

Suffering as a Desirable Outcome

12/02/2021

As the individual suffers, physically, emotionally or mentally, he has to decide between two things: Is it wanted, or unwanted suffering? The former will give rise to a greater appreciation for the experience occurring at present, and will see its lessons more efficiently learned both on the short and long term; while the latter will give way to incessant complaining and seeing oneself as a victim for whom pity must be had. Such a person would think about what others think of them. While the other would think about what will be gained, both inwardly and outwardly – where the individual will see himself as greater than before, he would also expect that somehow the others can see the experience, shown in physicality.

However, these two instances work for one type of individual: The one that lives in such a place where interaction with other beings is regular, expected and frequent. So, very simply, most places on Earth in which people inhabit. This point is brought up simply to bring up the existence of “saints”, insofar as one would expect a saint to be one with something else, and would not care in the way other beings think of him. Such a word is easy to use because of its historical connotation – as schizophrenic as it may be – throughout time in a world where Judaeo-Christianism reigned for well over a thousand years.

I believe a noble aim of any human being could be the pursuit of a state of mind where the sum is greater than its parts, in which mind can reach inwardly with great ease, and stay warded against the vanity of the regular individual. A desirable state, where it seems the only path to it is the abandonment of the self in a void of fellows; of possessions, to a certain extent, as well. A humble life, in a humble place. Where the self takes precedent over anything else: in a way such as to get rid of the negative notion that may come from “being selfish”.

“Selfish”, where *natural* health is prioritized: The body maintains itself through its own exhaustion and work, and the mind goes through a similar process. All of this quite regularly, and obviously, rest periods would be accounted for.

“Selfish”, where the needs of the self is important: To maintain the equilibrium between mind and body, in turn enabling a good processing of reality, which in turn enables a better shot at finding what one may look for within his own life.

“Selfish”, where the needs of one’s fellows are satisfied: Through a healthy body and mind, through a solid foot in reality, through a fulfilling personal pursuit; A community can be lifted up to at least function correctly, until the weaker members can achieve this “Selfish” state: Then, said community could flourish in a way that satisfies most (if not all) of its participants, with as little distress, stress, anxiety and hardship as possible. As people grow to be greater as time progresses, through the willingness to go through suffering, and not cower before the pain that will inevitably occur from it, then similar suffering can be avoided in the future by said individual.

When it comes to helping others to avoid suffering, I believe that it is a requirement for anyone to go through it. While its process can be lessened so that pain can be more bearable for the one going through such a thing, its lessons might not be as potent as one going in with no help whatsoever. But perhaps this potency is not as penalized as I would be lead to believe. Many human beings are able to process a lessening of suffering, yet derive as much from such an experience as to one going through it half naked in a tempest.

Hence, suffering becomes both something to be expected, and even something to be desired. For as masochist as it sounds, if it enables growth, then it must be a good thing for the self. There is then selfishness in wanting to suffer. After all, one may not want for another to suffer. Yet, as for everything, balance is required. Flagellants were not exactly known to grow much from suffering, they only expected God’s mercy.