

Cetovimutti - Liberation of mind by mental development - *bhāvanā*

On this website you will find contributions about the authentic Buddha' s teachings according to the Palikanon and the practice of the Theravāda as a religious path of inner liberation by Christina Garbe

The Buddha' s teaching is a religious path of inner liberation from all suffering. A religion is a path of cognition by which questions of existence are discerned.

It is a path that sees unsatisfactoriness or suffering in existence and tries to find a way that goes beyond existence, an escape (*nissaraṇa*).

Most religions are based on liberation or salvation through a higher being. According to the Buddha' s teachings, the potential for liberation lies within the living being itself. Thus, every human being has a great potential to work constructively on his or her own future. Liberation from unsatisfactoriness can only be achieved through profound insight into the nature of our lives.

The Buddha' s teaching is a religious path because fundamental questions of life are examined and solutions are sought that go beyond worldly questions. The Buddha' s teaching is not a worldly wellness programme. This does not mean that this path, if there is a wholesome motivation does not also decisively improve worldly life.