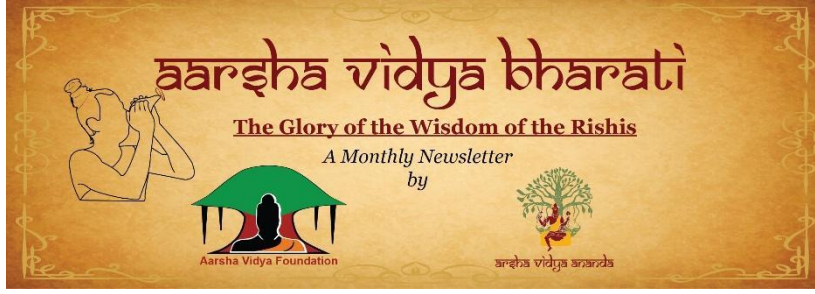

Aarsha Vidya Bharati - May 2024

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A monthly newsletter that will bring you more happiness, more wisdom and more freedom



This is one of many articles from our monthly newsletter. Access the [may 2024 issue](#) or read any of [the articles](#).

Knowledge, understanding, this world, its pleasure, and pain

Poem By Rohit Singh Nitwal, Bengaluru

Knowledge, understanding, this world, its
pleasure, and pain,
It is natural to see and feel,
All are one and the same, one and the same.
Yet seen as different.
But does it matter?
No, it doesn't. It's just as the round earth seen
as flat.

Knowledge, understanding, this world, its
pleasure, and pain.

We, our dreams, our life, our means,

Work, our rests, our comfort, our quest.

See we are one and the same in this too, one and the same.

Knowledge, understanding, this world, its pleasure, and pain.

Self-victory, self-control, self-knowledge, self-esteem,

Why so much emphasis on the Self?

Is it necessary for my quest?

If not, then why put time into that? .

Hey, but isn't it true that all we can do is change ourselves?



We can only win if we win our self.
We understand this world through our own lens,
So, isn't it natural to clear our lens,
with all the dirt that has occupied in the lens

Knowledge, understanding, this world, its pleasure, and pain.
The world, with its pleasure, shows us ambitions,
To reach it, grab it with our own hands.
With positive, there is negative, with light there is darkness.
It's natural to see with pleasure
there is pain too in this world.
Pain, again if we see it clear,
Acts as a strict teacher like Professor Snape.
Pain wants to show us the reality of this world.
As it is pleasure which lets us sleep,
but it is pain which let us awake and think.
Why which is common to all culture
has to be associated with pain?
Death being pain's biggest lesson.

Knowledge, understanding, this world, its
pleasure, and pain.

All repel pain but don't repel pleasure.

But this causes pain to the Pain.

Life as naturally is built different.

Pleasure and pain both become its hands.

Life as it is, is complete.

It just waits for us to think concrete.

Everything we need is naturally present.

We just need to understand 'what it means'

