

REPORT: COMMUNICATION DESIGN PROJECT 2

Letters to Seekers

In Search for the Purpose of Life

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Content

Abstract	00	Defining the Project	00
Introduction	00	Design of Poems	00
Secondary Study	00	Illustration Style Adopted	00
Ship of Theseus	00	Design of the Book	00
Tuesdays with Morrie	00	Initial Format of the Book	00
Man's search for meaning	00	Final Format of the Book	00
Ikdgal	00	Journey of the Poems	00
The subtle art of not giving a f*ck	00	Inception	00
Everything is f*cked	00	Who Am I?	00
Soul	00	In Search of a purpose	00
Primary Study	00	Choices	00
Users, Interviews & Persona	00	5 Days, 2 Days	00
The Explorer / Photographer	00	Clinging	00
The Creator / Chef	00	Emotions	00
The Prisoner / Suffering	00	Happiness	00
The Dying / Patient	00	Greed	00

Discomfort	00
Rat-Race	00
Consumerism	00
Insignificance	00
Acceptance	00
Control	00
Enlightenment	00
Death	00
Little Things	00
Close Ones	00
Execution Plan	00
Testimonials	00
Conclusions	00
References	00

Introduction

Why I chose this project?

I realised that as a child, my life revolved around my parents. You feel making them happy by doing what expect will give you fulfilment, and it does till a certain age. Indian parents tell you to excel in studies, you think winning this rat-race to be on the top in every academic examination & competition. You expect that to bring you & your family the happiness & satisfaction that you're naturally seeking. But it only gives you some short term happiness, and you don't realise that until you grow up only to find out that no one around you feels complete & truly satisfied. Everyone seems to be chasing something or the other which they feel is the last thing they need to feel complete.

After a few years, I found myself trying to distract myself entirely from the concept itself by indulging into romantic relationships, using social media extensively for propagating my thoughts through comics, excessive eating & shopping. Just chasing short term happiness & dodging anything that might cause pain, never leaving the so called 'comfort zone'.

At this point, I started thinking what more than having enough money & being surrounded by some good & supportive people would a person require in life. This was when I came across a variety of contrasting personalities when my clarity about what is right & wrong blurred out. I also started questioning my clarity about what is wrong & right.

Through this project I aim to explore the different paths people decide for themselves to achieve true fulfilment.

I also realised that most design projects I have indulged myself consciously in had much less scope for 'uncertainty'. Most of the time I am clear about the outcome & have some confidence about my skills about the medium as well. Therefore, I wanted to take the opportunity to consciously expose myself to some discomfort & choose the path of 'Abstraction' over producing mere 'Logical' design solutions.

Secondary Study

Books

Tuesdays with Morrie - Mitch Albom : Once you learn how to die, you learn how to live.

Man's Search for meaning - Viktor E. Frankl : A prisoner describing his method for identifying a purpose in life to feel positive.

Ikigai - Hector Garcia & Francesc Miralles : The Japanese secret to a long and happy life

Subtle Art of Not Giving A F*ck - Mark Manson : A book about how to in fact give a fuck / care about the right things, to choose your struggle; to narrow and focus and find the pain you want to sustain.

Everything is F*cked: - Mark Manson : Real Freedom comes from sacrifice & choosing what to give up.

Bhagwat Gita - Vyasa : A compilation of Arjuna's questions, moral dilemma; Krishna's answers, insights that elaborate on a variety of philosophical concepts.

Sant Kabir Bijak
Kabir

Youtube Videos / Documentaries

What is that?
Constantin Pilavios

The School of Life : Psychologists, Philosophers & writers devoted to helping people lead calmer & more resilient lives.

After Skool : A channel that delivers profound ideas through art.

Movies

Fight Club
David Fincher

Ship of Theseus
Anand Gandhi

Soul
Walt Disney Pictures

Documentary

Had Anhad
Shabnam Virmani



Ship of Theseus

MOVIE 2012

Anand Gandhi

Ship of Theseus

“As the planks of Theseus ship needed repair, it was replaced part by part, up to a point where no single part from the original ship remained in it, anymore.

Is it, then, still the same ship?

If all the discarded parts were used to build another ship, which of the two, if either, is the Ship of Theseus?”

Story 1 : The Blind Photographer

* Photography to Archive, Document & Remember & then to Explore, Understand & See

* All art evolves from a need to record the apparent to a need to capture the essence

* Perfumer - Suskid's Novel: Capture every smell, people surroundings, experiences

The death of Grenouille could be a metaphor for life and life's purpose. Grenouille's death symbolizes the fact that he has achieved what he needed to achieve in his life and find no more meaning in living since he has finally conquered the world. What else is there to do when the

sole purpose of your existence have already been achieved?

* Why is it so amazing to not have limits or doubts? Honestly, I just can't wait to begin my life as a photographer.

* A frog once asked a centipede how it is able to walk on a hundred feet so gracefully synchronised while the frog finds it difficult to manage even two. The centipede took a moment to analyse its own walk & was baffled, so as it tried to walk further its feet got entangled & it tripped.

* There are a lot of Photographers who stage elaborate scenes, costumes, lights and I think this just gives them a sense of purpose. Or else you'd just be waiting there to be lucky. Probably at the right place. Even then I don't know what inner skill you need to have a great moment around you and clicking of your camera come together. There must be something beyond that as well, beyond taking a picture.

Story 2: Charvaka & Maitreya

* “Har kahani ke bohot saare pahlu hote hain, farak bas itna hai ki kahani suna kaun raha hai.”

* All blind men trying to perceive the elephant.

* Karmic causality is a reason enough for anybody to behave ethically? You are an atheist but believe in soul which is rather convenient. It's a weak man's hope for cosmic revenge.

* It is very easy to believe in something out of fear & guilt. All ethics must be arrived at in isolation of religious beliefs

* Why monks beg alms? Because hunger drives the World, once that is out of the way there are more important things we can focus on. It also make me more patient & humble.

* Humble - Rituals are symbolic theatre, once you have accepted the symbol, the truth behind the symbol, there is no need to stress on it all the time.

* Our actions are inconsequential in the larger scheme of things. Every molecule in the universe is affected by our actions. That is the truth or else everything is meaningless. What is the sense of existence then?

* Hedonism - Our behaviour is determined by desires to increase pleasure & decrease pain.

* Nihilism - Belief that all values are baseless & nothing can be known or communicated

* Charvaka: *nāstik*: A philosophical Indian school of materialists who rejected the notion of an afterworld, karma, liberation (*moksha*), the authority of the sacred

scriptures, the Vedas, and the immortality of the self.

* Maitreya: Maitreya is a bodhisattva who will appear on Earth in the future, achieve complete enlightenment, and teach the pure dharma.

* Your worldview provides you with meaning & purpose

* We are dualists. If you ask me if life is perpetual or temporary, I'd say it's both. Temporary for the body & infinite for the soul. Soul is formless, shapeless, non matter, immaterial. It connects to the world through the body & every minute action even inaction leaves behind a karmic record on the soul. The purpose of our existence is enlightenment & eventual liberation from the perpetual suffering of life & death.

* Then why is there too much importance to not kill? Freedom of choice & Right of consent is the core of our worldview.

* In his worldview, It's not all humanity that is equal but all existence that is equal.

* There was an island & you were to be reborn as a tormentor or a slave. The tormentor would make life hell for you. He will give infinite pain to you, just for his pleasure. And he had no remorse over his action to crush his victims. Added to that there was no karma, no soul, no retribution, no being responsible for your own actions. And you had to choose any one of them. Who would you be?

* There is constant defence to relativity in your own religion. Your ancients were masters of understanding there is no one ultimate rule book for all situations. The woman churning curd into butter, she has to pull one end of the rope and let the other end go otherwise the rope will break. Contradictions & polarities are two ends of the same rope. You pull one end and let the other end go.
* It is very convenient to hold on to one rope and the other let loose as and when you feel like.
* I guess we all agree with reason, now it's only matter of disposition.

* Its amazing how we imagine these few alphabets will someday arrange themselves In a way & suddenly everything will make perfect sense. A permutation-of known words bringing forward a previously unknown meaning. It's so oppressive, this obsession with final answers.

* We invent god, soul, heaven, afterlife, even life imitating technology. All sorts of transcendence to cope with the idea of an absolute end. And then we die for an idea, which promises some sort of immortality.

* It gives me kicks though to know that a part of me was a part of an animal once, a flame, a star. A part will become mineral, flow in a plant, sprout in a fruit, get pecked by a bird. Every atom of my body will be recycled by the universe.

* You think you are a person, you're a colony. A microcosm, which has ten times more bacteria in its body than it has human cells.

* *Unilateralis cordyceps*: The fungus enters an ant's body through its respiration, it invades it's brain and changes how it perceives smell because ants do everything from their pheromones. So this microscopic little fungal spore then makes the ant climb up the stem of a plant and bite hard on a leaf with an abnormal force. The fungus then kills the ant and continues to grow leaving the ant's exoskeleton intact. So a small fungus drives an ant around as a vehicle, uses it as food and shelter and then as the ultimate monument to itself. And when the fungus is ready to reproduce, its fruiting bodies grow from the ant's head and rupture releasing the spores, letting the wind carry them to more unsuspecting food. There! our entire idea of free will down the bin. One single spore fungus to an ant. You have trillions of bacteria in your body. How do you know where you end and where your environment begins?

* Story 3

* Saying that I'm ignorant & uneducated is one thing but if you call me a sucker for money wouldn't that hurt?

* Your way of looking at life cannot be the only way. I eat

well, drink well, people around me respect me. It's good enough for me.

* Life is so magnificent. There is so much to explore.

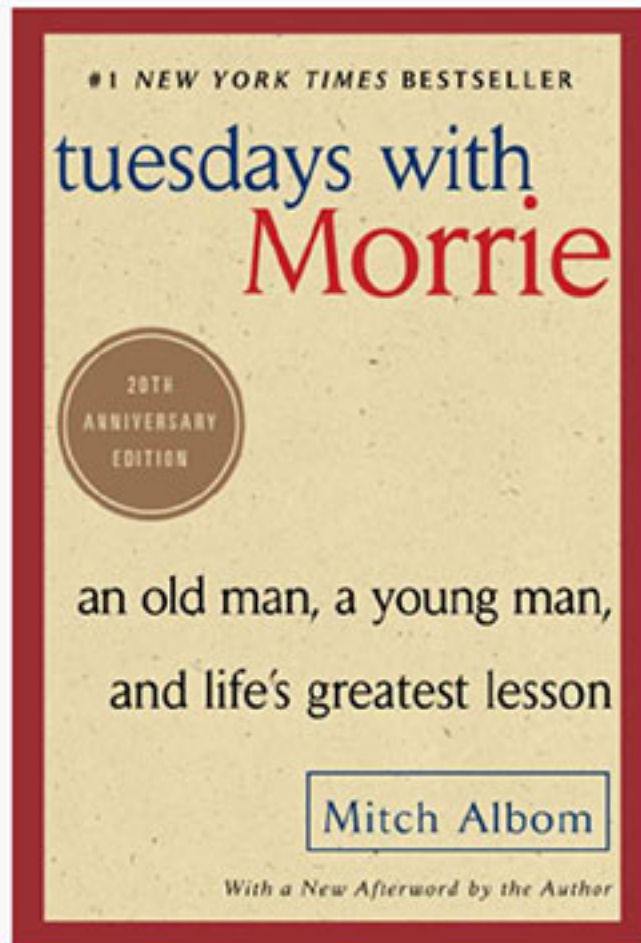
* If I'm not interested does that make me a bad person?

* What does one need in life, happinesses & compassion? Isn't that enough?

* It's not about good or bad. It's about experiencing the entire spectrum of thought & emotion about connecting with society.

* You don't even know who needs your compassion or what consequences your actions have . What is the point of such compassion?

* Society should benefit from your existence.



Tuesdays with Morrie

BOOK 1997

Mitch Albom

Tuesdays with Morrie

We can all relate to Mitch, his life is going by too quickly. And then he was blessed to stop and find his old teacher Morrie. And even though Morrie was dying, he taught us about living. All of life is about teaching and learning. When you learn, teach, get, give. Life is filled with Morries, we all just need to look around.

I'm on the last great journey here, one we all gotta take. Maybe I can teach people what to pack for the trip. Or maybe my dying can be of value, something we can all learn from, like a human textbook. I've been a teacher all my life, you think I'm gonna quit now?

When you know how to die, you know how to live.

Work, money, ambition. We bury ourselves in these things. But we never stand back and say "Is this what I want?" Unless somebody teaches us to. We all need teachers.

The large lessons of life. We're sometimes given the opportunity to learn them. But how do we know we're gonna be able to keep them?

Discomfort

Silence: What is it about silence? It makes people uncomfortable. Why do people feel comfortable only when they're filling the air with words?

Competition: What is the problem with being number 2?

Touching: Some people just don't like to be touched. I always found that rather odd. When we are babies we live to be touched... To be held, cuddled by your mother... Comforted. We never seem to get enough of that. We need it so badly.

Dependency: Everyone is going to die. Even you. But most people don't believe it. They should have a bird on their shoulder. That's what the Buddhists do. Just imagine a little bird on your shoulder and every day you say, "Is this the day I'm gonna die, little bird? Huh? Am I ready? Am I leading the life I want to lead? Am I the person that I want to be?" If we accept the fact that we can die at anytime, we'd lead our lives differently. So everyday you say, Is this the day? If you had a bird on your shoulder, you wouldn't put off the things closest to your heart

Death

Death is another subject that makes people uncomfortable. Dying is just one thing to be sad about. Living unhappily that is another matter.

When you know how to die, you know how to live.

A living funeral. He said he didn't want to wait till he was dead for people to say nice things about him...

There is a reason people don't talk about death. To spare people's feelings. I never have understood that Morrie exclaims. How can you spare someone's feelings by denying them?

Fear

The fear of ageing reflects lives that haven't found meaning.

Some people just don't like to be touched. I always found that rather odd. When we are babies we live to be touched... To be held, cuddled by your mother... Comforted. We never seem to get enough of that. We need it so badly.

Important Questions

Are you happy in the city?
Yeah. Best town to be in for a sports writer. Football, basketball, hockey, you name it.

Are you giving to your community?
They're nuts for sports. That's what I give them everyday in my column.

Are you at peace with yourself?
I can't complain.

What happened to the music? Wasn't that your passion to be a great pianist?
Yeah, I gave it a shot then I gave up.

Time

Well let me show you something about time. (Counts without breathing) (Counts till 12) It went till 16 last week. It would go till 100 for a kid like you. You know it's a good thing to count your breaths now and then. Keeps you from putting things off.

Acceptance

I used to think If i couldn't dance, I couldn't live.
Sometimes I see myself dancing, and I think Wow! Oh boy! I don't have ALS after all . It's a big mistake. It's all part of a lovely fantasy. But just for a minute. Fantasy is useful, you can learn from it. But this is what's real and i accept it.

Coach, you ever wish you were young again? Nah, I've been young. I know how miserable it can be, being young. Ageing isn't just decay. It's growth.

How come no one wishes to be old?
Because this culture worships youth. Me, I do not buy it. I've had my time to be 22. This is my time to be 78.

Don't you feel bad for yourself?
Usually, in the morning before everyone gets up.. i get soo angry and soo bitter. What the hell did I ever do to deserve this? Where is the fairness? And I cry and I rage. I mourn. And then I detach. It's over. That's it. I just look back on how I've been feeling and I say well that's self pity and thats enough of that for today. That's all the time I give it. Start thinking about the day ahead, you know? The people that are gonna come to see me.. the stories that I'm gonna hear and all the stuff I'm gonna learn.

Love

All i have is a voice
To undo the folded lie
The lie of authority
Whose buildings groupe the sky
No one exists alone.
Hunger allows no choice to the citizen or police.
We must love one another.
Or die.
We must love one another.
Or die.

Not letting ourselves be loved because we are too afraid of giving ourselves to someone we might lose.

We think we don't deserve love, if we let it come in, we'll become soft. Love is the only rational act. Let it come in.

I am dependable on others..for just about everything.
Eating, urinating, blowing my nose. The culture says i should be ashamed of that. There is nothing innately shameful about being dependent. When we're infants, we need others, to survive. When we're dying, we need others, to survive. But here's the secret. In between, we need others even more.

Work

My father used to sew fur coats and he hated it. And he wanted me to do the same. What else could he do? Hunger allows no choice. I'd hear him complaint to my stepmom how he was cursed at, belittled. Always pushed to do more and denied the money he had coming. That was my father's world. It was going to be my world to except I found out something that day. It's when I learned I had asthma. I made a vow that I would never do work that used people, that hurt them and degraded them. I was never gonna make money off the sweat and pain of others.

"The tension of opposites" : Life pulling you back and forth like a rubber band. Pull you one way, you think that's what you want to do. Pull you another way, you think that's what you have to do.

The tension of opposites, we learn from what hurts us, as much as what loves us, you know?

Spring was always the best time. For the professors maybe. To us lowly students, spring meant one thing... cramming for finals. Beautiful day like this... We made you spend it buried in a book.
Throw down your books, you have nothing to loose but your grades.

Ego

There's this little wave, and he's out there bobbing up and down and having a grand old time. You know just enjoying the sunshine and the wind. Until he sees the other waves. He sees the other waves crashing onto the shore, so he gets scared. And another wave sees him and he's like "why do you look soo sad?" And the little wave says, because we're gonna crash. All us waves are gonna be nothing, Don't you understand? And the other wave says, " you don't understand. You're not a wave. You're part of the ocean."

Regret & Forgiveness

What do you have to regret?

Soo much! Pride, vanity, hardness of heart. I had a strange dream. I saw my father under a tree. He was reading his paper as usual. When i was grown up, my father was reading his paper. Some muggers pulled a gun on him. He threw his wallet down and ran. Now, he had seen terrible things in his life. Why was he so scared that night? He ran until his heart gave out. I was called to the morgue to identify him. I couldn't cry. It was too late that I cried for him. First, I had to understand and forgive myself. All those years that I shut my heart to him. Why couldn't i stop and see what was in his. God, that poor man was

scared most of his life. I was selfish. I thought of nothing but how I needed him.

Forgive! Everybody & everything! Now! Don't wait!

Not everybody has the time that i'm getting.

A Perfect Day

If somebody could wave a magic wand and give you one day, 24 hours of perfect health, how would you spend it?

I'd jave a lovely breakfast, sweet rolls and tea. Then a

good swim. I'd ask my friends for lunch, a great lunch.

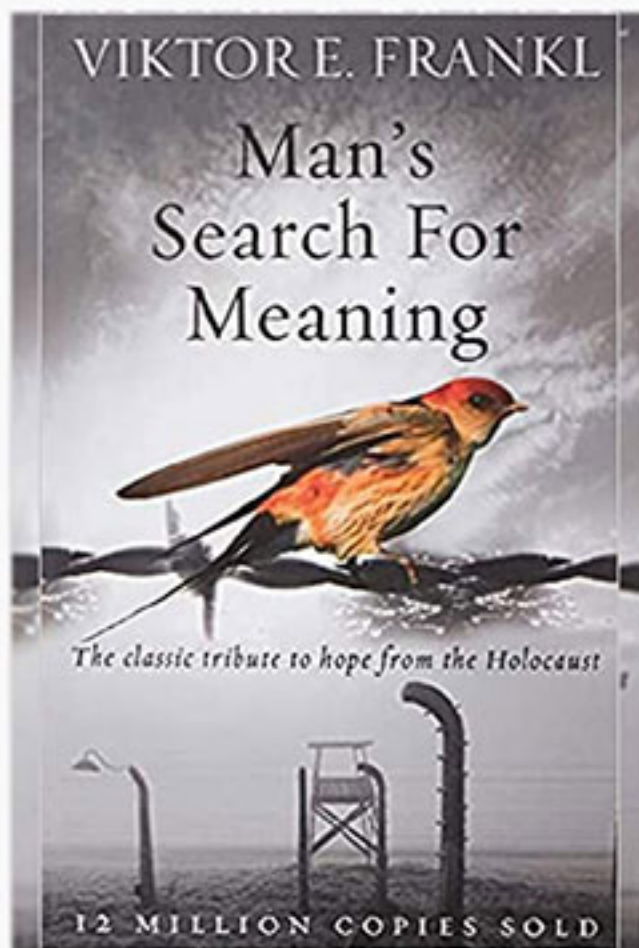
And then we take a walk in the park, with trees, so we could watch the birds. And we'd talk how much we meant

to each other. And for dinner, i'd take them to a place that

had great pasta. And then i would dance, with my lovely

partners till i waa exhausted. Then go home and have a

great sleep.



Man's Search for Meaning

BOOK 1946

Viktor E. Frankl

Man's Search for Meaning

In 1940s, during the Holocaust period, Viktor E. Frankl spent his time in concentration camps as a prisoner., where his parents, bother & wife are killed. They were kept with other Jewish prisoners in a dread situation, they were not given enough food and death kept meandering close by every time. Some died of hunger and other due to the poisonous gases. While most for them lost their hope and meaning in a few days, Viktor found meaning in every moment as he was a neurologist & a psychiatrist, which made each day very interesting because he got to see the behaviour of various kinds of people.

"One could make victory of these experiences turning life into an inner triumph, or one could ignore the challenge and simply vegetate as did a majority of prisoners."

While most men believed that the real opportunities of life had passed. Some people were not losing hope, their perspective of looking towards life was that of a challenge that had to be overcome to create an opportunity. Every situation in the camp was enough to convince one to give up on his dreams and courage.

"Man should not ask what the meaning of his life is, but rather must recognise that it is he who is asked. Each man is questioned by life, and he can only answer to life by answering for his own life; To life he can only respond by being responsible."

The only thing that remained with them was the ability to choose how they react to this situation. The core to existentialism is that the meaning of living is to suffer. And to stand against the suffering is to find the meaning of life. If your life has a purpose, then our suffering & death should also have a purpose. But one person cannot tell the other one what his purpose is, because everyone's purpose is different & unique to them. Human's duty is to find that purpose and take responsibility pertaining to that.

It doesn't matter what we expect out of life, what matters is what life is expecting out of us? We should look at life such as every passing moment it is asking us what contribution we wish to give to this world? According to Frankl, living means to take responsibility to find right answers/solutions to the problems in life & to overcome the hurdles in finding them. That means it is important to take on load & become responsible for something.

**"He who has a 'Why' to live,
Can bear with almost any 'How'."**
- Friedrich Nietzsche

One who has a reason to live can bear with any situation. Even through his psychiatric work, Viktor noticed in his patients, how important meaning was in their lives. He observed that people who did not have a meaning got addicted, angry & depressed easily.

Meaning is not related to a comfortable life, success, or money because when our life becomes easier, and we are not continuously fighting to live, then this thought strikes our mind: "Why are we alive?". In today's date most people have this same story, they have all the facilities to live a comfortable life, but no purpose or reason to live it for. Victor calls this emptiness as "Existential vacuum".

The people who suffer from this have 3 main symptoms:

1. Depression
2. Anger
3. Addiction

Based on this observation, Victor proposed a new therapy, called the "Logotherapy", which literally means "Meaning therapy". This therapy helps people as a guide to find their meaning & purpose in life.

3 ways of finding meaning:

1. Work: To do some work or to pursue a goal because the one who does't have a valued goal, wastes his entire life wandering aimlessly. Every person in this world has a capacity/potential to uniquely contribute something to this world, which come out only when he sets a target and then gives birth to something that only his unique experiences, knowledge & understanding can create. Completing a task is meaningful, as we humans have evolved to feel useful in our community. If we are not becoming productive by doing something or the other every other second, we start to feel useless & depressed. This is the reason why we recognise & remember others through their work. That is why, you should make a mission out of whatever you are passionate about, and if you do not have one then you should go out and explore, take in new experiences, increase knowledge & develop skills, search for new opportunities that can make use of this knowledge, experiences & skills. And when you feel, you have devoted your entire life to complete that one work, the one that you were born for, then you will find your life meaningful.

When Victor Frankl reached the concentration camp, all of his belongings were seized. He had a manuscript with him, that was taken away from him as well.

Now this manuscript was really important to him because it basically contained his life's work, but because he was determined to finish his manuscript Victor didn't let anything get in his way. He would find little scraps of paper to continue writing it while he was in the camps Frankel used to think about how his manuscript would be his unique contribution to the world. And if he didn't complete it, it would be a loss for the whole world. So in the concentration camp, he used his work to give his life meaning most of the victims who had their work to think about had higher chances of survival. Sometimes people forget that their work is actually valuable to the rest of the world. If a teacher really takes their work seriously, they could change the life and mindset of hundreds of children.

2. Love: Making good relationships. The definition of love & relationships is not just the feeling but it is to recognise other's potential and helping them reach their highest potential, such that they have the courage to live their life to the fullest of its potential. For example, creating opportunities for your child; explaining the challenges of life to your younger siblings; supporting your friends in their bad time or mentoring junior members on your team. If you are not helping each other for becoming better, then maybe it is not love but just a transaction. Good and real relationships define the quality & productivity in our life. This is the only thing that helps us

understand the deepest of parts of another being. No-one can become fully aware of another person's nature, unless they love them. If you do not have a purpose, all your relationships should be like this, find a person whose life you can make better to some extent.

Viktor gives an example of a patient who used to live with her disabled son. She had tried to commit suicide but was stopped by her son. She could not find any meaning in her life.

Viktor Frankl asked her to imagine herself at 80 years old, when she has a life filled with pleasure, but she had not taken care of her son. How would she feel then? After thinking about it for a bit the woman replied: "You're right if I give my son a good life that will make my life more meaningful." So this woman found meaning in her life because of her son when you love someone it basically means that you can see their true potential and you do everything you can to help them fulfill that potential most of the love we see in the movies is selfish love. 4:56 It's only about what you can get from the other person but the kind of love that gives your life meaning is the kind where you see the other person's potential and you help them become the best version of themselves.

Responsibility/Suffering: To bear the suffering with courage & taking it's responsibility. There is no guarantee

SECONDARY STUDY : MAN'S SEARCH FOR MEANING

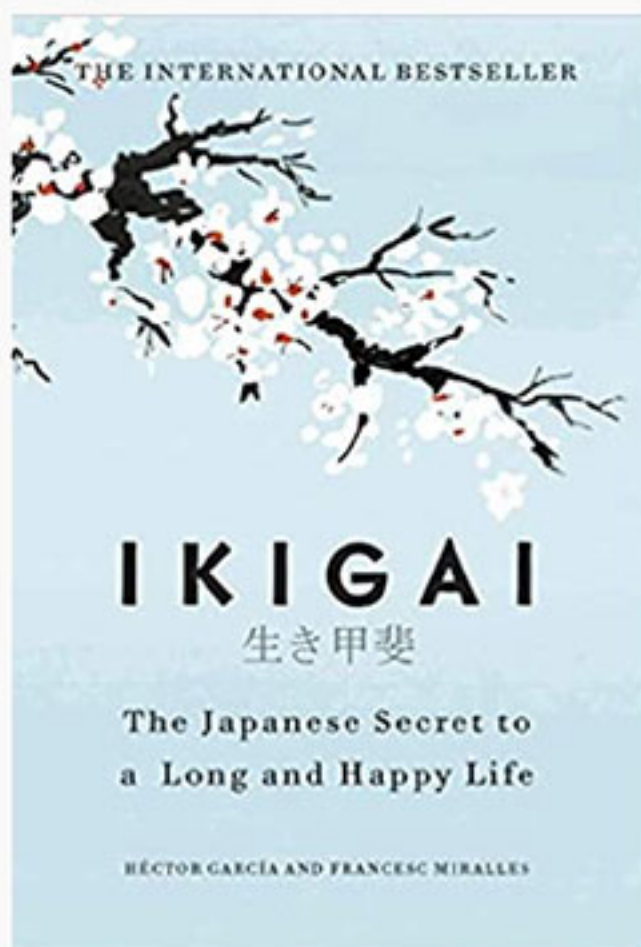
that we will find the kind of work we want to do or find love but suffering is almost guaranteed for us in one way or another almost everybody to various degrees will suffer in life Frankl explained this using his own example, how in all this suffering he imagined himself delivering a lecture about the psychology of people in the concentration camps. This gave a meaning to all his sorrow & pain. He was observing everything being alert with his scientific lens. This way not only he was understanding the psychology of other people, but beating his own suffering. This is the reason why, he give this wise advice:

**"Whenever you are in an trouble,
or feeling bad about something,
then try to find a use out of that,
and ask yourself how you can
make this suffering valuable?"**

Even in almost every movie, suffering is used as a transformational symbol. At some point in the story, the protagonist suffers & then he overcomes the hurdles on his way, which tells us about the depth of that person and what are his values. Is is the suffering that gives us depth while making us mentally stronger. We cannot avoid the pain of our disappointment & problems, but suffering is a choice that is dependent on the fact that you consider

those who are in a better position that you and curse your own life or do you consider those who are in a worse situation and feel thankful for your own position. Every person living on earth faces this confusion of luck, so even if it is concentration camp or your normal life. Meaning can be found in suffering, only condition is that instead of giving up and complaining, you find that light in yourself that wins over the darkness.

"We who lived in concentration camps can remember the men who walked through the huts comforting others, giving away their last pieces of bread. They may have been few in number, but they offer sufficient proof that everything can be taken from a man but one thing: the last of the human freedoms... To choose one's attitude in any given set of circumstances, to choose one's own way."

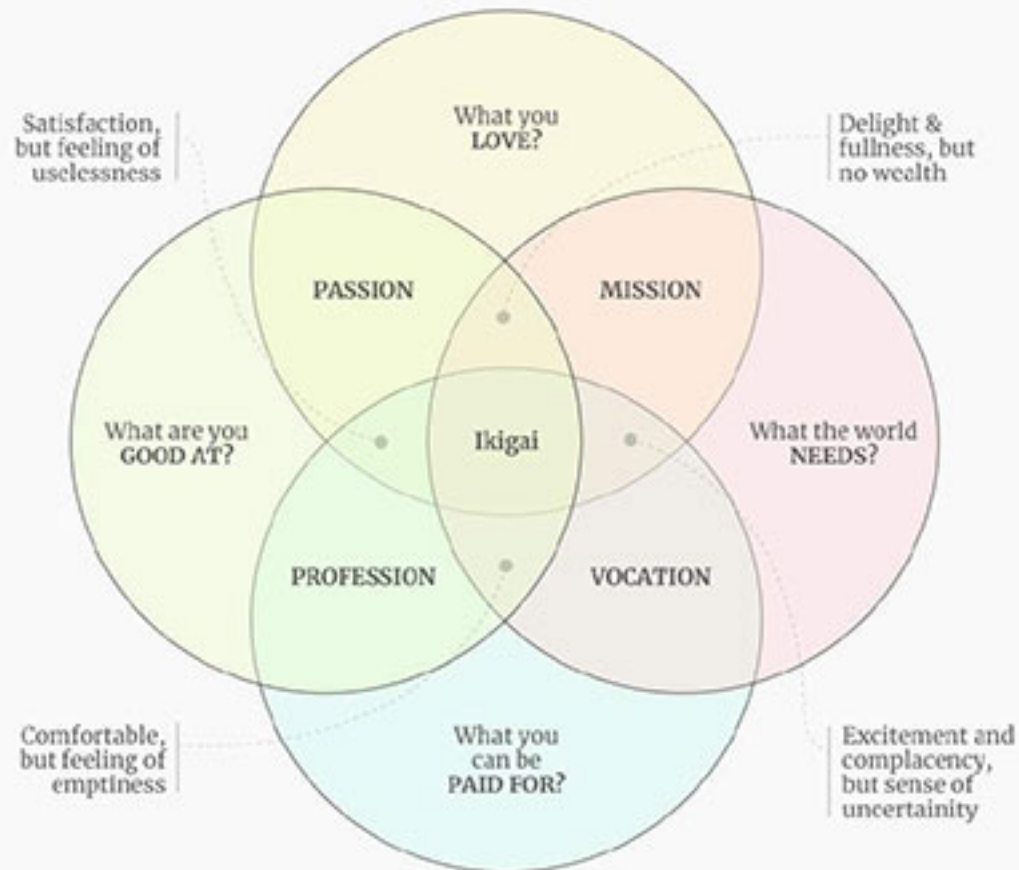


Ikigai

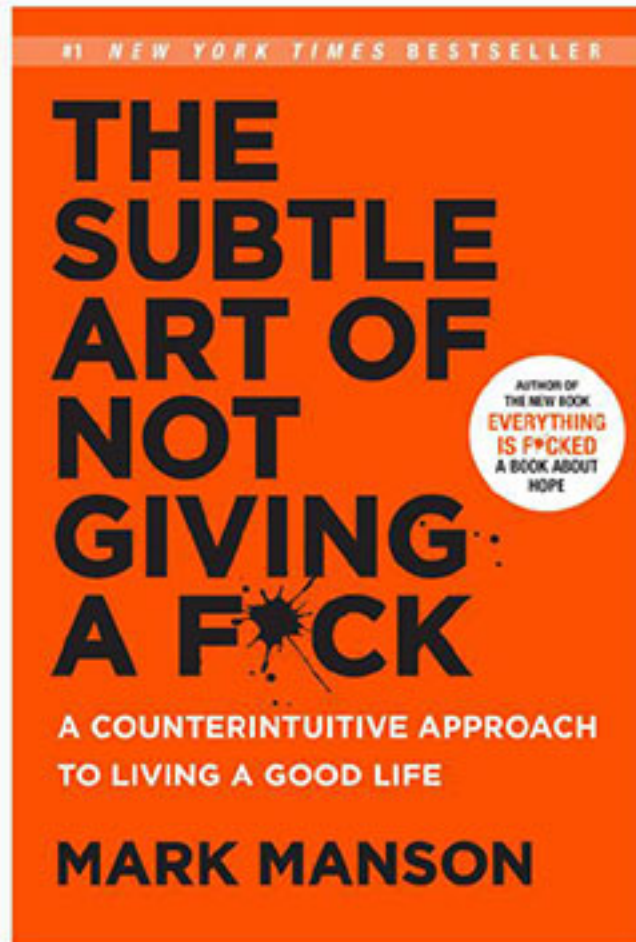
The Japanese Secret to A Long & Happy Life

BOOK 2016

Héctor García
Francesc Miralles



Ikigai = "A Reason for being"



**The Subtle Art of
Not Giving A
F*ck :**
A Counterintuitive
Approach to
Living a Good Life

BOOK 2016

Mark Manson

The Subtle Art of Not Giving A F*ck

It's not about how to accomplish every single goal we have but more about What sorts of goals should we have in the first place? What success is and what is a good life?

Part 1: Desire for positive experiences & unwillingness to sacrifice to get to the positive experience. We should struggle/sacrifice for something because that is what makes life more meaningful and generates more consistent sense of happiness.

The Backwards Law

Negativity is actually the path to positivity. Most people assume that they just want the positive experiences from life but it's actually the tolerance & acceptance of the negative experience that leads to the positive experience. The pursuit of positive experience is itself a negative experience. The acceptance of negative experience is itself a positive experience. Accepting negative experiences creates positive experience.

Subtelety #1 : Not giving a fuck doesn't mean being indifferent; it means being comfortable with being indifferent. Indifference is impossible. If you give a fuck about nothing then you are giving a fuck about giving a fuck about nothing. Therefore the question is, what do

you give a fuck about? If you give a fuck about a very few important things then the small things cease to bother you so much?

Subtelety #2 : To not give a fuck about adversity, you must first give a fuck about something more important than adversity. Eg. If you are always worrying about what people think about you, the problem is that you don't have anything better to worry about.

Subtelety #3 : Whether you realise it or not, you are always choosing what to give a fuck about. You choose your own struggle.

Happiness is a problem : Life is a suffering - Buddha. No matter what you do, who you hang out with what you pursue, there is some facet of suffering associated with it. We are not doomed to suffering. Suffering has a certain evolutionary usefulness to it. If you think about the evolution of the course of hundreds of thousands of years, a creature that is happy all the time is not going to survive. It's actually the creature who is a little bit dissatisfied all the time, a little anxious, paranoid, pissed off with people around would do most work to survive & replicate. The modern idea that we should never feel bad is completely misguided & goes against our evolutionary nature. Negative emotions have an inherent purpose and

they help us. The anxiety & fear that we wish to overcome are actually signals within our body to do something. They are important & if we ignore them or train ourselves to ignore them, then we are actually limiting ourselves in lot of ways.

Hedonic treadmill:

It is the tendency of a person to remain at a relatively stable level of happiness despite a change in fortune or the achievement of major goals. According to the hedonic treadmill model, as a person makes more money, their expectations and desires rise in tandem. So the rise in income results in no permanent gain in happiness. The hedonic treadmill is also referred to as the hedonistic treadmill or hedonic adaptation.

Choose Your Struggle:

If I ask you, "What you want out of life?" And you say something like, "I want to be happy and have a great family and a job I like", your response is so common and expected that it doesn't really mean anything. Everybody enjoys what feels good. Everyone wants to live a carefree, happy, and easy life, to fall in love and have amazing sex and relationships, to look perfect and make money and be popular and well-respected and admired. A more interesting question, a question that most people never consider is, "What pain do you want in your life?"

What are you willing to struggle for?" Because that seems to be a greater determinant of how our lives turn out.

You are not special:

Entitlement: feeling as though you deserve to be happy without sacrificing for it. The belief that we do't have to go through the negative and only have the positive that causes us to adopt many destructive and selfish behaviours.

1. Gradiose Narcissism: I am awesome and you all are not therefore i need special treatment.
2. Victim Narcissism: You all are awesome and i am not therefore i need special treatment

They seem to be opposite on surface but the behaviour ends up being the same because both have delusional beliefs about their place in the status hierarchy. They end up being completely self absorbed, they think everything in the world should be altered & catered to them, they become unbearable to be around. Everything is made in such a way that makes you feel that you are the most special person on planet. That is mentally & socially unhealthy because that drive a feeling of entitlement. Everything should be rearranged to cater to your desires and your happiness, that you should be able to have positive experiences without accepting the negative.

All of this “every person can be extraordinary and achieve greatness” stuff is basically just jerking off your ego. It’s a message that tastes good going down, but in reality is nothing more than empty calories that make you emotionally fat & bloated, the proverbial Big Mac for your heart & your brain. The ticket to emotional health, like that to physical health, comes from eating your veggies- that is, accepting the bland and mundane truths of life: truths such as “Your actions actually don’t matter that much in the grand scheme of things” and “The vast majority of your life will be boring and not noteworthy, and that’s okay.” This vegetable course will taste bad at first. Very bad. But once ingested, your body will wake up feeling more potent and more alive.

Part 2: What is worth struggling for? What is worth valuing? What is worth sacrificing for?

It doesn’t matter how disciplined, motivated, strong or intelligent you are, how much support you have. If you have the wrong goal, you’re fucked! Eg. Onada, 27 years in a war that doesn’t exist

The Value of Suffering

Good values: Reality based, Socially constructive, Immediate & Controllable

Eg. Honesty is a good value because it’s something you have complete control over, it reflects, and it benefits others (even if it’s sometimes unpleasant).

Bad values: Superstitious, socially destructive, not immediate & controllable

1. You are always choosing

When we are choosing our struggles or what our problems we have in our life, they seem much more acceptable and easier for us to deal with. We feel our problems / struggles are thrust upon us without our control, that is when we suffer and feel completely powerless.

You are always choosing whether you realise it or not. There is no situation where you cannot choose it. People don’t like hearing this point, that they chose every problem in their life. The thing that you are choosing

moment to moment is how to value each experience. We don't realise that there is a component of choice embedded in every situation, but when we realise two things happen, 1. We become way more comfortable with the pain or 2. We do something because not we don't care whose fault it is anymore, or if it is boring, tedious or unfair.

2. We tend to conflate responsibility & fault

They feel if you are responsible for something, it means that it is your fault. Eg. If I get cancer, it's not my fault but my responsibility to deal with it. Every moment in life is this way.

3. Why you are wrong about everything (but so am I)

Think back 500 years ago, what seemed cutting edge & scientifically true back then like earth was flat. Similarly think about what you thought was true 10-20 years ago, and now imagine everything you believe in today & imagine how ridiculous it is going to look 20 years from now.

4. Being Uncertain:

One of the most troubled people I've ever known was also probably the most certain and unshakable person I've ever met in my life. Benefits of uncertainty include opening up space to learn and improve, helps guard you

against extremist ideology or becoming a crazy zealot for some cause, opens room for dialogue with people which improves relationships.

Manson's law of avoidance: The more something threatens your identity, the more you will avoid it. What are the pieces of info that we protect ourselves from? From cause ultimately, like grasping onto some sense of certainty, it's a means of protecting our ego from perceived threats. We should define ourselves as loosely and ambiguously as possible because the less defined we are the less we need to cling to defence mechanisms. Idea of no self, then there is nothing to protect or be certain about.

5. Failure is way forward

Do something principle: Action leads to motivation

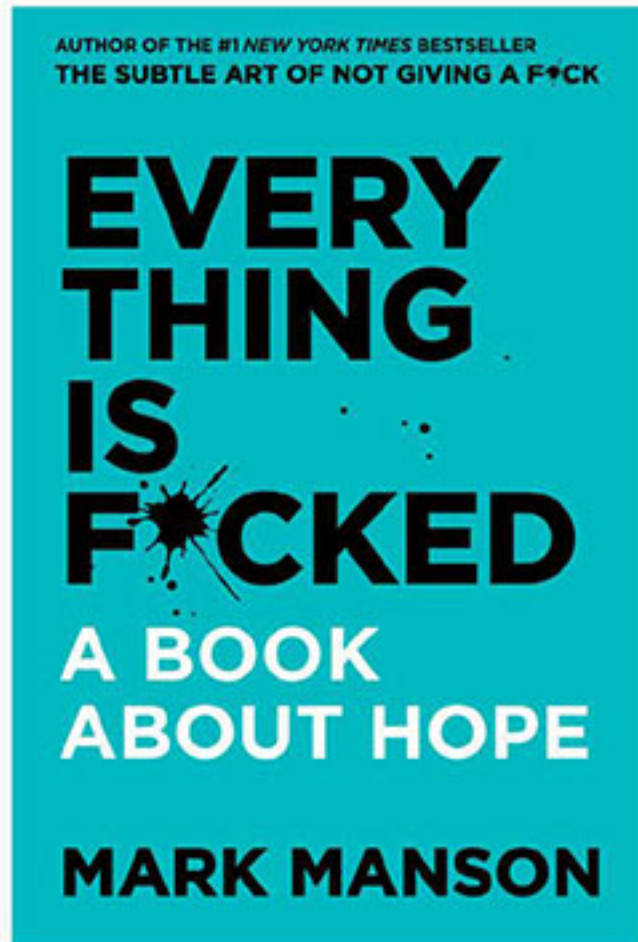
6. Importance of saying No

A healthy relationship is two people who are comfortable saying and hearing "no" from each other.

Rejection makes your life better: In order to value one thing, you have to reject the other things. People who cannot say no are often confused and do not know what they want from themselves.

7. Death

It is a thing that most crystallises what matters in life. It's only when you confront death or come close to death that it's most clear to you what you should be giving a fuck about. Therefore, we should regularly question our mortality, regularly think about our own death. If I die an year from now, what would I do with my last year? If I have cancer tomorrow would I have any regrets? Like I wasted time? If so, what was the time I wasted?



Everything
is F*cked
A Book
About Hope

BOOK 2019

Mark Manson

Everything is F*cked

Part 1: Hope

Chapter 1: The Uncomfortable Truth

Paradox of progress: "Hope needs things to be fucked"

Section 1: Witold Pilecki: Holocaust story:

WW2 person who ever volunteered to go into Nazi concentration camps, and one of the only hundred to ever successfully break out of a Nazi camp. Point: "Heroism is born from Hope". The thing that makes someone a hero is that no matter how bad everything gets, they never lose hope and they never stop inspiring others.

Section 2: How may I help You?

Starbucks Coffee Cup / Nihilism: If I worked at Starbucks, instead of writing people's names on their coffee cup, I'd write the following:

"One day, you and everyone you love will die. And beyond a small group of people for an extremely brief period of time, little of what you say or do will ever matter. This is the Uncomfortable Truth of life. And everything you think or do is but an elaborate avoidance of it. We are inconsequential cosmic dust, bumping and milling about on a tiny blue speck. We imagine our own importance. We invent our purpose—we are nothing. Enjoy your fucking coffee."

Counter: "I believe we're all here for a reason, and nothing is a coincidence, and everyone matters because all our actions affect somebody, and even if we can help one person, then it's still worth it, right?"

Interpretation of Counter thought: That's a story your mind spins to make it worth waking up in the morning: something needs to matter because without something mattering, then there's no reason to go on living. If we don't believe there's any hope that the future will be better than the present, that our lives will improve in some way, then we spiritually die. The opposite of happiness is not anger or sadness. If you're angry or sad, that means you still give a fuck about something. That means something still matters. That means you still have hope. The opposite of happiness is hopelessness, an endless gray horizon of resignation and indifference. Hopelessness is the root of anxiety, mental illness, and depression. It is the source of all misery and the cause of all addiction.

Hope is having a tangible vision of the future that is worth living for. Something that is worth persevering through whatever our struggles are. Without that vision of some better future, everything becomes meaningless.

Section 3: The Paradox of Progress (A Sociological Analysis)

Right now is the best time in the history for most things. We still have a lot of big problems but everything has gotten so much better in the last 100-200 years. (Violence has trended down for decades, possibly centuries. Racism, sexism, discrimination, and violence against women are at their lowest points in recorded history. We have more rights than ever before. Half the planet has access to the internet. Extreme poverty is at an all-time low worldwide. Wars are smaller and less frequent than at any other time in recorded history. Children are dying less, and people are living longer. There's more wealth than ever before. We've, like, cured a bunch of diseases and stuff.)

But at the same time, mental health statistics, things like suicide, happiness, depression, like all of these things are becoming more difficult. If you map how safe, comfortable & wealthy society is, the higher these mental health problems are. The better things get, the more anxious and desperate we all seem to feel. And perhaps it can be summed up in one startling fact: the wealthier and safer the place you live, the more likely you are to commit suicide. The higher the quality of life in society, the more we struggle to find hope. To have hope, you kind of need things to be fucked. If everything is great, then you don't

things to be fucked. If everything is great, then you don't know what to hope for. If everybody is comfortable and happy, if you can get anything you want whenever you want, it's very difficult to think something to hope for. But if you're dealing with war, famine, starvation, disease, death, violence, then it's very easy to know what to hope for.

To build and maintain hope, we need three things:

1. Control: means we feel as though we're in control of our own life, that we can affect our fate. You need to have enough control over your life, enough autonomy & freedom to pursue something. If you are not capable of pursuing anything, if you are trapped in your life, then hoping doesn't help. You can't achieve anything in the future, so why hope for anything in the future? Without control, we feel powerless to pursue anything.

2. Values: means we find something important enough to work toward, something better, that's worth striving for. You need to have something that you value more than yourself, something that you believe in, something that you actually can think of that makes life better. Like you need to have something that you value highly that is worth pursuing in the future. Without values, nothing appears worth pursuing.

3: **Community:** means we are part of a group that values the same things we do and is working toward achieving those things. You need to have a community or some sort of social support of people who share those values, that vision of hope, you can also experience that progress with. Without a community, we feel isolated, and our values cease to mean anything.

Chapter 2: Self control is an Illusion

“We are emotionally based creatures”

(Similar to book Thinking fast & Slow)

“Consciousness car” is a fun metaphor created to describe the research of neuroscientist Antonio Damasio. It simply finds that we're just irrational animals and all of the reasons and logic and stuff that we create for our decisions are usually created after the fact to justify the shit that we felt. It is a fun metaphor to help people realise that all of these questions of procrastination, self discipline, building the right habits, breaking habits, these are emotional problems. We tend to attack them as though they are logical problems. We create spreadsheets and lists and programs and San up for coaching. Fundamentally, they are emotional problems. Like, the reason you struggle to create a habit around exercise or that you don't know how to excessive or that you don't know where the gym is, the reason you don't create the

habit is because you don't feel like exercising. And so you have to look at what makes you feel bad about exercising. What are you resisting? What keeps you on that couch? For some people its fear, for some it's low self esteem. But whatever it sis, Its emotional problem. Any fundamental problem around behaviour, failure to take action, failure to achieve goals, these are failures of emotion. This is bad news for most of us because emotional problems are really hard to deal with. Like, I wish it was as simple as just reading a book and then I would stop drinking old-fashioned on a Thursday night. I wish it was as simple as creating a spreadsheet & tracking all of my writing time to like get me to actually sit down and write every morning. But, It doesn't work!

So, the basic metaphor in this chapter is that we have a thinking brain & a feeling brain and they're in a car together and everybody assumes that the thinking brain is driving & the feeling brain is like this obnoxious kid in the passenger seat and you have to continuously tell him to shut the fuck up, I'm driving here, stop distracting me, adults are talking and it actually doesn't work out that way.

It's funny because there have been versions of this metaphor throughout the history all the way from Plato, all the way up through Thomas Aquinas through the

Chapter 3: Newton's Law of Emotion

"Values are proportional to the emotional valence of our experiences"

The author tries to create a historical fiction about Newton's life to exemplify these three laws of emotion. It goes like, because Newton had a traumatic childhood, he was bullied & abandoned by his family and when he was just a cranky loner who happened to be a genius.

The three laws of Emotion describe how our values form.

Law 1: For every action there is an equal & opposite emotional reaction. When someone (or something) causes us pain, a moral gap opens up and our Feeling Brain summons up icky emotions to motivate us to equalize.

Law 2: Our Self-worth equals the sum of emotions over time. If equalization seems impossible, our Feeling Brain comes up with the next best thing: giving in, accepting defeat, judging itself to be inferior and of low value. When someone harms us, our immediate reaction is usually "He is shit, and I am righteous. But if we're not able to equalize and act on that righteousness, our Feeling Brain will believe the only alternative explanation: "I am shit, and he is righteous." This surrender to persisting moral gaps is a fundamental part of our Feeling Brain's nature.

Law 3: Your identity will stay your identity until a new experience acts against it. Your identity will continue to remain your identity until a new experience acts against it. This is how you change your values. People would say like, I know I have a really fucked up association with money, and I've read your book and I understand like why it's unhealthy, but I just can't stop. And that's the thing, is like knowing is not enough. Your thinking brain is not driving your car. You have to live out new values to adopt new values. Let's say I have this like wonderful association with Mexico and I love Mexico and I go all the time, and then one day I get robbed at gunpoint. Suddenly a new experience is acted against my emotional association and it fundamentally changes my values. This happens to us all the time. In fact, a lot of what we consider the most significant moments of our lives are generally when a contrary experience occurs and completely shifts our value system, literally changing who we are. So you cannot change your values until you live differently. It's about behaviour. You cannot get the feeling brain to drive to a different place until you live differently, until you actually go experience what it's like to not hold money as one of your highest values.

Emotional Gravity: There is an emotional gravity to our values: we attract those into our orbit who value the same things we do, and instinctively repel, as if by reverse

magnetism, those whose values are contrary to our own. The accumulation of our emotion within ourselves will attract people with similar emotions and identities to ourselves in proportion to the amount that we have accumulated. So, if you've accumulated a lots of trauma throughout your life, you will attract people who have also accumulated a lot of trauma into their lives. If you have accumulated a lot of gratitude & joy then you will attract similar people.

We have certain experiences throughout our lives, especially our early lives, that were either rewarded emotionally or punished emotionally and then we'd develop associations with those experiences. The significance of those associations is proportional to the intensity of the emotion. So if I experience a horrible, horrible trauma on like a fishing trip with my dad, I'm gonna have like irrationally negative responses to the idea of fishing. If I have an incredibly positive experience in my adolescence on a trip to Mexico, I'm always gonna have this really positive association with Mexico and trips and things like that. These are the building blocks of our identity. Like, when you take these associations and you start stacking them up on top of each other, like both positive and negative, this is what creates whoever you are. And then when we bump into other people in the world, we either resonate with other people's emotional

associations or we don't. Our emotional associations either clash or they attract each other. And that very much kinda determines the quality of our relationships or why people with similar values and similar identities are drawn to each other and people with opposite values and identities are very much pushed away from each other.

Chapter 4: How to Make all your dreams come true

"We organise communities around values."

The emotional gravity is what determines how human groups come together under shared identities and shared value systems. And it's once we come together under shared value systems, that is the third key to building hope in our lives, which is feeling as though we have a community, feeling as though we're part of a tribe of people who believe similarly to us. But basically, chapter four is kind of a facetious step-by-step guide to building your own cult. And it's kind of plain or fucking with the self-help industry. And it's kind of plain or fucking with the self-help industry. I kinda came to a profound realisation a number of years ago that, in many ways, marketing and building a brand you're building a religion, like you're essentially convincing people to believe and have faith in the value of something even though they have no way of knowing whether it's actually valuable. You're convincing people to buy Coca-Cola products, or support a certain sports team, or be proud of their country

when there's really like no objective reason to feel any sort of emotional attachment to these things. It's fascinating to me that essentially where very, very good marketing and sales practices are exactly the same practices that build religions and build cults. There's this like religious fervor that emerges when you get a group of people and you're able to build their mutual valuation of certain things or certain ideas and concepts. So I kinda wanted to like create a step-by-step process of like how you actually do that with people. Like, how do you actually get people to value so, something so much that it's the core of their identity and that their need to belong to a group who shares their belief is so strong and so powerful that like it can lead to some really dark and fucked up places?

This chapter is a logical conclusion that humans organise themselves in systems based around arbitrary beliefs of what's valuable and what's not, and part of that is conventional religion, part of that is political ideology, part of that is our fundamental relationships and familial systems and friendships and things like that. My belief that my best friend is valuable, t's an arbitrary thing. That's a purely emotionally based thing. There's no like objective truth that my friendship is valuable in the universe.

Every human belief system is fundamentally flawed. There is no correct answer. Because the human mind is flawed, every human belief system is fundamentally flawed. Therefore, anything we base our hope on is gonna be flawed. And this comes back to that paradox of hope in chapter one, which is that the same way hope needs for things to be fucked to exist, like you need there to be problems in the world because those problems will give you hope of not having those problems, anything that you hope for, anything that you believe in or pursue will also cause things to be fucked in some new way. There's no utopia. Any vision for the future that we believe is better is simply gonna create and propel further problems for humanity. And so it comes full circle. You need everything to be fucked for there to be hope, and you need there to be hope 'cause that's what makes everything fucked.

Chapter 5: Hope is fucked

"We are destructive towards others"

"Hope is what makes us dangerous"

It is just an homage to Nietzsche. He was kind of like the first modern nihilist. People call him the first post-modernist. I think post-modernism is kind of the idea that everything's a little bit relative and that humans are just fundamentally limited in our understanding of what is good and bad and what is worth pursuing and not pursuing.

Nietzsche was, in fact, everything he claimed to loathe: weak, dependent, and wholly captivated and reliant on powerful, independent women. Yet, in his work, he preached individual strength and self-reliance, and was a woeful misogynist. His lifelong dependence on the care of women seemed to blur his ability to see them clearly. It would be the glaring blind spot in the vision of an otherwise prophetic man.

Part 2: Everything is Fucked

Chapter 1: The Formula of Humanity

Act that you use humanity, whether in your own person or in the person of any other, always at the same time as an end, never merely as a means.

This chapter is largely based on the work of a developmental psychologist named Robert Kegan, who came up with these kind of five levels of human development or five levels of like human maturity. Basically, if the fundamental challenge of being human is managing our own emotions and finding hope for ourselves, then Kegan's framework kind of shows how there are five distinct levels and at each level you get a little bit better than the previous level at doing that. The author kinda simplified it into three levels, the child, the adolescent, and the adult.



The Child is just purely narcissistic. Me, me, me, all I want. I want what I want. I want it now.

The Adolescent is in a phase called the bargaining phase. So the adolescent has learned the childhood strategies for getting your needs met they're not good strategies. Just like throwing a fit and yelling at people all the time, it doesn't really work. Like, you have to negotiate with other people's needs and like understand that other people have thoughts and ideas and hopes and dreams and things like that. And so the adolescent learns that you can bargain. You can learn how to say things to people in a certain way to get what you want. You can give things to people to help you get what you want. You can like create alliances and manipulate people and do all this stuff. And so you can get very, very good at adolescent bargaining. You can become an excellent salesperson, extremely persuasive, charismatic and draw people to you and make them feel as though you're giving them lots of value. A lot of what is considered success in self-help world or in business consultant world is excellent bargaining. But there's a level beyond that. And that level is called Adult Virtue, which is essentially like you reach a point where you understand that the most valuable things in life cannot be bargained for. If you try to bargain for love, it completely undermines the love. If you try to convince people to respect you, it just reinforces the fact that they don't

respect you. If you try to make people trust you, then it kind of just proves to yourself that you're probably not trustworthy. There are these fundamental concepts in human relations and just in life that you cannot bargain for them. The only way you can have them, is by acting unconditionally, which is if you wanna be respected, you have to respect; if you wanna be trusted, you have to trust; if you wanna be loved, you have to love.

"A child thinks only about his own pleasure, whereas an adolescent learns to navigate rules and principles to achieve their goals."

The Adult: Adulthood is the realization that sometimes an abstract principle is right and good for its own sake, that even if it hurts you today, even if it hurts others, being honest is still the right thing to do.

Formula of humanity (or this idea of like adult virtue of acting unconditionally in the world) - by Immanuel Kant : "Never treat a person as a means to an end, but only always as an end of themselves." This simple principle encapsulates all of this stuff about adult virtue and acting unconditionally and loving unconditionally and not using people as bargaining chips to get what you want. Not only does that strike me as just like one of the fundamental foundations of human ethics, but it also strikes me as one

of the fundamental foundations of being an emotionally healthy human being and having healthy relationships and having a good life essentially. The most valuable things cannot be bargain for it. Things like love, respect, trust, integrity, courage, what's often in the ancient world were considered the Cardinal virtues, they're unconditional.

Chapter 2: Pain is the universal Constant

There's been some profound experiments that have found that people's perception of what's uncomfortable is relative. It adjusts to the amount of pain that they've experienced in other parts of their life. Our perceptions will alter our experiences to make it so that we perceive pain and struggle in our lives.

"A mind devoid of problems will quickly set about creating new ones."

Philosophers been saying this for hundreds of years. The easier more comfortable life gets, the more silly trifles will strike us. The goal of the chapter is to help educate people about how pain, discomfort is perceived, and how it's the constant.

Chapter 3: The feelings Economy

It's simply a description of some of the side-effects of consumerism and capitalism. And essentially it's the argument that if the feeling brain's driving the car, if what we value is very much based on our emotional experience, not our objective experience, and we organize ourselves in the groups based on our emotionally-driven identities, then it makes sense that value that is traded in the economy, like things that are perceived as valuable and important, are very much emotionally-driven.

It's a feelings-based economy. And therefore, if you study sales and marketing, the first thing that they teach you is to find what will scare the shit out of them and then find what will make them happy. Like, sales and marketing is all about feelings. It's not about benefits. Because the economy is driven primarily on feelings, it is vulnerable to a lot of the psychological traps that humans fall into. And the primary one is the paradox of choice, which is this idea that more options equals more value. The fact that I can choose from 30 cereals is better than having to choose from two, or the fact that I can shop from a hundred stores is better than the fact that I can shop from like 20. The truth is that actually the more options that we have, the more we suffer and experience anxiety and doubt that we didn't choose the right one. There's kind of like a hidden opportunity cost in greater optionality.

Western culture started to mistake optionality for

Western culture started to mistake optionality for freedom. Like if you look at what, the way freedom and Liberty are described in the ancient world and in the Enlightenment, they are described in terms of what you commit to. Like, I'm free because out of all of the options, I chose this one. Whereas, today, we tend to define freedom or assume that freedom is not having to commit to anything. I can have all the options and I don't have to give anything up.

Ultimately, freedom and having a prosperous society, it requires a degree of sacrifice. And if people are losing the ability to sacrifice, because they're more childish or adolescent, then we're just gonna be fucked.

One of the arguments in chapter one is that we are victims of our own material success. Like, humanity has prospered so much materially in the last a hundred years that I think it's presenting an array of psychological and sociological issues that we're not really prepared for or that we're not even aware of. This part tries to explain what those are, like what are those psychological blind spots we have as a culture that we don't understand about ourselves? Because if we can't recognize them, there's no way we're gonna adapt or fix them.

Chapter 4: The Final Religion

This chapter is about artificial intelligence and just technology in general. Technology generally like causes our problems and then it also resolves them. The scientific method is probably the best thing that humans have ever invented. And just like the health and wealth and prosperity that have resulted from it or are undeniable. Human beings are so fucked up and flawed and we're already so awful towards each other and we're already so irrational and like faulty in our reasoning that like even kind of a bad AI would probably be an upgrade.

We're already worshiping the algorithms, we already obsess about them and we're already determining value based on algorithms. Don't worry too much because it's gonna be out of our hands soon. And don't worry, the AI is probably gonna keep us happy just because it's more expedient for them to keep us happy than for us to all kill each other.



Soul

MOVIE 2020

Disney Pixar

Soul

Character : 22

She likes to disconnect herself from everyone. Nobody ever believed in her, probably because of her personality. She doesn't want to go to Earth because she believes that Earth is dumb, but once she is accidentally sent through a portal with this dude named Joe, which we'll get to, she ends up in his body and he ends up in a cat's body. Of course, this creates a huge problem. On the bright side, 22 finally gets to experience life, even if she had to do it the hard way. She starts her little adventure disgusted to be on Earth, not giving it a chance, but as the story progresses, she slowly becomes more and more interested in the little things in life. Whether it be food, conversations, or even fear, it all fascinates her, it all starts to make sense for her. Eventually, she realizes that life isn't as bad as she thought it would be. Joe then tells her she is only appreciating life because she is in his body, and demands that she return his body back to him. After that, she takes off, but they're both eventually captured by The Universe.

22 falls into a major state of depression, and becomes, what the movie calls, "a lost soul". All her insecurities, and negative thoughts consume her to the point of no return. The biggest one being the idea that she has no

purpose. Joe resolves this issue by making a point in the end of the movie.

One part of the movie I found interesting is this concept of the flow state, or "the zone" as this movie calls it. They call it the space between the physical and spiritual. To be in a flow state you have to really enjoy what you are doing, but as the movie points out, there are times when that joy can become an addiction, and thus you become disconnected from life. Very often, that's what happens when one is obsessed with whatever activity they consider to be their life purpose. There are times when nothing else matters but that one activity, and while that mindset can be beneficial at times when you really want to get something done, not being self aware about it can cause major issues to your mental health.

Another problem with the concept of a life purpose is you're probably going to get bored from time to time, with whatever activity you classify as your life purpose. One scene that I found interesting is this one where the little girl is like "screw Jazz, it sucks" and then 5 minutes later she plays her trombone, gets into her flow state and is all like "actually, I love Jazz, never mind". My point is that human beings are like that. Our minds change all the time, every year, every day. You can have a passion for something and still get bored with

it sometimes. There are days when you might even want to never do it again, then a day goes by and you go right back at it as if nothing ever happened

Character: Joe Gardener

Joe Gardner, lives, breathes, and dreams jazz. He dedicates his entire life to that one activity. He has a profession as a middle school band teacher, but desperately wants to perform professionally onstage. Once he finally gets that big gig he's dreamed of he becomes so excited to the point where he forgets where he is walking and falls down a sewer hole to his death, and dies, except he isn't technically dead yet, as he discovers a spiritual world. When mentoring 22, he reviews how his life transpired. All of his painful memories are revealed to him, so he comes to the conclusion that his whole life was a failure, and he must return back to set the record straight.

By 22 living in Joe's body, later on in the movie, it gives him an opportunity to see how obsessed he was over jazz. There's a scene where she talks to a barber about life and he says even though being a barber wasn't his original choice, he's still a happy man and sees the beauty of it. He wasn't born to do what he does, it's just something he discovered along the way. It gets Joe thinking, "damn, maybe I should take that advice". Then after they leave,

the barber goes "oh my gosh, it's so nice to talk to you Joe about something other than jazz for once". Once you finally find that quote-unquote "life purpose" you become so obsessed over it to the point where it's all you think, dream and talk about. When you talk to your friends for example, you may not even realize that all you talk about is that one activity that you put on a pedestal. You miss all the other satisfying memories of what life has to offer. After he gets his body back near the end of the movie, Joe finally performs at the concert he tried so desperately hard to get into, and discovers it wasn't what he thought it would be. That is when the jazz musician that inspires him tells her this story, about a fish, he swims upto this older fish and says, "I'm trying to find this thing called the ocean". The elder said, "The ocean? That's what you're in right now". The fish replied, "This? This is water. What i want is the ocean."

Additional Study

Books

Bhagwat Gita - Vyasa : A compilation of Arjuna's questions, moral dilemma; Krishna's answers, insights that elaborate on a variety of philosophical concepts.

Being in Love
Osho

Human Behavior Biology
Robert Sapolsky

What is Life?
Lynn Margulis

Sant Kabir Bijak
Kabir

The Art of Thinking Clearly
Rolf Dobelli

Movies

Roshomon
Akira Kurosawa

Children of Heaven
Majid Majidi

Play Bazi
Gholamreza Ramezani

The Platform
David Desola

Lecture Series

The Lives of a Cell : Notes of a Biology Watcher
Lewis Thomas

What is Life?

" The meaning of life is just to be alive.
It is so plain and so obvious and so simple.
And yet, everybody rushes around in a great panic
as if it were necessary to achieve something beyond
themselves."

Philosopher Alan William Watts

" Matter boiled, summing parts of the planet,
For millions of years, stuck by lightening & UV radiation,
Going through zillion reactions,
Accumulated over a long period of time,
All reaching to our existence.
There is no meaning beyond that.
All purpose has to be invented."

Director Anand Gandhi

" Life is like being chained up in a cave forced to watch
shadows hitting across a stone wall "

Plato's Allegory of the Cave

Who am I?

" You think you are a person, you're a colony. A
microcosm, which has ten times more bacteria in its body
than it has human cells."

Ship of Theseus

" To know yourself is like a flame trying to burn itself or a
knife trying to cut itself. Once you understand this you I'll
cease to cling to yourself. You will reach a stage of
desirelessness. You won't try to control things and will
discover an endless access of power from within. "

Philosopher Alan William Watts

" The way the cloud is now, it's light, it's free, it can
change shape, thin out, and even scatter to the winds and
that's all okay because it was never anything in the first
place.

But imagine if that fellow thought it was a cloud. He has
separated himself from the rest of the world! When the
wind blows.. the wind isn't blowing, the wind is blowing
him away."

Swagath Sivakumar

Primary Study

To have a look at a good variety of people from different walks of life belonging to different age groups, culture, locations, backgrounds etc. I decided to focus on these groups:

IDC Alumni & Students

I came across the dilemma of many about getting into a job that provides satisfaction by the work that it allows you to do or the amount of money it pays you. Now that consuming capacity become a measurement of success, is there any limit to it, so as when one feels fulfilled?

Mumbai Locals

I wish to talk to people to board on the train, as early as 4 AM in the morning to go to their workplace. The ones whose life revolves around their family. Who their families are and how do they form an equilibrium relationship? And many more with a variety of motivations in this high pace city from different economic & cultural backgrounds.

Varanasi

The contrast between a person whose life is owned by his family & a person who gives up everything & comes to Kashi. To capture the wisdom one has in their deathbed & the ones who are certain about that they have found the utter satisfaction that the world seeks.

Isha Yoga Centre

What do the elite seek? When you have immense material & consumption capacity what seems to be lacking as of then? How do they find the deficiency & what method do they follow to cover it up?

Persona

The Explorer / Photographer

This persona represents those who are in search for their purpose. They just want to achieve the trance for which he goes out and explores, takes in new experiences, increases knowledge & develops skills, searches for new opportunities that can make use of this knowledge, experiences & skills. Just to feel devoted to that one work, the one that he was born for, to find his life meaningful. Currently has taken up photography as an exploring medium to express.

The Creator / Chef

This persona represents those who think they have found their purpose in life and are following that. His life revolves around the one thing that he identified as his purpose.

His way of looking at life is somewhat clear until he starts to get bored of cooking or attains his highest goal that he thought he never would.

If he gets too much involved in that one thing, there is a change of addiction to that one act while all the other essential ones suffer.

The Prisoner / Suffering

They may be suffering due to one of these two reasons:

1. One could be that he has'nt identified the purpose & is serving to something unconsciously that he does not believe in.
2. Second can be someone who believes in purpose but can not seem to define one for themselves in the long time.

The Dying / Patient

This person has utmost clarity because once you learn how to die, you learn how to live. He values experiences over money. As he realises that the time is limited, he wants to be close to the loved ones & values little experiences of life. Although there is still a need to pass on something such that they are remembered after they are gone.

Interview - A Chef

Food for a chef:

It is an ever evolving relationship and it's my life's most important relationship. As of today, food is my expression as well as responsibility. Your life partner takes on different meaning in different places, like sometimes she is a companion, a friend or a partner. So in my life, today food is my primary partner. I have become the smaller partner. The only problem is, I have to become a mouth piece because she can't speak.

Food as a Medium:

I do little sculpting, little painting and even write little poetries, but the ultimate expression is the one which consumes every sense. People get moved by listening to, for me audio is an extremely powerful medium. Both as a filmmaker and as someone who believes in expressing. But the consumption of every sense, which goes inside you is only food. And that sense of pride, which comes with the fact that I am associated with such an art form, have married such an art, serving such an art which no other art form can ever touch. Because, I am becoming a part of you! I am in you now! It is said that grain is you and we are what we eat! So that little part that I have left in you, of mine, will take you through a journey of immense pride & humility.

Food as a Reflection:

Food tells you something about the person who made it. Unintentionally also, you leave a part of self in your cooking. Many chefs come to me wishing to work with me in restaurant and shows, I tell them to cook two things dal tadka and aloo jeera. The aspirants come prepared thinking they will make Michelin dish. Because that is enough to tell me about the chef. When you have lesser ingredients, then your relationship and presence with food emerges. When you have to use more ingredients, you mostly confuse self and your palette. What is there in aloo jeera, just a little jeera, hing, lemon, coriander and little salt.

Food is a reflection. Making tea is also a unique art. Put two people opposite to each other, give them exactly the same ingredients and still their tea will be different. Because by making tea, you are reacting. Ok the colour is right, let me add milk now. If you make tea by minute calculation, you can never make the same tea. So you are reacting to what is going on. So making tea is a good reflection to how you react, and how each of your senses are present with your action.

Stealing cutlery:

I feel it is a big compliment. The guest loved the food so much that he chose to keep the utensil as a memoir.

Cooking:

Cooking is not just a physical activity, but the person is self-actualising, a medium of expression, it is cathartic, like a stress buster or relaxing. More than that the feeling of cooking, serving it and then wait to see how the person will like it, and then just get happy. Whoever likes cooking, will never get happy cooking for himself. Not because he is an artist and is expecting appreciation for his art, but one can never cook thinking about self, because that expressions will never come. So you have to think about the person eating it to get into that head space. So, creating that space to enjoy the rasa that happens in the head. And in that selflessness is the foundation. Having a relationship with the person who is going to eat it is the foundation. The inherent joy of creating.

Being Grounded:

I had gone for a seminar, they hypnotised me and said, we will take you. To a place from where sight, sound and smell shapes you. And I was standing in Barseem field. I could literally smell the barseem flower and that feeling and I could not believe it! Then I remembered, how I visited those fields so long ago and after 26 years, after achieving whatever little I had, I was standing there only. A man does not realise that the pebbles you pick up in the shore, you keep it somewhere and when it will come out as what.

Putting Emotion in Food:

Even in anger food can be cooked well. I always believe music is the perfect and closest example. Even in vairagya (detachment) there is beauty. Even in pain. So the point is, your relationship with food will always create. There is a beauty in that creation. And you cannot insult food because you are angry. You can reflect your anger in food. Burning food or adding extra salt, that is amateurish relationship. Anger and pain can be put in the food, in a beautiful way as well. So, I believe there are ways of putting your anger in food like include a thicker chilly, which when eaten in a bite gives that sensation, or else if you are in pain then probably gravy is not thick but runs with the rice, one finds it difficult to assemble, otherwise the food will run in the plate.

Power of Creation:

When you realise the power of creation. How something is created out of nothing.

Kitchen lessons are life lessons:

Kitchen has lessons for every situation in life. Say if you hurry, the food will ruin. It teaches you patience. From small to big, kitchen teaches you lesson. To be a chef, you need to be a good human being first or you need to surrender until you become a good human. Either you will become or will gravitate towards it because you are a good human being.

Generations:

My grandfather's generation, did not even realise what happened. They were trying to figure out what remained that belonged to them, either land or country. Also that was the generation that saw the first conflict. Because it was the generation of principles and morals. They won independence with principles. It was the first time they saw corruption, yet they stuck. They said we have lived our lives and this is how we are.

And then, the next generation accepted corruption, the environment after independence silently, but since they were at the border of the things, to be righteous was the right thing to do. My father always say that it is important to be right. You might be doing wrong but it is important to be right. My father did not do anything wrong, that did not matter right. They understood the scenario and consolidated.

Third generation looked westwards. Because now consolidation happened, they knew how to make money. So they went, they travelled, studied, came back for them west was important.

Today's generation is very secured. And this generation is bringing this food back, the traditional one. Because they don't want to look westwards. They want to look towards.

Struggle:

I realise the way the chef's profession has become conventional, acceptable now, and all the chefs from our generation. We bent the normal, it becomes your stride. That's why i get worried about the kids today, they are becoming chefs, but are they bending the normal enough? Because it's acceptable as a profession. One has to be stubborn and adamant, or you could never really get there or couldn't afford to loose. There is no cushion there. If you were doing anything new, anything different. So it becomes a psyche for us, not to fail! So we could see, we knew there was a chakravyuh, everything was there, but we cannot fail. That would not have been an insult to me alone, it would have been an insult to my passion. Along with you ten more people feel defeated. And that becomes a part of your grain/system. He won't loose so test him further. And this process makes you so stubborn that after a point you play for the sake of playing. You forget that you have gotten where you wanted to get. That passion takes you over.

Money:

I have seen bad days. I have slept on roads for 13 days. But have learnt that Money is the least important thing in life. And the moment you step back and start concentrating only on your craft, money comes.

Small Things:

We meet people, visit places and something stays with us. We listen to songs and stay connected with them. These small things shape us up. It is important to have a talk about these elements. You cannot leave them vague and you cannot define them, because defining them is taking them to another extreme. It loses its organic nature. So how would you give it a meaning? In other's mind, you should just leave it open ended

Destiny:

Man thinks everything is action and reaction based, everything is...as if I am the one you are so successful, how hard do you work. I tell them, I am not successful because of hard work. It is destiny. There are many people who are far more hard working than I am. Maybe someone's destiny which is matched with yours is propelling you. My parent's blessings are there. When destiny is combined magic happens. I am the same. If camera was not rolling my relationship with my food, would've been the same. I would meet people and talk to them about the same. But fortunately, since the camera is rolling I am able to meet more people.

Success:

My way of handling success is I deny it. I refuse to accept its presence. So I deliberately travel in train, unreserved, in a rickshaw, not buy another car. I refuse to believe, it psyches me out to believe I have gotten there.

Defining the Project

Intention?

We often feel confused about certain things in life & as some difficult & heavy questions just raise more questions. Due to this we often lack clarity & sleepwalk through life. The intention of the project is to help the audience understand themselves, life & the world in a better way to lead a happy & conscious life...

Target Audience?

Age group : 18 - 25, because this is generally the age we start questioning the ideologies that we believe in which was given by our parents & people that inspired us. And end up feeling more confused as we now have to make some choices for ourselves.

Why illustrations for poems & not just illustrations?

Annotative (Explanatory) & not Connotative (an idea or quality that a word makes you think illustrations to reinforce the message given using the poem.

Only illustrations won't be able to express all the ideas & outlyers together as beautifully. I needed a second medium to reinforce the message.

Why Poems?

In poems special intensity is given to the expression of feelings and ideas by the use of distinctive style and rhythm.

You're allowed to break more rules & use grammar to create a rhythm & not just to separate dependent clauses.

Not bound to a certain length for poetry. Some poems can be as short as a few words, while others are long...

Nature of the Message: The message is given in a very suggestive way by just telling poems about general things in life that all would have experienced at some point in time or the other.

Outlier: A contrasting viewpoints of people who believe & do not believe in if there is a purpose is taken into account.

Inference: The single message that the poems give are easy to comprehend & is not ambiguous.

Uncertainty: The richness of the message is kept by adding uncertainty in the poems and the structure of the book itself where the ultimate realisation only comes by towards the few ending poems.

Redundancy: Redundancy helps in better comprehension. Therefore there is a repetition of one poem. The poem "Who am I?" is kept towards the starting of the book, in this poem the person wonders & explores who he is. There is another poem titled similarly towards the end which answers the question by his understanding of the message.

The same message given through the poem is tried to be delivered through the annotative illustration beside it for better understanding...

Prediction of Observation: My interpretation of the whatever I gathered through my study is reflected weaved in the poems. Everyone might see the same thing but might derieve very different meanings or thoughts based on their prior understanding & mind map.

Design of Poems

Use of Punctuations: Use of commas to create dramatic pauses, exclamation marks to intensify & capital letters to put more emphasis on certain words.

Grammar: Poems allows breaking of dependent clauses to create rhythm & interest. It is also used to bring in intentional pauses.

Story: There is a certain flow inside each poem & also the arrangement of poems in the book to keep it engaging & expressive all along.

Rhyme Scheme: To make some stanzas more interesting rhyming words & meter.

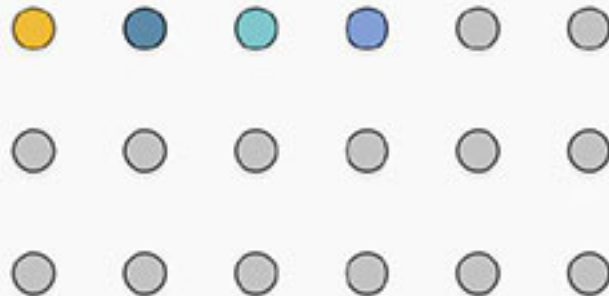
Stanza: Every stanza in a poem has its own concept and serves a unique purpose.

Formatting: Italics, bold & strikethrough font to express the quality of the word in the poem.

Illustration Style

Abstract human forms as no need for specific characters. Although the target audience is of age 18-25 but it is possible that someone starts their journey to find these answers in a later stage.

Colors In the initial poems illustrations will be black & white, then dull colors will be used and finally bright color illustrations as we reach the final chapters.



Design of Book

Structure of the Book:

The purpose of the book is to make the reader get a perspective of themselves towards life and the world. The book starts with unclarity and questions and then expresses different perspectives on uncanny things in life and how life should be live, what is important in life and how having a purpose helps you go through life happily.

But towards the end it expresses the counter thought about how having a purpose and devoting your entire life to that one thing can be dangerous and the real purpose of life is just to take as many experiences as possible & to connect with things and people around you.

Size:

A5 as it is handy and forces each page to just contain enough number of lines to deliver an idea and pause or reflect upon.

Placement of Illustrations:

Each illustration is placed on the left side, where the poem starts. Poems have to be spread to odd number of pages to keep a balance. Sometimes the illustration overflows to other page as in following book:



Initial Format of the Book

0. Inception

Introduction to the problem. The history of the birth of the planet to the generations and how most things are much better now but still people are more depressed.

1. In Search of a Purpose

Why one needs to choose a path so as to not end up being successful by seemingly doing all the wrong things & committing all the errors.

2. Truth

It is subjective and not constant. It changes with your age, perspective, experience & therefore the purpose changes.

3. Insignificance

We are the protagonists of our life from our point but the story changes from every other person's viewpoint. We may just come & go through this life for a short span of time then why should we consider ourselves to be so significant?

4. Conviction

If everything you believe in may be wrong & the purpose of one's life has to be invented by themselves, then how does one be convicted to what

5. Discomfort

People choose to be uncomfortable only to get what they love or to escape discomfort in the future, in this life which is already full of discomforts.

6. Compassion

You may be compassionate but may end up working in an institution that writes off death of thousands as collateral damage. Making life more than yourself & family.

7. Duality / Ego / Uncertainty / Clouds

Who Am I? Am I more than just my physical body?

8. Solidarity / Relationships / Clinging

Humans are not born in pairs, then why should they feel incomplete without a partner? Is life just tough and having some company helps? Or is it just a distraction to overlook what really matters?

9. Enlightenment

Meaning has accumulated over billion of years. it takes to you through everything taht lives but why do we choose to ignore & go about our mundane lives?

10. Consumerism

Why should the consuming power of a person determines their status in the society? How can someone's found life purpose be analysed?

11. Ratrace

You might even win a race but what is the point if it was'nt a race that you were enrolled in?

12. Mountains / Planning / Future / Time

One can not keep moving with the same plan always as life throws hurdles one has to keep changing with time.

13. Acceptance

The pursuit of positive experience is itself a negative experience. The acceptance of negative experience is itself a positive experience. Accepting negative exp creates positive experience.

14. Dearth / Absence presence / Choices

Absence of options brings simplicity & presence brings complexity & confusion. Rejection of some things is important to be fully convicted to what you actually care about.

15. Nature / environment

We are a part of the nature but we tend to make everything about us forgetting about it. One should be in constant dialog with it to learn generosity but remember that even nature is not always right.

16. Loneliness

Being in the crowd, loneliness seems comforting
But what is loneliness being in loneliness?

17. Happiness

The idea of happiness is like a treadmill. Happiness is the carrot always dangling in front of you, no matter what you do, you think you'd be happy if you get that last thing.

18. Death

It's only when you confront death or come close to death that it's most clear to you what you should care about. We should regularly question our mortality

19. Greed

Do we know where our desires end? how much is enough and when greed starts playing its role?

20. End Note

Created with a hope to leave you a little more enlightened!

Draft 1

Inception

Matter boiled, summing parts of the planet.
 For millions of years, stuck by lightening & UV radiation
 Going through God Zillion reactions, accumulated over a
 long period of time.
 All reaching to our existence.
 There is no meaning beyond that.
 All purpose has to be invented.
 Your worldview provides you with meaning & purpose

We meet people, visit places and something stays with us.
 We listen to songs and stay connected with them. These
 small things shape us up. About Generations & Struggle.

You need to be a good human being or you need to
 surrender until you become a good human. Either you will
 become or will gravitate towards it because you are a good
 human being.

You are attached to a medium because you are that
 person. But it is your expressions, you do not have to read
 out to thousand people, your writing is enough. That is

why your energy gravitates you to that form of
 expression. The way you are, you create such a medium or
 else search such a medium.

You cannot leave them vague and you cannot define them,
 because defining them is taking them to another extreme.
 It loses its organic nature. So how would you give it a
 meaning? In other's mind, you should just leave it open
 ended.

There are many professions which I believe if there is
 humility, you are good at it. The foundation is Prosperity.
 When you realise the power of creation. How something is
 created out of nothing.

Most assume what your values are, it takes for granted
 what your definition of success is. It assumes you want a
 big mansion & a fancy car, perfect marriage & kids. What
 sorts of goals should we have in the first place? What
 success is and what is a good life?

You can become conventionally successful in life despite
 yourself, while seemingly doing all the wrong things and
 committing all the biggest errors.

The pursuit of positive experience is itself a negative
 experience. The acceptance of negative experience is itself
 a positive experience.

If I ask you, "What you want out of life?" And you say something like, "I want to be happy and have a great family and a job I like", your response is so common and expected that it doesn't really mean anything. Everybody enjoys what feels good. Everyone wants to live a carefree, happy, and easy life, to fall in love and have amazing sex and relationships, to look perfect and make money and be popular and well-respected and admired. A more interesting question, a question that most people never consider is, "What pain do you want in your life? What are you willing to struggle for?" Because that seems to be a greater determinant of how our lives turn out.

Is it important to have a purpose? What if I don't have but am happy?

We should define ourselves as loosely and ambiguously as possible because the less defined we are the less we need to cling to defense mechanisms.

One may still choose to sleep walk through their entire life. Make life more vivid, just like being present does. It forces you to stop, to reflect, to go back, to think, to try to understand, rather than just zombying your way through life.

In search for a purpose

It doesn't matter how disciplined, motivated, strong or intelligent you are, how much support you have, If you have the wrong goal, you're fucked! If you have the wrong purpose, then all of the other stuff is just going to hurt you.

Eg. Onada, 27 years in a war that doesn't exist

Rejection makes your life better: In order to value one thing, you have to reject the other things. If I choose one value to prioritise over everything else that means by definition I must be willing to reject other things. If I'm not able to reject those things then I'm not able to actually prioritize what is important in my life. People who cannot say no are often confused and do not know what they want from themselves.

As soon as you limit yourself to a few things in life that you truly care about, that happens on a very subtle level, which is that, I don't have to give a fuck about this stuff, I don't have to give a fuck about who I'm gonna date etc. These are the things that I care about & gonna measure my life with, that is what I'm gonna pursue, and there is abundance of inner mental freedom to pursue it.

Duality / Ego / Uncertainty / Clouds

Who Am I? Am I more than just my physical body?

Cloud as a metaphor for human life

The cloud is light, it's free, it can change shape, thin out, and even scatter to the winds and that's all okay because it was never anything in the first place. But imagine if it thought it was a cloud. He has separated himself from the rest of the world! When the wind blows...the wind isn't blowing, the wind is blowing him away.

The cloud may ends up blaming the wind but it is better for him to understand that it cannot control in which direction the wind will take it, winds will sway the way they are meant to.

A cloud cannot be understood by just breaking it into components & gluing them back together.

The cloud does not care of a few rains drop keep dropping out of him, not until the last drop falls, when its entire concept of his identity & existence is put to question.

What is you and what is not you? Where does your environment start and your body end? Even the body that

you consider as yourself outnumbers 10 times more bacteria than human cells. The cloud contains several dust particles along with the vapour. Is then only vapour that forms the cloud?

Where is the difference between the cloud and its vapour when the vapour rises it is the cloud and when it falls it is the same cloud in form of droplets again, then where is the distinction? Just because it is named as cloud should it no longer be considered as water?

The cloud Dissolves and still remains. 'I' dissolve and yet 'I' remain.

If it restricts itself to what is his physical form at the moment by expands the horizon to include your kind and kindred minds but specially those who are not like you.

We should define ourselves as loosely and ambiguously as possible because the less defined we are the less we need to cling to defence mechanisms. Idea of no self, then there is nothing to protect or be certain about. Benefits of uncertainty include opening up space to learn and improve, helps guard you against extremist ideology or becoming a crazy zealot for some cause, opens room for dialogue with people which improves relationships.

Dearth / Absence presence / Choices

Before every fight I think, what is at stake?
 Our fights are a little silly
 Should I drink tea or coffee in the morning?
 Should I walk fast or slow? Wear shoes or sleepers?
 Wake up or lie down in bed for a little longer?
 These small decisions are our fights
 But in reality these small decisions and the life's big ones
 are similar
 Both account for the same thing
 "What is at stake?"
 The problem is not this question
 But it starts after this question arises
 After choosing one option, the other one stays in the mind
 And the chosen one becomes a part of our tiring life
 Right at this moment I am drinking tea
 While coffee is on my mind
 I've brought a book named The naive & the sentimental
 novelist with me to the balcony while Kafka & The shore
 are lying on the bedside. I'm holding the Kamuk while
 Murugami is on my mind.
 What a confusion!

I stopped drinking the tea
 Made coffee, and picked up Kafka from the bedside
 And came back to the balcony

You cannot do that with the bigger decisions in life
 Now I have tea, coffee, The Naive & Kafka in the balcony
 with me
 When I found all the options that I had in front of me
 Then things started becoming complex

Now I am neither drinking tea, nor coffee
 Nor reading The Naive nor Kafka
 I stare at the book covers but don't pick of any of them
 I started to laugh at myself
 As I understood that absence brings simplicity to life.

Life was simple a few years back
 When there were only
 4 ice cream flavours, 6 TV channels,
 1 school in the neighbourhood,

Rejection makes your life better: In order to value one
 thing, you have to reject the other things. If I choose one
 value to prioritise over everything else that means by
 definition I must be willing to reject other things. If I'm
 not able to reject those things then I'm not able to
 actually prioritise what is important in my life. People
 who cannot say no are often confused and do not know
 what they want from themselves.

Conviction

It is okay to not know what you are seeking at the moment but it is not okay if even you are not seeking it.

Make your life about more than yourself & your family. Expand your horizon. Great conviction like Mahatma Gandhi or Mother Teresa is tough to achieve without focus & rejecting some of the other things.

When Death approaches your purpose becomes clear to recognise, but if not done beforehand one can only regret it in their deathbed.

The indecisiveness you have at 11AM about sleeping or working, as you know the latter would mess up your health, building up cortisol, leading to overthinking, screwing up the metabolism & making you gain weight like crazy. But you manage to convince yourself to stretch it for that 1 task that you have convinced yourself to be too important as the deadline is near, while deep down you know it won't matter in the long run. /you might even just forget about it after a week passes. The hypocrite inside of you knows that you promised yourself to prioritise your health over other things like money & career, was that only to tell?

How shall a directionless being achieve conviction without a strong purpose that runs through their mind all the time.

Conviction cannot come without prioritising. Rejecting a few smaller things to make up space for the prioritised thing.

Everyone seeks momentary happiness & to avoid the pain, little do they know that true happiness lies in taking the pain to fulfil the one truly satisfying thing that shall bring the ecstatic look on your face in the deathbed.

Sometimes you may fail to follow what you believe in Or even whatever you believe in currently may all be wrong

But never fail to try!

Because perhaps one day a glimpse of light may punch a hole in your most basic assumptions. Will you break free to struggle towards the light, even if it costs you your comfort & close ones or will you stick with comfortable & familiar illusions?

Wonder what such conviction would bring about in your life.

Ratrace

You might even win at a race
But what is the point if it wasn't the race you ever cared
about? / were enrolled in?

The answers are out there
And they will find you
Your greatest gift is foresight
And the fuel of it is hindsight
So study everything that led up to you
Not just social history, but also the evolution of life &
human behaviour,
The big history of the universe itself
For the more you understand the past,
The better you will course the future.

People have made various paths in history,
But you may still need to invent yours,

Equip yourself with tools of
Thoughts, words, images & concepts
Words are records of beliefs & lived histories.
They are arranged in order to make meanings, medicines
& weapons.
Read the meanings of black & white & see if they can be
interchanged.

Organise your ideas in neat categories & boxes but do not
start living in them.

Life emerges from a continuum of chaos & order,
transience & permanence. Paradoxes are invitation for
synthesis. So play! Connect dots! Solve jigsawdraw
doodles!

Don't worry about unemployment
As a new world is being built.
Learn skills to equip yourself with ideas & abilities.
Apply yourself to problems all around you.
Every problem is your employment.

Run after food, money & shelter
But don't know when to stop
How much is enough?

Dare to take the untrodden path

Never abandon your fundamental rights to live, learn,
express & explore

Solidarity / Relationships / Clinging

People fear the empty apartment after work
 Eeriness of Sunday afternoon
 Sense of exclusion during the holidays
 Having an entire bed to themselves
 So scared are we of having dinner on our own
 Unnaturally scared of having a bed to themselves for a few
 more years

Wrong choice over the company you keep
 No option but to privilege anyone over the appropriate
 one
 You are an average of 5 closest people to you

The only souls with any realistic chance of ending up with
 the partner they deserve are those who have properly
 reconciled themselves to the prospect of never being with
 anyone at all.

When terrified of loneliness, we have no strength to argue
 for our needs & are at the mercy of the one who fears
 loneliness less. Partners develop an advanced sense of the
 person who has nowhere else to go.
 We can't now imagine knowing how to change the
 dishwasher fluid alone, walking into a party by ourselves
 or taking the initiative to send our nephews birthday

presents, so used to we become to using the other to
 compensate for our weaknesses.

Those brave souls who have to learn how to garden, go on
 a holiday I the mountains, endure empty weekends, call
 up their mother or cook a chicken - and thereby achieve
 the resilient competence upon which true social
 discrimination and liberty rest.

For those who have too lightly signed away their
 freedoms, there are sure to be constant & searing
 reminders of what they have foregone.

Every party and every walk down a busy street will
 provide evidence of what might have been, all those
 potentially fascinating & charming members of humanity
 they have now forever been disbarred from getting to
 know.

It isn't just other people we won't get to know, its also
 ourselves. The constant presence of companions stops us
 from making friends with our own minds, and exploring
 our feelings and ideas in a way that only extended
 stretches of solitude allow. We use another person to
 distract us whenever any slightly painful or challenging
 internal matter comes into view. There ends up being so
 much we won't ever really feel or understand about
 ourselves. So many big questions about our careers and
 our ultimate purpose that we will ignore, because there

was always someone else on. Hand to chat to about what to order in dinner.

Worst of all, we might not even be actively miserable after a while. We'll get used to cosy mediocrity. We won't be curious or restless. We won't dare - as the single must - to go up to strangers and risk our pride.

We'll stop learning. We'll believe that we've answered our needs completely but only on the basis of suppressing our knowledge of what our needs really are.

To start to correct everything that stems from this ridiculous fear of being alone, we should from a young age learn that being alone never means there is something wrong with us, just that we are being appropriately patient, until what truly satisfies us shows up.

We will never learn true promise of community, discover our own interests or hold out for the connections we deserve until we make genuine peace with the prospect of a life by ourselves.

Mountains / Planning / Future

Sometimes an incident, breaks all plans of one's life. And they consider this source as the centre of their life. But is the future dependent on a person's future plans?

Just like how the first mountaineer climbs a huge mountain may make plans sitting at the valley of a mountain, but does the same plan help him reach the summit?

In reality as he proceeds to climb, he finds new challenges & blockages. On each step he plans his next step. One each step he has to change his current plans.

Acceptance

Negativity is actually the path to positivity. Most people assume that they just want the positive experiences from life but it's actually the tolerance & acceptance of the negative experience that leads to the positive experience. The pursuit of positive experience is itself a negative experience. The acceptance of negative experience is itself a positive experience. Accepting negative exp creates positive experience.

Truth

Truth is subjective, not constant, as it changes with your age, point of view & experience. But it is attainable & useful.

Stating something what had happened as it is in your experience is not Truth, but merely a fact. But when a situation arises when deep down you want to tell something it but cannot gather up to tell it. Some fear surrounds your thoughts. Sometimes you fear hurting other's emotions. When someone tells a fact, even when there is fear, that is truth. In reality, truth is a synonym of fearlessness. And there is no time to be fearless, because it is a quality of the soul.

Truth, in itself, is a deceptive word. Our idea and definition of it are shaped by the use of myths, metaphors, and poetry. Before going further, if we also bring a Marxist understanding to the fore, we can attest that 'Truth' is manufactured. Manufactured and determined by ownership of property and consumption.

Loneliness

Being in the crowd, loneliness seems comforting
 But what is loneliness being in loneliness?
 That is hypocrisy!
 In my dreams of travelling whenever I lock my front door
 The fear of opening the lock back strikes in
 Opening up the door again is the second point
 A dream of the second point give birth to time & space.
 Me Locking up the door is the first point.
 And the whole journey lies in between these two points
 Everything converts into a story
 Which started with me locking up the door
 And ends when I open up the door back
 Now who is on the journey?
 Not me
 Since I locked the door,
 I have gone into the dream of opening it up
 Now should I lock the door?

We pay a high price for the fear of loneliness,
 It is the greatest contributor to human misery, weightiest
 & most unfortunate decisions.

Consumerism

Everything is a copy of a copy of a copy

We buy things that we do not need

We are the specie that was meant to run barefoot on rocks & hunt sober toothed cats. Human body is not made to sit for extended periods of time. We are designed to be upright, walking, running & on the move. Sitting & standing still for extended periods are detrimental to our health. We are hunters & gathered, not hunters & peckers.

Would human life be the same if we didn't have a stomach? Why monks beg alms? Because hunger drives the World, once that is out of the way there are more important things we can focus on. It also make me more patient & humble. Humble - Rituals are symbolic theatre, once you have accepted the symbol, the truth behind the symbol, there is no need to stress on it all the time.

Why should the consuming power of a person determines their status in the society? How can someone's found life purpose be analysed?

The smartphone that you are hoping to buy costs two generations of labour in most parts of the world. On the

other hand knowledge is free & yours to inherit. You may want a smartphone to claim this inheritance, but when you earn one, remember what it is for & how fortunate you are to have one. So share what you learn.

Discomfort

People choose to be uncomfortable only to get what they love,
But inherently they want to escape discomfort in the future in this life full of discomforts.

Kasht nhi paane ke liye kasht kar rahe taaki koi kasht na aaye is kast bhare jeevan mein __ Kosto na pawar janna kosta karte si jate kono kosto na Ashe ei koster jibane - terribly Bangla tales

Do not shy away from the labour, physical or intellectual for its the chisel to sculpt your character.

It is as much hard work to climb to a place of clarity as it is to scale Mt. Everest.
But when you stand on the shoulders of the giants, you can see far.

Happiness

Life is a suffering - Buddha. No matter what you do, who you hang out with what you pursue, there is some facet of suffering associated with it. We are not doomed to suffering. Suffering has a certain evolutionary usefulness to it. If you think about the evolution of the course of hundreds of thousands of years, a creature that is happy all the time is not going to survive. It's actually the creature who is a little bit dissatisfied all the time, a little anxious, paranoid, pissed off with people around would do most work to survive & replicate. The modern idea that we should never feel bad is completely misguided & goes against our evolutionary nature.

Negative emotions have an inherent purpose and they help us. The anxiety & fear that we wish to overcome are actually signals within our body to do something. They are important & if we ignore them or train ourselves to ignore them, then we are actually limiting ourselves in a lot of ways. They signal that we have problems / emotions that must be overcome.

The idea of happiness is like a treadmill. Happiness is the carrot always dangling in front of you, no matter what you do. You think you'd be happy if you get

Happiness is not the biggest thing in life. There are bad forms of happiness like doing cocaine all day, that'll make you happy for a while, but that doesn't mean that you should go and do it. Serial killers seem to be very pleased with themselves.

The emotions themselves aren't good or bad, it's the context around them, it's the meaning around them.

Happiness comes from Solving Problems. If you either pretend that you have no problems in your life, then you won't be happy. But even if you have problems that you feel you can't solve, then you won't be happy. The point is having problems that you kind of want to have, kind of enjoy having.

Hedonism - Our behaviour is determined by desires to increase pleasure & decrease pain.

Enlightenment

Einstein may have been smarter than you,
 But you have one huge benefit over him,
 You can learn special & general relativity by the time you
 are 25. The same goes for Darwin, Zaha Hadid,
 Mohandas, Bhimrao, savitribai. You can be a version
 upgrade.

Learn what is right or wrong because yes there is such a
 thing. Values are not arbitrary, they are reverse
 engineered from the future you seek to build.

Meaning has accumulated over billions of years. It talks to
 you through everything that lives.

Nature / environment

Humans have multiplied on the planet & rose to a position
 of tremendous power & with great power comes great
 responsibility.

You are in a constant dialog with the environment. But for
 a dialog to work both parties need to understand each
 other, so learn to speak earth. Learn the cadence of the
 atom & the grammar of the genome.

Nature is not always right either. While it is beautiful,
 generous. It also replete with murder & coercion. With the
 exception of photosynthesis & chemosynthesis creatures,
 most live by killing someone everyday.

Your right to swing your arm leaves off where someone
 else's right not to have their nose struck begins. Most
 negotiations of life are around imagined borders between
 arms & noses.

Human greed and individualistic pride has broken all
 records so it is but natural that rain breaks century old
 records. These are wakeup calls if we see them as
 otherwise they're just plain old "cloud-bursts". May we
 truly heal and not make this about "us". It has always
 been about nature and we're simply a part of it.

Insignificance

At a very high level, We all know that our existence is temporary in this world and insignificant. Yet caught up in our everyday lives of churning out screens for a living we often fail to realise that. But, it is also very true that we are the ones who we really care about but once in a while it is really necessary to feel insignificant in the scheme of things which allows us to take a break for a second. One way of doing this is to throw ourselves into the laps of nature & specially the mountains where the sheer scale itself is more than enough to show you your worth.

Stop taking yourself too seriously.

You are not special:

Entitlement: feeling as though you deserve to be happy without sacrificing for it. The belief that we do't have to go through the negative and only have the positive that causes us to adopt many destructive and selfish behaviours.

1. Gradiose Narcissism: I am awesome and you all are not therefore I need special treatment.
2. Victim Narcissism: You all are awesome and I am not therefore I need special treatment

They seem to be opposite on surface but the behaviour ends up being the same because both have delusional

beliefs about their place in the status hierarchy. They end up being completely self absorbed, they think everything in the world should be altered & catered to them, they become unbearable to be around. Everything is made in such a way that makes you feel that you are the most special person on planet. That is mentally & socially unhealthy because that drive a feeling of entitlement. Everything should be rearranged to cater to your desires and your happiness, that you should be able to have positive experiences without accepting the negative.

All of this "every person can be extraordinary and achieve greatness" stuff is basically just jerking off your ego. It's a message that tastes good going down, but in reality is nothing more than empty calories that make you emotionally fat & bloated, the proverbial Big Mac for your heart & your brain. The ticket to emotional health, like that to physical health, comes from eating your veggies- that is, accepting the bland and mundane truths of life: truths such as "Your actions actually don't matter that much in the grand scheme of things" and "The vast majority of your life will be boring and not noteworthy, and that's okay." This vegetable course will taste bad at first. Very bad. But once ingested, your body will wake up feeling more potent and more alive.

Compassion

You may be compassionate & charitable but end up working for an institution that writes off the death of thousands as collateral damage. So be empathetic but most importantly work towards building an empathetic system.

Be fair always, stop at red light at 2AM on an empty road, specially when no one is watching. But if science says that stopping at red light on an empty road burns more fuel & hence harms the planet then work towards replacing the rule with something more reasonable.

Question oppressive laws & practices everywhere. No matter who is enforcing them. Your family or your state. Because even Sati as a practice was accepted unless somebody comes with a thought that it was wrong.

Make your life about more than yourself & your family. Expand the horizon of yourself to not only your kin & kindred minds.

Science understands compassion, it determines it with certainty. It not only measures but also comprehends.

Death

It is a thing that most crystallises what matters in life. It's only when you confront death or come close to death that it's most clear to you what you should be giving a fuck about. Therefore, we should regularly question our mortality, regularly think about our own death. If I die an year from now, what would I do with my last year? If I have cancer tomorrow would I have any regrets? Like I wasted time? If so, what was the time I wasted?

Facing death forces to confront a lot of fear in doing it. When you are walking to the edge of a cliff, with no intention of jumping, it forces you to reckon with the question of, what if I do trip and fall? It makes me think of my life in a profound way. Death elucidates (make clearer) everything that is meaningful in life.

Final Format of the Book

Title of the Book:

Allusion - For the ones in search for the purpose of life

Inception

Who Am I?



Book Cover

Life as a journey. What should be the best path and the definite end? A book about developing your worldview.



Keywords

Purpose
Meaning

Worldview
Ideology

Relationships
Solitude

Letters
Envelopes

Letters
Envelopes

Confusions
Choices

Seeker
Explorer

Creator
Traveler

Thoughts
Experiences

Freedom
Liberation

Suffering
Dying

Ratrace
Greed



Inception

The world today is much better than before, in terms of safety, facilities, technology & media advancements, etc. Still it is the worst time than ever before for mental health & anxiety. The poem tries to put this question why is that so?



Draft 1:

Matter boiled, summing parts of the planet.
For millions of years, stuck by lightening & UV radiation
Going through God Zillion reactions, accumulated over a
long period of time. All reaching to our existence.
There is no meaning beyond that.
All purpose has to be invented.
Your worldview provides you with meaning & purpose

We meet people, visit places and something stays with us.
We listen to songs and stay connected with them. These
small things shape us up.

There was an entire generation, did not even realise what
happened. They were trying to figure out what remained
that belonged to them, either land or country. Also that
was the generation that saw the first conflict. Because it
was the generation of principles and morals. They won
independence with principles. It was the first time they
saw corruption, yet they stuck. They said we have lived
our lives and this is how we are.

Most assume what your values are, It takes for granted
what your definition of success is. It assumes you want a
big mention & a fancy car, perfect marriage & kids. What
sorts of goals should we have in the first place? What

success is and what is a good life?

Work, ambition, money. We bury ourselves in these
things. But we never stand back and say if this is what we
want? Unless somebody teaches us to...

If I ask you, "What do you want in life?" And you say
something like being happy, have great family and life.
This response is so common that it does not mean
anything. Everybody enjoys what feels good. An easy life,
being carefree, happy, whatever feels good, to fall in love,
amazing sex, look perfect, make money, be popular, well
respected & admired.

A more interaction question, lesser considered is, "What
pain do you want in your life?" What are you willing to
struggle for? Because that seems to be greater
determinant of how our lives turn out.

The more you desperately want to be sexy and desired, the
uglier you come to see yourself, regardless of your actual
physical appearance.

The more you desperately want to be happy and loved, the
lonelier and more afraid you become, regardless of those
who surround you.

The more you want to be spiritually enlightened, the more
self-centered and shallow you become in trying to get

there. Everything worthwhile in life is won through surmounting the associated negative experience. Any attempt to escape it only backfires.

Draft 2:

Matter boiled
Struck by lightening, radiation
A zillion reactions
Accumulated, over time
Summing parts of planet
To reach our existence
Everything else is invented
Invented by your worldview

Here we are
In the best time of the worst 'yuga'
Racism, sexism, discrimination, poverty
All at the lowest in history
More rights, Longer lives
It's an achievement!

Still, we're more anxious & desperate?
Lonelier, depressed,
Isolated & stressed
Less satisfied & trusted?

As Life becomes easy
Continuous fight to live end
Then, the question arises
"Why should we live?"
With all the facilities
But no reason!
Life fills with...
Anger, addiction & depression

We bury ourselves in
Work, ambition, money
But is this what we want?
The life we want to lead?

What do we want in life?
Simple, to be happy
look perfect, make money,
be popular, well respected & admired.
But does that mean anything?
Everyone wants to feel good
Are'nt these ways to trick the mind?

More important is to decide
What pain do you want in your life?
What are we willing to struggle for?
That determines the quality of life

Sexier you want to be,
Uglier you become,
Irrespective of looks
More loved & happier you want to be,
More afraid & lonelier you become,
Irrespective of company

Everything happy comes by
After passing the sad

Draft 3:

Matter boiled
Struck by lightening, radiation
A zillion reactions
Accumulated, over time
Summing parts of planet
To reach our existence
Everything else is invented
Invented by your worldview

Here we are
In the best time of the worst 'yuga'
Racism, sexism, discrimination, poverty
All at the lowest in history
More rights, Longer lives
It's an achievement!

Still, we're more anxious & desperate?
Lonelier, depressed,
Isolated & stressed
Less satisfied & trusted?

As Life becomes easy
Continuous fight to live end
Then, the question arises
"Why should we live?"
With all the facilities
But no reason!
Life fills with...
Anger, addiction & depression

We bury ourselves in
Work, ambition, money
But is this what we want?
The life we want to lead?

Draft 1:

Duality / Ego / Uncertainty / Clouds
Who Am I? Am I more than just my physical body?
Cloud as a metaphor for human life

The cloud is light, it's free, it can change shape, thin out, and even scatter to the winds and that's all okay because it was never anything in the first place. But imagine if it thought it was a cloud. He has separated himself from the rest of the world! When the wind blows..the wind isn't blowing, the wind is blowing him away.

The cloud may ends up blaming the wind but it is better for him to understand that it cannot control in which direction the wind will take it, winds will sway the way they are meant to.

A cloud cannot be understood by just breaking it into components & gluing them back together.

The cloud does not care of a few rains drop keep dropping out of him, not until the last drop falls, when its entire concept of his identity & existence is put to question.

What is you and what is not you? Where does your environment start and your body end? Even the body that

you consider as yourself outnumbers 10 times more bacteria than human cells. The cloud contains several dust particles along with the vapour. Is then only vapour that forms the cloud?

Where is the difference between the cloud and its vapour when the vapour rises it is the cloud and when it falls it is the same cloud in form of droplets again, then where is the distinction? Just because it is named as cloud should it no longer be considered as water?

The cloud Dissolves and still remains. 'I' dissolve and yet 'I' remain.

If it restricts itself to what is his physical form at the moment by expands the horizon to include your kind and kindred minds but specially those who are not like you.

One of the most troubled people I've ever known was also probably the most certain and unshakable person I've ever met in my life. Benefits of uncertainty include opening up space to learn and improve, helps guard you against extremist ideology or becoming a crazy zealot for some cause, opens room for dialogue with people which improves relationships.
Manson's law of avoidance: The more something

threatens your identity, the more you will avoid it. What are the pieces of info that we protect ourselves from? From cause ultimately, like grasping onto some sense of certainty, it's a means of protecting our ego from perceived threats. We should define ourselves as loosely and ambiguously as possible because the less defined we are the less we need to cling to defence mechanisms. Idea of no self, then there is nothing to protect or be certain about.

There's this little wave, and he's out there bobbing up and down and having a grand old time. You know just enjoying the sunshine and the wind. Until he sees the other waves. He sees the other waves crashing onto the shore, so he gets scared. And another wave sees him and he's like "why do you look soo sad?" And the little wave says, because we're gonna crash. All us waves are gonna be nothing, Don't you understand? And the other wave says, " you don't understand. You're not a wave. You're part of the ocean."

Draft 2:

This poem is about defining the self. One may choose to define themselves a their name, occupation or a relationship that they hold with another person but what truly defines them is their purpose, which give them a reason to wake up every day & work towards it. The poem tries to personify a cloud who is questioning who it is. It states what is known to him and wonders if it is more than his physical anatomy that he is aware of?

In "Ikigai" and "Man's Search for Meaning" people try to find their purpose as an answer to the questions, "Who am I?" & "Why haven't committed suicide yet?".

Firstly, he questions if his physical boundaries define him. He wonders what happens when a part of him becomes a part of another cloud as the wind blows. Similar to humans as the food we eat, knowledge we gain & people we surround ourselves with becomes a part of us. Should he then blame it's circumstances that unsettles it or embrace them as he has no control over it? When he is scared of hitting the shore as a wave and forgets that nothing would happen as he is a part of the ocean and will remain so.

Secondly, he wonders if he was a cloud all along. When he was in the sea as water, rose up as vapour or after when it fell as droplets. Similarly, what a human believes in at this point in time may be drastically different from what he did in his childhood, 20 years back and is most likely to change 20 years from now.

Thirdly, he wonders if the dust that he contains is a part of him, or only the vapour form the clouds? Similar to humans, the human body outnumbers 10 times more bacteria than human cells. He wonders where does his environment start & the body end.

Lastly, he identifies himself as his purpose which is to bring water from the sea to the lands to form rains, that sustains life on earth. Here he breaks out of his physical boundaries, idea of no self & defines itself loosely & ambiguously such that there is nothing to protect or be certain about. In human life, this uncertainty helps in opening up a space to learn, improve, guard against extremist ideologies & becoming a crazy zealot for some cause. It opens up a room for dialog with people which improves relationships.

Draft 3:

I know, I am a cloud
I'm light & free
I can change shape, thin out
But when the wind blows
I scatter, blow away
& tear to pieces
Pieces, that become different clouds
Am I the same cloud again?
Or am I then the different clouds
that accepted a part of me?
Can I be understood
By the biology of me?
Breaking me into pieces
Studying them all?

When I form a wave
I'm scared to hit the shore
I fear, I would be nothing
Why do I forget?
I am part of the ocean
And will be the same...
As a wave or just water

Am I the vapour that forms me?
I rise, when they rise

& fall, when they are heavy
There is no distinction
But am I not water then?
I don't mind
A few drops, falling out
Drizzling, as rain
But falling of the last drop confuses me
I question my identity & existence
Who am I?

I know I am a cloud
But is the dust trapped inside me, me?
Or am I just the vapour?
How do you separate both?
As the dust outnumbers the vapour

How minute I am in nature
Insignificant. Am I?
But if I'm insignificant
then, who will carry the vapour?
Who will make the rains?
Will life on this sphere
Survive without the rains?
Thus, the "I" dissolves
I am not a cloud
Just the one who carries water

From sea to the dry lands
To help this wonderful world exist
Now I expand my horizons
To include the unkind

Draft 4:

I Am simply a cloud
Light & free
I shape shift but
when strong winds blow
I scatter into pieces.
And I blame the wind as it
Renders me powerless...

Makes me question
If I am what remained?
Or am I those scattered pieces?

Who am I?
Can I be understood
Only by my biology?
Breaking me into pieces
Studying them all?

Am I the vapour that forms me?

I rise, when it rises
& fall, when it falls
I don't mind falling.
A few drops...
But when the last drop falls,
I question my identity & existence
Who am I?

When I form a wave
I'm scared to hit the shore
I fear, I would be nothing
Why do I forget?
I am part of the ocean
And will be the same...
As a wave or just water

I know I was a cloud
But was the dust inside me, me as well?
Or was I just the vapour?
Are there any distinctions?
Since dust outnumbers the vapour,
Am I actually dust?

If indeed I Am,
How minute am I?
Insignificant...Am I?

But if I'm insignificant
then, who will make the rains?
Will life on this sphere
Survive without rain?

Thus, the "I" dissolves into
Just the one who carries water
From wet sea to dry lands
To help this wonderful world,
To embrace all & beyond.

Anatomy of the poem

Poem starts when the cloud identifies itself as simply a cloud, then thinks that it was a cloud and is not a cloud anymore & in the end it realises that it is not simply a cloud.

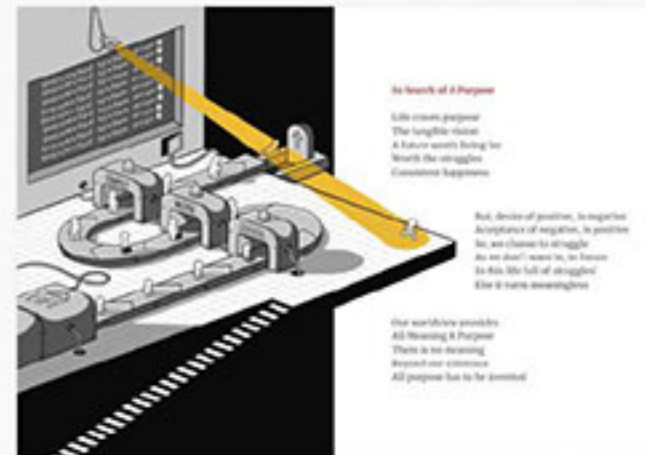
The poem starts with a lot of "I"s and slowly the terms vanishes as the cloud identifies itself loosely & ambiguously.

The "A" in Am in the second line is capital to emphasise on the ego.

Punctuations are used to make the poem dramatic!

In Search of a Purpose

Is life only about passing by the regular mundane activities, just like every other being? Apart from the usual how should one find the things they should put their energy in? It's often said that to keep oneself same, one should keep themselves busy.



Draft 1:

When our lives become easier/smooth
We are not continuously fighting to live
Then, the question arises
"Why should we live?"
In today's world
This is the problem with most people
They have all the facilities to live
But no reason
Characters of this existential vacuum are
Anger, addiction & depression

Purpose is having a tangible vision of the future that is worth living for, something worth passing through our struggles, without which everything is meaningless.

Life keeps pulling you back & forth, like a rubber band. It'll pull you one way & you'll think that's what you want to do. It'll pull you another way & you'll think that's what you have to do. It's like a wrestling match, one has to win.

Rejection makes your life better: In order to value one thing, you have to reject the other things. If I choose one value to prioritise over everything else that means by definition I must be willing to reject other things. If I'm not able to reject those things then I'm not able to

actually prioritise what is important in my life. People who cannot say no are often confused and do not know what they want from themselves. As soon as you limit yourself to a few things in life that you truly care about, that happens on a very subtle level, which is that, I don't have to give a fuck about this stuff, I don't have to give a fuck about who I'm gonna date etc. These are the things that I care about & gonna measure my life with, that is what I'm gonna pursue, and there is abundance of inner mental freedom to pursue it.

It doesn't matter how disciplined, motivated, strong or intelligent you are, how much support you have, if you have the wrong goal, you're fucked! If you have the wrong purpose, then all of the other stuff is just going to hurt you.

Eg. Onada, 27 years in a war that doesn't exist

The pursuit of positive experience is itself a negative experience.

The acceptance of negative experience is itself a positive experience.

Desire for positive experiences & unwillingness to sacrifice to get to the positive experience. We should struggle/sacrifice for something because that is what makes life more meaningful and generates more consistent sense of happiness.

JOURNEY OF POEM : IN SEARCH OF A PURPOSE

We are all here for a reason, nothing is coincidence & everyone matters because all our actions affect somebody & even if we can help one person, its still worth it! Your life purpose is unique and only meant for you, so you are the only one who can find out what gives you true satisfaction. Only if after finding that thing you are fool enough to not pursue it.

Or it may be just a story your mind spins to make it worth waking up in the morning everyday. But it is worth it because without it there is an endless grey horizon of resignation & indifference, which is the root of anxiety, mental illness & depression.

One may still choose to sleep walk through their entire life. Make life more vivid, just like being present does. It forces you to stop, to reflect, to go back, to think, to try to understand, rather than just zombying your way through life. We rarely have clarity; therefore conviction is missing

There are many professions which i believe if there is humility, you are a good at it. The foundation is Prosperity (barkat). When you realise the power of creation. How something is created out of nothing. But it is your expressions, you do not have to read out to thousand people, your writing is enough. That is why your energy gravitates you to that form of expression. The way you

are, you create such a medium or else search such a medium.

Draft 2:

Life craves purpose
The tangible vision
A future worth living for
Worth the struggles
Consistent happiness

But, desire of positive, is negative
Acceptance of negative, is positive
So, we choose to struggle
As we don't want to, in future
In this life full of struggles!
Else it turns meaningless

Our worldview provides
All Meaning & Purpose
There is no meaning
Beyond our existence
All purpose has to be invented

Life pulls you back
And you think this is it's purpose
Pushes you forth

JOURNEY OF POEM : IN SEARCH OF A PURPOSE

And you think this is the true one
It's like a wrestling match
One has to win
To value one thing
Rejecting other is crucial
But when you limit to the one
Life becomes quantifiable
Fewer things to care about
Gives inner freedom to pursue

If you pick wrong
It'll only hurt
Like being in a war
That ended years back
A purposeless purpose
You can become successful
Doing all the wrong things
Committing all the biggest errors
It means your values are not right
As that defines success

Everyone is here for a reason
Nothing is a coincidence
& your purpose is unique to you
Only you can find your true satisfaction
And with that you'll be gifted conviction

You can choose
To find it
Or to sleep walk through life
Zombying your way through

Or maybe all of it is just a story
Spinned by our mind
To make everyday worthwhile
And avoid brain's own illness
Due to Anxiety & depression

Choices

Abc



Chorus

Before every struggle, I wonder
What is at stake?

My struggles are silly -
Should I have coffee?
Woke up early or late again?
What shoes to wear?
Walk slow or fast?
These small decisions
They're my struggles!

Struggle is not the problem
Nor is the question
Problems arise after making a decision
After choosing one...
The other steps to avoid

Draft 1:

Before every fight I think, what is at stake?
Our fights are a little silly
Should I drink tea or coffee in the morning?
Should I walk fast or slow? Wear shoes or sleepers?
Wake up or lie down in bed for a little longer?
These small decisions are our fights
But in reality these small decisions and the life's big ones
are similar
Both account for the same thing
"What is at stake?"
The problem is not this question
But it starts after this question arises
After choosing one option, the other one stays in the mind
And the chosen one becomes a part of our tiring life
Right at this moment I am drinking tea
While coffee is on my mind
I've brought a book named The naive & the sentimental
novelist with me to the balcony
while Kafka & The shore are lying on the bedside.
I'm holding the Kamuk while Murugami is on my mind.
What a confusion!

I stopped drinking the tea
Made coffee, and picked up Kafka from the bedside
And came back to the balcony

You cannot do that with the bigger decisions in life
Now I have tea, coffee, The Naive & Kafka in the balcony
with me
When I found all the options that I had in front of me
Then things started becoming complex

Now I am neither drinking tea, nor coffee
Nor reading The Naive nor Kafka
I stare at the book covers but don't pick of any of them
I started to laugh at myself
As I understood that absence brings simplicity to life.

Life was simple a few years back
When there were only
4 ice cream flavours, 6 TV channels,
1 school in the neighbourhood,

Rejection makes your life better:
In order to value one thing, you have to reject the other
things.
If I choose one value to prioritise over everything else that
means by definition
I must be willing to reject other things.
If I'm not able to reject those things then I'm not able to
actually prioritise
what is important in my life.
People who cannot say no are often confused and do not

know what they want from themselves.

CRISPR babies, better AI
would decide everything for her & we can just sleepwalk
through life
We are already living in fiction

Draft 2:

Before every struggle, I wonder
What is at stake?

My struggles are silly...
Drink tea or coffee?
Wake up early or laze around?
Wear shoes or sleepers?
Walk slow or fast?
These small decisions
They're my struggles!

Struggle is not the problem
Nor is the question
Problem arises after making a decision
After choosing one...
The other stays in mind

Right now, sitting in my balcony

I'm drinking tea, while thinking of coffee
Holding one book, thinking of the other
What a Confusion!

Isn't everything a choice?
Smaller ones similar to the bigger ones...
How you live your life?
What do you give importance to?
How I choose to react to a situation?
Both make you wonder
What is at stake?

No one can take away my choices
But, I'm indecisive
Until the earthquake knocks
I choose to ignore my choices
And now, I have limited time
I have to hastily decide...
Whether to call out my friends first?
Or run to save my life?
Pick my gadgets or money?

While having these thoughts
I started making coffee
Got another book from the room
& came back to the balcony

Seeing all the options in-front
Complexity increased!
Now, I'm neither drinking tea nor coffee
Not reading the one book or the other

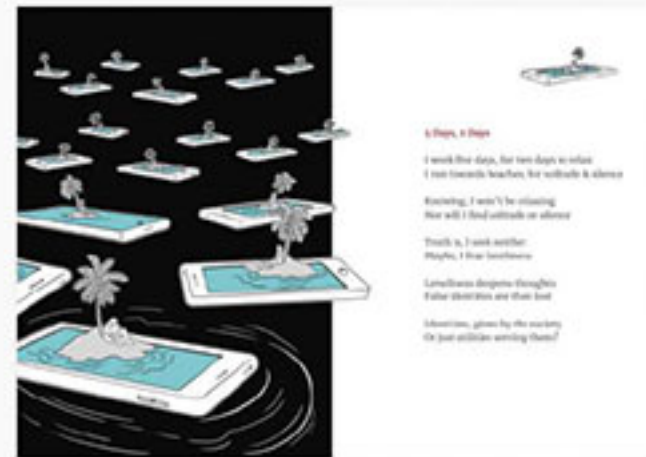
As a child
My life was simple
Three ice cream flavours
Two TV channels
One school in the neighbourhood
Maybe, Absence of choices brings simplicity
But, can simplicity be restored?

AI takes away most of my choices
Lesser struggles, more simplicity
Even a bad AI is good for me
As I can just blame it
& sleep walk through life!



5 Days, 2 Days

Abc



Draft 1:

People work 5 days a week, hoping to relax on the weekend. Weekend is the worst time in the whole world. More accidents happen, more commit suicide, more murders, more stealing, more rapes. Strange! These people were engaged for five days and there was no problem but the weekend suddenly gives a choice, either to engage in something or to relax, but relaxing is fearsome, as the false identity disappears.

People run towards beaches on weekends to get away from the crowd, and the whole crowd goes with them. They're going to find solidarity & silent space - all of them. Which means it would have been more of that at home. 10,000 people on a small beach taking sunbath, relaxing. Same person on the beach alone won't be able to relax.

The crowd is essential for the false self to exist. The moment it is lonely, you start freaking out. The false dissolves, but you need not be afraid as you can only lose the which needs to be lost.

The society, culture, religion, education conspire against innocent children & make them into a utility for the society. This utility makes us feel useful in the

community, feel productive, otherwise we may end up feeling use less & depressed.

Being in the crowd, loneliness seems comforting
But what is loneliness being in loneliness?
That is hypocrisy!
In my dreams of travelling whenever I lock my front door
The fear of opening the lock back strikes in
Opening up the door again is the second point
A dream of the second point give birth to time & space.
Me Locking up the door is the first point.
And the whole journey lies in between these two points
Everything converts into a story
Which started with me locking up the door
And ends when I open up the door back
Now who is on the journey?
Not me
Since I locked the door,
I have gone into the dream of opening it up
Now should I lock the door?

Sometimes being alone is perfectly good. One needs their own space & to forget the whole world to be oneself. When the other is absent you have no boundaries because the other creates your boundary, otherwise you are infinite & simple.

Simple life without much complexity loses richness. Life should be a mix of simple & complex. So, when you are fed up with loneliness, meet people, enjoy their company, take & laugh. Make this a rhythm like day & night: Work hard in the day so you can relax deeply so that you can work the next day. Loneliness truly is a kind of tax we have to pay to atone for certain complexity of mind.

"No one understands anyone else" - German writer Goethe

It isn't our fault. It is what we should expect from the very start. Once we accept loneliness, we can get creative. We can start to send out messages in a bottle, we can sing, write poetry, produce books and blogs. Activities stemming around the realisation that people around us won't ever fully get us, but that others separated across time & space might. Loneliness makes us more capable of true intimacy.

It gives us a character. We don't repeat what everyone else thinks; we develop a point of view, we might be isolated for now but we'll be capable of far closer more interesting bonds with anyone we do eventually locate. Enduring loneliness is almost invariably better than suffering the compromise of false community.

Draft 2:

I work 5 days, for 2 days to relax
I run towards beaches, for solitude & silence
Knowing those 2 days won't be relaxing
& I won't find solitude nor silence

I have a peculiar relation with loneliness
5 days are comforting
But the 2 are scary
To an extent that I can't recognise myself!

Others recognise me in those 5 days
But only as 'utility' for the society
It makes me feel useful & less depressed
But that identity, dissolves in loneliness
One can only lose what is false!

So, I lock my front door, after 5 days
But even opening up is scary
Maybe, I like my loneliness
It lets me forget the world & be myself
I feel simple & infinite

Thought of opening my front door, scares me
It's not because I hate loneliness
Sometimes, it's perfectly good to me

Let's me forget the world & be myself
I feel simple & infinite

Loneliness & being crowded are like beats
We work hard in day, to relax deeply in night
Sleep in the night, to wake up fresh in the day
Simple life without complexity loses richness
Making it like a rhythm helps!

Loneliness gives me character
I'm isolated today, but hope to find someone someday
It makes me capable of true intimacy
It's the tax I pay to atone complexity of mind
Enduring it is invariably healthy
Suffering the compromise of false community is not

No one understands anyone else
I understand myself, people around don't
But those separated across time & space might
Accepting loneliness, makes me creative
Make me sing, write poetry, books, blogs...

Draft 3:

I work 5 days a week so that I can take 2 days off, to chill
in silence & solitude. But instead I find myself going to the

beach, where I know I'll find all the other people that
were in the offices. They've come to find the same
solitude & silence.

The truth is that we are seeking neither of that, we are just
fearful of being lonely. My thoughts deepen in
loneliness to the extent that I cannot recognise myself
anymore. The false identity that the society has given me
for its own utility, based on the work I do disappears with
the crowd.

So I lock my door and go to the beach but sometimes even
opening up scares me. I think I like loneliness sometimes,
forgetting the world & being myself, simple & Infinite. It
gives me character, deepens my thoughts & acknowledge
the fact that no one around truly understands me. So I
write poems, books, blogs & sing songs in a hope that
someday across space & time someone will.

Until then I lock my door & leave for the beaches

Draft 4:

I work five days, for two days to relax
I run towards beaches, for solitude & silence

Knowing, I won't be relaxing
& I won't find solitude or silence

Truth is, I seek neither
Maybe, I fear loneliness

Loneliness deepens thoughts
Then false identities are lost

Identities, given by the society
Are just utilities serving them

So, I lock my front door, after 5 days
But even opening up scares me

I think I like loneliness
As no one truly understands me

So I write songs, poems & blogs
For the people across time & space

Until then I lock my door
And leave for the crowded beaches...

Draft 5:

I work five days, for two days to relax
I run towards beaches, for solitude & silence

Knowing, I won't be relaxing
Nor will I find solitude or silence

Truth is, I seek neither
Maybe, I fear loneliness

Loneliness deepens thoughts
False identities are then lost

Identities, given by the society
Or just utilities serving them?

I've locked my front door
As opening up scares me

I think I like loneliness
As no one truly understands me

So I write songs & poems
For them to travel across space & time

Until I lock myself again
I leave for those crowded beaches...



Clinging

Summary



Draft 1:

People fear the empty apartment after work
The eeriness of Sunday afternoon
Sense of exclusion during the holidays
Having an entire bed to themselves
So scared are we of having dinner on our own
Unnaturally scared of having a bed to themselves for a few more years

When terrified of loneliness, we have no strength to argue for our needs & are at the mercy of the one who fears loneliness less. Partners develop an advanced sense of the person who has nowhere else to go. We can't now imagine knowing how to change the dishwasher fluid alone, walking into a party by ourselves, or taking the initiative to send our nephews birthday presents, so used to we become to using the other to compensate for our weaknesses.

Wrong choice over the company you keep
No option but to privilege anyone over the appropriate one
You are an average of 5 closest people to you.
The only souls with any realistic chance of ending up with the partner they deserve are those who have properly reconciled themselves to the prospect of never being with anyone at all.

It isn't just other people we won't get to know, it's also ourselves. The constant presence of companions stops us from making friends with our minds and exploring our feelings and ideas in a way that only extended stretches of solitude allow. We use another person to distract us whenever any slightly painful or challenging internal matter comes into view. There ends up being so much we won't ever really feel or understand about ourselves. So many big questions about our careers and our ultimate purpose that we will ignore because there was always someone else on. Hand to chat about what to order in dinner.

Worst of all, we might not even be actively miserable after a while. We'll get used to cozy mediocrity. We won't be curious or restless. We won't dare - as the single must - to go up to strangers and risk our pride.

We'll stop learning. We'll believe that we've answered our needs completely but only based on suppressing our knowledge of what our needs are.

Those brave souls who have to learn how to garden, go on a holiday I the mountains, endure empty weekends, call up their mother or cook a chicken - and thereby achieve the resilient competence upon which true social discrimination and liberty rest. For those who have too lightly signed away their freedoms, there are sure to be constant & searing reminders of what they have foregone. Every party and every walk down a busy street will

provide evidence of what might have been, all those potentially fascinating & charming members of humanity they have now forever been disbarred from getting to know.

To start to correct everything that stems from this ridiculous fear of being alone, we should from a young age learn that being alone never means there is something wrong with us, just that we are being appropriately patient, until what truly satisfies us shows up. We will never learn the true promise of community, discover our interests or hold out for the connections we deserve until we make genuine peace with the prospect of life by ourselves.

Always living in a relationship means always living on the boundary where you can meet others. So you are always standing at the gate and you can never move into your palace because only at the gate is the meeting point where the others pass by. People who only live in love, day by day become superficial. Their life loses depth. People who live only in solitude will become very deep, but their life loses colour, loses the ecstatic dance & the organic quality of being. One should be free to move from one to another.

True Love/Relationship is to recognise others' true potential & help them reach their highest potential, else it is just a transaction. It defines the quality & productivity

in our life. This is the only thing that can help us understand the deepest parts of another living being. No one otherwise can become fully aware of another person's nature, unless they love them.

Draft 2:

I'm scared of...
Empty apartment
Having an entire bed to self
Sitting lone on Sundays
And eating dinner solo

I'm used to...
Distractions from painful internal matters
Someone compensating my weaknesses
Walking into party with others
Planning trips together

So I give up...
Strength to argue my needs
Quality of company I keep
Desire to know self & others
Does it made me superficial?

Until I realised...
I am long standing at the door of my own palace
Because meeting point is at the gate
And I can never move inside my palace
I might find solitude inside

Solitude that gives...
Depth & complexity to thoughts
Resilient competence on which true liberty rests
But too much of it makes life loose its colours
Organic quality of being & the ecstatic dance

True love is...
To help others reach their true potential
Helps understand deepest parts of another
Defines the quality & productivity in life
Or is it just a transaction?

So solitude or love?
Being free to move from one to other
I will soon leave in search for
Until I enjoy my long lost solitude

Draft 3:

I've heard love is...
To help others reach their true potential
Understanding their depths
It is everything, but tough to find!

But, I'm scared of...
Empty apartment after office
Sitting alone on sundays
Eating dinner solo
And having entire bed to self

And, I'm used to...
Distractions from painful internal matters
Walking into party with others
Someone compensating my weaknesses
And planning trips together

So I give up...
Strength to argue my needs
Quality of company I keep
Desire to know self & others
Hope to find true love
And settle to whatever is available

But then, I realised...
I am long standing at the door of my own palace
Because meeting point is at the gate
And I can never move inside my palace
Where I might find solitude

Solitude that gives...
Depth & complexity to thoughts
Resilient competence on which true liberty rests
But too much of it makes life lose its colours
Organic quality of being & the ecstatic dance

So solitude or love?
Being free to move from one to other
I will soon leave in search for another
Until I enjoy my long lost solitude...



Emotions / Conviction

Summary



Draft 1:

It is okay to not know what you are seeking at the moment but it is not okay if even you are not seeking it. Make your life about more than yourself & your family. Expand your horizon. Great conviction like Mahatma Gandhi or Mother Teresa is tough to achieve without focus & rejecting some of the other things. When Death approaches your purpose becomes clear to recognise, but if not done beforehand one can only regret it in their deathbed.

The indecisiveness you have at 11AM about sleeping or working, as you know the latter would mess up your health, building up cortisol, leading to overthinking, screwing up the metabolism & making you gain weight like crazy. But you manage to convince yourself to stretch it for that 1 task that you have convinced yourself to be too important as the deadline is near, while deep down you know it won't matter in the long run. You might even just forget about it after a week passes. The hypocrite inside of you knows that you promised yourself to prioritise your health over other things like money & career, was that only to tell?

How shall a directionless being achieve conviction without a strong purpose that runs through their mind all the time. Conviction cannot come without prioritising. Rejecting a

fewer smaller things to make up space for the prioritised thing.

Everyone seeks momentary happiness & to avoid the pain, little do they know that true happiness lies in taking the pain to fulfil the one truly satisfying thing that shall bring the ecstatic look on your face in the deathbed.

Sometimes you may fail to follow what you believe in. But maybe one day a glimpse of light may punch a hole in your most basic assumptions.

Draft 2:

The indecisiveness you have at 11 AM about sleeping or working, as you know the latter would mess up your health, building up cortisol, leading to overthinking, screwing up the metabolism & making you gain weight like crazy. But you manage to convince yourself to stretch it for that 1 task that you have convinced yourself to be too important as the deadline is near, while deep down you know it won't matter in the long run. You might even just forget about it after a week passes. The hypocrite inside of you knows that you promised yourself to prioritize your health over other things like money & career, was that only to tell?

You may be rational but emotions are like a verbally abusive boyfriend driving your conscious car, when you sit on the passenger seat, he refuses to pull over & asks for directions - but later being told where to go will make you feel miserable if you question his driving. To avoid this fuss, you draw maps to justify where the boyfriend has already decided it wants to go.

You are not driving your conscious car. You will have to live out new values to adopt a new path. You cannot get the emotions to drive to a different place until you live differently.

If emotions say it wants ice cream, instead of contradicting it with facts about processed sugar & excess calories, you decide, "You know what, I worked hard today, I deserve some ice cream" & your emotions respond with a sense of ease & satisfaction.

Everyone seeks momentary happiness & to avoid the pain, little do they know that true happiness lies in taking the pain to fulfill the one truly satisfying thing that shall bring the ecstatic look on your face on the deathbed.

Everyone wants to live on top of the mountain, but all the growth occurs while you're climbing it. Sometimes we may get stuck into patterns that no longer serve us but with

awareness and support, we can make a different choice and weave a whole new future.

The rational brain is bullied & abused so much that it develops Stockholm syndrome - it can't imagine a life beyond pleasing & justifying. Lack of independent thought & no ability to measure contradiction or switch beliefs or opinions.

How shall a directionless being achieve conviction without a strong purpose that runs through their mind all the time? A conviction cannot come without prioritizing. Rejecting fewer smaller things to make up space for the prioritized thing.

Sometimes you may fail to follow what you believe in. But maybe one day a glimpse of light may punch a hole in your most basic assumptions.

Draft 3:

You promised to prioritize health
Over superficial things like money & career
What a hypocrite you are!
Indecisiveness strikes you at 12
You had planned to sleep
But because work didn't progress
You decided to stretch
Knowing the health damages
The body will build cortisol
Making you overthink
Screwing up metabolism
Fostering weight gain like crazy
Still, I managed to convince myself
To complete that one unimportant task
Because the deadline is near
While you know it won't matter in the long run
I might as well forget about it after a week
But your body won't
Why do people think it's okay to not sleep at night?
All of the human evolution down the drain!

You make rational decisions
But verbally abusive boyfriend is driving your car
While you sit on the passenger seat
He refuses to pull over

He asks for directions but never listens
And if you question his driving...
He makes you feel miserable
Bullied & abused
You develop Stockholm syndrome
You can't imagine life beyond pleasing & justifying
Lack independent thought
Inability to switch beliefs & opinions
So you draw new maps to justify
Wherever he wants to go
He is nothing but your emotions
Who drives your conscious car
Since you are not driving
You have to live out new values
Adopt a new path
You cannot get him to drive to a different place
Until you live differently

When emotions want ice cream
You don't contradict with facts
Facts about processed sugar & calories
Instead you tell yourself
You deserve it, you've worked hard
You choose momentary happiness
To avoid the pain
Don't you know true happiness
Lies in taking the pain?

JOURNEY OF POEM : EMOTIONS / CONVICTION

Everyone wants to live on top
But growth occurs while climbing!
How will you achieve conviction?
Being so directionless
You need to reject fewer smaller things
To make space for priorities
Sometimes you may fail to follow your beliefs
But its okay, because one day
A glimpse of light me punch your beliefs

Draft 4:

You promise to prioritise health
But when clock strikes 12
You turn indecisive
You planned to sleep
But you decide to stretch

So the health damages...
Cortisol builds up
Overthinking strikes
Metabolism ruins
And you gain weight like hell!

The deadline is near
So you prefer a trivial task
Over what you prefer

When you want an ice cream
You forget about calories
Processed sugar & Health
Instead, you fake to deserve it

You can't control
So you select momentary delight
Over the pain
Knowing true happiness lies
In taking the pain

You are sane, but
Your boyfriend drives your car
He is verbally abusive
Refuses to pull over

Asks for directions
But never listens
If you question his driving
Makes you feel miserable,
Bullies & abuses

You develop Stockholm syndrome
Loose independent thoughts
Please & justify him
Unable to switch beliefs or opinions

And then you draw new maps
To justify wherever he drives
'He' is nothing but your emotions
That drive your consciousness car

And since you're not driving
You have to live out new values
Adopt a new path

Until you live differently
You cannot stop him
And being directionless
You cannot achieve conviction

Draft 5:

When clock strikes 12
You turn indecisive
You planned to sleep
But you decide to stretch

So, the health damages...
Cortisol builds up
Overthinking strikes
Metabolism ruins

You gain weight like hell!
But the deadline is near
So you prefer a trivial task
Over what you prefer

When you want an ice cream
You forget about calories
Processed sugar & Health
Instead, you fake to deserve it

You can't control
So you select delight, over trouble
Knowing happiness lies
In taking the pain

You are sane, but
Your boyfriend drives your car
He is verbally abusive
Refuses to pull over

He asks for directions
But never listens
If you question his driving
He bullies & abuses

You develop Stockholm syndrome
Loose independent thoughts
Please & justify him
Unable to switch beliefs or opinions

You draw new maps
To justify wherever he drives
'He' is nothing but your emotions
Driving your consciousness car

You're not driving, so live differently
Adopt new values & path
Because you cannot stop him
Being the directionless yourself!



Happiness

Summary



Draft 1:

Hedonism - Our behaviour is determined by desires to increase pleasure & decrease pain.

The first half of life we want to be an adult & in the second half to be a child again.

The emotions themselves aren't good or bad, it's the context around them, it's the meaning around them.

Everyone wants to live on top of the mountain, but all the growth occurs while you're climbing it. Sometimes we may get stuck into patterns that no longer serve us but with awareness and support, we can make a different choice and weave a whole new future.

Happiness is not the biggest thing in life. There are bad forms of happiness like doing cocaine all day, that'll make you happy for a while, but that doesn't mean that you should go and do it. Serial killers seem to be very pleased with themselves.

The idea of happiness is like a treadmill. Happiness is the carrot always dangling in front of you, no matter what you do. You think you'd be happy if you get

Happiness comes from Solving Problems. If you either pretend that you have no problems in your life, then you won't be happy. But even if you have problems that you feel you can't solve, then you won't be happy. The sauce is having problems that you kind of want to have, kind of enjoy having.

Life is suffering - Buddha. No after what you do, who you hang out with what you pursue, there is some facet of suffering associated with it. We are not doomed to suffering. Suffering has a certain evolutionary usefulness to it. If you think about the evolution of the course of hundreds of thousands of years, a creature that is happy all the time is not going to survive. It's actually the creature who is a little bit dissatisfied all the time, a little anxious, paranoid, pissed off with people around would do most work to survive & replicate. The modern idea that we should never feel bad is completely misguided & goes against our evolutionary nature.

Negative emotions have an inherent purpose and they help us. The anxiety & fear that we wish to overcome is actually signalled within our body to do something. They are important & if we ignore them or train ourselves to ignore them, then we are actually limiting ourselves in a lot of ways. They signal that we have problems/emotions that must be overcome.

Draft 2:

As technology progressed, it became possible to land a vehicle on the highest of the mountains. I decided to use that as with increasing age and deteriorating body It was only becoming more challenging every passing day. So this time, I tried to cheat. I thought only reaching to the top, would solely make me happy.

I was happy to see the view from the highest mountain. But this time it didn't give me that feeling of immense pleasure. Maybe happiness is not the biggest thing in life. One can even get happy doing. Drugs & cocaine, but it doesn't mean they should. Serial killers seem to be very happy all the time. The emotion itself isn't good or bad it Is the context/meaning around it.

The first time I climbed a mountain, it was really painful. I didn't have the skills nor the physique to make it up there. You can say I was just lucky to reach the summit somehow. But when I reached the summit, It was the most beautiful moment of my life. It was worth all the pain & struggle that went into reaching there.

It was an achievement indeed but faded away in a few weeks. Happiness is like a treadmill, the carrot always dangling in front of you no matter what you do. So I

planned another expedition after another, got the training, became fit & worked harder each time than the previous.

Maybe it was never about reaching the summit but the struggles/suffering on the way that gave me such delight after reaching there. Everyone wants to live on top of the mountain, but all the growth occurs while you're climbing it. Sometimes we may get stuck into patterns that no longer serve us but with awareness and support, we can make a different choice and weave a whole new future.

It is the suffering/struggles that helped me evolve. The modern idea that we should never feel bad is completely misguided & goes against our evolutionary nature. Negative emotions have an inherent purpose and they help us. The anxiety & fear that we wish to overcome is signaled within our body to do something. They are important & if we ignore them or train ourselves to ignore them, then we are limiting ourselves in a lot of ways. They signal that we have problems/emotions that must be overcome.

Draft 3:

Now that it's possible to land vehicles
On the highest of the mountains
Seeking true happiness
And considering my age & deteriorating body
I decided to cheat my way up

No wonder the view brought delight
But it wasn't comparable
Maybe, happiness is just hyped
Cocaine & drugs may give equivalent
And It's just not the biggest thing in life

My first time was wrenching
Without the skills or physique
But only will to make it up there
On reaching, I had the best moment
It was an achievement indeed!

Faded away in a few weeks
Happiness is like a treadmill
Carrot dangling in front of you
So I planned, one after another
Until my life became about expeditions

Only then I realised,
It was never about reaching the peak
Everyone wants to get on top
But climbing gives the growth
The suffering helps evolve

The negative emotions
They have an inherent purpose
Choosing to ignore them
Is only limiting ourselves



Where does need end & greed start?

Summary



Draft 1:

No one knows how much is enough?
More than your classmates back in school?
Or the batchmates sitting with you for placements?

Not everything has to be a rat race or a competition. You are feeding your family, paying your bills then you are doing just great. Don't let anyone feel worthless for your hard earned money.

Is the money you earn dependent on how hard you work? I don't work hard, most of it was just luck. I know a lot of people who work really hard. The farmers, soldiers, etc. Man thinks everything is action and reaction based, everything is...as if I am the one doing it. When someone asks you are soo successful, how hard do you work. I tell them, I am not successful because of hard work. it is destiny. There are many people who are far more hard working than I am. Maybe someone's destiny which is matched with yours is propelling you. My parent's blessings are there. When destiny is combined magic happens. I am the same. If camera was not rolling my relationship with my food, would've been the same. I would meet people and talk to them about the same. But fortunately, since the camera is rolling I am able to meet more people.

Money is its own special, universal mini-religion that we all bought into because it makes our lives a little bit easier. It allows us to convert our values into something universal when we're dealing with one another.

Draft 2:

I cook food. My art is in the creation. I love my work. Food becomes a part of the being that consumes it, none another form of art has this ability. But do I earn enough doing it? Well, I get immense pleasure & satisfaction doing it. But how much money is enough for the job? Can cooking for langar be ever compared to a restaurant? Is there a standard? Or is 'enough' more than people around me? Shouldn't 'enough' be whatever you need to live? But where do you draw the line between need & greed? Is 'need' only to maintain your standard of living? But you always want to level up!

Why should everything be a rat race or competition? If you're able to feed your family, pay your bills then you are doing just great. Why do you feel worthless for your hard-earned money then?

Is what you earn determined by how hard you work or what difference you make? Then, farmers & soldiers should've been the richest. People fault in thinking

everything is action & reaction-based. They think they are the ones doing everything around them. But it's probably destiny. Maybe someone else's destiny that is matched with you is propelling you.

Life is a poker game. We all get dealt with cards. Some of us get better cards than others. And while its easy to get hung up on our cards & feel we got screwed over. The real game lies in the choices we make with those cards, risks we decide to take & consequences we choose to live with. People who consistently make the best choices in the situation are the ones who eventually come out ahead in poker, just as in life and not necessarily the people with the best cards.

Draft 3:

My art is in the creation
I cook food & love my work
Food becomes part of you
No other art hold that power

But do you earn enough?
Well, I get more than enough...
Pleasure & satisfaction
Feeding gurudwara langars
In this world driven by hunger

How can you ignore money?
Umm...but is there a standard?
I can choose the metric
To measure my experiences

Then, why does money exist?
Its a special mini-religion
Makes life easier
Values turned to universal metric
Helps dealing with one another

But is the money you earn enough?
Yes, For me enough money is
Whatever I need to live

So where do you draw a line
Between need & greed?
Doesn't greed start where need ends?
I see its not that easy for most
But maintain your standard of living

Is maintaining life standard enough?
Well, not when you always want to level up

Don't you want to earn more?
More money isn't always better
Haven't you heard of lottery winners?

Don't you want to earn
more than people around you ?
Why is it a rat-race?
Feeding family, paying bills
That should be enough!
Why do you make me feel worthless...
For my hard-earned money?
Cooking for a langar
Can it be compared to a chef
Or a mother?

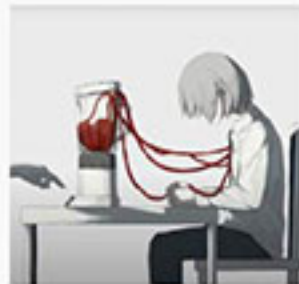
Then, What is the role of money in life?
Life is just a poker game
We all get cards...
Some get better
And if you get worse
It's easy to feel awful

But the real game lies..
in how you play the cards
Choices we make
Risks we take
Consequences we choose

Eventually people who play well
Make good choices
Come out ahead
In poker & life
Not necessarily ones with best cards

Consumerism

Summary



Draft 1:

Thinking v/s Feeling:

Back in the early nineteenth century, marketing was seen simply as a means of communicating the tangible, real benefits of a product in the simplest and most concise form possible. It was believed at the time that people bought products based on facts and information. If someone wanted to buy cheese, then you had to communicate to them the facts of why your cheese was superior ("Freshest French goat milk, cured twelve days, shipped refrigerated!"). People were seen as rational actors making rational purchasing decisions for themselves. It was the Classic Assumption: the Thinking Brain was in charge. But People were emotional and impulsive and just hid it well. He believed the Feeling Brain was in charge and nobody had quite realized it.

Optionality:

Western culture started to mistake optionality for freedom. Like if you look at what, the way freedom and Liberty are described in the ancient world and the Enlightenment, they are described in terms of what you commit to. Like, I'm free because out of all of the options, I chose this one. Whereas, today, we tend to define freedom or assume that freedom is not having to commit to anything. I can have all the options and I don't

have to give anything up. Marketing is an incredible new tool that could give people the feeling of having freedom when you're just giving them a few more flavors of toothpaste to choose from.

You can become freer right now simply by choosing the limitations you want to impose on yourself. You can choose to wake up earlier each morning, block your email until mid-afternoon each day, to delete social media apps from your phone. These limitations will free you because they will liberate your time, attention, and power of choice. They treat your consciousness as an end in itself. If you struggle to go to the gym, then rent a locker and leave all your work clothes there so you have to go each morning. Limit yourself to two to three social events each week, so you are forced to spend time with the people you care about most. Write a check to a close friend or family member for three thousand dollars and tell them that if you ever smoke a cigarette again, they get to cash it.

Power:

Everything is a copy of a copy of a copy
We buy things that we do not need
Material objects as a status symbol.
The world runs on one thing: feelings.
This is because people spend money on things that make them feel good. And where the money flows, power flows.
Why should the consuming power of a person determine their status in society?

Quantity:

A frog once asked a centipede how it can walk on a hundred feet so gracefully synchronized while the frog finds it difficult to manage even two. The centipede took a moment to analyze its own walk & was baffled, so as it tried to walk further its feet got entangled & it tripped. Anything beyond what we need is poison. It can be power, laziness, food, ego, ambition, vanity, fear, anger, or whatever.

Utility:

The smartphone that you are hoping to buy costs two generations of labor in most parts of the world. On the other hand, knowledge is free & yours to inherit. You may want a smartphone to claim this inheritance, but when you earn one, remember what it is for & how fortunate you are to have one. So share what you learn.

Draft 2:

Once, when people were sane
Ads conveyed only tangible
Real benefits in concise forms

Then, the secret revealed
They're emotional, selfish & impulsive
Just hiding it all well

Ads then started to make feel worse
Products started resolving shame
Helping get rid of insecurities

Driving to make bad decisions
To compensate the lacking
Maintain stories of cohesive identity

Makeup to garner love & affection
Beer to become centre of attention
Cigarettes as 'torches of freedom'

Bad decision came with options
Few flavours of drinks
Masked as freedom

Having all the options
Not committing
Or giving up anything

Puts us on a treadmill,
Chasing more and more
Incapable to live with less

An endless series of transactions
But no matter how much you have
It's always less...

Soon it represented social class
Still remained a want, not a need
Because the world runs on Feelings!

You're not free because you can choose
But because out of all the options
You choose the ONE!

Draft 3:

Once, when people were sane
Ads conveyed only tangible
Real benefits in concise forms

Then, the secret revealed
They're emotional, selfish & impulsive
Just hiding it all well!

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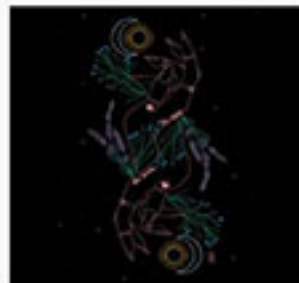
Puts us on a treadmill,
Chasing more and more
Incapable to live with less

An endless series of transactions
No matter how much you have
Its always less than your desires...

Soon it represented social class
Still remained a want, not a need
Because the world runs on Feelings!

Alas! Humans are slave of emotions
They can do anything he wants
But not want what he needs

You're not free because you can choose
But because out of all the options
You choose the ONE!



So, Who Am I then?

The cloud then questions if its not just what he does in
this world then who actually is he?

Draft 1:

The reason God created me is maybe just to mature, live different lives again & again back & forth in time, interacting with self unknowingly. All people on earth are different incarnations of me. I am every human being that ever lived, or will ever live. And each human is like a vessel. I put a tiny part of myself into the vessel, and when I bring it back out, I've gained all the experiences it had. And therefore with every life I mature.

Every time you victimise someone, you're victimising yourself. Every act of kindness you've done, you've done to yourself. Every happy or sad moment experienced by any human will be experienced by you.

You cannot leave them vague and you cannot define them, because defining them is taking them to another extreme. It loses its organic nature. So how would you give it a meaning? In other's mind, you should just leave it open ended.* We should define ourselves as loosely and ambiguously as possible because the less defined we are the less we need to cling to defense mechanisms.

Draft 2:

Whole being special thing is overrated
There is no such thing as normal, it's a stupid word, does a lot of damage.
The thing that makes you feel solid ...like you exist
Just being a human being is hard
Every little action of the common day makes or unmakes character
It just means you're build of everything you do.. and that's okay

Who am I?
I don't know
What is all this 'me' business anyway
What's wrong with not knowing
Being inconsistent
Just uncertain
Why do you have to be anything?
We are so lucky to be alive, to help each other in little ways and in big ways. The reason we're lucky is because helping each other is what makes us happy.
Parenthood analogy. Transfer of roles gradually.

Draft 3:

If I am not just what I do
Am I normal?
Or special?
Normal is a stupid word
Does a lot of damage
Special is overrated!
And being 'me' is Hard

What's 'me' anyway?
I don't know...

And that's not a problem
Not knowing is not wrong
Just to be, is to be me
Inconsistent, uncertain
And growing
So, why be anything?



Little things

Summary



Money, Fame & Success: You might believe that you have found your life purpose. A common trend I notice is once you blow up on social media, or once you make it into the pros in music, sports, or any other type of career that pays the big bucks is when you can truly say you found what you were meant to do in life. Something that gives you happiness, respect & money. There's a problem here that I think at some point we all realise either the easy way or the hard way. The idea of a life purpose is often associated with money, fame and success.

Uniqueness:

In the story Poseidon, Ancient Greek god is so swamped with paperwork that he never had time to explore his underwater domain. The joke here is that not even a God can handle the amount of paperwork demanded by the modern workplace. The reason why he is unwilling to delegate any of the work is because he feels everyone else unworthy of the task. Poseidon is a prisoner of his own ego.

Utility: The society, culture, religion, education conspire against innocent children & make them into a utility for the society. This utility makes us feel useful in the community, feel productive, otherwise we may end up feeling use less & depressed.

Success: But when you become mega successful or once that success dies down, unexpectedly, is it still your life purpose? Or were you sadly mistaken? And then you start saying, "Well, what the hell? I thought this was my life purpose, I'm supposed to be successful." "Well, okay if this isn't my life purpose, then what is?" Those thoughts start to play in your head.

Passion: The space between the physical and spiritual. To be in this flow state you have to really enjoy what you are doing, but there are times when that joy can become an addiction, and thus you become disconnected from life. Very often, that's what happens when one is obsessed with whatever activity they consider to be their life purpose. There are times when nothing else matters but that one activity, and while that mindset can be beneficial at times when you really want to get something done, not being self aware about it can cause major issues to your mental health.

Boredom/Growth: Another problem with the concept of a life purpose is you're probably going to get bored from time to time, with whatever activity you classify as your life purpose. Our minds change all the time, every year, every day. You can have a passion for something and still

get bored with it sometimes. There are days when you might even want to never do it again, then a day goes by and you go right back at it as if nothing ever happened.

Obsession: Once you finally find that quote-unquote "life purpose" you become so obsessed over it to the point where it's all you think, dream and talk about. When you talk to your friends for example, you may not even realize that all you talk about is that one activity that you put on a pedestal. You miss all the other satisfying memories of what life has to offer. After he gets his

Dangers of Purpose:

Obsessing over finding that one life purpose can be incredibly dangerous.

Imagine dedicating your entire life for a gig, only to find out it was just like any other job. Slightly more exciting, yes, but not quite what you were expecting. At that point, I think pretty much anyone would fall into an instant state of depression. You would instantly realise that all the people you could have connected with better, all the opportunities you passed up, all the days that you took for granted are all long and gone. You would instantly realise that the whole life purpose search is a trap. A trap designed to destroy you both physically and mentally.

I heard this story about a fish, he swims upto this older fish and says, "I'm trying to find this thing called the ocean". The elder said, "The ocean? That's what you're in right now". The fish replied, "This? This is water. What I want is the ocean."

Life purpose is something that I think really needs to be redefined. When you say you want to find your life purpose, you really gotta be specific with what you mean by that. Some might say their life purpose is being a musician, a barber, or a clothes designer, and okay... but then what? Is everything else you do just meaningless after that?

Experiences:

The fact of the matter is you didn't come into this world to do one specific thing. None of us did. Everything you do in this world... everything you experience... the highs, the lows, the successes, the failures, the love, the negativity, that's what living life is all about... experience... that's the meaning of life. Even something as simple as walking, or breathing air are life purposes. So free your soul from that limited box. You can be anything, multiple things, and that time will come, but don't forget to be happy to be alive.

Food, conversations, or even fear, everything can be fascinating!

Even if you find a purpose/passion. You weren't born to do what you do, it's just something you discover along the way.

Life is beautiful & you've got to live every minute of it. We have only 2 lives & the second one starts when you realise that you have only one!



Death

Summary



Draft 1:

It is a thing that most crystallises what matters in life. It's only when you confront death or come close to death that it's most clear to you what you should be give importance to. Therefore, we should regularly question our mortality, regularly think about our own death. If I die an year from now, what would I do with my last year? If I have cancer tomorrow would I have any regrets? Like I wasted time? If so, what was the time I wasted?

Facing death forces to confront a lot of fear in doing it. When you are walking to the edge of a cliff, with no intention of jumping, it forces you to reckon with the question of, what if I do trip and fall? It makes me think of my life in a profound way. Death elucidates (make clearer) everything that is meaningful in life.

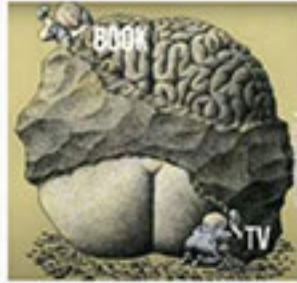
Dying is just one thing to be sad about, living unhappily is another matter. When you know how to die, you know how to live. Fear of death & ageing reflects lives that haven't found meaning. Death ends a life, not a relationship.

Death is a universal experience. No matter what our culture, our religion, our race, or our country of origin, we will all die. How we approach death, how we think about

suffering and grief, and what we believe happens after we die vary based on our culture, religion, and spiritual beliefs. Spiritual beliefs ground our thinking about end-of-life concepts. Humanists, which include atheists and agnostics, believe that death is the end. Christians believe that death is the beginning of everlasting life with God. Hindus believe that while death is the end of this life, it is also the beginning of a new cycle.

Its a good thing to keep counting your breaths now & then. Keeps you from putting things off.

Death of others seems insignificant, whereas, one's own death seems rather an error and an outrage. It seems like a catastrophe.



Enlightenment

Summary



Draft 1:

The answers are out there
And they will find you
Your greatest gift is foresight
And the fuel of it is hindsight
So study everything that led up to you
Not just social history, but also the evolution of life &
human behaviour,
The big history of the universe itself
For the more you understand the past,
The better you will course the future.

Equip yourself with tools of
Thoughts, words, images & concepts
Words are records of beliefs & lived histories.
They are arranged in order to make meanings, medicines
& weapons.
Read the meanings of black & white & see if they can be
interchanged.

Organise your ideas in neat categories & boxes but do not
start living in them.
Life emerges from a continuum of chaos & order,
transience & permanence. Paradoxes are invitation for
synthesis. So play! Connect dots! Solve jigsawdraw
doodles!

Einstein may have been smarter than you,
But you have one huge benefit over him,
You can learn special & general relativity by the time you
are 25. The same goes for Darwin, Zaha Hadid,
Mohandas, Bhimrao, savitribai. You can be a version
upgrade.

Learn what is right or wrong because yes there is such a
thing. Values are not arbitrary, they are reverse
engineered from the future you seek to build.

Meaning has accumulated over billions of years. It talks to
you through everything that lives.



Control

Summary



Draft 1:

Sometimes an incident, breaks all plans of one's life. And they consider this source as the centre of their life. But is the future dependent on a person's future plans? Just like how the first mountaineer climbs a huge mountain may make plans sitting at the valley of a mountain, but does the same plan help him reach the summit?

In reality as he proceeds to climb, he finds new challenges & blockages. On each step he plans his next step. On each step he has to change his current plans.



Acceptance

Summary



Draft 1:

Negativity is actually the path to positivity. Most people assume that they just want the positive experiences from life but it's actually the tolerance & acceptance of the negative experience that leads to the positive experience. The pursuit of positive experience is itself a negative experience.

The acceptance of negative experience is itself a positive experience.

Accepting negative exp creates positive experience.

Fantasy is useful, you can learn from it but its important to accept what is real.

What if you've been wronged? & you feel bad about it. Dedicate time to cry, rage, mourn but learn to detach & then look at the brighter things. Start thinking about the day ahead, people you'll meet, stories you'll hear & stuff you'll learn.



Insignificance

Summary



Draft 1:

At a very high level, We all know that our existence is temporary in this world and insignificant. Yet caught up in our everyday lives of churning out screens for a living we often fail to realise that. But, it is also very true that we are the ones who we really care about but once in a while it is really necessary to feel insignificant in the scheme of things which allows us to take a break for a second. One way of doing this is to throw ourselves into the laps of nature & specially the mountains where the sheer scale itself is more than enough to show you your worth.

One day, you and everyone you love will die. And beyond a small group of people for an extremely brief period of time, little of what you say or do will ever matter. This is the uncomfortable truth of life. Everything you think or do is but an elaborate avoidance of it. We are inconsequential cosmic dust, bumping and milling about on a tiny blue speck. We imagine our own importance. We invent our purpose—we are nothing.

Stop taking yourself too seriously.

Humans organise themselves in systems based around arbitrary beliefs of what is valuable or not, part of that is conventional religion, political ideology, relationships.

My beliefs that my best friend is a valuable thing is an arbitrary thing. That is emotionally based & there is no objective truth that my friendship is valuable in the universe.

You are not special:

Entitlement: feeling as though you deserve to be happy without sacrificing for it. The belief that we do't have to go through the negative and only have the positive that causes us to adopt many destructive and selfish behaviours.

1. Gradiiose Narcissism: I am awesome and you all are not therefore i need special treatment.

2. Victim Narcissism: You all are awesome and i am not therefore i need special treatment

They seem to be opposite on surface but the behaviour ends up being the same because both have delusional beliefs about their place in the status hierarchy. They end up being completely self absorbed, they think everything in the world should be altered & catered to them, they become unbearable to be around. Everything is made in such a way that makes you feel that you are the most special person on planet. That is mentally & socially unhealthy because that drive a feeling of entitlement. Everything should be rearranged to cater to your desires and your happiness, that you should be able to have positive experiences without accepting the negative.

All of this “every person can be extraordinary and achieve greatness” stuff is basically just jerking off your ego. It’s a message that tastes good going down, but in reality is nothing more than empty calories that make you emotionally fat & bloated, the proverbial Big Mac for your heart & your brain. The ticket to emotional health, like that to physical health, comes from eating your veggies- that is, accepting the bland and mundane truths of life: truths such as “Your actions actually don’t matter that much in the grand scheme of things” and “The vast majority of your life will be boring and not noteworthy, and that’s okay.” This vegetable course will taste bad at first. Very bad. But once ingested, your body will wake up feeling more potent and more alive.



Rat Race

Summary



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Boredom/Growth: Another problem with the concept of a life purpose is you're probably going to get bored from time to time, with whatever activity you classify as your life purpose. Our minds change all the time, every year, every day. You can have a passion for something and still



Discomfort

Summary



Draft 1:

People choose to be uncomfortable only to get what they love,
But inherently they want to escape discomfort in the future in this life full of discomforts.

Kasht nhi paane ke liye kasht kar rahe taaki koi kasht na aaye is kast bhare jeevan mein __ Kosto na pawar janna kosta karte si jate kono kosto na Ashe ei koster jibane - terribly Bangla tales

Do not shy away from the labour, physical or intellectual for its the chisel to sculpt your character.

It is as much hard work to climb to a place of clarity as it is to scale Mt. Everest.
But when you stand on the shoulders of the giants, you can see far.

Whenever you are in trouble, try to find a use of that suffering. How can this suffering be made valuable?

Suffering is a transformational symbol in movies. It gives us depth & makes us mentally stronger

We cannot avoid the pain of our disappointments & problems but suffering is a choice that is dependent on the fact that you consider those who are in a better position & curse or in a worse position & be thankful.

If you are responsible for something, it doesn't mean that it is your fault. If I get cancer, it is not my fault but it is my responsibility to deal with it. Every moment of life is this way. With great responsibility comes great power. More we choose to accept the responsibilities in our lives, more power we have over our lives. Accepting responsibilities for our problems is thus the first step to solving them.

To achieve something, one should start finding comfort in discomfort.

Travel isn't always pretty. It isn't comfortable. Sometimes it hurts, it even breaks your heart. But that's okay. the journey changes you; it should change you. It leaves marks on your memory, on your consciousness, on your heart, and on your body. You take something with you. Hopefully, you leave something good behind.
- Anthony Bourdain

A diamond is just a piece of coal that did well under pressure.

Draft 2:

What do we want in life?
Simple, to be happy
look perfect, make money,
be popular, well respected & admired.
But does that mean anything?
Everyone wants to feel good
Are'nt these ways to trick the mind?

More important is to decide
What pain do you want in your life?
What are we willing to struggle for?
That determines the quality of life

Sexier you want to be,
Uglier you become,
Irrespective of looks
More loved & happier you want to be,
More afraid & lonelier you become,
Irrespective of company

Everything happy comes by
Accepting the discomfort



Close Ones / Gratitude

Summary



Execution Plan

SEPTEMBER 2021

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5 Project Topic Presented	6	7	8 Background Study	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23 Method Explanation	24	25 Presentation + Photos
26	27	28 Traveling, IP	29 Traveling, IP	30 Stage 1 Presentation		

OCTOBER 2021

SUN	MON	TUE	WED	THU	FRI	SAT
					1 Traveling, IP	2 Traveling, IP
3 Traveling, IP	4 Traveling, IP	5	6	7	8	9
10	11	12 Meetings, MIR	13	14 Meetings, MIR	15	16
17	18	19 Meetings, MIR	20	21 Meetings, MIR	22	23
24	25	26	27 Stage 1 Presentation	28 Contributors, 1%	29 Contributors, 1%	30 Contributors, 1%
31 Contributors, 1%						

NOVEMBER 2021

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8 Report	9	10	11	12	13
14	15 Report	16	17	18	19	20
21	22 Final Presentation	23 Final Presentation	24	25	26	27
28	29	30				

■ Meeting with Guide
 ■ Visiting Places
 ■ Stage Presentations

Testimonials

What people have to say about the book or the movie or
the photo essay?

Conclusion

What I discovered & learned on the way, what improvements I made throughout this journey? Any special experiences?

References

Movie: Ship of Theseus

- Author: Anand Gandhi
- Description: A 2012 Indian drama film that explores questions of identity, justice, beauty, meaning, and death through the stories of an experimental photographer, an ailing monk, and an enterprising stockbroker.
- Link: [Watch Ship of Theseus](#)

Book: Tuesdays with Morrie

- Author: Mitch Albom
- Description: A 1997 memoir about the author's experiences visiting his former sociology professor, Morrie Schwartz, who was dying from amyotrophic lateral sclerosis (ALS). The book emphasizes finding meaning and purpose in life.
- Link : [Tuesdays with Morrie](#)

Book: Man's Search for Meaning

- Author: Viktor E. Frankl
- Description: A 1946 book chronicling Frankl's experiences as a prisoner in Nazi concentration camps during World War II. It introduces his psychotherapeutic method called logotherapy and emphasizes finding meaning through purpose and suffering.
- Link : [Man's Search for Meaning](#)

Book: Ikigai

- Description: A Japanese concept that combines "iki" (alive or life) with "gai" (benefit or worth). It represents finding a reason for living, purpose, and fulfillment. Seek meaning through what you find important and engage in values you can control.
- Link : [The Philosophy of Ikigai](#)

Book: The Subtle Art of Not Giving a F*ck

- Author: Mark Manson
- Description: A 2016 self-help book that challenges mindless positivity and encourages accepting reality. It argues that life's struggles give it meaning, and we should focus on values we can control.
- Link : [The Subtle Art of Not Giving a F*ck](#)

Book: Everything is F*cked

- Author: Mark Manson
- Description: A follow-up book by Mark Manson that explores the paradoxes of modern life and how to navigate them.
- Link : [Everything Is F*cked](#)

Movie: Soul (Disney)

- Description: An animated film that follows the journey of a middle school music teacher named Joe Gardner, who has a near-death experience and explores the afterlife.
- Link : [Soul](#)