

# Suffering

## Personal Suffering

Painfully, yet truthfully, suffering is something that cannot be avoided while living on this planet. We have all been victimized by someone or something in our lifetime.

Therefore, the key to our health and well-being is learning how to honestly and constructively deal with our suffering. Denial is the opposite of what people think. The suffering does not go away, as a matter of fact, it prolongs internal pain, which usually grows into something more toxic.

Our vulnerability and honesty are the stepping stones to our determination and warriorship. When we face the truth of what has happened and how we feel about it, we automatically start to find the solutions that are needed in order to move on and forward into a better and healthier future.

To every problem, there is a solution, never believe differently. The real success and prosperity in our lifetime is problem-solving skills. If we deny the problem, we embellish it, and that sometimes can take over our lifeline. We become depressed, lethargic, dumb-witted, or asleep.

Nelson Mandela when he was in prison said: "I never lose-I either win or I learn."  
This is the most brilliant statement ever made.

Many studies have proven that our soul only stays awakened and healthy when we live in truth. Pain and suffering can be great initiators of our courage, intelligence, and intuition. Our soul thrives when we are brave and believable. When we leave this world, which all will, the most important aspect of our lifetime is the fact that we faced our difficulties and challenges with strength, stamina, and conviction. The end result is inconsequential – all that truly matters is how we took the journey.

## **Other's Suffering**

We live on a planet that has so many atrocities going on, and if we do not allow ourselves to feel the suffering of others, we become cold-hearted robots.

Many people are afraid to feel the pain of others. They say “it is too difficult for me”. However, where does it leave those who are victims of the suffering? Look at all the holocausts. If people would remain attuned in to their sensitivity and heart, millions could have been saved and can still be saved.

If everyone would stay in touch with their hearts and face the truth of what is going on with the innocents of this planet, we would actually have a chance of fixing it. Though this would not be an easy task, it is a task worth embracing. We are a collective one, and if one of us suffers, we all suffer, whether we are aware of it or not. It is unavoidable.

Our personal growth and enlightenment will ultimately prevail when the darkness of pain and suffering is brought to the light, whether that be our own or someone else's.

### **Steps to take when suffering to ourselves or others punctures our soul.**

- 1: Keep breathing and make sure to take deep breaths.
- 2: Release the pain by screaming or crying.
- 3: Be aware of your heartbeat and wait until it quiets itself.
- 4: Some people need to talk things out to better process the pain. If so, find a trustworthy person to talk to.
- 5: Center yourself in thought and concentration.
- 6: Use the three rules – take three minutes, three hours, three days, or three weeks. Making a time line is very powerful.

7: Listen to music that soothes you. Soft lighting helps as well.

8: Go to the source of the problem. If you use divination tools, they have proven to work for better and higher understanding.

9: Find the solution – and put it into action – or if safer, non-action.

10: Forgiveness is the key to freeing ourselves from any kind of emotional bondage, but, more often than not, forgiveness takes time. Do not rush it, as for it to work its magic, it must be authentic.

11: Keep the faith – it is the best medicine with no ill side effects.

12: Use the suffering for self-improvement, self-awareness, and self-importance.

*Suffering throws us into a wild ocean, tosses and throws us around,  
then spits us out on the beach.....three feet taller.*