

Suffering, Humans, and All That...

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Abstract:

We argue that suffering is fundamentally human, and when we go through such, it is better to embrace and learn to do such instead of resisting to cause more misery.

Prologue: Humans are fickle, animalistic and mostly below those, fundamentally weak beings, and dependent on others for all the cause of existing as a living entity. A human constantly attaches oneself to *something* to go on, and have the illusion of having a purpose in life, and living. In such as a voyageur endeavor, one interacts with other humans; i.e., the same dynamic variable one human is. Mathematics is unnecessary, but even such in terms of abstractness says that one single event that happens and manifests as a reality can be a random one because the chances, or probabilities of any one of the infinitely possible events are likely to occur. One does not need to know formal mathematics to understand, that the special cases that we call happenstances of human beings interacting with the other humans of the system, happens because it happens as though in THE ARCHITECT's dice of infinite sides. Our modern studies might show one that one can be analyzed to the degree of accurate predictions of one's behavior. But the process of interaction get themselves attach with a lot of variables, who are, most surely behaving in very unpredictable ways. And such a state of system is bound to cause randomness in both as a system and the variables inside it. Here, what attachment to something does is cause anguishes of all kinds along the spectrums of emotions to the far sidal edge. Even after what can one describe as going to inferno, or going through, and breaking oneself in the journey thorough that they call suffering, or misery to unrepairable pieces, as if one never learns. One, if ponders with a very empty head during random walks in nature, or some place that is undisturbed by cement, or pathetically disturbing civilized activities, and where nature is so overgrown that even that random walk itself in such a serene setting would look like an eyesore, then one would be able to understand that everything, or something that one is identifying with being in the state of horridness, or insanity, is the same fractal thing over and over again. Such resembles a dependence of events, and how one navigates one through such a chaos that might be considered as a catastrophe. Even knowing such, which one inherently does anyway, one still tries to get up from the defeated state to learn to crawl, then to walk, and then subsequently over the time get up high and with chest that he will rebel against the destiny. One goes to war again, which he already knows that he would be losing. Yet he is seem marching with broken wings, crawling with blood if needed to fight once more to smell the taste of another unfair fight's defeat that might break one this time entirely to the point of insanity, or if worse, no possible returns. What is not fundamental here if not suffering? If reasons give existence to cause, and cause leads to performed physical action in reality that makes changes that affects the dynamics of a system, suffering can be seen as a byproduct of interacting with the system in an engaging manner. Along this horrendous torrid path, one returns as a changed human entity, astronomically altered from the inside than the one who started walking this burning path that one might more say is wretched, or with anything that makes a gruesome sense to somewhat try to imagine of visualize. One sees that each of the variable's, i.e., each human's situation is different. In the long path, or act of going to conquer the distance of the voyage, one has the choice to act righteous and evil at the same time. Righteous acts are seen with very high regards, whilst the evil, or anti-righteous acts are seen as a debauchery, or incarnation of darkness on the holy surface of this existence. Such hypocrisy of humans rejecting their very own human tendencies, and then constructing an entire enormous system which relies on the gratification of ego that identifies with being someone who someone is not, meaning a society of sinners judging individual sinners for sinning differently, or some collection of humans pretending to be righteous and the authority over such an aesthetic cherade, but of course are not... is more of a human primordial trait than any other. It is undertaken by the writers of all world literature, especially philosophers of all ages to define what morality might mean here. And such, if seen from an abstract point of view, seems to "*have aesthetical criteria*"¹. And such is just only one of the enumerable probable scenarios which can happen, the states are infinite, and we can think ourselves as "*exploerers of infinity*"². And so on...

All these complex, compound, and complicated events breaks a person, both man, woman, other identities, and since humans are better at coping, they adapt to such a misery after falling from their battle. One is gravely wounded, more than ever is psychologically. Some, through all possible circumstances try to end it forcefully without seeing things through, some endure,

¹quoting Friedrich Nietzsche.

²quoting G. H. Hardy.

with their spirit of *fight, fall, get up, fight again, get defeated and fall to lower than where one started, and continue the cycle...* At this point, does suffering become an adrenaline for a human? That one does the same mistake, willingly or unwillingly to taste such a fruit again, but now with a very different perspective to approach it? *How can someone; a human entity be so cruel to oneself? Is forgiveness so much absent here that one is his own reason of breaking?*

Sometimes, one such a person can be seeing to pursue spirituality. Faith, of course is present in all societal systems, and is seen to play a role for a human to hold onto some philosophy to abide by... only to recognize that later on that spirituality takes someone even on an abstract level, and progressively, one is led to universality; the ultimate abstractness that one can call *consciousness*. Along the path of even such a sub-journey, one experiences suffering that is linked to detachment of the objects of one's self-identification as an entity. At the last frontier, the only thing left for a person to let go is one's sense of oneself, as if "*in the end, life becomes an act of letting go*"³...? What does one search? Is it justifiable that the journey is worth it? Or might have a meaning in the end? *Just what does a human being wander aimlessly to search within the misery?* Salvation? Is the human soul, which is a concept of faith, so relentless and gallant that it does not know defeat? *What can be accomplished by waging war against the destiny that one claims is raping them?*

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Human Identity / Self-Entity: A human is born, that human is given a name, through which by a sense of family he inherits almost all the things one could get at their birth. This includes the culture, language, religion, and all the things that one can think of. Being at a disadvantage here during the birth contributes the diversity of backgrounds and the effect of such an environment on the variables of the system.

After such, one, because he's part of a family, or in an abstract sense group of people to attach their existence to, they go through all sorts of experiences that make them an individual person of un-replicable degree, and measures of all kinds. Such a state of individuality is shaped by the interplay of their inherent traits and the external influences they encounter throughout their lives. Their sense of belonging develops at the initial ages. Such could be family, a place, anything to get addicted to, or just anything.

After such a neophyte state, one starts receiving education, or goes to some sort of schooling. This process further shapes their identity, as they are exposed to new ideas, beliefs, and values. The educational environment, along with peer interactions, plays a crucial role in the development of one's self-concept and worldview. Through learning and socialization, individuals begin to form a more complex understanding of themselves and their place in the world.

What is important during the phase is that one starts thinking structurally, either through himself, or learning from someone because of the influence of the environment. One starts to question things, and such a process is important for the development of critical thinking skills. This phase is often marked by a search for identity, as individuals explore different roles and ideologies to find what resonates with them. People who do not learn to think like such, or align themselves with some kind of identity, they fail to act in a positive ways sometimes. The ones who do however display their own characteristics because they do align with something, or someone, or some collection of people. Sometimes, not in the mainstream distribution but rare, or in a very low percentage become extremist. They display violent behavior towards those who do not share the same ideas or thought. They sometimes go on their destructive spree to cause chaos and discord of violent kinds. To the degree it affects the whole nation, a continent, even international scenario too. Such attachment to one's identity, or the group of people one identifies with, can lead to a strong sense of in-group loyalty and out-group hostility. This can result in conflicts and tensions between different groups, as individuals may feel threatened by those who are perceived as different or opposing their beliefs.

Faith is the most basic example, yet the concept of faith itself can become a double-edged sword. On one hand, it provides individuals with a sense of purpose and belonging, a framework

³quoting Yann Martell, *Life of Pi*.

within which they can navigate the complexities of existence. On the other hand, it can also lead to dogmatism and intolerance, as individuals may become so entrenched in their beliefs that they are unwilling to consider alternative perspectives. This tension between faith and reason, between belonging and individuality, is a fundamental aspect of the human experience. In the past mistakes of humanity, some continents were carved up as individual or some complicated structure of country based on this very formula. Something that is akin to modern cancer that shifts the weather of intercontinental tension. Such, specifically was done by the colonizers. Such an incident is often joked as colonizers or other families of words that has "colon" in any position of the word, it is said such a word comes from the name of something of a part of lower intestine that makes organic waste out of everything we eat. Such is by the way, one of the wastes humans are organically capable of producing; because we humans are desperately desperately dependent on everything for the sake of existence. No matter the physical appearance, one is ugly as anyone when he makes a waste. Such is something we carry under our belly all the time, yet such seems to never bother us. But when it reaches a point it cannot be contained inside, we let the waste out... and hate the very existence of it. Hypocrisy is built into the very fabric of human being.

But whatever one human must do, they have a choice to do good, and evil. They have a choice, which they follow through too, and latter thinks looking back at them with drastically various emotions. Some submits to the temptation of instant gratification whilst taking things in negative means and ways, and some choose the calm, and soothing path of self-awareness. Because being aware of one's surrounding makes one present, and confirms one's own existence in reference to something inside the system both the "something" and the person is inside.

Not just that, at this point of life when the role of education has already infiltrated the mind of an individual, they are often faced with the challenge of reconciling their personal beliefs and values with the knowledge and perspectives they encounter. This can lead to a period of introspection and self-discovery, as individuals grapple with questions of identity, purpose, and morality. It is a dynamic process, and changes over time. Some approach the positive one, whilst the other are degraded to their very logic. When one takes the downhill, then they seem to only fall lower, and lower. For the upper one, he can be seeing self-exploring and experimenting with things which conventionally someone is not expected to do. He sees everything from a perspective that is very different from the mass, and often is seen as outcast to think such abstractly. The world does not always accept it, sometimes nip such in the bud or in some timeline destroy it, or at least try.

After a little bit of educational, intellectual, social, emotional, experimental, and all that maturity, one becomes an adult. At this point, one is expected to be independent, and self-sufficient. One is expected to make their own decisions, and take responsibility for their actions. This phase of life is often marked by a search for meaning and purpose, as individuals strive to find their place in the world. They may explore different career paths, relationships, and lifestyles in an effort to discover what resonates with them. The challenges and opportunities of adulthood can be both exciting and daunting, as individuals navigate the complexities of relationships, work, and personal growth. People change during this time, go through drastic emotional measures, and learns to develop their own philosophy of life. They think, if they can, or have once learned to think, and abide by it, and follow through it even if it cost them to go against the tides. The elders joke about the struggles of adulthood, often reminiscing about their own journeys and the lessons they've learned along the way.

The expectations of society, or collection of body, or a system one is a part of; clash violently with individual aspirations, creating a battleground within one's psyche. Some find themselves trapped in careers they despise, relationships that drain their essence, or lifestyles that slowly poison their souls. The societal pressure to *succeed*; a concept as arbitrary as it is crushing; weighs heavily on their shoulders. Yet, what is success but another construct, another illusion we chase in our desperate attempt to find meaning in the chaos of existence? Money, status, power, and so on... these become the metrics by which we measure our worth, forgetting that they are merely external validations of an internal void.

The true challenge of adulthood lies not in meeting these external expectations, but in the courage to question them. "*Question Everything*" is sometimes, or at least among the rebellious ones, is seen as an attitude, and in the mainstream cases such is seen very much clearly, as it is

more practical to human nature. Some, a very small fraction has the courage to question, whilst the rest are seen to only dream of doing such, or they find different means to satisfy this part of their ego. Such is necessary for the survival of the weak species, pitifully living like slaves to the hands which is manipulating the dolls with strings from above, or some place. Those who rebel against the system are at first seen as something of a problem, so the administrative variables; meaning humans who hold some or fractional authority of the system, try to suppress it. When such is seen to approach a boiling point, it drastically fuels the fire instead of calming it. Then that small variables of the system, or vast majority shifts the balance of the entire system. In humanly mundane and hypocritically visible terms, and sometimes misleadingly, called *revolution*. In the full sense, meaning revolution in its pure form; if happens, then such affects the system in a very perpetually positive way. But most don't, because the worst scenario is also a probability in general high school mathematical sense. Anyway, in very simpler terms; those who dare to question often find themselves at odds with the very system that shaped them. They may face ridicule, ostracism, or even persecution for their unconventional views. The path of the questioner is often a lonely one, fraught with challenges and uncertainties. Yet, it is also a path of profound growth and transformation, as individuals learn to navigate the complexities of existence with greater clarity and purpose. From being an university graduate; to abandoning civilization, to reaching the far end of nature itself to find himself once again for himself... to becoming a serial killer who kills all his girlfriends and makes little showpieces, and leather like objects, sometimes furniture, out of their skin... the spectrum is wide, and the possibilities are endless.

Some individuals, through their suffering and introspection, begin to see through the facade. They realize that the *normal* path; the secure job, the stable relationship, the mortgage, the retirement plan; might be someone else's blueprint for happiness, or even if such a curiosity does not arise in mind, at least some observations register as seeing the act of straying into the dark side. Do not misunderstand this, this is not meant that such is bad, but it happens for the bravest ones who does not have any sense of care to question the whole system and then learning to persist to know, and such happens because it shifts the state of the system in a positively dynamic way. And such kinds of acts are worshiped as idols and ideals, sometimes philosophy, because the weak hearted ones can only dream of doing such. It takes not the worthy, but the brave to earn the worth to become the fuse: a torch bearer.

This realization often comes at a great cost, meaning alienation from peers, conflict with family, and the vertigo of standing alone in one's convictions. The pain of such awakening is profound, yet it carries within it the seeds of authentic existence. One starts to strip their own definitions one by one to know, because he has to know, and not divergently, but convergent-ly starts becoming himself to the pure degrees. His everything is lost, and he is only left with himself. The journey inward is always a tumultuous one, as individuals confront their deepest fears, insecurities, and desires. One cannot go forward if not had bested the past, and all the demons within one can exist. It is a process of peeling away the layers of conditioning and societal expectations to reveal the core of one's being. One constantly battles with oneself, and for the weak hearted; as said is a fantasy they cling to. It is the most courageous of the whole to be seen as slaying those Satan of one's own. Underneath that surface of skin runs a sea of blood we can never even imagine to fathom. After all, the very system that shaped them is on an unimaginable scale, and unconventional paths are seen as isolated, and forbidden; a taboo in the norm. The common people, alongside the state preach to condemn them, but those, in the righteous form as manifestation into reality is morally just, and become legends engraved on the pages of history of humankind. The cost is an alligator; to which the hand of the fisherman looks more tasty than they fish is used to hunt it onto the hook. Becoming artists when their parents wanted doctors, choosing solitude over hollow relationships, or abandoning lucrative careers to pursue meaningful work can be seen in various mind's lifetime across the existence. Such decisions are rarely understood or celebrated by society. Instead, they are met with resistance, ridicule, and sometimes outright hostility. The suffering here is twofold; the pain of breaking free from societal expectations and the loneliness of walking an uncharted path, that still might be, something undefined because of the limitations of mundane language.

Yet, it is precisely this suffering that forges stronger, more authentic raw golds. Through their struggles, they develop a deeper understanding of themselves and their place in all his charted

territories. They learn that true growth often requires unlearning, shedding the layers of stupendously vast conditioning system that society has imposed upon them. This process of unlearning is perhaps the most challenging aspect of adult development, for it requires one to question everything they have been taught to *the very thing they know to be as "believe"*. Some find enormous success, while some, even though following the same formula end up in someplace unspeakable. But through some twists of whatever one might call a fate, some get a chance, and this *some* population also concerns the mass. Everyone is nowadays seen to be getting chances to fix what has already happened. Yes, the extreme cases cannot be repaired that one can understand after a lot of highness, but for the ones one can... the moments, or the chances to fix the dumb thing that had happened a long while ago seem to be flying in the air as we breath. The chances are there, but one must be able to see it, and grab it. One must be able to recognize the opportunity when it comes knocking at the door. Such chances are often disguised as challenges, or obstacles, and require a certain level of awareness and discernment to identify them. They may come in the form of unexpected encounters, serendipitous events, or sudden insights that provide a new perspective on a situation. Recognizing these opportunities requires a willingness to embrace uncertainty and take risks, as well as a commitment to personal growth and self-improvement. It also requires a certain level of humility, as individuals must be willing to acknowledge their limitations and seek help when needed.

But, at this point one might ask that;

"if the opportunities, and the chances to fix the mistakes are so enormous, why don't we see people fixing their mistakes, and learning to not repeat the same ones again? Or why do we see people ending up in horridly similar situations? that can be as the same variant of the same thing that happened in the past? Or why our expectations are always never met?"

Now, one could then see that the issue is with choice. The choices individuals make in response to their circumstances play a crucial role in determining their outcomes. Many people may recognize the opportunities available to them, but they often hesitate to act on them due to fear, uncertainty, or a lack of confidence. This hesitation can lead to missed opportunities and a perpetuation of the same patterns of behavior that contributed to their initial struggles. People are seemed to be bound by the reason of doing something... some sort of cause to fully see it through. The reason can be anything, but the most basic one is the gratification of ego. One wants to be seen as someone who has done something good, or at least something that is not bad. One wants to be seen as someone who has made a positive impact on the world, or at least on the people around them. This desire for recognition and validation can be a powerful motivator, but it can also lead to a focus on external rewards rather than internal growth and fulfillment. People may be more concerned with how their actions are perceived by others than with the actual impact of their actions. This can lead to a superficial approach to personal growth, where individuals focus on appearances and image rather than on genuine self-improvement.

One goes on to achieve extreme things, in both the positive and negative spectrums... all for the sake of rediscovering oneself anew. Some find the journey to be fulfilling, some realize the journey was meaningless, some say the whole heaven and earth is inside, some say it is the present that matters, some equate these ethereal existence of vague worth with material objects, some tries to search eternal consciousness and all that, and so on.

At this point of conversation, it is better to interrupt with a declaration that we will not be talking about more senior than the adults. Because that specific band of age comes with a lot more complicated definitions and more complex interactions than an able bodied person who we can consider a young adult. It is not the case that we do not care, but it is somewhat productive to now not venture into that landscape. We have other societies of thinkers to think and write like we are doing. And that is not the whole news, because we now; meaning if one were to think somewhat in a birds eye perspective, one thing keeps popping up everywhere. One can pause or guess, but one eventually realizes that everything, meaning this whole conversation from the beginning of this chapter or something is solely based on self-identification. Not only as a title card, but as a

self identification in a sense that these ideas across the pages is a projection of the self, a mirror reflecting the innermost thoughts of someone and feelings of the individual. This projection is not always accurate, as it is filtered through the lens of personal experiences, beliefs, and biases. However, it is a crucial aspect of the human experience, as it allows individuals to make sense of their place in the world and to connect with others on a deeper level. Each individual's path will be unique to them.

All this time, a human entity does such with attaching themselves in some identity. One can see through our above discussion, that we humans have a tendency to build an entire system upon something that is so basic, yet gratifies their ego through some ways or another. Such is spiritually pathetic, and sheds light on the chasms the system itself is. Yes, the system is hollow, and the dynamical mechanics of the interactions of its variables make the system work. And what does the system fundamentally break into? Self-identification. All throughout the life one human entity might cling to something that is his self-entity. Their identification with such is what causes the reference frames to allow perception. An identification is a complex interplay of personal experiences, beliefs, and societal influences that shape one's understanding of themselves and their place in the world. It always has a reference point, to which compared to one measures a lot of things about themselves. Now if one notices, the dynamic variables are allowed perception. That means they can observe what is going on in the system, and then one can study those properties to get a better understanding of where one is. Such a reference point from which one measures allows one to see from the perspective of his own one from a different one. Not because that becomes the center of one's life, but because one has the liberty of making that one.

Self-identification provides a sense of stability and continuity in an ever-changing world, allowing individuals to navigate the complexities of existence with greater clarity and purpose. The reference point also plays a crucial role in shaping one's identity, as it provides a framework within which individuals can define themselves and their place in the world. It is through this process of self-identification that individuals are able to develop a sense of meaning and purpose in their lives. But that is just the lucky case, because self-identification is inherently a cage. It is a shackle of attachment that attaches one's own identity to a specific set of beliefs, experiences, and societal expectations. This attachment can limit one's ability to grow and evolve, as it creates a rigid framework within which individuals must operate. Breaking free from this cage requires a willingness to confront uncomfortable truths and to challenge the very foundations of one's identity. If one makes such a comfort zone, then it becomes a beautiful analogy. One story might say it;

There was this bird that once thought to it whilst looking at the sky when it rains. It thought to itself that there is no rain over the clouds. So, one day it took the enormous endeavour to fly above the clouds whilst it rains. But for these rebel against the very nature of the flying, the sky showed no mercy on its own forehead. One of its lightning bolts hit the bird, but not to the degree of death. Yeah, think of it like such a fictional situation, because it maybe happens in nature, but there might be no chance of something's survival if it is struck by a bolt. Anyway, it was defeated. The bird fell down, and somewhat from this catastrophic tragedy it started to lift itself because it was rebellious in nature. It started to crawl, and then miraculously the wounds healed, and though not in its prime glory, but the bird can now fly. It questions still a lot, from its own standing as a being. And he decides to rebel against the sky again. It even got depressed thinking that another one is sure to be the end. Yet it decides to fly again... This was another thunderstorm, one of the worst climate it can imagine with that birdbrain. After a lot of closed calls, it finally took the leap of faith and soared into the stormy skies. As it was, it was being watched by the whole nature. Even though it lost once, it is a cult figure because of taking the step no one thought was possible. It flies, higher in highness, and high more is the highness the bird desires to reach. It sees an open patch of sky ahead, and it knows that it must push through the storm to reach it. It was a whirl full of turbulence. Everything is rotating in a speed and weight

that carries an elephant. Still, it believes in itself, and with it he leaves it up to the probabilities. And just when it thought it was about to die, one bolt of lightning struck the bird, but this time it was different. Instead of being defeated, the bird felt a surge of power. It embraced the storm, using the energy to propel itself higher and higher. The sense of freedom and liberation washed over the bird, and it realized that it was no longer bound by its previous limitations. It was no longer just a bird; it was a force of nature, a symbol of resilience and determination. The bird flew higher and higher, breaking through the clouds and into the clear blue sky. It was a moment of triumph, a testament to the power of perseverance and the human spirit. The bird had overcome its fears and doubts, and in doing so, it had discovered a new sense of purpose and meaning in its life. It was no longer just a bird; it was a symbol of hope and inspiration for all those who dared to dream. The bird did not get the sky to be as it wanted, but it is more amazing than he imagined. It could see the heavens, the stars, everything that once it desired to reach once past. But now he thinks that if it flies even higher, it would reach the heavens, then everything beyond... and so on, and etc, and etc. and so on...

This story has a lot of layers to it, and it can be interpreted in many different ways. On one level, it is a story about perseverance and the power of the human spirit. It shows that even in the face of adversity, we can rise above our challenges and achieve our dreams. On another level, it is a story about self-discovery and the importance of breaking free from the limitations we impose on ourselves. The bird's journey is a metaphor for our own struggles to find our place in the world and to define our identity. Ultimately, it is a story about hope and the belief that we can always reach for something greater ⁴.

Now let's look at what is going on in this story, very specifically in the last line. The bird is amazing, and it reaches a destination which not all of us are lucky of having the abstract thing called fate. But after reaching the very longed destination, the bird realizes that the journey is far from over. It has achieved something incredible, but there is still so much more to explore and discover. The bird's story serves as a reminder that life is a continuous journey of growth and self-discovery, and that we must always be open to new possibilities and experiences.

But that is a trivial thing, and life is expected to be like such, and one persists through such to be the person he changed into. What is interesting here, that the journey never ends. No matter what it becomes in the end, there is another uncharted journey waiting to be voyaged. Life is so abundant with these moments of possibilities to start anew, that it sometimes; meaning when our time runs out feels unfair from life's own direction. Because people never change, no matter the chance, or the amount. Those who do change, and adapt, not in the sense to be a slave, but to observe and then rule the system. And then becoming the embodiment of oneself by understanding that *"everything is the same"*, followed by losing sense of everything to the degree that there is no difference between oneself, and the passion itself. This is what *self-identification* is.

"Why ?" if someone asks, then the answer is simple. It is because, *"one becomes the journey itself"*.

⁴This is as the story turned out to be when the author finished writing it... the author never thought the reasoning would lead to this such type of conclusion. The ending turned out to be good, and logically that is what happens in human nature. Such is the tendency of humans to get more after they get what they desire.

References