



Three Marks ~ Three Characteristics of All Things

No thing or experience is permanent, or separate from the causes and conditions that brought it about. When we ignore or resist the way things are, we suffer. When we align ourselves with the laws of nature, we are free of confusion and struggle. That things are empty of permanence and solidity means that they are interdependent; there is the ever-present possibility of responding to whatever arises with compassion and creativity. Notice it, try it and see for yourself.

