



## HOW TO LIVE IN HUMAN WORLD

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### ABSTRACT :

*For what you live, every human being should be concerned. The biggest issue that can be seen in today's human world is that most people don't try to comprehend why they live and what they should be living for in their lives. We should see that this is the result of human greed and ignorance long-term abandonment.*

**KEYWORDS :** *human greed and ignorance , perception, disposition, and consciousness.*

### INTRODUCTION

Birth is suffering; old is suffering; suffering is disease; suffering is death; suffering is pain; lamentation and dejection is pain. Contact the unpleasant and suffer from the Pleasant's separation. Do not endure what you want. In short, it is suffering to cling to the "myself" property of the five aggregates of character-body, sensation, perception, disposition, and consciousness.

We also have issues with industry, labor, salaries, unemployment, opportunities angularity, the gap between the have and the have-nots. We find alternatives to these issues every day. But we can't do it all because they look very complex. Human aspiration is easy; he just wants to be able to live in peace and joy, free to construct his own little world in human dignity.

It is necessary to understand the purpose of human existence. We will first need to explore the topic in order to understand it through our knowledge and knowledge. Then we will find for ourselves the real meaning of our lives. Guidelines may be provided, but the circumstances needed for self-realization to emerge must be generated.

There are a few requirements for the revelation of the reason forever. As a matter of first importance, we have to comprehend the idea of man and the idea of life. Next, by receiving a religious plan, we should keep our psyches quiet and serene. The response we are looking for will become like the soft rain from the sky when these circumstances come to pass.

Our human beings are smart enough to land on the moon and find weighty things in the universe, but the inner workings of our own minds are still to be deluded. Most individuals still can't seem to realize how to build up their brains to their maximum capacity so as to understand their actual nature.

We are as yet enveloped with obliviousness. So we do not know what we are supposed to do. As a result, we misinterpret all things and act on misinterpretation because, depending on the nature of the ordinary human being, we always pay attention to sensual pleasure. In fact, our entire civilization cannot be built on misinterpretation. It is impossible to find our true peace and happiness free from suffering on the basis of our minds wrapped in ignorance.



According to the teaching of our Buddha, we must make an effort to overcome in order to achieve realization and enlightenment; otherwise we cannot feel true happiness and peace. Every phenomenal being are conceived from the belly as individuals, however to their satisfaction and reason they have worked their own specific manner. Realization and enlightenment, like water in a reservoir, cannot be poured into the human core. In order to understand the true nature of human existence, every Buddha has developed his mind.

One can accomplish his objective of our people where he is free from numerous sufferings on the off chance that he awakens from the "fantasy" that his oblivious personality makes and is completely stirred. He should comprehend that the consequence of an untold number of redundancies in thoughts and activities is the thing that he is today. According to our Buddha's doctrine, we can always shape our personality and destiny for the sake of important human beings by choosing our behavior, our discourses and our ideas. Indeed, according to the meaning of the cycle of birth and death, we must be in saṁsāra in accordance with our human greatness.

There are several elements to the nature of life. Some people know that life is not a rose bed because of all the pain in human existence. Some religious teachers understand the essence of human life as a place where happiness mixes with everyday suffering. In any case, most people hate the real reality of life and prefer sweet dreaming and imagination to lure them into a false sense of safety. They mislead the shadow for the substance, and they see false happiness as real happiness because they are slaves to sexual pleasure. They don't comprehend that life is questionable, however passing is sure. One path is to confront and comprehend the demise of methods for understanding the idea of life, which is simply a brief end to a transitory presence. Be that as it may, numerous individuals don't care to catch wind of the word 'passing.' They forget that 'life isn't fixed. It's always on the move. So they should know where we came from, now we are going to.

Death realization with the right method of method can give a person courage and peace of mind as well as insight into the nature of life. We need to understand that we're carrying on with an actual existence that isn't generally as smooth as we need it to be. We subsequently all the time need to face up to issues and challenges. We ought not fear them, in light of the fact that the entrance of the very idea of these issues and issues gives us a more noteworthy knowledge into our life.

The common bliss of riches, extravagance, and good position in life looked for by a great many people is a hallucination of limitless decrease. The unrestricted progress of the mind must change into a distinct position; negative or positive. For example, according to Buddhism, a person who indulges in sensual pleasure can sometimes satisfy his desire, but indulgences in sensual pleasure cannot give him full satisfaction of desire because sensual pleasure is not supreme truth and is like a dream.

It is vital for us to choose and follow a religious system in order to understand the real goal of human life; to refrain from evil acts, to encourage good action and to purify our minds. Let us call this system the "spiritual system" for simplicity.

The religious system is the expression of the striving human being. It is the greatest force that leads to self-realization. The transformation of one with favorable features has the greatest power. Self-fishing, unselfish; proud, humble; haughty, forbearing; covetous, benevolent; cruel, kind, etc. The religious system teaches us how to calm our feelings and make our hearts and minds peaceful. The key note to calm down the sensation is to remove the connection that is the root of our disturbances. It is very important to us to have contentment. The more we look forward to our property, the more we will suffer. Property is not offering real happiness to the proprietor. The majority of the present rich individuals are experiencing various physical and mental issues far and wide. They can't purchase an answer for their issues with all the cash that has a place with them. Yet for more than the richest individuals, the poorest people who have learned to be happy with the desire of many enjoy their lives.

If we realize the nature of human life characterized by dissatisfaction, change and selfishness, as well as the nature of man's greed and means of satisfying them, we can understand why the happiness so desperately sought by many is so elusive as to catch the bean of the moon in the water. We try to be pleased

again and again by accumulating wealth. But to the extent we want, we cannot get it. When we neglect to collect riches, accomplish spot, influence, and respect by getting delight from sense fulfillment, we go to agony and enduring, to begrudge other people who prevail with regards to doing as such. Regardless of whether we are fruitful in getting this things, we're additionally enduring on the grounds that we're frightened to lose what we've picked up, or our wants have expanded for more riches, more noteworthy positions, more influence, and more satisfaction. Our wants never appear to be completely fulfilled. Therefore, we should not waste too much time making it difficult to comprehend the essence of human life. Now, the selection of a religious plan winds up urgent, on the grounds that it advances satisfaction and urges us to look past the requests of our body and self image. According to Theravada Buddhism's religious system, we remember by ourselves that we are the heir to our actions and the master of our destiny. We should be set up to surrender momentary joy so as to accomplish more noteworthy joy.

According to Kamma's law, rebirth will take place on the basis of the features of our actions; a person who has performed numerous exceptional deeds can be brought into the world in positive conditions where he appreciates riches and achievement, excellence and quality, remarkable wellbeing and a social affair of extraordinary otherworldly families, companions and instructors. Healthy activities can also lead to rebirth in the heavens and other sublime nations. In suffering states, unhealthful activities lead to rebirth. Therefore, we must make an effort to comprehend the law of kamma to refrain from bad conduct and to try to cultivate good conduct. This way, not only in this life, but also in many other lives, we can make a difference.

### CONCLUSION:

Such studies of how to live in the human world are crucial for every human being. For humans, the Buddha's routed these practices as routines in their life. In specific, if we look at them, we can see routines as just three basic principles. Someone who follows these techniques can attain his real happiness, peace of mind, and freedom from all pain, sooner or later. It may be quick for some progress, and it may be slow for others. But these techniques of living in the human world should not be in doubt that will lead to our satisfaction, the real happiness of mind, and the ultimate happiness of Nibbana.

However, taking these human actions as the grounds of real peace of mind, we must use energy, awareness and comprehension to attain our ultimate goal. When we build the foundation of a peaceful human realm, we should not forget the procedures that the Buddha has established as routines in our life, and we should be subject to our own actions.

The Buddha says, "Be your own shelter island, be your own shelter, do not seek any other protection!" Let the truth be your shelter island, let the truth be your shelter, do not seek another shelter! May everyone be able to live happily in a truly Buddhist way.

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