

Appetiser

Question: **do you really want to stop the suffering?**

Really?

Great, so if you *could* stop the suffering, then you *would*, that's what you're saying?

Let's put it to the test.

(I won't know if you take the test. But you will. And that's what matters.)

TEST (Take Your Pick):

1. Pause for just one moment. And **think of a really, really funny moment in your life**. Go back there, relive it all, feel it. *(My funniest moment involves me, my brother, a game of cricket on the grass at Greenhead Park in Huddersfield, and a poor unsuspecting 'fielder'... CRASH!)*
2. Pause for a moment. **Think of the funniest joke**. A joke that makes you laugh or that's guaranteed to make someone else laugh. *(Mine involves 2 sausages in a fryin' pan, 'talkin'.)*
3. Pause for another moment. **Remember the funniest movie/TV scene**. *(Mine involves Homer Simpson being attacked, off screen, by 2 vultures in the middle of the dessert.)*

Taken the test?

Great.

Well... *THAT'S* how easy it is to stop the suffering.



And that's how easy it is to start it again, too, when you decide to pause for moment after moment after moment and ponder on 'less pleasant' things...

Do You Really Want to STOP THE SUFFERING?

– Learning to Listen to the Stresses, Strains and Struggles of (Your) Life

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INTRODUCTION

*"Argue for your limitations, and sure enough they're yours." **

– Richard Bach

Hello, **my name is Steve M Nash** and I'm the editor of sites like SelfHelpCollective.com (guru-free self-help), EgoFatigo.com (inspiring answers), SMNash.com (the Inside-Out understanding & you) and [SteveMNash.com](#) (*being the change*).



And I'm here to ask you a simple question: ***do you really want to stop the suffering?***

Are you willing to stop arguing for your suffering?

And are you genuinely willing to 'do' what it takes? (*Right here, and right now.*)

Because if you do and if you are – then great! – your wish to stop the suffering is my command (really); please continue reading this brief guide...

Stopping the Suffering: In Brief

There are 3 stages to stopping the suffering:

- 1) **UNDERSTAND what suffering is** and where it comes from, and
- 2) **NOTICE/Listen (with neutrality) when you're suffering**, and finally
- 3) **DO 'NOTHING' else** (allow yourself to 'RESET') – all on the understanding that doing nothing to stop the suffering is the quickest way to stop the suffering

1a) WHAT IS 'SUFFERING'?

"I don't suffer from what I think. I suffer from what I believe."

– Fred Davis

Okay, how about we start by getting clear on what suffering actually is.

Because understanding what 'suffering' is, and where it comes from, is at least half the battle to stopping the suffering.

Suffering, then – like beauty, ugliness and pretty much everything else in our experience – **is in the eye of the beholder**.

Yes, you really do create your own suffering, and how you do so can look a little like this:

- a tension (versus a relaxation);
- an anxiety (versus an ease);
- a struggle (versus a flow);
- a resistance (versus an allowing);
- a wanting to control (versus a surrendering)

Simply put, a belief that something is 'wrong' (with you), versus a knowing that 'all is well'.

Of course suffering is a master of disguise. And sometimes it can look like this, too:

- Suffering that's caused by natural (or unnatural) disasters like 'climate change'?
- Suffering that's caused by human beings and how they treat animals?
- Suffering that's caused by human beings and how they treat other human beings?

Suffering is suffering, whether it's (your) personal suffering or it's the "suffering of the world". But what's important about either form of suffering is this:

When 'you' suffer less, YOU are more able to access the love and wisdom and actions needed to help others suffer less.

Meaning: *"physician heal thyself!"*.

Meaning: suffering will start to stop when **you** start to stop suffering – that really is how it works! (Suffering is in the eye of the beholder, remember.)

1b) OTHER NAMES FOR SUFFERING

*"If the only thing people learned was not to be afraid of their experience, that alone would change the world."**

– Sydney Banks

Here are some more words, then, that reveal how suffering gets ingeniously disguised ...

| <u>SUFFERING</u> | — | <u>NOT SUFFERING</u> |
|--|---|--------------------------------------|
| STRUGGLE | — | <i>FLOW</i> |
| RESISTANCE | — | SURRENDER |
| COMPLAINING | — | ACCEPTANCE |
| DISSATISFACTION | — | <i>GRATITUDE</i> |
| PERFECTIONISM | — | DOING YOUR BEST |
| <i>SHOULD (or SHOULDN'T)</i> | — | COULD (or COULDN'T) |
| EXPECTATIONS | — | NO EXPECTATIONS |
| REQUIREMENTS | — | NO REQUIREMENTS |
| (e.g. want people to like/respect you) | | (e.g. know people see what they see) |
| <i>"WHY ME?"</i> | — | <i>"WHY NOT ME?"</i> |
| MIS-UNDERSTANDING | — | UNDERSTANDING |
| CHAOS/RANDOMNESS/UNCERTAINTY | — | CHAOS/RANDOMNESS/UNCERTAINTY |
| NOT OKAYness | — | OKAYness |
| (e.g. discomfort with discomfort) | | (e.g. comfort with discomfort) |
| FEAR | — | LOVE |

Example:

- Having difficulties, challenges, and obstacles in your life and thinking that you shouldn't be having them, is... suffering.
- Having the very same difficulties, challenges and obstacles in your life and seeing/understanding that this is how life is (sometimes), is... surrendering.

More Names For Suffering

So, some more words or phrases that indicate suffering, then:

Taking it personally Worrying Giving it 'meaning'
Comparing to others Holding on Closing down
Wanting to control Being serious The need to be right (not wrong)
The need to get what you want

(*) Quotes used in this course taken from [here](#) or [here](#)

2) HOW DO YOU KNOW WHEN YOU'RE SUFFERING?

"Want what life wants."

– Guy Finley

This might sound like a silly question, but how do you know that you're suffering (or when you're not suffering)? How can you tell? What does it feel like?

Is it even a feeling, or is it a thought?

Or is it a circumstance or a situation or a story of the past that you like to relive in your head?

And how do you even know that you don't like suffering?

Ponder on all of this, for a moment, please...

- *How do you know when you're suffering?*
- *How do you know when you're not suffering?*
- *How do you know you don't like suffering?*

Notice when suffering appears, what it looks like (and who or what is seemingly to blame), ***just notice.***

That's it. That's really all you have to do. Honest.

No need for causes. No need for labels. No need for blame.

No need for solutions, either. As Elsie Spittle once wrote:

*"Notice – then stop looking – the job is done." **

– Elsie Spittle

(It really is that simple...)

3) WHAT SHOULD YOU 'DO' TO STOP THE SUFFERING?

*"I am bigger than anything that can happen to me. All these things, sorrow, misfortune, and suffering, are outside my door. I am in the house and I have the key." **

– Charles Fletcher Lummis

'Do' nothing. That's what you should do. Nothing.

Do nothing to stop the suffering – on the understanding that doing nothing to stop the suffering is the quickest way to stop the suffering. (*Do you understand that? Do you see it? Have you ever noticed this self-correcting 'healing' in action?*)

But if you really do want to 'do' something, then I've created a few games for you to play (see below), or you could simply do this:

- ✓ Welcome your suffering, get curious about it, just that
- ✓ Stop resisting your suffering (it's the resistance that's causing the pain, after all)

As for 'do nothing', then, well it looks like this list I recently put together for a coaching client, after we had spoken about how he could 'get rid of' an unwanted experience ...

Some Games to 'Practice' and Play?

(A) PLAY THE 'NOTICE GAME'

- ✓ Notice how amazing your life is, sometimes, when you're not trying to work 'it' out – to fix the problem that you think that you have
- ✓ Notice how free of suffering you can still be, sometimes
- ✓ Notice that BUT FOR 'TIME' – i.e. you wanting things to change/improve faster than they're changing/improving – YOU HAVE absolutely NO REAL PROBLEMS

(B) PLAY THE '1-DAY-OFF-A-WEEK GAME'

Allow yourself a day off every week, for a few months or even the rest of the year.

- A day OFF trying to find answers, to solve the problem, to finally get rid of 'it'
- A day ON when you see what happens you stop trying to get better (Does your body/mind really know how to reset itself, without your intervention? Find out.)
- A day OFF from wanting things to be different (let whatever comes today be okay)
- A day ON noticing where else in your life that you find it easy to 'do nothing' (e.g. saying something like, "Oh, I don't take any of it personally, that's just what they're like (how it is)")
- A day OFF from all of the efforting – from exerting your personal will, from the fighting 'it'
- A day ON when it really is okay to just be you, no matter what shows up that day
- A day OFF from even thinking about 'it', or yourself, or how you're feeling

(*) Quotes used in this course taken from [here](#) or [here](#)

DO YOU REALLY WANT TO STOP THE SUFFERING?

*"We create our own unhappiness. The purpose of suffering is to help us understand we are the ones who cause it." **

– Willie Nelson

Hmm, so perhaps now you can see why I ask the question: do you really want to stop the suffering?

Because not only is this suffering gig a little bit compelling – especially when it continues to help us identify with who we think we are – the only thing to do about it is ‘nothing’. (And, control-freaks that we are, we find ‘doing nothing’ somewhat difficult.)

So, again, **do you really want to stop the suffering?**

- To let go of the stories, the misdeeds, or the need for forgiveness?
- Are you really going to be comfortable with surrendering to ‘what is’?
- Are you okay forgetting who you think you are, or should be, and letting Who You Actually Are show up instead (in all its glory and gory)?
- Are you really happy to let go of being right, of wanting things to go your way, and being okay when you’re feeling anxious?
- Are you okay with being okay just the way you are – of seeing that there really is nothing to fix, ever?

Really?

Great – and knock yourself out! – because it really, really, really is that ‘simple’.

You really can stop reading now... (Really.)

Because, to misquote Richard Bach here: justify your suffering and sure enough it’s yours. Resist it, it’s yours too. Misunderstand it... yours.

Again, do you REALLY want the suffering to end, or does “the world” have to change the way you want it to first?

Your willingness to see the suffering for what it is – i.e. created by ‘you’ – directly corresponds to how much suffering you are going to continue experiencing. It really is that simple.

Do you really want the suffering to end?

Because it can. If you’ll allow it to. Right now.

Thank you.

*"Although the world is full of suffering, it is full also of the overcoming of it." **

– Helen Keller

About The Author

*"Don't Take Anything Personally. Nothing others do is because of you. What others say and do is a projection of their own reality, their own dream. When you are immune to the opinions and actions of others, you won't be the victim of needless suffering." **

– Don Miguel Ruiz

Okay, my name is Steve M Nash, and I love seeing the best in people. ALL people.

Yes, seeing the best in people feels good to me. So does helping people recognise their OKAYness, experience their innate wellness, and notice the deep/loving wisdom that's always within them.



And that's why I created my sites like SMNash.com (based on The 3 Principles (Inside-Out) Understanding), SelfHelpCollective.com (based on self-help), and EgoFatigo.com (based on inspiration).

I also created these resources to help people (like you):

- [Being The Change BLOG](#) (10+ quick-to-read blog posts)
- [Daily Delight inspirational quotes](#) (Daily quotes email)
- [Digital Wisdom Within](#) (My Etsy store aimed at inspiring people that care.)

I do hope this e-course has been helpful to you. I hope something has changed for you, has transformed. [Do let me know!](#) Please.

Thanks for reading.

Steve

PS These 2 people, whose teachings I respect, sum things up nicely, when it comes to 'what do do' with your thinking:

"To control your thoughts, you first must control where they come from. And I can assure you, that's not possible."

– Garret Kramer [<http://garretkramer.com/>]

*"Thoughts are just what is. They appear. They're innocent. They're not personal. They're like the breeze or the leaves on the trees or the raindrops falling. Thoughts arise like that, and we can make friends with them. Would you argue with a raindrop?"**

– Byron Katie