

# LIFE STAGES

Consist of learning, hurting, loving,  
and yearning.  
Where are you?

HAPPINESS

WISDOM

REALITY

# HAPPINESS

Alan Watts

## A Happy Future

“If to enjoy even an enjoyable present we must have the assurance of a happy future, we are “crying for the moon.” We have no such assurance. The best predictions are still matters of probability rather than certainty, and to the best of our knowledge every one of us is going to suffer and die.

If, then, we cannot live happily without an assured future, we are certainly not adapted to living in a finite world where, despite the best plans, accidents will happen, and where death comes at the end.”

# WISDOM

## The Teachings of Friedrich Nietzsche

“Examine the lives of the best and most fruitful people and peoples and ask yourselves whether a tree that is supposed to grow to a proud height can dispense with bad weather and storms;

whether misfortune and external resistance, some kinds of hatred, jealousy, stubbornness, mistrust, hardness, avarice, and violence do not belong among the favorable conditions without which any great growth even of virtue is scarcely possible.”

# Love of Life

## Albert Camus

But also, soul-sick, we restore to every being and every object its miraculous value. A woman dancing without a thought in her head, a bottle on a table, glimpsed behind a curtain: each image becomes a symbol. The whole of life seems reflected in it, insofar as it summarizes our own life at the moment. When we are aware of every gift, the contradictory intoxications we can enjoy (including that of lucidity) are indescribable.

There lay all my love of life: a silent passion for what would perhaps escape me, a bitterness beneath a flame. Each day I would leave this cloister like a man lifted from himself, inscribed for a brief moment in the continuance of the world if the world...There is no love of life without despair of life."

# REALITY