

8. Message of Pain

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Why do we have pain and can we avoid pain? In this world we are seeing the whole range of emotional and physical discomforts as well as sorrows. Let us first understand our relationship with nature. Seen objectively we notice that nature is our friend. We are alive because of nature. Various laws of nature are for our benefit and to our advantage. With life-sustaining bacteria and plants, nature is constantly working and cooperating with all of us.

If our body gets a cut, in the same second there is a mechanism that starts to heal it. The same thing happens at the level of plants. Even at the level of the planet, the force of gravity is there to keep the planet together. In this wonderful nature there are animals and human beings who have free will. It is good news that they have free will. However this free will is also dangerous since they can throw themselves into a fire simply by using their free will.

In nature, free will is balanced with pain. Whenever animals or human beings put themselves in danger a pain mechanism gives a warning. This is why animals will not go into a fire and will not cut or kill themselves. A pain mechanism protects them from danger by giving them a warning. As a result we find that most pain receptors are in areas where we are more likely to hurt ourselves, for example on the tips of the fingers. There are fewer pain receptors on the abdomen, or where we are less likely to hurt ourselves. We do not fight with the inside of the arm for example, so there are fewer pain receptors there. In the intestines, there are no pain receptors of the kind we have on the skin, so during surgery, once the skin has been passed, there are no pain receptors. One can cut the intestines and the person will not experience any pain.

Therefore we can see that nature has a wonderful mechanism to protect us with its pain receptors and pain mechanisms. Each time a person touches a sharp object he will experience pain. If a person sits in the wrong posture he will get a signal of pain. He can then change his posture and so avoid causing any damage. If he eats something that is poisonous, he will experience pain. Nausea and a bad smell are signals of pain, so he will stop eating that food and therefore remain safe and protected.

Based on this understanding we can go a step further, and speculate that every possible pain that exists has a message and that we may need to understand that message. Nature does not give pain for no reason. There is a reason behind it and we may have to make the effort to understand the message. The message may be that our lifestyle is wrong, our diet is wrong, our behaviours are wrong and have to be looked into. If I stop sitting in the wrong posture, the pain

will subside and in the same way, if I stop eating certain things, or pursuing a wrong lifestyle, the proof will be that the pain will subside. Sometimes the pain subsides straight away, sometimes the pain subsides after a while, but it continues to subside.

Now, we can take it further and see if we have any reasons for emotional pain. In this model emotional pain is also a message. What are we doing wrong so that we get emotional pain? Are we doing anything wrong?

The spiritual message tells us that we have taken a wrong posture at the level of the mind. Our whole position of attachments is a 'wrong posture'. Our identifications, ego based on the drama, are the 'wrong postures'. These attachments and ego will invite pain. Any obsessive behaviour or sense indulgences also create grounds for future pain and because these are attachments at another level, the results can manifest in both physical and emotional pain. Nature gives a very simple messages to us to 'remain free'. Nature's message is, "This is a temporary world, you are a guest here, therefore do not create desires in this world. As a guest you will be honoured; you are receiving great entertainment here, a full program of entertainment. But do not break 'the law'".

To have an expectation or a desire for something we have no control over is breaking the law, so there will be pain experienced as a result. By having an attachment to something that does not belong to us, there will be a penalty. To create ego, to describe the self based on this external world, is completely absurd according to nature and this invites heavy penalties. In this model, to create attachments to objects or individuals in this external world is also absurd and will invite penalties. Be an honourable guest and nature will celebrate that and honour you. That is the law.