

WHY ARE WE ALWAYS SAD

-: Introduction :-

"Why are we always sad?" This book is based on a deep understanding of sorrow and happiness and the causes of sorrow and unhappiness in human life and the solutions to remove it. This book focuses on psychology, self-understanding and mental peace. It is told in this book that people keep running after happiness throughout their life and ultimately remain unhappy throughout their life. Furthermore, the book also states that most suffering is the result of our own thoughts and internal conflicts. If we learn to control our thoughts, understand our internal states and change our perspective, we can find peace and happiness in our lives. Various aspects of life such as relationships, career, society's expectations, internal dissatisfaction etc. are discussed in the book. It inspires readers to self-evaluate, adopt positive thinking and maintain mental balance. The main objective of this book is that a person can get rid of his sorrows and become mentally strong and live life with more peace and happiness.

-:About the author:-



DRx Devesh Pal is a renowned life coach, motivational speaker and expert in the field of personal development. Understanding the real challenges of life, he has guided people to identify their life purpose, overcome mental obstacles and achieve their goals.

During his personal journey, DRx Devesh Pal learned a lot from his own struggles and experiences. He is now working to convey this knowledge and understanding to others. He believes that with the right mindset, self-confidence and positive thinking, any person can change the direction of his life.

DRx Devesh Pal has written several books and conducts workshops and seminars where he trains people on self-motivation, commitment to life goals and mental strength. Their purpose is to inspire every person to be their best self and show them that they can overcome any obstacle by using their full potential.

His workshops and coaching sessions are packed with practical tools and strategies to help individuals turn their dreams into reality. He believes that the key to making life simple and happy comes from within, and this is the message he spreads through all his work.

Topic In This Book

1.	What is sorrow?
2.	Why is there always sadness in life?
3.	How to eliminate sorrow?
4.	Pursuit of happiness ?
5.	The race for happiness?

DRX Devesh Pal

PART – 1

What is sorrow...

So friends, today we are going to talk about another important topic, what is sorrow? So let us try to understand, what is sorrow? There is sadness in everyone's life and it is always there, so the biggest problem is that what we think of as sadness is not actually sadness... So what is it? Let us understand - So what we consider as sorrow... If you try to look at it carefully, you will come to know that the sorrow in our life, the sorrow in our life, is Grief does not happen, it is trouble, it is suffering, so let us understand it a little deeper that what we have considered as sorrow till now is not sorrow at all, it is trouble, it is suffering. , which you can see on these two levels you will find that pain and troubles occur at two levels...

Pain and problems occur at two levels-

One at the physical level and the other at the mental level....



1. Physical level-

Physical level, if I talk about it, whatever diseases we suffer from, are at the physical level, then those are our problems, those are our sufferings,

2. Mental level-

Talking about the mental level, we have many desires, many desires, many wishes. If any person or thing is missing

or lacking in our life, then problems come in our life. troubles come in our life and these troubles and troubles persist continuously in our life... When these troubles persist continuously in our life then we experience sorrow, we feel that this sorrow :There is sadness, but it is not sadness Yes, that is troubles and sufferings...

Friends, let us now try to understand what sadness is... Sadness is a type of emotion, there are emotions like happiness, sadness, anger, surprise, disgust, these are our emotions. , means there is a thought and thoughts keep changing in our mind, our feelings are one of them, which is an emotion.... If you try to understand carefully then you will understand what sadness is.Let's talk further Buddha Ji had told us about sorrow that sorrow is only a thought, meaning it is a thought and thoughts keep changing in our mind, so we understood that these thoughts are temporary. It has come now, it will go away, it is not permanent, so now we have understood that sorrow is an emotion and it is not permanent and it is a kind of thought... which after this and we People will try to understand that Those who talk about the experience of sorrow, its experience, it is very hard, very difficult to experience it... The biggest example we have of this is Buddha Ji. Buddha ji has experienced sorrow very well and whenever we experience any sorrow, there is a lot of change in our life.



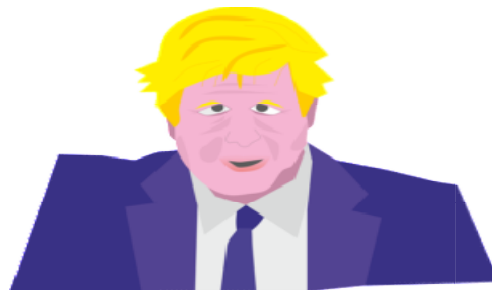
But if I talk about the experience of problems and suffering, then it is very easy to experience it, just like I talk about if we have pain in our hands, pain in our legs, no house, no bangla, no car, sir It is hurting, we can experience all these shortcomings and pain, and we can do it very easily, but if we

talk about sorrow then it is very difficult to experience it, which Buddhiji has done and Many people have also done it... so it is very difficult to experience sorrow...



Friends, sorrow is related to the soul, that is why whenever a person understands and experiences this sorrow, he starts discovering his life, that is, he starts searching for his life and Many changes come in our life. When Buddha ji discovered sorrow, experienced it, understood sorrow, then he understood his life, why I have come into this life and what should i do, Whereas if I talk about problems and sorrows, they have a connection with the body and anyone can experience it easily, but those who experience sorrow go far ahead in their life and change a lot. They come inside them and they think at a very deep level in their life and become very successful, friends, we have understood what are the problems or troubles and what is the sorrow.... .

Now let us understand what is the reason for sorrow? Friends, the cause of sorrow is no one else but ourselves, how? We feel sad according to our thoughts, our emotions, our thoughts are that the sun should rise only when we wake up, friends, is this possible? Is it? This is not possible, so we create such strange thoughts and strange emotions in our mind, like if we have a girlfriend, and we want that she should always stay with us, but this cannot happen and then when we are sad, we ourselves are the cause of our sadness.



Friends, let us understand this through a story, then you will understand very well. Like there is a minister, he is very rich, he has a lot of money, he comes to know that he is going to die, people told him that you If you leave this country as soon as possible and go to some other country, maybe you will be saved there... And the same thing was said by a sage who is very famous, now the minister also agreed because he is a very famous person. When Rishi said that, the minister quickly left for his flight. Booked and went to another country, but as soon as he went to another country, Yamraj ji came in front of him, then the minister got scared, the minister said to Yamraj ji - Oh, this is very wrong, your devotee is that sage, he Told me that if I leave this country, I will not die, then Yamraj ji said that the place of your death was this and the time of your death was also this, that is why you have run away from there and come here, and yours Death will happen now...

We also do the same in our life, there are only problems and sufferings in our life, but we run away from here and do something which increases the level of sorrow in our life and then we always We remain unhappy, earlier there were only problems and sufferings in our life, it was possible that these would have gone away but we have kept so many desires in our life, that we want this too, that too, we want this too, that too. Want it, want it all... friends, keep them away too. This could have been done, but instead of removing them, we increased the suffering, as if the minister had stayed there, he would not have died, but he moved closer to death. Similarly, it happens in our life also that if we stop till suffering and troubles, then we do not read in sorrow.

PART - 02

Why is there always sadness in life....

Friends, now we are going to talk about another important topic, why is there sadness in life? And why is there always sadness in a person's life? If you ask most of the people, how is life going on, then they will answer you that life is just going on.... This means that there are many difficulties in life, many problems, many troubles, So let us try to understand why there is always sadness in life, friends. Before understanding this we have to understand what sadness is? In the previous topic, we have understood what sorrow is... still, let me explain it to you once so that you do not have any problem in understanding this topic...

What we consider sorrow is not sorrow at all -



Friends, what is sorrow? What we consider as sorrow is not sorrow at all, it is a problem and when the problems keep on increasing, we feel that sorrow has increased a lot in our life, hence this sorrow. B does not happen, these are problems, and the reason for their increase is none other than ourselves, friends, when we have wrong desires, wrong desires, as if I talk about someone's desire that his first the sun If Uday is not there, then friends, it is not possible at all, if someone has a girlfriend, someone has a friend, someone has a wife, and if he wants to stay with them all the time for 24 hours, then it is also not possible. Friends, if it is so then there will be many problems in life. If there is a lack of any

thing or person in our life, if there is lack of any thing or person in our life, then many problems will come in our life.

How to overcome problems -



Friends, how to overcome these problems?

Friends, 90% of the people do this. Whenever there are many problems in life, many troubles, then to overcome all these, everyone does – “Search for Happiness”.

When there is sorrow or many problems, we search for happiness, and how do we search for happiness - in the form of wealth, in the form of position, in the form of fame, that is, in the form of money. In the form of money, we feel that if we have a lot of money, we will be happy or many people feel that money can buy something - like a house, bungalow, car. If we get all this then we will be happy, like this It is not at all, some people are like that, like I talked about Yash, some people feel that if they become a celebrity, they will get happiness from the respect they get, it is not like that, some people are trying to impress them. After that it seems that he will become happy.... If I talk like he is a collector or an officer, or an IPS officer, or any such post which gives happiness after attaining it, then It is not so at all and those who do not have this position feel that It is not at all true that I will be happy when I get these posts.....Happiness does not come from fulfillment of such desires....

Pursuit of happiness -



Friends, what do we do, we search for happiness to eliminate sorrows and troubles, but this search is never complete throughout our life, many people search for happiness, they keep doing it throughout their life, But the search for happiness is not complete, friends, let us understand that when we search for happiness, happiness is not found and until happiness is not found, our mind remains entangled in the search for happiness. , that we also want this, we also want that, like this We want the same, we want the same, our mind always remains confused, if we do not get happiness then... and if we get happiness, then if we get what we want, whatever. The desire is ours, if we get it, it seems like a waste of happiness, until we get the car, bungalow, money, we feel that there is happiness in it, but when we get it So it seems useless to us, then our desires start increasing again, Then our desires increase, now this bungalow is small, now we want a bigger bungalow, this money is less, now we need more money, then many of our wishes and desires increase and then we start searching for happiness again. We go, earlier we had less money, now we want a lot of money and then we start searching for happiness again and this search for happiness never ends, then we say, “Why does this sorrow not end?” Would have been God”.



Come friends, let us try to understand this through a story. There was a village, there was a spiritual Baba in that village, everyone believed in him, everyone worshiped him, there was a minister, he also worshiped him by the grace of this Baba. He had become the minister, the people of the village prayed to Baba that Baba, you go to the minister and tell him that there is a need of a school in the village, so he should get the school built, but Baba was very hesitant because Baba Had never asked anything from anyone till date, He said that I have never given to the people, I have never taken from anyone, but the villagers prayed a lot that Baba, this is a question of the future of the children of the village, you should understand that this is not for you but for the children. When Baba was asking for a prayer, he hesitated and went to the Minister... When Baba went to the Minister, the Minister was praying and Baba sat there and Baba was listening to the Minister praying to God. He was saying that God, you have given me everything but please give me even more money. I want to become more rich so that I can reach a higher position, right now I am a minister, I want a higher position than this... Baba heard this and Baba started coming down, the minister saw it and The minister came running and said to Baba, "Hey Baba, you have come... why are you going?" Then Baba said, "I had come to ask you for something but I felt that you were a very poor person, that is why I came back." When he came, the minister got very angry but the minister believed in Baba a lot, so he did not say anything and asked very carefully Baba, I did not understand anything... Baba said that the more money a person asks for, the poorer the person becomes, I saw that, you Lord. He was pleading in front of Baba to give me this much money, give me that much money, the more money he asks for, the more poverty he gets, and Baba says that if someone asks for too much happiness, the more unhappy he becomes. , so always remember that the more happiness a person has, the more one runs after happiness, the more one becomes unhappy. Why is there always sorrow in our life? Because we always run in search of happiness, that is why there is always sorrow in our life.

PART – 3

How to eliminate sorrow.....

Friends, we are going to talk about another important topic: how to eliminate sorrow... Friends, this is a very important topic, as I said earlier, sorrow always remains in the life of every person, so it is like this. Is there any solution or tip by which this sorrow can be removed, it can be eradicated, so let us try to understand it-

“Sorrow increases in the race to attain happiness.”



Earlier we have seen that what we consider as sorrow is not sorrow at all, it is a problem, it is a pain and when we try to remove these problems, we want that these problems go away from us. If we get away from life, then we start racing to achieve happiness and as we try, the level of these problems increases in our life and our life becomes difficult. The more problems I face and the more the troubles increase, the more the sorrow increases in our lives....

Friends, we try to understand this as an idiom, like that idiom is “to hit an ax on one's own foot” as earlier there were only problems but then we increased the level of sorrow in our life..



Story:-

We also try to understand this through a story that there is a person who was very afraid of dogs, one day four-five dogs followed that person, so as soon as the dogs started following that person, the person He started running and he kept on running, he kept on running for a long distance and there was a ditch in front of him and he drowned himself in the ditch and died... So from this story we learn that if that person was the same as those dogs Had I stopped nearby and faced them, I would have fought with them. The dogs would have been hurt a little and would have understood and then maybe they would have become friends but he did not do so and he died.....

Wait a little in life -

If we stop for a while in our life and understand our problems and try to deal with them and try to understand why they are coming in our life, then perhaps there would be only a little trouble but there would be no sorrow, in the first life. The only problems are the sorrows that we create ourselves, that is why I have told you earlier also that sorrows come only because of us...

How to eliminate sadness -

How to eliminate sorrow - Because we are running after happiness, sorrow is increasing and we do not want sorrow, so let us understand it through an example...



What will a person do if he falls ill? He will start eating tablets or drinking syrup, but will his health get better, no...rather it will get worse. So why is this so? Because when one becomes unwell then first of all one informs the doctor, the cause of that disease is found out, what is the cause of this disease and what is this disease... If this is known then treatment is done. And then that disease is cured...

Find out the reason -



Friends, in the same way, if we try to understand the problems and find out the reason why they are coming in our life, if we find out why these problems and sufferings are coming in our life, and we can destroy them. If we give then our coming sorrow will also be destroyed. But if you run after happiness, sorrow will increase much faster...

Example:-



Let's try to understand it practically. For example, there is a tree and if that tree gets a disease, what will you do? What most people do is that when a tree gets sick, they start cutting its stems and leaves, so always remember that the more you cut the leaves and stems, the more they will start growing, friends, similarly if our life When we feel sad, we search for happiness, but the more we search for happiness, the more sadness increases in our life.

Friends, now you will say how to find out the reason and how to eliminate the sorrow....I just told you who had the disease, the tree had it, now I cut the stem and leaves but what work was done, it was not done... If you put medicine at the root then this disease will be cured, similarly if you find out the cause of your sorrow and destroy this reason then your sorrow also gets destroyed, always remember that our external world This means that the more you search for happiness in the external world, the more sorrow will increase in your internal world, so remember that you have to find out the cause of the problem and solve it. Sorrow has to be ended by destroying it.

PART – 04

Pursuit of happiness:-

We are going to talk about another important topic, about the search for happiness - how to search for happiness, friends, let's try to understand what is the search for happiness? And how do we do it, and is the search for happiness complete? Do we get happiness in life or not?

People search for happiness in two ways....

Friends, people search for happiness in two ways: -

First, people earn a lot of money and they feel that maybe they will become happy by earning money, they earn fame so that they get the feeling of celebrity and they feel that they are happy now or they get some post like becoming PM. If someone becomes a CM, a minister or an officer or police, many people feel that they have got happiness or if they get some person or thing then they feel that they have got happiness in life but it is not so at all. it happens, all this When we get something, we feel happy that we have got happiness, but remember that it does not erase the sorrow... You may go to any position, earn how much money, but the person is not happy. ...

The search for happiness continues –

Friends, we have understood that even after getting all these things, we do not get happiness, man remains in search of happiness....

What do many other people do? They were running after all these things, so some people feel that they have got happiness, some people see it, but there are many people who do not get anything from it, neither the person nor the thing. Neither car, bungalow, house, money nor anything is available.



Many people keep running after all these things and keep running in this race of happiness and still they do not get happiness, then finally they say that now we should leave all this also, then maybe there will be sadness. Will disappear but still sorrow does not disappear, and the search for happiness continues throughout life... So friends, many people will be confused that even if they get many things, they still do not get happiness and many other things. Even if you don't get it, if you don't get happiness, then happiness How to get...



Friends, always remember that the more a person searches for happiness, the more unhappy he becomes. As I told you, the more a person thinks about happiness, the more his sorrow will increase. But remember that a person who thinks too much about happiness can never be happy with the happiness of others because it seems that if he is unhappy then the other person should also be unhappy and if a person is happy then his happiness is erased here. I Want to give. Because he cannot see the happiness of others, and this person wishes to God that God should destroy what he has and give everything to me only... So friends, remember that

the more happiness we have, the more we run behind, the more sorrow follows us...



Friends, let us try to understand this through a story. There was an old king. He achieved a lot in his life. He had everything - wealth, fame, glory, fame, but one day when Yama came to take him, that is, Yamraj came to take him. Well, now it's time for you to die, now your life is over, then the king says - Yamraj ji please, don't take me away now, don't give me my death now, then Yamraj asks him why... so he says that Right now I have not seen any life, I have always been unhappy, I have never been able to enjoy happiness, so give me some time so that I can enjoy happiness, after that you take me away, then Yamraj ji said - No, this cannot happen, but there is a solution that if someone gives you his age, then perhaps you can be saved. The old king prayed in front of his sons, then the younger son gave him his age and from him he got 50 rupees of the king's money. -60 more years. It increased.... In these 50 to 60 years, the king searched for a lot of happiness. Should I earn money, or get something, or reach some position, maybe I would get happiness but it did not happen. Then after 50-60 years, Yamraj came again, Yamraj said, now it is time for you to die. Again the same story happened, the king again told the same thing that I have not been able to enjoy happiness yet. So I only suffered sorrow, Yamraj. Then he said that if you take someone's age then this happens many times. The king asked for the age of his sons for many years and he lived for many years but his search for happiness always continued, he never got happiness in his life.



Remember, many people are repeating the same life again and again, they are getting the same anger, the same work, the same sorrow, the same pain, the same pain, the same trouble, but they are never getting the happiness, so friends. Remember that when you live a similar life and repeat the same patterns again and again, your intelligence becomes dull, you do not have the ability to think and understand and you start walking on the wrong track, so remember. Keep in mind that our search for happiness is in vain. The more we try to find happiness, the more sorrow will come in our life, so be happy in what we have to win...

DRX Devesh

PART – 5

Race for happiness....

Friends, now we are going to talk about another important topic about the “race for happiness”. There are many people who run in the race for happiness in their life but where do they reach, we will try to understand and know that the race for happiness. Whether the race ever ends or not, whether people are able to achieve success in it or not, then friends, let's try to understand.

Story:-



Friends, let us try to understand this through a story. A person who is always running after happiness, always keeps running in different directions, he thinks that if he gets something then he will become happy, if he gets some person then he will become happy, he always keeps thinking the same. That by attaining some things or by meeting some people, he will become happy and he always keeps running after this but he never reaches anywhere and in the end he gets sad, he becomes disappointed. This person says that I ran all my life, did so much, worked so hard, and yet all I got was only sorrow... That's why many people suggest that after death, If you go up then maybe you will become happy, friends, now this person dies and it remains in his mind that after death he gets happiness, so when he goes here to the sky, he searches for happiness there too. And we get happiness too. Good food, such a comfortable life appears in front of him, but as soon as he goes near it, he runs after happiness and keeps running, keeps running, keeps running but is unable to reach anywhere. The closer he gets to the comforts,

the farther the things go, then he keeps running further and further running. He stays and says that when I am trying to get closer to him, why is he going so far away from me?



Friends, our life is also like this, we also run a lot, work very hard so that maybe we get happiness but we do not get happiness, all we get is sadness but the whole life we live in this only. We keep running after happiness, keep running, work very hard, work very hard but what we get is nothing but sorrow, so friends, what should we do now so that we get success, how will we get that happiness and peace?when the race for happiness ends Then remember that the person's illusion gets broken that if I run in the race of happiness, I will never be happy, rather I will be happy with what I have....then that person will attain happiness. It becomes...



A question might be coming into your mind that whether we should follow this life of comfort or the path of success, then how will we get success from this? So friends, let us try to understand this....

Friends, when the race for happiness stops completely and a person stops participating in the race for happiness,

then the person's illusion is broken, then as soon as the person's illusion is broken, the person's face moves towards the right direction. , meaning one turns in the right direction and when one's mind turns in the right direction then that is the path of success, in this path a person earns a lot of money, also becomes a celebrity, also gets respect, good thing. it Like house, car, bungalow and people also get attracted towards it, and many people also become unhappy with this person, friends, this is considered real success where the person is happy and not unhappy.

So success can be achieved by following this path, but before that we have to stop this race of happiness. As soon as we stop the race of happiness, then we get a direction, we get a new direction. And we become successful.

DRX Devesh Patil

Thank you



Thank you very much from the bottom of my heart for reading the book 'Why are we always sad?' and changing your life and the lives of people around you. If you want to learn such good secrets about life from DRx Devesh Pal, then you can learn through DRx Devesh Pal's Youtube Channel - DRx Devesh Pal, his Blog - motivationblogs.com and his Courses - skillsikhe.com/courses. You can, if you want to invite DRx Devesh Pal for your school, college or business, then you can contact me on the information given below.

Instagram – DRx Devesh Pal

Facebook - DRx Devesh Pal

Whatsapp – 8889102348