Why is life full of problems and suffering?

I bet you had times when you asked these questions yourself: “Why is life full of problems?”, “Why can`t we ever be perfectly happy?”, “Why is there always something problematic that takes away our happiness?”. If you have ever asked these questions, gone through tough times, or are still asking these questions, congratulations. You are suffering. Yes, you heard it right. You are suffering. When will the problems end? The answer is Never.

Living in this world, we always get tangled some kind of illusions and start believing in them. We believe in the fantasy of perfect life without any problems and suffering — a utopia. We all convince ourselves, “Once I solve this problem, I will get rid of my suffering and start living a perfect life”, but never actually achieved this perfect life. The question is: “Where is it?”. What if I told you: “It does not exist.” The perfect life does not exist and it can not be real. It is one of the most popular illusions that we cling to. We will never ever achieve a perfect life because the problems never end. Once you solve a problem, new ones will start to appear. And This cycle continues for eternity. As Arthur Schopenhauer said: “Life swings like a pendulum backward and forward between pain and boredom.” We cannot break this cycle. What we can do is just to accept this fact.

You might resist this idea because, as the saying goes, “People do not want to hear the truth because they do not want to destroy their illusions.” You simply do not want to abandon your belief that you have had your entire life. It is hard to accept. However, whether you accept it or not, the truth remains the truth.

What if I told you that problems and suffering are necessary to survive? We think of problems as something bad and to be avoided. But still, they are necessary. Humans are interesting creatures with unique qualities that set them apart from other creatures of the mother nature. Humans require problems to survive, to move forward and to live. Problems motivate us and provide us with purpose. They give us the meaning to live and survive in this cursed world. They provide us with motives and reasons to continue living. You are alive because you have to feed your children. You are working because you want to buy a new house. You are studying because you want to get into a prestigious university. You are doing something because you have a problem to solve. Without problems and suffering, how can humans be motivated? How do we even live? Why would we even want to live without any valid reasons?

What happens if you live a perfect life without any obstacles, a life where everything is perfect? What does it lead to? I tell you that it leads to death. If there is nothing to motivate you, you will be struck with absurdity. Nothing matters anymore in this life. You will lose your sense of meaning and everything will seem meaningless and absurd. The only choice of yours will be to commit suicide. As Albert Camus once said, “At any street corner, the feeling of absurdity can strike any man in the face.”

How can we enjoy life if it is full of suffering and problems? You may wonder how do we find happiness if we can never solve all our problems and end our suffering. Happiness has never been about what lies beyond the end your suffering. It has always been about what happens during the process of suffering. If you wait your happiness to come after the end of suffering. It will never come. Because there is no end of suffering except death. The point is to find your happiness in the process, in the moment of your life. Stop thinking about your past mistakes and stop worrying about future. Start enjoying the present. You have to live your every given day as if you are living your last day. Seize the day. “Carpe Diem”.