



Why do we suffer and how to avoid sufferings?

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Generally, we all suffer when the things, it may be living things or non-living things, are wrongly perceived for the happiness of a person who perceive them. This suffering will not happen by the event but, by the wrong perception of the event that happens. Let us now understand a little bit deeper with the help of a few events in our life.

We think that the entrainment makes us happy in life and therefore, we give more importance to the entertainment thereby spend more of our time for entertainment. These can be watching movie or drama, playing games, gossiping or chatting with friends, celebrating parties, enjoying varieties of foods, etc. Though it appears that it gives happiness to us shortly, eventually, our life will be under threat as the other important matters in our life that we left out or missed by ignoring the importance of them due to these entertainments. Thus, our long-term expectations will not be fulfilled and they will give us exhaustion or fatigue and disappointment at last. In most of the time, we will not realize that these sufferings are coming to us through these entertainments. This is because of wrong perception of things which are not really important in our life to be happy. It really gives a momentary pleasure. It is wrongly perceived as the event which gives us happiness always in our life.

Most of us think that earning more money will make us happy in our life. That is why we are all doing jobs and trying to earn more and more through several ways wherever possible. Finally, we lose our available present time to be happy in our life and sacrifices that time to earn more money. Now we will have money but there will be no time to be happy. If we have money, we will not have time to be happy. As a result, we suffer because of having more money with us. Our desires and expectations will also change based on our present status; thus, these expectations will never be

fulfilled and at last, we will be desperate in life. Therefore, the wrong perception on earning more money makes us suffer in our life.

Many people may think that making friendship is an important one in life and try to make friendship by doing help to others or giving something to others or by talking on their interested topics or by sharing their desires and griefs. All of these give some momentary pleasures and this will not last for a long time. Eventually, they will find that sufferings will come through that friendship itself. This friendship cannot be maintained forever as the desires of both parties are changing with time and they will start to expect help from each other. Any kind of relationships cannot be preserved. Therefore, sufferings will appear when our expectations are broken at a point through the relationship. This wrong perception we have about the friendship make us to give more important to the friendship in our life and at the breaking point it gives suffering.

We usually think that if we are in a higher position or post, we can be happy in our life. This may be our long-term goal in life and believe that once we have achieved this goal, we can be happy forever. Because the others may praise us and they may feel that we are the best among the working group or even in the society or in the village. This also will not give that expected happiness, as our environment changes after we have come to that post. Our expectations and ideas also will change with our present status. Because of stress, workload, pressure from our superior or from governing body and time limitations, we may begin to suffer again. This suffering is also due to the wrong perception on the higher post or the goal in life.

Almost all the parents have their desires on their children's activities and their future life. They even dream that their children should achieve whatever they wish to achieve in life. They will be very much proud of them if their children are performing in accordance with the parents' expectations. This may be possible when they are very young and it may not happen when they grow up. This is because that the children also will have their own desires and expectations when they grow up. These two expectations and desires may not be the same. Therefore, eventually, this wrong perception of the parents on their children would be the cause of their conflict and give only sufferings instead of happiness in their family life.

We always fail to realize why these sufferings are around us. We usually try another way to achieve it rather than analysing it. Therefore, it continues all the way we go and disturbs our happiness. If we look at our whole life, sometimes we are happy and are unhappy alternatively and will not be happy continuously throughout our life time. This is because of our wrong perception of things in life. we have wrongly

identified ourselves who we are. This actually makes us suffer. We think that we are this body or mind or the body and mind or as person. In reality, we are not these all. If we realize and feel really that we are the soul, we will be happy throughout our life. Because the soul is immaterial, eternal, pure intelligence and it is everything. All the goals in our life or the achievements in our life will be fulfilled at the moment when we realize who we are really. Therefore, we all will be happy throughout our life time whether any events happen favourably or not.

Now, we can try to realize who we are. The following instructions may help us to realize ourselves if we follow it after reading these instructions completely. With the help of our mind, we can imagine as it is instructed below. Slowly, our mind will lose its power when we find ourselves. Our mind will help us being a ladder to climb over and to find ourselves. Let us practice the following:

- Close your eyes and sit comfortably on the floor or on a chair with your backbone erect and straight up.
- Keep your hands rest on your thighs.
- Take very slow breath for ten times.
- Carefully observe your thoughts. When you observe your thoughts, you need to make sure that you are really watching the thoughts arising from you.
- In few seconds, you would be trapped in to the thoughts. You may cling on any thoughts which are intensive and cannot watch the thoughts thereafter. Because you have been dragged and trapped by one of your thoughts.
- If so, you should come out of the trap and again start to pay attention of your thoughts.
- When you observe your thoughts, do not analyse it. Just watch what goes on. If you try to analyse it, you will be under control of your thought. Therefore, be aware of it and watch just as a third person watching it.
- Keep watching them one by one without analysing any of them. However, you may be trapped again by your thoughts and forget your present work of observing your thoughts when you do this process.
- Bring it back when you are aware of it and do it again with more care.
- Slowly, the frequency of the thoughts will begin to reduce more and more with time and the intensity of the thoughts also will become lesser and lesser.
- The thoughts will be feeble with time and now, these thoughts will not take you away from your original place.
- Your breath will become longer and longer and the intensity of air becomes lesser and lesser.
- Body movement will be slowed down and finally it will be still.
- Enjoy this blissful moment whenever it appears so.

- If it goes on thinking of your blissful moments or comparison of the present status, then, you naturally will come out of the blissful state. Try again and again the same process to bring yourself to a thoughtless state or to a blank state.
- Try to be there as long as you can and feel your original nature.

This is the nature of everyone that we have missed so far and searching for it without knowing how and where to get back from. We are all very active and work hard losing many valuable things and sacrificing our present happiness too, in this world to fulfill many desires we have, to retain this blissful moment we have experienced now. These all sufferings in our life indirectly tell us a great message that we are in a wrong perception in life. How we perceive the world is wrong. How we understand the events happen to us is wrong. All these wrong perceptions make us suffer in this world. All of these are again because of not realizing, who we are, our original nature and our power we have within us.

This experience will take us to our original state if we frequently visit to this place. Slowly, our original nature will begin to emanate to the world. This gives us everything what we need really in this world to live with peace and happiness. Thus, it will naturally be expanded and extended to the people around us too. This is the place of God. This is the nature of God. This is the power of God. This is the God that we all are talking about and trying to see. This is the God we all are searching for outside and could not see by anyone of us. Now, we have understood that we are the God and will not ask anything from this world to live. Because, Now, we know clearly, who we are, who the God is, what the world is and what the life is.

If we practice this whenever we are free to do it, our perception of things in this world will begin to change, the truth behind this world of Maya will naturally become accessible to us. All the events happen in this world around us make us always happy whether the event is negative or positive. It will be positive only if we are negative and it will be negative only if, we are positive. As our status changes to our original one, this negative and positive will not be separated one from the other in this non-dual state. It would always appear as neutral for us. The anxiety, angry, allergy, differentiation, desperation, depression, seriousness, sensitiveness and stressfulness will disappear in seconds. Instead, flexibility, harmony, integration, love, peace, resilience and submission will appear in seconds. The purpose of life will be fulfilled. This would be the ultimate end of sufferings in our life.
