
Accept Suffering

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02:50

Attendee 1: Delia, it's about time we finish up. There was something you wanted to read.

DELIA: Oh yes.

Attendee 1: And I think there is one more question too.

Attendee 2: Baba said that suffering is a gift from God to man. I'm just wondering do we get to a point where you can suffer and go through pain at the same time experience it with gratitude that it is Baba's will and that it is actually beneficial for us?

DELIA: I haven't quite got what you really wanted? Do you mean if we can say it's Baba's will?

Attendee 1: If we can look upon suffering as a gift from Baba. He said it's a gift from God to man.

DELIA: Yes.

Attendee 2: I personally have a tendency to

DELIA: Baba said that suffering is [inaudible crosstalk]

Do you mean how should we face suffering? Accept it as a gift from Baba?

Attendee: That's what Baba said, "Accept it as a gift." I tend to think that there is something wrong with someone suffering.

DELIA: Well, I think it is very difficult to accept suffering but I have heard of so many cases when people have accepted suffering and then died with Baba's name on their lips. Actually, Enid told me that all the time that Fred was so ill and suffering so much until the moment he dropped his body he was saying, "Baba, Baba, Baba, Baba" and that is marvelous, if you can do that because then you go straight to Baba.

Attendee 2: I think He meant mental suffering too.

DELIA: It's not always easy to accept suffering.

Attendee 2: I think mental conflict, you know, suffering in that sense.

DELIA: Suffering mentally you mean, that's worse of course than physical suffering. I think perhaps the last part of the suffering in this age will be mental.

Attendee 2: I guess for me to know conflict, a part says that it is a gift from Baba and you to go through this and another part of me says well there's something I should do to eliminate this conflict. I mean, I have a hard time.

DELIA: You have to have common sense. I think if you are suffering,

[Laughter]

Try your best to take something that will help you. But accept it. Baba never prevented people from going to doctors. You know, if you have a headache take an aspirin, Baba said to, but accept it. If the time comes when it's something fatal, then you have to accept it and it's not easy. That is the greatest test of all.