# Neostoicism | An Age Over Control On Suffering

From a small blue planet, Tiny parts of our universe have become conscious. Realizing we are a small part of something grander with 100 billion other galaxies out there.

We disagree on many things but tend to agree that life is beautiful.

Before our universe awoke, there was no beauty, as beauty is in the eye of the beholder, and before there were eyes there was no one to experience that beauty.

With life came The pursuit of goals. With goals came meaning and purpose. Had our universe never birthed consciousness it would have been completely pointless. Merely a gigantic waste of space and if we went back to sleep it would become meaningless again.

That could happen.

We don’t yet know if we are the only conscious beings or the first. But we do know that we are here and our species has not locked its place into this universe.

Life may spread throughout the cosmos, and it may be based on the little decisions we make here on this planet, during our lifetime. Today we do not survive with our energy through brute force, but with our brains and the energy we give off to others.

[Neostoicism](https://neostoicism.com/) is the updated form of Stoicism for this age where survival again becomes a part of something we can control.

Stoicism is a philosophy based on basic truths. If you are not familiar with the philosophy I’ve outlined a brief summary:

The single most important practice in Stoic philosophy is differentiating between what we can change and what we can’t. What we have influence over and what we do not.

A practicing Stoic has goals that they want to achieve, and they work hard in pursuit of those goals, but they also know that they’re not entitled to success.

You refuse to be a passive victim of your circumstances. You work hard to make your life better, to make the world better. You are proactive. Even if you’re going through Hell, you keep going.

While familial bonds lack the awareness of the rest of the world, they tend to be far stronger of a pull on our emotions.

While a more esteemed goal would be making the whole lot of humans that are suffering from old age not have to, for most this doesn’t have the same appeal as the direct parent relationship does. Thinking of our parents' suffering strikes a deep chord, while the global suffering that continues lacks a personal connection to kickstart the emotional fire in the mind.

This is the same thing we observe with “The Drowning Child” thought experiment which goes over the fact that any person walking past a drowning child would have a moral obligation and will to save them even if it meant a major inconvenience to them.

The thought experiment continues to ponder over the thought of how, in our interconnected society in this age of information, all within reach of people whose lives we can save. However, the abstraction of the process does not allow our emotions to align with this simple notion.

Our parental connection and thought of these loved ones' suffering is enough for most of us to feel empowered and driven, while the abstraction of the millions of other parents who still need our help is more difficult for the amygdala, the emotional center of the brain, to process.

In a sense then, the logical understanding that the same help that benefits our own parents will benefit the hundreds of millions of others who are going to suffer through old age is a great way to align our old operating system of emotions to the greater common good.

For some, the direct benefit to self is also an amazing motivator. Because we are all subject to the slow rot of the aging process, our own suffering and limitations of lifestyle are at stake.

Above and beyond the suffering aspect, which can be seen as diminishing the negative effect we may face in the future, to some there also exists a great gift above the defeat of the lack of harm to ourselves. This greater gift is the ability, and opportunity, to remove the short limit of our time as conscious human beings.

When death was inevitable we had to come to peace with it, but now that we can oppose it we have to say peace to it

Like a slave with a master, who's shown a chance to break free.

We either succeed or die trying, there’s nothing to lose. (We’ll be dead anyways)

We can accept death without conforming to it.