

# SUFFERING AND ITS CAUSES

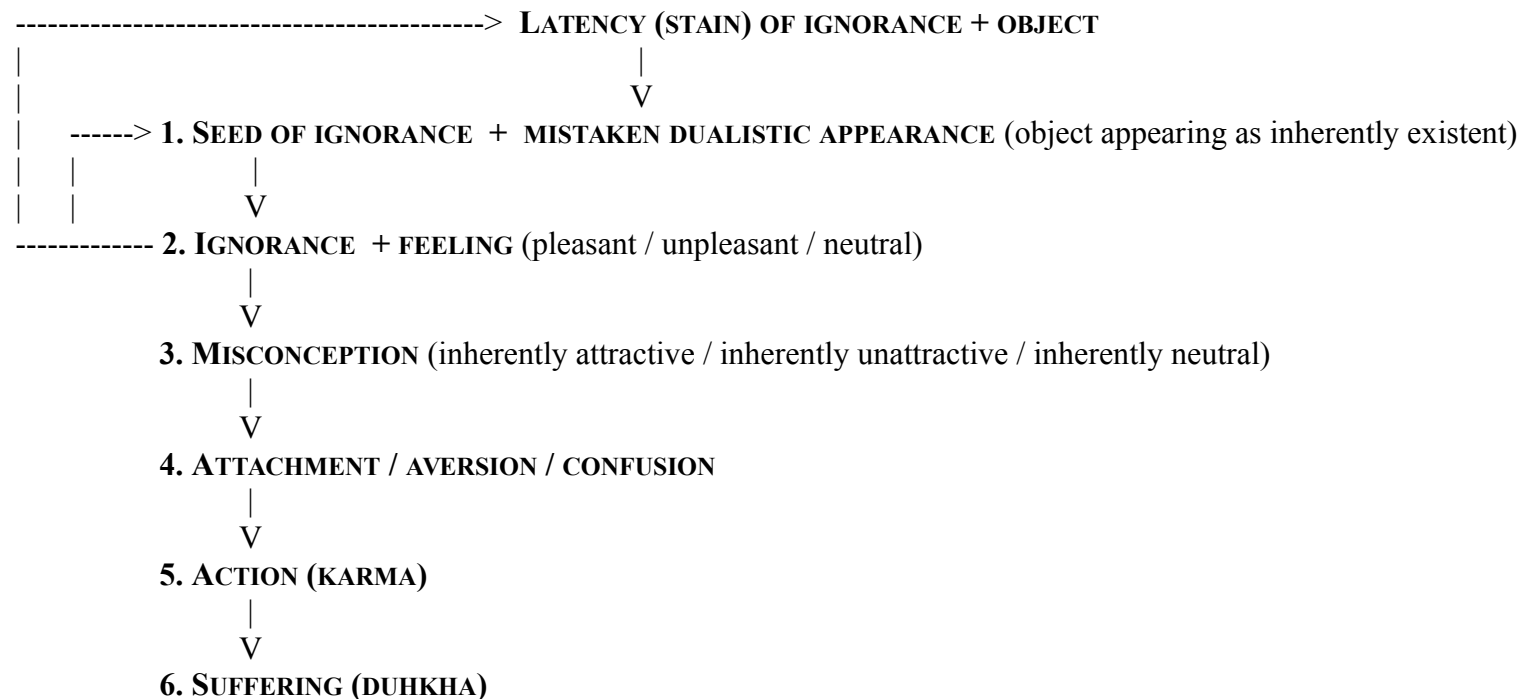
As said in Nagarjuna's *Fundamental Wisdom of the Middle Way*

By extinguishing actions and mental afflictions, there is liberation.

Actions and mental afflictions arise from misconceptions.

And they arise from elaborations.

Elaborations will cease through cultivating emptiness. [18.5]



Ignorance – conception of inherent existence; Confusion – grasping as inherently existent

## TWO OBSCURATIONS

1. Afflictive obscurations – conception of inherent existence along with its seeds

2. Cognitive obscurations – latencies of the conception of inherent existence and all factors of mistaken dualistic appearance that arise due to the force of those