

**this issue**Understanding the Problem **P.1**Real Problems of Life **P.2**Death, Disease **P.3**Old age, Birth **P.4****Panchatatva Mantra**

jaya sri-krishna-chaitanya  
prabhu nityananda  
sri-adwaita gadadhara  
shrivasadi-gaura-bhakta-vrinda

“I offer my respectful

obeisances unto Sri Caitanya

Mahaprabhu, Lord

Nityananda, Sri Advaita,

Gadadhara Pandit, Srivas

Thakur, and all the devotees

of Lord Caitanya”.

**Maha Mantra**

**Hare Krishna  
Hare Krishna  
Krishna Krishna  
Hare Hare**

**Hare Rama  
Hare Rama  
Rama Rama  
Hare Hare**

**Chant Hare  
Krishna Mantra  
and be happy...**

**Real Problems of Life**

**Hare Krishna Friends,**

**Please accept our respectful obeisance!**

In the last newsletter we shared with you about Higher Intelligence and the purpose of this Higher Intelligence is not to just think about our family and friends, about movies, restaurants or our vacation spots but to understand and enquire about our life, our sufferings and also the destination of life.

The human form of body is an opportunity for solving all the problems of life. Through evolution we gain this human life for solving this problem.

The first enquiry is the cause of suffering. Amazingly many don't even know that they are suffering, that's the sign of ignorance! Therefore one should first understand what are the real problems of life are.

**What do you think are the problems of life???**

Most of the people would say poverty, unemployment, illiteracy, corruption in life etc.

But the fact is: **"One man's food is another man's poison", "One man's problem is another man's solution".**

**Ex:** We get disease, it's our problem, but the doctor is praying let there be more patients, that's my bread and butter. You meet with an accident, that's your problem, but the mechanic would be praying, let everyone have at least one accident a day. Not major accidents he should be alive to pay me my bill!



So one man's food is another man's poison. It is a relative world. If you go and ask a poor fellow he will say I want to go to America, if you go and ask a rich man he will say I want to live peacefully, want to spend time in Himalayas where peace and pure air will be there. If you ask a person living in Himalayas he would say I want to go to Mumbai, want to become crorepathi. This is a relative world; grass on the other side always looks greener. So it's a fact that these problems are very relative. But there are some real problems of life.

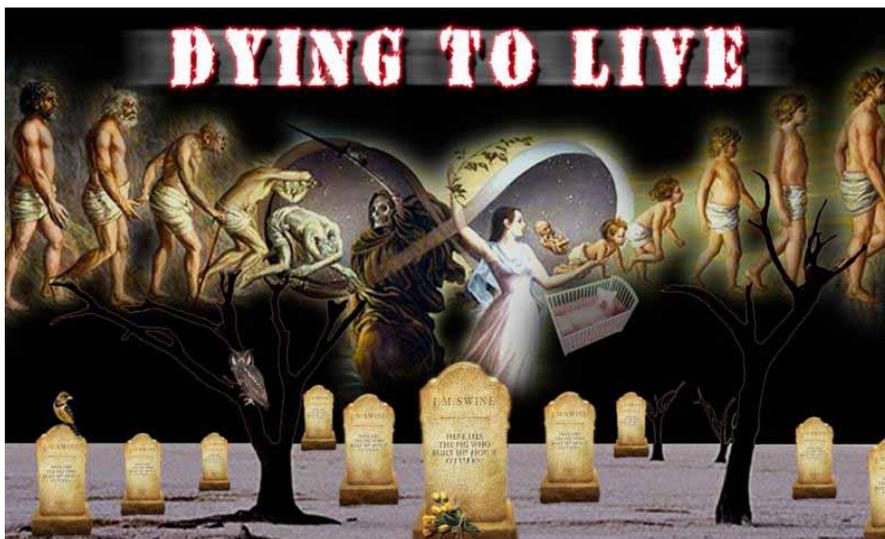
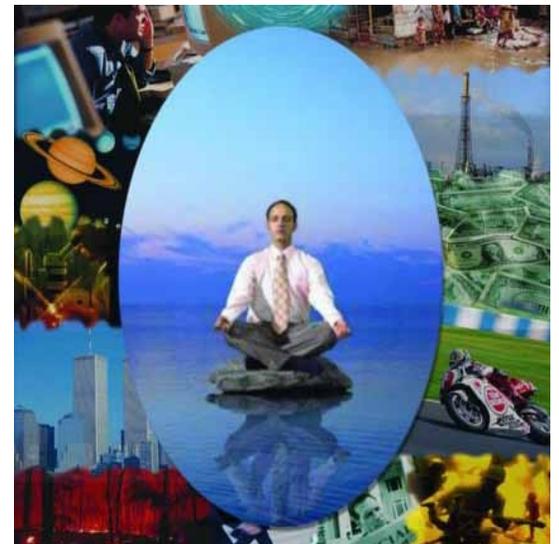
## What are the criteria for a problem to be REAL PROBLEM?

For a Problem to be a real problem, it should satisfy 3 criteria: Think about it

**Real problems are those which are:**

- Common to all
- No one wants it
- No one can avoid it

Real problem should be common to all, irrespective of their colour, gender and status and is also a problem which No one wishes to have but is a problem which cannot be avoided.



This is very clearly stated in the Bhagavad Gita.

**Janma-mrtyu-jara-vyadhi-duhkha-dosanudarsanam**

B.G.:13.9

This sloka clearly indicates what the real problems of life are. The problems which are common to all mankind and the problem which each one of us has to go through and there is no escape from it. The problem which no one wants and no one welcomes.

This is the truth of life, whether you accept it or not. You may be like the ostrich, closing your eyes and saying it doesn't exist for me, but it's a fact. This is not being pessimistic or optimistic, this is being realistic. We may shy away from this subject, but we cannot shy away from reality. To understand the real problems of life, let's understand each of them separately.



## REAL PROBLEMS of Life



### Old Age:

Yes, true, old age is a problem. We see many old people and at some point or the other, see their sufferings and feel, Oh, this shouldn't happen to me. Wish I don't get old. But, the truth and reality is that, each of us has to grow old. It is inevitable. We can't hide from this real fact. But, the truth is no one is ready to accept it. We all feel that we must look young and try to hide our age. The cosmetic industry is flourishing as a result of this. This is only external, the emotional part that is going to come after being treated like a pet dog at home, a useless member of the family, and at that time all your flashback will be going on in your head, that how much you were perfect, how independent I was. Now I have been ill-treated like an insignificant vegetable. Such an emotional defeat! Thus inevitable, Time does not spare anybody. We were all children some years ago, we grew to become youth and eventually to old age. People capture "sweet memories" because they know that when they are forced to grow old - helplessly, their appearances wont look sweet anymore.

### Birth:

The very process of birth is a problem. punarapi jananam punarapi maranam, punarapi janane jatara shayanam - that's the beginning of everything. None of us want to suffer the pain of birth. Birth is an extremely painful experience for the living entity. For nine long months, we lie cramped within the darkness of the womb, suffering severely, scorched by the mother's gastric fire, continually jolted by sudden movements, and feeling constant pressure from being contained in a small sack which surrounds us in the womb. This tight, constricting packet forces the back of the foetus to arch constantly like a bow. Furthermore, hungry worms in the abdominal cavity torment the foetus. The foetus passes stool and urine in the same packet. Such is the misery of birth. We are born amidst pain and continue with pain and problems throughout our life. It is a suffering which begins in the Womb and continues until the Tomb!

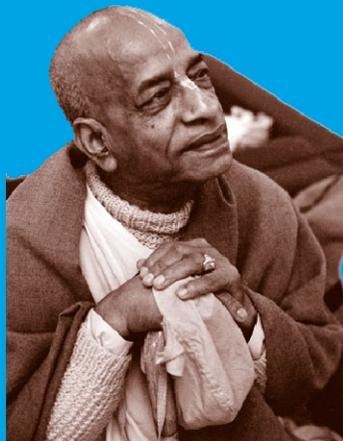


**These are the REAL problems in our life which no one can avoid and which no one wants. Thus Lord Krishna says in the Bhagavad-gita that it is very important for every sane human being to perceive the evils of birth, old age, disease and death and find out the permanent solution for them.**

## Srila Prabhupada Speaks out

### Real Problems of Life

One should try to understand the distress of accepting birth, death, old age and disease. There are descriptions in various Vedic literatures of birth. It should be thoroughly understood that birth is distressful. Because we forget how much distress we have suffered within the womb of the mother, we do not make any solution to the repetition of birth and death. Similarly at the time of death there are all kinds of



Sufferings, and they are also mentioned in the authoritative scriptures. These should be discussed. And as far as disease and old age are concerned, everyone gets practical experience. No one wants to be diseased, and no one wants to become old, but there is no avoiding these. Unless we have a pessimistic view of this material life, considering the distresses of birth, death, old age and disease, there is no impetus for our making advancement in spiritual life.