



Glossary

The Law of Large Numbers or The Mathematics of Perfection

It is mathematically impossible for there not to be something wrong at all times. A brief primer of probability is in order here. If we flip a coin, the odds are 50% that it will come up heads. If we flip two coins, the odds that they will both come up heads is the product of the probabilities for each coin, or $.50 \times .50$ or 25%. For three coins, the odds of all three being heads is $.50 \times .50 \times .50$ or 13%. If the odds of one thing turning out okay is 90%, that is pretty good. And if a second is also 90% and a third and so on, by the time we get to 10 events, each with a probability of 90% for turning out OK, the odds that all 10 will turn out okay is on 35%. With 20 events, the odds are 12%. Extending this to our life, casual inspection reveals hundreds or thousands of events occurring each day (in our lives or our bodies) and the likelihood of something going wrong is guaranteed to be almost certain. The law of large numbers applied to living means that there is always going to be something wrong. It is mathematically and physically impossible for there not to be something wrong. For example, if I spent \$100,000 fixing up my house, will I still be able to find something wrong? Of course. If I increase the expenditure to \$500,000, will I still be able to find something wrong? Yes! But do I have to be dissatisfied? Maybe not. 🌸

Dukkha

Dukkha (Pali) or duhkha (Sanskrit) is variously translated as suffering, unhappiness, anguish, unsatisfactoriness, frustration, ills, dis-ease; it is transience and all that occurs with the experience of transience as opposed to Sukha (ease and well-being). A more recent translation by Thanissaro Bhikku is dukkha translated as stress. 🌸

Dependent Co-arising or Dependent Origination

A key concept that states all physical and mental manifestations are interdependent; that is, they mutually condition each other. We might say that all manifestations occur dependent on the occurrence of other manifestations and have no unique self-nature. 🌸

OEF: Obsessive External Focus

Refers to a habitual process for looking external to the body (toward environmental or purely mental events) in attempts to observe the causes or origins of feelings. 🌸