

# SUFFER NO MORE



By  
**AiR**  
Atman in Ravi

*Discover a way to end all suffering!*

*Why suffer when  
you can live in  
Joy and Peace?*

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**“Suffering is a choice,  
If you wish you can rejoice.  
Instead of spending your  
life in misery and tears,  
You can celebrate with  
happiness and cheer.”**

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## **PREFACE**

Suffering is a choice. We don't need to suffer. This may come as a surprise but it is the Truth. We choose to suffer due to ignorance that drowns us in misery and sorrow.

What is suffering? While we all experience it, have we gone on a quest to understand what the primary cause of misery is? We live in this ignorance, this myth, that suffering is an unavoidable part of life.

We can be free from suffering if only we realize that we are the prisoners of negative emotions that continue to make us miserable. Suffer No More is a personal experience of overcoming anguish, anxiety, distress, and grief.

If only we learn to eliminate stress, worry, hate, revenge, anger, jealousy and greed from our life - suffering will be a distant memory.

Is suffering common? We see people suffer everywhere,

and all the time. Rarely does a day pass where we don't experience suffering ourselves or don't see someone else suffering.

Still, people hate to suffer. Nobody likes misery. We wish there was no pain, but it seems unavoidable. It seems that a life without suffering is a mirage, an illusion.

Is suffering a choice? What can we do? Pain comes on us like rain from the skies and we get drenched in misery and sorrow. Is there a way to escape it?

While we all live life like a merry-go-round, going around in circles, passing both joy and sorrow as we live, there is a way to escape suffering. If one understands the root cause of misery, then one can overcome it.

We all suffer physical pain. Who on earth can escape from it? But while there is pain, can we do away with the suffering? We all experience emotional stress. Our anxiety kills us and makes us sad. Is there a way to escape from such sorrow?

Humanity at large thinks that suffering is a part of life and we can't escape it. We live in ignorance without realizing that there is a way to escape suffering.

Buddha - the enlightened one, dedicated his life to analyze suffering and to get to the root of its cause and find a solution. He was one such saint who awakened to a new reality that we can attain a state of liberation from all kinds of pain and sorrow. He called it *Nirvana*. Many saints and sages of the world have since then lived a life of peace and tranquillity inspiring us to eliminate suffering from our lives. Swami Vivekananda, too, prescribed a method to overcome suffering. He concluded that it is our own desire that leads to disappointment and causes most of our sufferings.

Suffer No More is an analysis of suffering, what causes it and how if we realize the Truth regarding suffering, we can overcome it. If one wants to truly live with eternal joy and everlasting peace, it's possible! This book will help you to Suffer No More!

“

**Why do we suffer, why do we  
cry? Why the misery right till we  
die? When we discover who we  
are, and the Truth we know,  
Then we will be happy,  
we'll Suffer No More.”**

# 1

## CHAPTER

### WHAT IS SUFFERING?

“What is suffering, what is this pain?  
Why are we miserable again and again?  
Why do we do things that make us cry  
And live in agony right till we die?”

## WHAT IS SUFFERING?

The dictionary defines suffering as a state of undergoing pain, distress, misery, and hardship. It's the state that makes one suffer from some kind of agony. The word 'Suffering' is derived from the root word *sub* - meaning 'below' and *ferre* meaning 'bear'. When we are unable to bear a certain distress we start to suffer.

What is pain? Pain is defined as a highly unpleasant physical sensation caused by illness or injury. Pain causes us to suffer. Thus, it is important to understand what pain is and how it is caused. And finally, how we can deal with pain and avoid suffering.

Most people confuse pain with suffering. They do not realize that the pain experienced in the brain is a little different from the suffering that we go through. As long as we are alive, we will experience physical pain. It is unavoidable. But despite physical pain, we can choose not to suffer.

While pain is, primarily, physical, it is not limited to the causes that are physical in nature. One can have pain in the entire body, caused due to mental stress leading to

pain in all the muscles of the body.

How does pain work? While pain can be defined medically and categorized into various kinds of pain, it is generally understood that we feel pain when sensory receptors in our skin send a message via nerve fibres to the spinal cord and finally to the brain. The pain is registered in the brain and then the pain message is transmitted to the body, to that part where we feel the pain.

If we try to use medical terms to explain this, it will be complicated. But in simple words how does it actually work? We may feel pain in different ways. One such pain may be caused when we prick our finger. The tissue in the body gets damaged. The skin registers this through pain receptors that are part of neurons or nerve cells. The pain signal is then passed on through an electric signal through a channel to the spinal cord. Thereafter, the pain signal is passed on to the brain. What does the brain do? There is a pain station in the brain. This relays the pain signal to the part of the body that feels the pain. In this case, we feel pain in the finger

## WHAT IS SUFFERING?

that was pricked. No doubt that when this happens, we experience a reflex action- as our finger is pricked, we feel pain and we instantly pull our finger away from the object that pricked it.

There are different kinds of pain and each one has a different pathway and method of being transmitted to the brain and back to the area where we sense the pain. But in the end, the point is that we suffer. We suffer all kinds of pain. Our objective is not to get into the details of kinds of pain or how the pain is caused, but rather how to deal with the suffering caused by the pain.

How do we end suffering caused by physical pain? Whenever there is pain and the messages are being passed to the brain and back, we use painkillers to kill the pain. What do these painkillers do? They interfere with the signals or messages either at the site of the injury, in the spinal cord or in the brain itself.

There are different kinds of painkillers and these act differently based on how severe the pain is but once we understand how the pain is caused, we address the

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pain appropriately so that we don't suffer from it.

*Thomas suffered from migraines and his friends felt sorry when they saw him in pain. One day they asked Thomas, "Why don't you take the medicine that George takes? He too has migraines, but he doesn't suffer." Thomas didn't even look at the prescription that George followed and he continued to suffer headaches. Both had the same pain, one suffered, one did not. Suffering is a choice.*

Somehow, some people think of physical pain as being the only cause of suffering when in reality it's the least serious cause of suffering. This is because in today's world there are so many ways of dealing with pain to ensure that it does not make us suffer.

Simple pain can be overcome with simple painkillers. We can get them over the counter and the most common painkiller is ibuprofen. Different countries refer to these painkillers with different names and some call them Paracetamol or even Panadol. These are simple painkillers but if the pain is severe, there are other ways to deal with the pain. Those who suffer very intense pain from terminal diseases like cancer are

## WHAT IS SUFFERING?

administered opioids like morphine. These drugs are used as the ultimate weapon to treat unbearable pain when patients are dying in agony.

In cases where painkillers are unable to control the pain, doctors use anesthesia both local and general, to avoid pain. For instance, we are administered anesthesia during a root canal treatment. It's like a minor surgery, but due to the anesthesia, we don't feel the pain. However, when the anesthesia wears out, we are given painkillers to deal with the pain signals that are caused due to the procedure in our gums. If we don't take painkillers, we will suffer from pain.

*Sameer is a good dentist. Not only is he very caring during the procedure, but he is also very sensitive about his patients' suffering. He knows that the effect of the local anesthesia will cease in one hour and therefore, he gives his patients the first dose of painkillers before they leave the clinic. His patients don't suffer. However, there are other dentists who will get frantic calls from patients suffering in pain because they did not take their painkiller on time. Once upon a time, suffering due to physical pain wasn't within our control, but today,*

#### WHAT IS SUFFERING?

*there are remedies for every kind of physical pain. We don't need to suffer anymore.*

In cases of surgery where the entire body suffers severe pain, general anesthesia is administered and this not only shuts all pain sensations but also makes us lose consciousness. When we are awakened after the effect of the general anesthesia fades, we need powerful painkillers to deal with the pain signals.

Without getting into further details about pain and making this appear like a chapter for a medical student, let's understand that it is important for us to know that suffering which is caused by physical pain can be dealt with by the use of painkillers, and the likes.

We can cut the pain in the brain and we don't have to suffer. This is the least of the problems as we have ready solutions. Of course, there are times where we psychologically feel pain, and in that case, the placebo effect is used to treat such psychosomatic pain. This is mostly used where the pain is caused due to psychological disorders. In this case, patients are given inert substances that

#### WHAT IS SUFFERING?

don't actually do anything but make the patient believe that painkillers are working in the body to cut down the pain.

Far more than pain in the brain is the suffering caused by other causes and thus we must move beyond the belief that suffering is mostly caused by pain that is physical. It is not so.

While we have understood what pain, primarily physical pain is, and the suffering it causes we must realize that suffering is not limited to this kind of pain. Therefore, suffering can be that of the body due to physical pain, that of the mind, due to emotional pain and that of the ego due to the ignorance of who we truly are.

Suffering robs us of our happiness. It makes our heart sink and our body shiver. Whether the suffering is due to physical or emotional reasons – the symptoms sometimes maybe the same. When you see somebody mourning and crying you know that they are not happy. Suffering makes its presence felt and can rarely be hidden. Sometimes, a stone face can reveal the hidden inner suffering.

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