

## 2019\_04\_07\_am2\_QA\_LMC&LL.mp4

*do those who cause suffering ever deserve to suffer?*

*the following is the only part of session that had Lama Michael responding to a question*

**Student 1** [00:05:38] Lama Michael, the last time I heard you, you said that... no one deserved to suffer. And I've been struggling with that because... people who... at least appears deliberately, cause other people great suffering... in my mind, perhaps are entitled to have some of their own.

**LMC** [00:06:12] And you would like which answer? [laughter] I think the issue here is not whether or not we're entitled to suffer, of course. That's a nice way to put it... in one sense. *Entitled to suffer.* I'll suffer if I want, thank you very much. I'm entitled to have as much as I want or need. But, humor aside... many great teachers, and I've seen it also in written form... that, as an issue of spiritual practice, that it's important to hold the view... that there is no one, no living thing that... deserves to suffer. And... it is a profound ponderable to look at. What about someone who causes me suffering? Causes me to feel terrible for a long period of time? If I add into my suffering the fact that I want this person to suffer, if I add that into it... I think most of us would say, yeah, I've tried that. They hurt me. So, you know, I hurt them back. And when we look close at it... thinking that we were going to *get* something for that, we did! But it was more suffering. So, it's a kind of simple one... if you look at it. And then it gets better if you look at it longer.

[00:08:02] Each of us would *like* to be... not deserving of suffering. And the trick is to turn our minds far enough to have the sense... almost the conviction... that no matter how seemingly terrible somebody has been... it will not better things, for myself or others, if I hold the *wish* that they would suffer by virtue of causing me suffering. It just never works that way. You would think by the time that we're... fifteen years old that you'd get that. But actually, we don't. And it's clear in this world that many people go all the way to their grave with the sense of... *at least I got them.* I did something to them. And you can look all you want. You will not find a place, I don't think, where you would say there's the example... cause people suffering and you're happy. I don't know where that occurs. ... Is that enough? All right, you're handing the mic [back]. I guess that is.