



## Why is there Suffering in the World?

It is a fundamental question that lots of people ask. There is not one simple answer either, because there is more than just one reason.

So, why is there all the suffering in the world?

- Obsolescence built-in
- Sensors for protection detection.
- To know one is to know the "other", happiness.
- To allow for compassion.
- To grow and learn lessons not to suffer.
- To learn what causes suffering.
- To understand that without suffering there would not be thriving.
- To see that suffering is natural to all.
- To suffer from one's own thoughts and your attachments to them.
- Suffering is an abstract concept.

- All things return to their potential.
- To bring your attention to what is important.
- To prevent more suffering.
- Subjective suffering.
- Suffering as a mirror

## **Extended list:**

### **Obsolescence built-In**

Everything in life starts as a seed idea. It sprouts and develops, it grows and matures and blossoms, then it fades. It returns to the limitless potential once again, to become that seed once more. Death is the great leveller, no one escapes it and it means that you cannot take anything with you except your experiences. Suffering comes as part of the body's natural deterioration process back to the Source. No one should suffer, but it can happen when we lose a loved one or when we ourselves pass. Death is just a part of Life.

### **Sensors for protection detection**

Your body has its 5/6 senses, all those nerve endings and sensors for temperature and visual and audio and taste and smell etc. These help protect you and your body from becoming damaged and harmed. It's an intelligent learning system that learns what is safe and what is dangerous and gives you that feedback to protect your life in order to stay alive.

### **To know one is to know the "other", happiness**

You cannot know happiness if you have never suffered, you cannot know suffering unless you have experienced happiness. The two are linked because to know you are in one state of mind is to be able to say you are not in the other.

### **To allow for compassion**

Seeing others suffer provides you the chance to be compassionate towards them. As others would also treat you compassionately if they know or see you are suffering. So, it provides the possibility for being compassionate or someone being compassionate to you. An act of kindness and care.

### **To grow and learn lessons not to suffer**

When you touch a hot thing and burn yourself, you are then made aware to be cautious of that thing when it's hot. It signalled to you pain that alerted you to stop the pain from continuing. So to suffer something is to become aware that it is not a beneficial thing to do. Which prevents you from suffering it again. Suffering or feeling pain or sadness or other physical and emotional pains are there to inform you that they are not for your

best interests or health. Also suffering them initially informs you where they are so you don't suffer them again.

### **To learn what causes suffering**

To learn what causes suffering and what doesn't. To learn that the cause is often not explored because suffering is the end result but can identify the issue that needs awareness or attention, avoidance or change. So can inform you of the behaviours, actions or words that consequentially later caused you to suffer.

### **To understand that without suffering there would not be thriving**

In order to know one, you have to know the other. You would not be able to contrast and compare. Also, one person's perception of life being terrible may be another person's idea of benefit. It's all relative to how you see it. You know that you are living and thriving because you are not just living and surviving or suffering, and you know when you are suffering when you are not thriving and living in alignment with your true calling. So suffering is there to remind you, to help you contrast and compare. Knowing what makes you unhappy doesn't make you happy, it makes you less happy. Yet working on resolving what makes you suffer then makes you thrive.

The suffering and thriving coexist, it's just your approach to them that then realises it.

### **To see that suffering is natural to all.**

No one is free from suffering, everyone gets to experience it in one form or another, sometimes unawares and sometimes aware they are. Suffering is indiscriminate and death is the great leveller. It's a universal process that allows us to stay safe too and suffering, or the awareness of it, helps prolong life not shorten it.

### **To suffer from one's own thoughts and your attachments to them.**

Most people don't suffer from external events but rather their own reactions and thoughts about those events are the things that then cause the suffering. The mind, your mind, can be your best friend or your worst enemy. Your thoughts can literally kill you or heal you. So, most of the trauma and suffering comes from our own thoughts and psychology about self and whether we identify with the thoughts and feeling or not.

### **Suffering is an abstract concept**

People who are animal lovers, sensitive people and people who are opinionated all fall under this category. Sentiment and harm to animals has been weaponised and converted into sentiment. It allows the harm and suffering of others to be used against the ones who are kind and loving and caring. It is romanticised as something that is then used against the kind-hearted sensitive people. Rather like a manufactured weight that these people will accept, but one that is manufactured. Based on real things yes, based on some elements of truth yes. But sold to them in adverts for donkey sanctuaries or

cruelty to dogs and cats, sold as children going blind from no proper drinking water, or climate crisis or war and poverty by charity adverts asking for your donations etc.

Not only are the cabal making the suffering, but they then profit from all their charities selling you the problem the cabal created. So, create the problem then appeal to the sentimental to help fund the recovery of that event or “prevent “more harm and save people who are suffering is sold to the kind and compassionate to harvest their money through the psychology of grief or implied suffering.

Having a “romantic” notion that there is cruel world out there and lots of people are bad for harming others, like a fairytale it’s too simplistic as is the so-called simple remedy of charity and good hearts to mitigate that particular crisis they speak to. So to think that suffering can be ended or that humans are cruel, overpopulated, polluting the planet etc is the mantra these crisis peddlers sell to the kind hearted to depress them and milk their sentiments or donations left in their will or subscriptions or adopt an animal and get a cuddly toy version and fake updates on your adopted rescues animal.

### **All things return to their potential**

Nothing lasts forever, like I’ve already explained, life is started, it develops and matures, it then blooms and blossoms and then fades and returns to the potential it was before it starts again. Reincarnation is real yet we are born into lower frequencies and so forget we are eternal beings. We are all equals in the eyes of birth, life and death. As the body deteriorates then the chances of suffering increase but also can be managed too. No one need suffer these days in pain or with their own thoughts.

### **To bring your attention to what is important.**

Your body has a way of talking to you, if something is not working correctly then it lets you know with pain or numbness etc, it’s your body’s way of bringing your awareness and attention to the issue.

The same for the mind and the way it thinks or responds to life, its (suffering itself) and its particular proclivity to specific topics, that your thoughts are attached onto, will then create suffering within you, that highlight and bring your attention to what is important.

So suffering is a way of raising an issue up the priority list and making you pay attention.

### **To prevent more suffering**

To know that there is suffering in the world is not nice, but also thinking of it out of context of all the above that suffering provides, may help to see its value. Not as in it’s good to have suffering, but in the way it helps us to extend our life because we are aware of the things that can cause us to suffer. Which awareness and knowledge in turn makes us more protected against suffering. So valuable and good in the sense that it’s there for us to understand.

## **Subjective Suffering**

One person's belief or perception of suffering may seem trivial to another person. It's relative to you.

## **Suffering as a mirror**

Suffering works as a kind of mirror too, it reflects back to you who you are in a couple of ways.

If you are suffering, how do you deal with it? Do you bitch, moan and complain, do you hold on to it and talk about your pains every day? Does it consume your thoughts and identify you as who you are? Do you not want to stop doing that because you've identified yourself as someone who's always suffering? You let everyone know your problems and you are always talking about your problems? Focusing on yourself in that way?

Or

Are you stoic, you don't complain, you try to manage the pain quietly without a fuss? You don't like to talk about your problems and concern others? You would rather just get it sorted by yourself and not have to mention you have a problem?

These are two different ways in which people deal with their own suffering.

Then there is how you deal with seeing other people suffer? Are you the kind that is not concerned about other people's suffering? Are you the type that says "well they got what they deserved" or help out where you can but so long as it's not draining your resources? Are you too busy on your own suffering to see it in others? Too busy taking about yourself to help others?

Or

Are you kind and compassionate type that can see others suffering in subtle different ways? Sometimes ways in which are never spoken but implied or suggested, or ways in which you've observed that is trying to be hidden by the other?

Suffering in some ways is a reflection of who you are as a person, how you are in yourself about yourself, but also how you are as a person about others suffering. How you cope or not, how you deal with it or not.

## **Previous wisdom teachings**

There have been parables answering this question, yet many people have not come across them in order to have a more expanded awareness of why there is suffering in the world.

### **The Sheep, the Wolf and the Shepherd.**

The sheep spend all their lives worried about being prey to the wolves that will come to eat them, while trusting the shepherd to protect them, yet it is the shepherd that eats them. Do the sheep “suffer” from worry about being prey from hostile wildlife, or is it a natural behaviour protection response? So, the suffering is natural, it’s part of life.

### **The Moral Croc**

A crocodile does not moralise its actions of eating its prey, it is hungry and just eats. Just like every natural wildlife form on the planet. Only the human condition with its mind of extra concepts will consider or often not consider what it eats.

### **The Vegan Foxes**

It is natural for the chickens to be suspicious of the foxes who say they have turned “vegan.” Natural suspicion from past previous behaviour is a way of protecting yourself from suffering, but is it fear based? or risk assessment based? If it is fear based, making suffering can be created. If it’s a risk assessment based, then there is more thought given to how you react and so less chance of suffering.

### **Natural type of Suffering**

Suffering happens whether you like it or not, whether you want it gone or not. It’s part of the recycling system of life. To get lost in the sadness of a natural process of life recycling itself is just taking a road down into depression, it serves none. It’s a way of life on a world that is both light and dark.

### **Created type of Suffering**

Knowing where suffering is being created or manufactured, or as a consequence of something that’s man-made, is different.

Yet it is not your fault, nor do you need to fix it. Often a person’s need to “fix” the “problem” is the cause of the suffering both individually and collectively on a larger scale. Often the best thing to do is concentrate on making sure you are not suffering in whatever way it appears. By being at peace with yourself or by managing your own approach to your own suffering will collectively reduce the amount of suffering altogether with the collective.

As suffering can be used to bully others or as an emotional manipulation technique.

### **Doing nothing about Suffering**

Would seem on the face of it a callous and cruel thing, but when you see how your emotions can be played to the fiddle of other’s agendas to actually profit from suffering (it is if money is involved) then you are more aware of how you yourself approach the subject of suffering.

Not being drawn into other's agendas or tactics to manipulate you and instead working on yourself to remove or reduce or manage your own suffering is the best policy. Dealing with your own baggage or house contents first then makes you less of those people who are suffering or creates others to suffer. It does not mean do not help others where you can and do if you can of course. No it still means helping out where you can as much as you can, but taking care of your own business then reduces the amount of "created" suffering in total in the world in general.

### **Pragmatic Survival**

You have a natural process where DNA codes consume other DNA codes, that's just nature.

It is free of your beliefs and thoughts about it. Suffering is ubiquitous, it serves and teaches us many things, including how to live life without suffering but in gratitude, kindness and love.

