

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

On this website you will find contributions about the authentic Buddha' s teachings according to the Palicanon 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 insight by which questions about 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, all human beings have a great potential to work constructively on their 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.

Since the cause of suffering, according to the four noble truths, the heart piece of the Buddha' s teachings, is craving, global worldly problems such as war, climate change, and hunger crises would not exist if many people would follow the Buddhist path of insight in the right manner. This path is associated with modesty, inner contentment,

benevolence, compassion and equanimity. The search for happiness in external objects is stopped. Happiness comes from working on one's own mind and from overcoming mental defilements.

However, applying Buddhist practices to stabilize one's attachments cannot lead to the goal according to the law of cause and effect, because this approach is associated with wrong view.

Applying Buddhist practices for self-optimisation in order to stabilise one's own attachments or to create a perfect self cannot according to the law of cause and effect, lead to the goal, because this approach is associated with a wrong view.

All problems in this world arise from the wrong thinking of beings. Therefore, mind training is essential for solving problems, whether on an individual, interpersonal or global level. Problems cannot be solved through purely materialistic thinking, because it is the human mind that creates the problems. Materialistic solutions cannot bring about peace in one's own mind or on a global level.

Essential steps for mind training are presented on this website.