

PAIN

Misery and Suffering

1. ESSENCE

- 3401 Pain is the outcome of sin.
Buddha (B.C. 568-488)
- 3402 All pain is one malady with many names.
Antiphanes (B.C. 388-311)
- 3403 It is the lot of man to suffer.
Disraeli (1804-1881)

2. OPPOSITES

- 3404 For Fate has wove the thread of life with pain
And twins ev'n from the birth are Misery and Man!
Homer (c. B.C. 700)
- 3405 Pain wastes the Body, Pleasures the Understanding.
Franklin (1706-1790)
- 3406 Pain and pleasure, like light and darkness,
succeed each other.
Sterne (1713-1768)
- 3407 Pain may be said to follow pleasure, as its shadow; but
the misfortune is, that the substance belongs to the
shadow, and the emptiness to its cause.
Colton (1780-1832)
- 3408 In a free country there is much clamor
with little suffering;
in a despotic state there is little complaint
but much suffering.
Carnot (1801-1888)
- 3409 Happiness is not a reward - it is a consequence.
Suffering is not a punishment - it is a result.
Robert G. Ingersoll (1833-1899)
- 3410 Only one who is in pain really senses nothing but himself;
pleasure does not enjoy itself but something beside itself.
Hannah Arendt (1906-1975)

3. INSIGHT

- 3411 If all men were to bring their miseries together in one place, most would be glad to take his own home again rather than take a portion out of the common stock.
Solon (B.C. 639-559)
- 3412 What is deservedly suffered must be borne with calmness, but when the pain is unmerited, the grief is resistless.
Ovid (B.C. 43-18 A.D.)
- 3413 The pain of the mind is worse than the pain of the body.
Publilius Syrus (fl. B.C. 42)
- 3414 We have suffered lightly, if we have suffered what we should weep for.
Seneca (B.C. 3-65 A.D.)
- 3415 He who suffers for love does not suffer, for all suffering is forgotten.
Meister Eckhart (1260-1327)
- 3416 Other men's pains are easily borne.
Cervantes (1547-1616)
- 3417 Misery loves company.
John Ray (1627-1705)
- 3418 If we are more affected by the ruin of a palace than by the conflagration of a cottage, our humanity must have formed a very erroneous estimate of the miseries of human life.
Montesquieu (1689-1755)
- 3419 The mind is seldom quickened to very vigorous operations but by pain, or the dread of pain. We do not disturb ourselves with the detection of fallacies which do us no harm.
Johnson (1709-1784)
- 3420 The transformation of pain to aversion is a fundamental law of the soul.
Schiller (1759-1805)
- 3421 Pain is no evil unless it conquers us.
George Eliot (1819-1880)
- 3422 Pain is no longer pain when it is past.
Margaret Preston (1820-1897)
- 3423 Man is never helped in his suffering by what he thinks for himself, but only by revelation of a wisdom greater than his own. It is this which lifts him out of his distress.
C. G. Jung (1875-1961)

4. POSITIVE

- 3424 To suffer, is a necessity entailed upon thy nature, wouldst thou that miracles should protect thee from its lessons? or shalt thou repine, because it happeneth unto thee, when lo! it happeneth unto all? Suffering is the golden cross upon which the rose of the Soul unfoldeth.
Akhenaton? (c. B.C. 1375)
- 3425 By suffering comes wisdom.
Aeschylus (B.C. 525-456)
- 3426 Remember that pain has this most excellent quality: if prolonged it cannot be severe, and if severe it cannot be prolonged.
Seneca (B.C. 3-65 A.D.)
- 3427 Pain itself is not without its alleviations. It is seldom both violent and long-continued; and its pauses and intermissions become positive pleasures. It has the power of shedding a satisfaction over intervals of ease, which few enjoyments exceed.
William Paley (1743-1805)
- 3428 The burden of suffering seems a tombstone hung about our necks, while in reality it is only the weight which is necessary to keep down the diver while he is hunting for pearls.
Richter (1763-1825)
- 3429 Real pain can alone cure us of imaginary ills. We feel a thousand miseries till we are lucky enough to feel misery.
Samuel Coleridge (1772-1834)
- 3430 Suffering is the surest means of making us truthful to ourselves.
Jean Charles Sismondi (1773-1842)
- 3431 Pain addeth zest unto pleasure,
and teacheth the luxury of health.
Tupper (1810-1889)
- 3432 Know how sublime a thing it is to suffer and be strong.
Longfellow (1807-1882)
- 3433 There is nothing the body suffers that the soul may not profit by.
George Meredith (1828-1909)

- 3434 Pain is the great teacher of mankind, beneath its breath
souls develop. 4 of 6
Marie von Ebner Eschenbach (1830-1916)
- 3435 Pain is a sure sign that you are alive.
Elbert Hubbard (1859-1915)

5. NEGATIVE

- 3436 The world is full of suffering. Birth is suffering, decrepitude is suffering, sickness and death are sufferings. To face a man of hatred is suffering, to be separated from a beloved one is suffering, to be vainly struggling to satisfy one's needs is suffering. In fact, life that is not free from desire and passion is always involved with suffering.
Buddha (B.C. 568-488)
- 3437 To have a stomach and lack meat, to have meat and lack a stomach, to lie in bed and cannot rest, are great miseries.
William Camden (1551-1623)
- 3438 The scourge of life, and death's extreme disgrace,
The smoke of hell - that monster called Pain.
Philip Sidney (1554-1586)
- 3439 Why, all delights are vain: but that most vain,
Which, with pain purchas'd, doth inherit pain.
Shakespeare (1564-1616)
- 3440 Those who do not feel pain seldom think that it is felt.
Johnson (1709-1784)
- 3441 Small miseries, like small debts, hit us in so many places, and meet us at so many turns and corners, that what they want in weight, they make up in number, and render it less hazardous to stand the fire of one cannon ball, than a volley composed of such a shower of bullets.
Colton (1780-1832)
- 3442 It is not true that suffering ennobles the character; happiness does that sometimes, but suffering for the most part, makes men petty and vindictive.
Somerset Maugham (1874-1965)

6. ADVICE

- 3443 If your head or dress caught fire
in haste you would extinguish it,
Do likewise with desire -
Which whirls the wheel of wandering-on
and is the root of suffering.
No better thing to do!
Nagarjuna (c. 100-200 A.D.)

- 3444 As an enemy is made more fierce by our flight, so Pain grows proud to see us knuckle under it. She will surrender upon much better terms to those who make head against her.
Montaigne (1533-1592)
- 3445 Our real blessings often appear to us in the shape of pains, losses and disappointments; but let us have patience, and we soon shall see them in their proper figures.
Addison (1672-1719)
- 3446 There is nothing too little for so little a creature as man. It is by studying little things that we attain the great knowledge of having as little misery and as much happiness as possible.
Johnson (1709-1784)
- 3447 The art of life is the art of avoiding pain.
Thomas Jefferson (1743-1826)
- 3448 Nature knows best, and she says, roar!
Maria Edgeworth (1767-1849)
- 3449 Work is the grand cure for all maladies and miseries that ever beset mankind - honest work, which you intend getting done.
Carlyle (1795-1881)
- 3450 We live in a world which is full of misery and ignorance, and the plain duty of each and all of us is to try to make the little corner he can influence somewhat less miserable and somewhat less ignorant than it was before he entered it.
Thomas Huxley (1825-1895)

7. POTPOURRI

- 3451 The body was created to be subservient to the Soul; while thou afflictest the Soul for the body's pain, behold thou settest the body above it. As the wise afflicteth not himself, because a thorn teareth his garment; so the patient grieveth not his Soul because that which covereth it is injured.
Akhenaton? (c. B.C. 1375)
- 3452 You purchase pain with all that joy can give,
And die of nothing but a rage to live.
Pope (1688-1744)

- 3453 See the Wretch, that long has tost
On the thorny bed of Pain,
At length repair his vigour lost,
And breathe and walk again.
Thomas Gray (1716-1771)
- 3454 For there are deeds
Which have no form, sufferings which have no tongue.
Shelley (1792-1822)
- 3455 They talk of short-lived pleasures: be it so;
pain dies as quickly, and lets her weary prisoner go;
the fiercest agonies have shortest reign.
William Cullen Bryant (1794-1878)
- 3456 World's use is cold, world's love is vain,
World's cruelty is bitter bane;
But is not the fruit of pain.
Elizabeth B. Browning (1806-1861)
- 3457 Pain has an element of blank; It cannot recollect
When it began, or if there were a day when it was not.
It has no future but itself, its infinite realms contain
Its past, enlightened to perceive new periods of pain.
Emily Dickinson (1830-1886)
- 3458 To the person with a toothache, even if the world is
tottering, there is nothing more important than a visit
to a dentist.
G. B. Shaw (1856-1950)
- 3459 Nothing begins, and nothing ends,
That is not paid with moan;
For we are born in other's pain,
And perish in our own.
Francis Thompson (1859-1907)