

TOE

**Humans Are
Made to Suffer**

fact of human existence

1
00:00:06,769 --> 00:00:03,470
the single most remarkable fact of human

2
00:00:09,350 --> 00:00:06,779
existence is how hard it is for human

3
00:00:11,509 --> 00:00:09,360
beings to be happy that sounds extremely

4
00:00:15,110 --> 00:00:11,519
Eastern is this influenced by Eastern

5
00:00:16,849 --> 00:00:15,120
approaches it's absolutely so the other

6
00:00:19,609 --> 00:00:16,859
thing it says is suffering is a basic

7
00:00:21,890 --> 00:00:19,619
characteristic of human life

8
00:00:24,470 --> 00:00:21,900
um and it's absolutely influenced by

9
00:00:27,230 --> 00:00:24,480
Eastern philosophy so it has you know

10
00:00:29,330 --> 00:00:27,240
there are six processes in Act

11
00:00:31,490 --> 00:00:29,340
and again unlike other treatment

12
00:00:34,330 --> 00:00:31,500
approaches it was built from the bottom

13
00:00:37,549 --> 00:00:34,340

up and so there were lots of clinical

14

00:00:41,150 --> 00:00:37,559

science studies being done even before

15

00:00:44,209 --> 00:00:41,160

Act was presented as a treatment model

16

00:00:46,190 --> 00:00:44,219

and so it pulled from things that were

17

00:00:47,869 --> 00:00:46,200

found to be effective and from the

18

00:00:50,569 --> 00:00:47,879

Eastern tradition for example we know

19

00:00:52,729 --> 00:00:50,579

that mindfulness is effective

20

00:00:54,590 --> 00:00:52,739

um and that this basic premise that

21

00:00:55,850 --> 00:00:54,600

suffering is