

Suffering as key to learning:

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Yah, this website is about learning and the school system.

If you struggled with learning at school and have decided that school is not for you, then you are not alone. So many students struggle in the school system and they hate it especially those who grew up being told they are previously disadvantaged and believe it.

Fortunately I grew up before those days and none of my teachers, nor community members knew that word. We went to school whatever the situation, whether heavy rain or not. We were forced to do things however difficult they were, nobody felt sorry for us, we were told that it was part of growing up and we had to accept it. Those who ran away from school would be fetched from wherever they were hiding and would be beaten up. Those were the good old days.

The word previously disadvantaged is a new invention in the African community but then that is a topic for another day. Suffering is a necessary thing in the life of every human being, from a baby to an adult. It plays a developmental role. Yes, too much suffering is never good, we should know that but a little suffering can be great for the development of anyone. It can also be a feedback system used by your body to inform you that something is wrong or incorrect and you need to take action.

One can never be a successful sportsman, businessman, student etc, if you do not want to suffer. You must watch marathon runners, they face a lot of pain some are sometimes even forced to drop out, a few even die during marathons, that is how difficult it is. There is a lot of muscle pain and some even suffer injuries. You must have heard of soccer players who suffer hamstring injuries, but they do not stop playing.

I remember a former colleague of mine who has since passed on. He used to say to me, meneer I get a headache everytime I start reading a book. I asked him, so what, who does not get it. That headache, I call it mental strain, it is a sign that you are learning something challenging for your brain, and it will die down later. A little of that mental strain is good, but if it gets too much then you must see a doctor.

Mental strain is the equivalent of muscle strain. A little is good but not too much. You cannot stop exercising or reading just because you get a

little discomfort. Discomfort is normal. Many of the children of today have a belief that if they work very hard or are forced to do things and work very hard, you are violating their rights. I have a different view of what violating rights is. So, how are they going to deal with the challenges of life and there are many, many of them, if they do not learn from an early age during their formative years to deal with suffering and discomfort.

Various authors have discussed suffering and you should read this and it will help you develop. Manson, in chapter 4 deals with suffering using the stories of two people, Hiroo Onoda and Norio Suzuki. These are two great stories, you will learn a lot by reading them, so get the book.

George Leonard, covered suffering from a sports perspective. He discusses the process of learning to play tennis. He discusses the 4 types of those who are training. These four types of people have different views about suffering and as a result the outcomes are different. The four types are the, Master, the hacker, the dabbler and the Obsessive. These are covered in part 1 of his book. Read this and see in which category you belong. It is quite very interesting.

Dr Lipton discusses suffering as part of the development of a child in the first seven years of it's growth.

So in closing, read about suffering and it may help you achieve your outcomes with joy. You may also reconsider dropping out of school, when you face challenges.

Sources:

Leonard - Book, Mastery the key to success

Lipton - Video, How we are programmed at birth

Manson – The subtle art of not giving a fuck

Disclaimer:

These are my personal opinions based on my own personal experience in the school system. Everyone will see the world in his or her own way. I will not condemn you for that and I hope you will at least be objective and open minded.

Although I quote other authors. What I write is my own views on how I interpret what they write or say in their videos.

So please read or watch these sources and develop your own understanding, maybe you may differ with my own interpretation, I don't know.