existence, of reconciling ourselves to the fact of suffering, of reconciling ourselves with the world.

I can see in my own practice endless moments of reconciliation where I have come to see that yes, this is what is happening, that this is the world in which I live, and that if I reconcile, neither attaching nor running, then suffering is eradicable, stress can be ended, peace is the underlying condition.

Sitting in meditation, sitting with the fact of suffering and the understanding of how to end it [The Four Noble Truths], giving up the hope for an external solution, we are reconciled and at home, at last.

Reconciliation matters!