

# The Art of Being Human

What is “the good life”? Well, it is different for everyone, it is what you see as an enjoyable future, it is where you want to be most. For some “the good life” is being so rich that you can park your speed boat in your yacht then park that into your personal cruise ship. For others it is being able to relax and enjoy your time with your family. It is something that can differ drastically from person to person, and it can change after you acquire what you thought would be “the good life”.

In New Guinea the median income is zero dollars a day. Yet, when they “battle” they “kill” each other with kindness and in retaliation for the “attack” they then return to “attack” the other with kindness. As Robert Kennedy said “The gross national product measures everything except that which makes life worthwhile.”.

This paper is the last of my lesson papers for this course. So remember the Course Goals. To see the world, things dangerous to come to, to see behind walls, to draw closer, to find each other, and to feel.

## Ten Lessons and Ten Challenges.

The Humanizing Portrait: People are different. These differences represent the vast range of human potential and possibility. Our assumptions, beliefs, values, ideas, ideals – even our abilities – are largely a product of our culture.

Mini-Ethnography: We can respond to such differences with hate or ignorance, or we can choose to open up to them and ask questions we have never considered before.

The 28 Day Challenge: When we open up to such questions, we put ourselves in touch with our higher nature. It was asking questions, making connections, and trying new things that brought us down from the trees, and took us to the moon.

The Other Encounter: It is not easy to see our assumptions. Our most basic assumptions are embedded in the basic elements of our everyday lives (our language, our routines and habits, our technologies).

The UnThing Experiment: We create our tools and then our tools create us.

Build a Utopia: Most of what we take as “reality” is a cultural construction (“real”-ized through our unseen, unexamined assumptions of what is right, true, or possible.)

Get Uncomfortable: We fail to examine our assumptions not just because they are hard to see, but also because they are safe and comfortable. They allow us to live with the flattering illusion that “I am the center of the universe, and what matters are my immediate needs and desires.”

A Thousand Thanks: Our failure to move beyond such a view has led to the tragedy of our times: that we are more connected than ever, yet feel and act more disconnected.

Make Meaning: Memorizing these ideas is easy. Living them takes a lifetime of practice. Fortunately the heroes of all time have walked before us. They show us the path.

The Manifesto: They show us that collectively, we make the world. Understanding how we make the world – how it could be made or understood differently – is the road toward realizing our full human potential. It is the road to true freedom.