



When we experience a bodily painful feeling, our habitual reaction is to push it away compulsively simply because it is unpleasant. However, the root cause lies in our distorted perception of permanence and self. We think that the painful feeling is constant and belongs to a self. We thus sorrow, grieve, weep and become distraught. We then feel two feelings—a bodily one and a mental one, as if we had been struck by two darts, one after the other.

Not knowing the correct way to escape from that painful feeling, most people indulge in sensual pleasures, such as drugs, sex, alcohol, etc., with the hope of getting rid of that painful feeling. While indulging in sensual pleasures, they experience pleasant feelings and immediately become addicted to them. The underlying tendency of lust is activated. As the nature of lust is to never be satiated, they become more and more lustful.

A good meditator, while experiencing a bodily painful feeling, does not succumb to the habitual reaction of aversion and wrong view. Repeatedly he contemplates painful feeling as painful feeling, painful feeling as impermanent, as changing, as conditioned, as not a self. Seeing that feelings are like bubbles, forming and dissolving immediately, he feels them detached. Without attachment, he is not agitated. Without agitation, he is free from sorrow, lamentation, grief and despair. He feels only one feeling—a bodily one, not a mental one.

Knowing the correct way to escape from the painful feeling, he does not pursue sensual pleasure. Thus the underlying tendency of lust is not activated in him.

Do you want to be free from being struck by two darts?

Contemplate wisely.

Painful feeling is just a painful feeling, is impermanent, is conditioned and is not a self.