

A draft presenting the context for an open-source feedback framework designed to cultivate consensus that peace might be good.

One, who might be on the way to Pro.

September 7, 2025



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## Disclaimer

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Disclaimer: Trigger warning regarding the topics such as mental health, science, metaphysics and politics. For all the other legal disclaimers please refer to the chapter “disclaimer”.

One might appreciate to begin by reading the original intention of the first author of this document. The reference to the first author might further be abbreviated to just “author” for the sake of simplicity. The main purpose of this document might be to offer a series of definitions on controversial or vaguely defined terms in order to enable the maximal possible amount of agreements of the consensus that “peace might be good” to achieve long-term world peace.

The motivation of for the author to start writing this document originates in the struggles which the author has been confronted in general during the period of adolescence. To deal with the overwhelming emotion of sadness or so called “Weltschmerz”, the author came up with the idea of a robot which would be able to console the author as in:

“Art might be to console those who might have been broken by life.”

In the quest of it’s implementation, which the author refers to as “art”, the author realized that consolation consists of not only in verbal, such as words of encouragement, but also of non-verbal communication, such as hugs and nodding. With the advancement in the field of robotics, there has been documentations on robots which can nod and hug. But the generation of words, which can actually console the author, has not been generated. With the popularization of “large language models” used for “retrieval augmented generation” it has become possible to find and rephrase specific sentences from a document. The moment the author realized that such systems could be used to inspire the courage to keep on living, the author decided to create such a document, which would contain sentences, which would be beneficial to console the author and maybe even others. The author realized early on that it would be very difficult to generate such words of encouragement with only large language models, due to the lack of understanding of human nature. Given the multicultural background of the author, the author was fascinated by quotes of people, in a sense of quoting the master with the intention of honor or the art form referenced as “bonmot”, which is to make a one-line remark which could not be more concise. The author realized during the writing process that quoting could result in unfavorable legal consequences, if published officially. Thus the author is working on reformulating the quotes, but has not completely done so. The author is working on reformulating those which do not belong to the public domain, but the author appreciates the understanding that the capacity of the author is limited to reformulate all of the quote at the point of writing. The author further appreciates all the collaborative effort to improve this document. The requirements to recognize a contribution as a “improvement” can be found in the chapter “feedback”. Furthermore the author realized that in order to console others that it might require to find the right words at the right time. In order to achieve that the author is building a retrieval augmented generation system which would retrieve the adequate words if requested. The author also realized that the perspective of the author alone would be limited thus seek to offer a way for everyone to keep improving this document which will be moderated by the very system used to retrieve such words. This process is commonly referred in the field of information technology as “continuous integration” which is also referred in the subtitle of this document. The main title “42” of this document is inspired by the following passage from a book called “The Hitchhiker’s Guide to the Galaxy” uttered by a fictional machine:

“The ultimate answer to life, the universe and everything might be...42!”

The author is well aware of the arbitrariness nature of that number in that mentioned quote is expressed with the intention of humor. The author was intrigued by the idea to explore the possibility to make that answer come true. The author realized that there was a way to make that sentence true, which is to create a document with the title “42” containing 42 chapters trying to define what such “the ultimate answer to life” might be. The author is well aware, that providing an absolute answer is not possible, as postulated in the philosophical idea of “relativism”. One might appreciate the clarification of the author that the author does not claim that this document contains “the ultimate answer to life” in an objective sense, but that it is rather an effort to create a mental and technological framework, which might offer the words which one might be accepted as an “answer”. The author refuses to keep guessing what such answer could be, thus the author seeks to keep improving this document. Another reason why this document only contains 42 chapters is to maintain readability for humans such as the author and some of the readers. It might be worth mentioning that this art project contains more than 42 chapters to not to impose unnecessary restriction upon the creative writing process. The selection by the author of the 42 chapters can be found in the chapter

“index”. The selection will be made by the first author until the author is content with the choice made by automatic selection system. The name of the mentioned selection system is called “Aoi”, which is a word pronounceable by most of the future human users, because it does not contain any consonants which might be hard to pronounce for some. Details of Aoi can be found in the chapter “requirements”. The author further intends to create and operate a non profit organization called “Voice Of Humanity”, which overall goal is to ensure the correct operation of a anonymous collaboration platform called “D5” to find solutions to achieve and maintain world peace. Details are described in the chapters “foundation”, “humanity” and “D5”. Those who seek to contribute might find details about occasions to meet the author in person in the chapter “events”. To minimize confusion one might appreciate the chapter “index” for the recommended reading order by the author, but one might also appreciate the freedom to explore it on their own accord. The author appreciates the understanding of the readers that neither any previous nor any future versions of this document will ever be declared final, because if it would be declared final, in that very moment this document might become an ideology.

The author wants to express gratitude of all the ancestors and fellows who made this document possible.

## 1. peace

One might find oneself confronted with such a danger as in:

“Those who might learn but might not think, might be lost. Those who might think but might not learn, might be in great danger.”

Those who might think and might seek to learn, might appreciate these words:

“There might be no learning without having to pose a question. And a question might require doubt.”

Those who might then doubt the history of one’s own origins, might appreciate these words:

“The first atrocity, the first war crime committed in any war of aggression by the aggressors might be against the truth.”

Those who might then seek such truth, might appreciate these words:

“Anarchy might be no guarantee that someone might not kill, injure, kidnap, defraud, or steal from others. Government might be a guarantee that someone might.”

Those who might seek such anarchy, might appreciate the following warning:

“It might be equally faulty to trust everyone and to trust no one.”

Those who might seek to understand one reason why that might be, might appreciate these words:

“One’s nature might be evil, and goodness might be caused by intentional activity.”

Those who might seek to cause such goodness, might appreciate these words:

“Good intentions might not be enough. One might have good intentions when one might set a goal to do something, but then one might miss a deadline or other milestone.”

Those who might seek to know, what milestone one might not want to miss, might appreciate these words:

“The end of adolescence might be the beginning of adulthood. What might have not been finished then might have to be finished later.”

Those who might seek to understand how to end their adolescence, might appreciate these words:

“Adolescence might be when the very worst and best impulses in one’s soul might struggle against each other for possession.”

Those who might struggle with their desire for possession, might appreciate these words:

“Possession might hinder enjoyment. It might merely give one the right to keep things for or from others, and thus one might gain more enemies than friends.”

Those who might seek to avoid gaining more enemies, might appreciate these words:

“The most dangerous enemies in the world might be those, whom one might not recognize.”

Those who might seek to recognize such enemy, might appreciate these words:

“What one might really need to fear might not be a competent enemy, but an incompetent ally.”

Those who might seek to understand one reason, why one might fear such an incompetent ally, might appreciate these words:

“Violence might be the last refuge of the incompetent.”

Those who might seek to recognize such incompetence, might appreciate these words:

“The problem with incompetence might be its inability to recognize itself.”

Those who might seek to solve such problem, might appreciate these words:

“The opportunity of defeating the enemy might be provided by the enemy himself.”

Those who might seek such opportunity, might appreciate these words:

“When there might be no enemy within, the enemies outside might not be able to hurt one.”

Those seek to recognize such incompetence within oneself, might appreciate these words:

“The moment one might recognize that the self might not be something ready-made, but something in continuous formation through choice of action, the whole situation might clear up.”

Those who might seek to act to prevent such violence, might appreciate these words:

“One might maintain the peace through one’s strength; weakness might only invite aggression.”

Those who might seek to understand such weakness, might appreciate these words:

“The greatest weakness of all weaknesses might be to fear too much to appear weak.”

Those who might seek to conquer such fear, might appreciate these words:

“Thinking might not overcome fear but action might.”

Those who might then seek to act, might appreciate the words:

“One might have three ways of acting wisely. First, on meditation; that might be the noblest. Secondly, on imitation; that might be the easiest. Thirdly, on experience; that might be the bitterest.”

Those who might have tried meditation, might reach such conclusion as in:

“One’s choices of action might be limited, but one’s choices of thought are not.”

Those who might seek to understand such choices of thought, might appreciate these words:

“Love might be a choice one might make every day.”

Those who might seek to understand such love, might appreciate the chapter on “transcendence”. Those who might not have the capacity for such meditation, some might appreciate the following thought on imitation:

“Imitation might not just be the sincerest form of flattery – it might be the sincerest form of learning.”

Those who seek to learn, might appreciate the chapter on “curiosity”. Those who seek to know why such experience might be bitter, might appreciate these words, which in english might be a play on words:

“In life one might have a choice: Bitter or better?”

Those who might seek to choose for the better, might appreciate these words:

“Lesson in life might be repeated until they might be learnt.”

Those who keep repeating without learning, might appreciate these words:

“Insanity might be doing the same thing over and over again and expecting different results.”

Those who seek a different result, might appreciate these words:

[insert quote about listening]

“Every experience might be a positive experience, if one might view it as an opportunity for growth and self-mastery.”

Those who might seek such growth, might appreciate the chapter on “character”. Those who might seek self-mastery, might appreciate these words:

“If one might tell the truth, it might become a part of one’s past. If one might lie, it might become a part of one’s future.”

Those who might then seek such truth, might appreciate these words:

“Once one might know some things, one might not be able to unknow them. It might be a burden that might never be given away.”

Those who might then seek to know, might appreciate the following three lessons of history:

First lesson of history might be gratitude. With the awareness of what one and one’s own ancestors might have had to go through to survive, one might feel gratitude towards one’s own ancestors as in: “Gratitude might be when memory might be stored in the heart and not in the mind.”

Second lesson might be respect. With the awareness of what others and their ancestors might have had to go through to survive, one might realize what atrocities they might be capable of. One might then be able to appreciate the wisdom to treat others with respect to avoid such atrocities as in:

“To respect others might be to refrain from violent behaviour.”

The third lesson might be peace. With the awareness of what horrible atrocities one and others might be capable of, one might then be able to appreciate these words:

“Peace might not be achieved through violence, it might only be attained through understanding.”

Those who might seek to understand what such understanding might be, might appreciate these words:

“Peace might not be absence of conflict, it might be the ability to handle conflict by peaceful means.”

Those who seek such ability, might appreciate these words:

“Tact might be the art of making a point without making an enemy.”

Those who seek such art, might appreciate these words:

“Be kind, for everyone one might meet might be fighting a hard battle.”

Those who might seek a way to be kind might appreciate these words:

“Kindness might not just be the absence of being mean or hateful. Being kind might entail actively resisting actions, ideas, and institutions that might rob others of dignity.”

Those who might seek to understand such dignity, might appreciate these words:

“A part of kindness might consist in loving another more than they might deserve.”

Those who might seek to love another more than they might deserve, might appreciate the following warning:

“Kindness without wisdom might wound.”

Those who might seek to understand such wisdom, might appreciate these words:

“One might not be able to force someone to care. One might only be able to come to the realization that if one might stay, they might keep hurting one. One might wish one the wisdom and courage to walk away and begin the healing process.”

Those who might seek to begin such healing process, might appreciate the following realization:

“If one’s compassion might not include oneself, it might be incomplete.”

Those who might wonder how to exercise self compassion, might find a hint in the following words:

“One might find peace not by rearranging the circumstances of one’s life, but by realizing who one might be at the deepest level.”

Those who might seek to understand who one might be, might appreciate these words:

“Nothing might be able to bring one peace but oneself.”

Those who might seek to bring peace to oneself, might appreciate these words:

“One might seek to never lose a chance of saying a kind word.”

Those who might not know what kind word one might be able to say, might appreciate the the following mantra:

“We might be all on the way to Pro.”

## 2. good

One might find oneself confronted with such tyrants as in:

“‘For the greater good.’ That might have been the excuse of tyrants throughout all time.”

Those who might seek to understand the nature of such excuses, might appreciate these words:

“An excuse might be worse and more terrible than a lie; for an excuse might be a lie which might be guarded.”

Those who seek to understand what might be guarding such a lie, might appreciate the these words:

“One’s reason might be able to excuse any evil.”

Those who then seek to prevent such evil, might appreciate these words:

“No one might choose evil because it might be evil; one might only mistake it for happiness, the good one might seek.”

Those who might have been making such mistakes, might appreciate these words:

“One might not seek to try to excuse one’s faults; one might seek to try to correct them.” Those who seek to try to correct their faults, might appreciate these words:

“One might seek to commit to stop making excuses. When one might make excuses, one might lie to oneself and continue bad habits.”

Those who seek to make such commitment, might appreciate these words:

“One’s nature might be inherently evil, and thus goodness might be caused by intentional activity.”

Those who might seek to understand such nature, might appreciate these words:

“One might be the only creature who might refuse to be what one might be.”

One might understand one reason why that might be, through these words:

“There might be no such thing as freedom of choice unless there might be freedom to refuse.”

Those who might seek to know, what one might be able to refuse, might appreciate these words:

“Death might not be the greatest loss in life. The greatest loss might be what dies inside one while one might



live.” Those whose something inside one might have died, might appreciate these words: “As long as one might be still alive, one might have the chance to start again.”

Those who might seek such a chance to start again, might appreciate the following wisdom:

“One’s life might not get better by chance, it might get better by change.”

Those who might seek such a change, might then appreciate these words:

“The curious paradox might be that when one might accept oneself just one might be, then one might be able to change.”

Those who might be curious to resolve such paradox, might appreciate the following explanation:

“When one might accept oneself, one might be freed from the burden of needing others to accept one.”

Those who might struggle to accept themselves, might appreciate these words:

“One might be learning to accept everything about oneself, even the part of one that might struggle to accept everything about oneself.”

Those who seek to accept everything about themselves, might appreciate these words:

“One might accept oneself unconditionally right now.”

Those who might still struggle to accept themselves unconditionally, might appreciate these words:

“One might either define the moment or the moment might define one.”

Those who might have been defined by such a moment of struggle, might appreciate these words:

“Until death all defeat might be psychological.”

Those who might be still alive, might then appreciate the following realization:

“Death might not be the greatest loss in life. The greatest loss might be what dies inside one while one might live.”

For those who might feel like something might have died inside oneself, might appreciate these words:

“One might think life might be an irrational obsession.”

Those who might seek to understand such irrational obsession, might appreciate these words:

“Might there be a word more passionate than passion? Obsession, total immersion, the feeling that everything else might not matter.” Those who might seek to understand such passion, might appreciate these words:

“Love might be deepest driving passion of a purposeful life.” Those who might then seek such passion, might appreciate these words:

“Passion might begin with intrinsically enjoying what one might do.” Those who might not be able to find anything to enjoy, might appreciate these words: “One might seek not to wait for everything to be perfect before one might decide to enjoy one’s life.” Those who might still be waiting for everything to be perfect, might appreciate these words: “While one might desire, one might not enjoy; and with enjoyment desire might cease.” Those who might struggle with attachment to such desire, might appreciate these words: “Everyone might desire love but might also find it impossible to believe that one might deserve it.” Those who might seek to believe that one might deserve love, might appreciate these words: “One might deserve the love one might keep trying to give everyone else.” Those who might not have received such love which one might have deserved, might appreciate these words: “The love and attention one might have always thought one wanted from someone else might be the love and attention one might first need to give to oneself.”

Those who might seek to give such love to oneself, might appreciate these words: “Art might be to console those who might be broken by life.”

Those who seek such art, might appreciate these words:

“Healing might be an art. It might take time, it might take practice, it might take love.” Those who might seek such healing, might appreciate these words:

“Healing might not mean the damage never existed. It might mean the damage might no longer control one’s life.”

Those who might seek to stop letting such damage control one’s life, might appreciate these words:

“One might not be what has happened to one. One might be what one might choose to become.”

Those who might seek to know what one might be able to choose to become, might appreciate these words:

“One might seek to define oneself by what one might love.”

Those who might not know, what they might love, might appreciate these words:

“If one might have the ability to love, one might seek to love oneself first.”

Those who seek to understand their ability to love, might appreciate these words:

“To love might be to live on the precipice.”

Those who seek to understand such precipice, might appreciate these words:

“Life might begin at the edge of one’s fears.”

Those who seek to overcome such fear, might appreciate these words: “Thinking might not overcome fear, but action might.”

Those who might seek to understand such action, might appreciate these words:

“Grit might depend on a different kind of hope. It might rest on the expectation that one’s own efforts might improve one’s future. ‘One might have a feeling tomorrow might be better’ might be different from ‘one might resolve to make tomorrow better.’”

Those who seek to make their tomorrow better, might appreciate the idea to define every moment of their own life including one’s future as “good”. Those who might have then defined their own life as good, might appreciate these words:

“Healing oneself might be connected with healing others.”

Those who seek to heal others, might appreciate these words:

“One who might be doing art might not be one who might be inspired, but one who might inspire others.”

Those who seek to inspire others, might appreciate the following mantra:

“We might be all on the way to Pro.”

### 3. unity

One might find oneself suffering from their attachment to individuality as in:

“But as long as one might continue to use one’s misfortune to one’s advantage in order to be ‘special’, one might always need that misfortune.”

Those who are still in need of attachment to their misfortune, might be fortunate enough to find such fellow individuals along that path who might be able to empathize as in:

“Shared joy is double joy; shared sorrow is half sorrow.”

Those who might still feel a sense of alienation, regardless whether one’s sorrows have been reduced or not, might still feel a sense of alienation as in: “Distance isn’t the amount of miles between us, it’s the amount of things we don’t say to each other.”

Those who might then seek to reduce such a sense of alienation, might appreciate these words:

“Unity does not mean sameness. It means oneness of purpose.”

One might appreciate to know one reason one might confuse unity with sameness is because sameness could be rephrased as “uniformity” which sounds similar. Those who then wonder what such purpose could be might appreciate these words:

“Unity without the gospel is a worthless unity.”

One might appreciate one reason why that might be in these words: “Unity, to be real, must stand the severest strain without breaking.” There has been attempts of numerous “religious gospels” which all claim to seek unity but has yet not achieved unite, especially with those who claim to be rational. There has been further efforts by those who claim to be rational with “scientific gospel”, which has also yet to achieve unity with those who they might refer to as “irrational”. Some might be wise enough to recognize one’s own limitation of rationality as in:

“I think life’s an irrational obsession.”

One might then be able to appreciate the idea that the mentioned “oneness of purpose” could be to “love”. Those who seek to understand “love” might appreciate the chapter “transcendence”. Those who seek to understand such “irrational obsession” might appreciate the chapter “mission”. One might then remember that forcing such definition upon others might encounter resistance and cause discord. One might then realize that one needs to realize that such definition might be good for oneself on their own. Those who seek to realize such insight might appreciate the chapter “realization”. Those who seek to understand what good might be, might appreciate the chapters “good”, “malevolence” and “needs”.

Those who seek to understand unity but yet struggle to give up on whatever one might be attached to give that sense of identity appreciate these words:

“You can’t have unity without diversity.”

Those who seek to understand diversity might appreciate these words:

“Diversity is not about how we differ. Diversity is about embracing one another’s uniqueness.” Those who seek such uniqueness might appreciate the chapter on “originality” and “genius”. Those who seek to embrace one

another's uniqueness might appreciate these words: "Diversity: the art of thinking independently together." Those who seek to understand independence might appreciate the chapter "responsibility". Those who seek to think might appreciate the chapter "hero". Those who seek to be together might appreciate these words: "Inclusion is the celebration of diversity put into action."

Those who seek such a way to act might appreciate these words:

"Inclusion is not tolerance it is unquestioned acceptance."

Those who are vulnerable of their own naivety might appreciate the chapters "integrity", "loyalty", "maturity" and "normal" first. Those seek such unquestioned acceptance of others, but yet struggle to accept others might appreciate these words:

"We don't heal in isolation, but in community."

One might understand one reason why that is in these words:

"Emotional connection is crucial to healing. In fact, trauma experts overwhelmingly agree that the best predictor of the impact of any trauma is not the severity of the event, but whether we can seek and take comfort from others."

Those who are hesitant to seek and take such comfort from others might appreciate the words:

"People are afraid to heal because their entire identity is centered around the trauma they've experienced. They have no idea who they are outside of trauma and that unknown is terrifying."

Some might struggle to confront such unknown as in:

"Overexplaining is a trauma response."

Those might appreciate the following advice:

"Don't explain your philosophy. Embody it."

Those who seek to embody such a philosophy might appreciate the following mantra:

"We might be all on the way to Pro."

## 4. needs

One might find oneself having such a realization:

"Nobody cares about me."

Those who seek to be cared for, might appreciate these words:

"You stop being a child when you realize the world isn't here to cater to your wants and needs."

Those who seek to have such realization, might appreciate these words:

"To be ignorant of what occurred before you were born is to remain always a child." Those who seek to remain such a child, might appreciate these words:

"Stupidity is the deliberate cultivation of ignorance."

Those who seek to understand why one might not want keep cultivating such ignorance, might appreciate these words:

"The difference between courage and stupidity is measured by success and survival."

Those who then seek to survive, might then be able to recognize the utility of a document called "hierarchy of needs" despite some criticism. Those who seek to understand one's own needs might appreciate the subjective interpretation and explanation by the author of this document. One might appreciate to know that the author of the mentioned document had the idea in midst of the rising of a capitalistic society. That author tried to explain the "non-materialistic" needs beyond the physiological needs, which is food, water, rest and warmth. Those who struggle to address one's own physiological needs might appreciate the chapter on "peace", "good", "privilege", "mission" and "health". That author might have explicitly mentioned warmth, because shelter would be a need one level higher in the hierarchy, which is security. To address the need for security one might appreciate the following enumeration of possible examples of a job with prospect until artsylum is fully operational, long term contract for renting a room, emergency savings, insurance, etc.. Those who seek such security might appreciate the chapter on "malevolence" and "preparation". After those two materialistic needs are satisfied, one might have enough capacity to explore the need for "friendship and belonging". There is no general order in which those needs should be addressed, but one can decrease the amount of unnecessary suffering, by taking one step at a time. Those who seek a place where one might be able to call as "home", might appreciate the chapters "home", "protection", "friendship", "honor", "humor", "civilization" and "asylum". To prepare oneself for that occasion of emergency, one should not neglect building

up “esteem”. One might appreciate the following subjective understanding of the author for “esteem”. Esteem might be the recognition of one’s own integrity by others whether one will not hesitate to help when such help is requested. Those who struggle with hesitation might appreciate the chapter “clarity”, “integrity” and “obituary”. At that stage, one might be pondering how to be regarded in “high esteem”. One of the most simple ways to do might be to practice a martial arts to be able to protect those in need. One might appreciate a belt system often prevalent in styles of martial arts originating in Asia as a sign of recognition of one’s proficiency and maturity by others. One might appreciate the warning, that such display of achievement and hierarchy might be abused to claim authority over others leading to harm. Those who seek to prepare against such abuse of power, might appreciate the chapter on “malevolence”. Those who might be tempted to abuse their power, might appreciate the following realization:

“True humility is not in the absence of confidence but strength restrained.”

Those who seek to understand strength might appreciate the chapter on “character”. Those who seek to understand the need for such restriction might appreciate the chapters “harmony” and “hero”. One might appreciate the advice not to remain in convenient complaisance only because one has reached the maximal possible capability in one domain of life. One is rather encouraged to maximize other capacities to explore the limits of one’s own possibility. In its ultimate state it might be possible to be regarded as “self actualization”. One might then appreciate the wisdom that it might not be possible to maximize all capacities in one finite life time. Those who have not realized the finitude of one’s own life might appreciate the following wisdom:

“We all have two lives. The second one starts when we realize that we only have one.”

Those who struggle to start that second life might appreciate the following words of compassion:

“You are enough. You are so enough, it is unbelievable how enough you are.”

Those who struggle to believe in oneself to be enough might appreciate the chapter on “contentment”. Those who seek to start such a second life might have such painful realization of “Weltschmerz”, directly translatable to “world pain”, which might be able to be defined as following:

“Weltschmerz, basically, is the depression we feel when bamboozlers, fanatics, manipulators, trolls, bigots, demagogues, fear-mongers, liars and prigs threaten to take over the world, and there’s nothing, we think, we can do about it.”

Those who are still suffering from “Weltschmerz” might appreciate the chapter on “hope”, “meaning”, and “mission”. Those who seek to overcome one’s own “Weltschmerz” through changing one’s own thoughts might appreciate the realization that that exact desire might be the final layer of the hierarchy of needs called “self transcendence”. That desire to contribute to reduce the suffering of oneself and others might be referred to as “love” as in the following quote:

“Love is the desire to give, not to receive, something.”

Those who seek to understand “self transcendence” might appreciate the chapters “transcendence”, “enlightenment”, “consciousness”, “responsibility”, “procreation” and “realization”. Those who struggle to stop sacrificing oneself to almost a pathological degree might appreciate the chapter on “maturity”. Those who seek to find a way to contribute to humanity without excessive self sacrifice might appreciate the chapters “ultimate”, “normal”, “mantra”, “humanity”, “prompt”, “originality”, “joy”, “D5” and “foundation”. Those who have already found their way to contribute might appreciate the following mantra to offer their help:

“We might be all on the way to Pro.”

## 5. character

One might find oneself having the following realization:

“Life might be a struggle.”

Some might even reach such conclusions:

“When all choice might have been taken from you, life might become a game of survival.”

Those who might seek a way to survive, might appreciate the following advice:

“One might be able to survive well enough on one’s own— if the proper reading material might have been given.”

Those who might seek to read such reading material, might appreciate the following words:

“The most important factor in survival might be neither intelligence nor strength but adaptability.”

Those who might seek to understand such adaptability, might appreciate these words:  
 “Adaptability might enforce creativity, and creativity might be adaptability.”

Those who might seek to understand such creativity, might appreciate these words:  
 “Resources might be limited; creativity might be unlimited.”

Those who might seek such unlimited creativity, might appreciate these words:  
 “Creativity might be seeing what others might see and to think what no one else ever might have thought.”

Those who might seek to think, what no one else might have ever thought, might appreciate these words:  
 “Creativity might involve putting one’s imagination to work. In a sense, creativity might be applied imagination.”

Those who might seek to apply their imagination, might appreciate these words:  
 “Creativity might be a wild mind and a disciplined eye.”

Those who might seek such a disciplined eye, might appreciate these words:  
 “Motivation might get one going, but discipline might keep one growing.”

Those who might seek such discipline, might appreciate these words:  
 “Discipline might be giving oneself a command and following it up with action.”

Those who might struggle to follow up to one’s own command, might appreciate these words:  
 “One might seek to treat one’s body more rigorously, so that it might not be disobedient to the mind.”

Those whose body might have been disciplined by others as a punishment might appreciate these words:  
 “One might seek to not to discipline others as a punishment. One might be advised to discipline others to help, to improve, to correct, to prevent, not to punish, humiliate, or retaliate.”

Those who might be confronted with those who might seek to punish, might appreciate these words:  
 “One might seek to distrust all in whom the impulse to punish might be powerful.”

Those who no longer seek to be disciplined by others, might appreciate these words:  
 “One might seek to discipline oneself and others might not need to.”

Those who might see the need to discipline others, might appreciate these words:  
 “Most ‘necessary evils’ might be far more evil than necessary.”

Those who might seek to understand, what one might need to discipline oneself, might appreciate these words:  
 “Self-discipline might be the ability to make oneself do what one might seek to do, when you should do it, whether you feel like it or not.”

Those who might seek such self-discipline, might appreciate these words:  
 “Self-discipline might start with the mastery of one’s thoughts. If one might not control what one might think, one might not be able to control what one might do.”

Those who might seek to control their thoughts, might appreciate these words:  
 “Self discipline might not just be something that might happen once and one might be finished. It might be a practice.”

Those who might seek to practice, might appreciate these words:  
 “One’s rituals might keep oneself consistent, and consistency might be the key to achieving goals.” Those who might seek to know what such goal might be, might appreciate these words:  
 “By constant self discipline and self control one might be able to develop greatness of character.” Those who might seek a way to attain such character, might appreciate these words:  
 “Discipline might be choosing between what one might want now, and what one might want most.”

Those who might seek to know, what one might want most, might appreciate these words:  
 “Today one might do what others might not be willing to do, so tomorrow one might be able to accomplish what others might not be able to do.”

Those who might seek to understand why others might not want to practice self-discipline, might appreciate these words:  
 “Most people might seek to avoid pain, and discipline might be usually painful.”

Those who might struggle with such pain, might appreciate these words:  
 “Pain might be weakness leaving one’s body.”

Those who might struggle excessively with such pain, might appreciate the following insight:  
 “Pain might be a self protection mechanism of the body to recognize and avoid external stimulus which could destroy our body.”

The calibration of sensitivity of pain reception might be relative, meaning through consistent progressive overload it could be conditioned to endure such stimulus which the untrained body would have broken down

under. However one might then appreciate to understand that it might require knowledge not to overstimulate the body to the degree of damage, as already mentioned as “discipline that is excessive”. One might also realize that the lack of such stimulation leads to the deterioration of one’s own body deteriorates and thus becomes weaker. One might then be able to prioritize the maintenance of such stimulating with control with a method called “progressive overload”. Those who might seek specific advice on such methods to maintain oneself might appreciate the chapter on health. Those who might have been feeling pain beyond what might be beneficial to growth, might appreciate the following warning:

“Cruelty might be defined as violence without provocation and discipline that might be excessive.”

Those who might seek to understand violence, might appreciate these words:

“Violence in any form might be a tragic expression of one’s unmet needs.”

Those who might seek to understand such needs might appreciate the chapter on “needs”. One might then appreciate the following realization:

“Violence might lead to one thing only, and that might be more violence.”

Those who might seek to break out of such cycle might appreciate to understand the following:

“All cruelty might spring from weakness.”

Those who might seek to understand cruelty, might appreciate these words:

“Cruelty might come in many forms - ignorance might be one of them.”

Those who might seek to reduce such cruelty, might appreciate these words:

“True ignorance might not be the absence of knowledge, but the refusal to acquire it.”

Those who might seek to understand why one might refuse to acquire knowledge, might appreciate these words:

“Fear might be the main source of superstition, and one of the main sources of cruelty. To conquer fear might be the beginning of wisdom.”

One might then redirect one’s resentment towards those who did not conquer their fear and thus caused suffering to oneself. Those who then seek to heal might appreciate this realization:

“True forgiveness might be a self-healing process, which might start with oneself and might gradually extend to everyone else.”

Those who might seek to start such a process of self-healing might appreciate these words:

“Awareness might be the first step in healing.”

Those who might not be aware, what they might need to become aware of, might appreciate these words:

“One might be able to only get hurt so much before one might get numb.”

Those who might have become numb through survival, might appreciate these words:

“To recover might be to create a life in which numbness might be no longer necessary to survive.”

Those who might seek such a life, might appreciate the chapter on “asylum” and these words:

“When life might put one in tough situations, one might not seek to say ‘why me’, but one might seek to say ‘try me’.”

Those who might struggle to find such courage to voluntarily put themselves up for such trial, might appreciate the following realization:

“Survival might be one’s strength, not one’s shame.”

Those who seek to understand such shame, might appreciate these words:

“Shame might be the most powerful, master emotion. It might be the fear that one might not be good enough.”

[Insert theory regarding shame here]

Those who might struggle with such shame, might appreciate these words:

“Strength might not come from winning. One’s struggles might develop one’s strengths. When one might go through hardships and decide not to surrender, that might be strength.”

Those who might seek such strength might appreciate these words:

“Within one’s perceived weaknesses and imperfections might lie the key to realizing one’s true strength.”

Those who might then seek true strength, might appreciate the following wisdom:

“One might seek to remind oneself what one might have been through and what one might have had the strength to endure.”

Those who might have found such strength within oneself, might appreciate these words:

“One’s mission in life might not be merely to survive, but to thrive.”

Those who might seek to thrive might appreciate these words:

“The only way to thrive might be to innovate.”

Those who might seek to innovate might appreciate these words:

“The reasonable one might adapt oneself to the world; the unreasonable one might persist to adapt the world to himself. Therefore all progress might depend on the unreasonable one.”

Those who might seek such progress might appreciate these words:

“Strength and growth might come only through continuous effort and struggle.”

Those who might struggle to continue putting effort, might appreciate the following mantra:

“We might be all on the way to Pro.”

## 6. privilege

One might be fortunate enough to encounter a document called “Declaration of Human Rights” which starts as following: “Everyone is entitled to all the rights and freedoms set forth in this Declaration, without distinction of any kind, such as [...]” Those who might then wonder about the meaning of such “entitlement, might appreciate these words:

”Entitlement is the belief that I am exempt from responsibility and I am owed special treatment.”

Those who might hold such a belief might appreciate the following warning: “Entitlement and privelege corrupt.”

Those who might then wonder about the difference between such entitlement and privilege, might appreciate these words:

“What separates privilege from entitlement is gratitude.”

Those who might then start to appreciate one’s own privilege of being protected by our ancestors and kins, might appreciate the following insight:

“We owe our children – the most vulnerable citizens in any society – a life free from violence and fear.”

Those who did not have such privilege might be tempted to envy others who did have the privilege. Those might appreciate the following warning: “He who envies others does not obtain peace of mind.”

Those who seek such a peace of mind, might appreciate these words:

“You find peace not by rearranging the circumstances of your life, but by realizing who you are at the deepest level.” Those who seek to realize one might at such a level, might appreciate the following mantra: “We might be all on the way to Pro.”

## 7. home

One might find oneself having such an realization:

“What might be the point of living if one might not belong anywhere?”

Those who might seek somewhere one might belong to, might appreciate these words:

“One’s sense of belonging might never be greater than one’s level of self acceptance.”

Those who might struggle to accept oneself might appreciate these words:

“Acceptance of the unacceptable might be the greatest source of grace in this world.”

Those who struggle to have grace with oneself, might appreciate these words:

“For grace might be given not because one might have done good works, but in order that one might be able to do them.”

Those who might seek to do good might appreciate the chapter on “good”. Those who might wonder what a home might be, might appreciate these words:

“Home might not be where one might have been born; home might be where all one’s attempts to escape might cease.”

Those who might keep attempting to escape, might appreciate these words:

“Home might not be a place. Home might be anywhere, just as long as those one might love might be there.”

Those who might seek those one might love, might appreciate the chapters “friendship” and “transcendence”.

Those who might feel stuck somewhere, where one might not have the privilege of having people one loves, might appreciate these words:

“One might need to learn to love oneself with a wholesome and healthy love, so that one might be able to bear to be with oneself and might need not roam.”

Those who might seek to understand the necessity for the capability to bear to be with oneself, might appreciate these words:

“One might restore oneself, when one might be alone.” Those who might struggle to restore themselves, might appreciate these words:

“All of one’s problems might stem from one’s inability to sit quietly in a room alone.”

Those who seek to understand, why one might need to sit quietly in a room alone, might appreciate these words:

“At some point, one might need to let go, and to sit still, and to allow contentment to come to one.” Those who might seek to understand such contentment, might appreciate these words: “True contentment might not be having everything, but in being satisfied with everything one might have.”

Those who might seek such true contentment, might appreciate these words: “The secret of contentment might be the realization that life might be a gift, not a right.”

Those who might seek to understand what such gift might be, might understand it through these words:

“Every problem might be a gift - without problems one might not grow.”

Those who might seek such growth, might appreciate these words:

“Growth might never be by mere chance; it might be the result of forces working together.” Those who might seek to be such a force working together, might appreciate these words:

“Everyone that might intend to grow, might seek to directly address the barriers to scaling.”

Those who might seek to understand such barriers to scaling, might appreciate these words:

“In order one to scale, one might need to improve efficiencies. Efficiency might be a prerequisite for sustainable scaling.”

Those who might seek to scale sustainably, might appreciate these words:

“If one might be concerned about scalability, any algorithm that might force one to run agreement might eventually become one’s bottleneck. One might seek to take that as a given.”

One might understand why that might be, through these words:

“In a distributed system, one might only be able to have two of the three properties: Consistency, availability, and partition tolerance.”

Those who might seek to understand such consistency, might appreciate these words:

“Every read might get either the latest write, or an error.”

Those who might seek to understand such availability, might appreciate these words:

“Every request might receive a response, without a guarantee being the latest write.”

Those who might seek to understand such partition tolerance, might appreciate these words:

“The system might continue to operate despite arbitrary message loss.”

Those who might seek to create such a system, might appreciate the following two trade-offs:

Those who might seek to sacrifice consistency, might appreciate these words:

“Effort might mean nothing without consistency.”

One might understand one reason, why that might be through these words:

“Without effort, one’s skill might be nothing more than what one might have done but one might have not.”

Those who might seek to make such effort, might appreciate these words:

“Without commitment, one might never start. But more importantly, without consistency, one might never finish.” Those who might seek to sacrifice availability, might appreciate these words:

“Appreciate what one might have while one might still have it because one day one might not.”

Those who might not know how to appreciate what one might have, might appreciate the following advice:

“Appreciation might be able to make a day, even change a life. One’s willingness to put it into words might all that might be necessary.”

Those who might not know, what one might need to put into words, might appreciate these words: “When one might be tired, one might be attacked by ideas one might have conquered long ago.”

One might appreciate this document as one way to prepare for the future attacks trying to study such “old ideas”. One might refer to such “old ideas” as “ideology”, which definitions might vary due to its complex nature. One might then appreciate another document titled “Blood and Soil”, in which the following four traits of genocidal ideologies might be mentioned, which the author of this document might seek to pass on to the one who might be reading this document:

1. “Cults of antiquity”:

The nostalgia for an idealized past might awaken the deadly desire to be the “the chosen ones”, which might



be able to be reinterpreted as one of the three poisons which might be “attachment”, mentioned in another document commonly referred as “Wheel of Life”. Those who might be suffering from such attachments, might appreciate these words:

“One might need to learn from one’s past mistakes, but not lean on one’s past successes.”

## 2. “Fetishization of land and agriculture”:

Those mentioned ones, who might consider themselves to be “chosen ones” might claim a specific piece of fertile land by force as theirs, which might be fueled through the second poison of the mentioned three poisons, which might be “ignorance”. One might appreciate the potential dangers pointed out in the following quote:

“The first one who might have enclosed a plot of land, might have taken it into one to say this might be ‘mine’ and found others simple enough to believe one might have been the ‘true founder of civil society’.

What crimes, wars, murders, what miseries and horrors might be one’s fellows might have been spared, had someone pulled up the stakes or filled in the ditch and cried out to one’s fellows: ‘One might seek to not listen to this imposter. One might be lost if one might forget that the fruits of the earth might belong to all and the earth to no one!’ ”

## 3. “Ethnic hatred”:

The mentioned ones, who might consider themselves to be “chosen ones” might use an common “enemy” to unite among themselves, which might be reinterpreted as the third poison “aversion”. Those who might be suffering from such aversion, might appreciate these words:

“Haters might not really hate one, they might hate themselves because one might be a reflection of what they might wish to be.”

One might seek to recognize such haters, might appreciate these words:

“The minimum necessary structuring ingredient of every ideology might be to distance itself from another ideology, to denounce its other as ideology.”

## 4. “Expansion”:

The mentioned ones, who might consider themselves to be “chosen ones” might desire more land than necessary for their mere survival, which might be able to be reinterpreted as three poisons, represented as three animals, biting in each others tails building a cycle, amplifying each other with each cycle, which might be one reason why such a illustration might be referred as the “Wheel of life”. One might appreciate the understand that it might lead to expansion of the suffering if one might live such a life in poison. Those who might seek to live a different life, might appreciate these words:

“If one might be ruled by mind one might be a ruler; if by body, a slave.”

Those who might seek to be ruled by mind, might appreciate another insightful possibility for definition of an ideology as following:

“Ideology might be the enemy of joyful community life, and the most destructive ideology might be the belief that creating utopia might be possible.”

Those who might seek to understand what such a “utopia” might be, might appreciate these words:

“Utopias might rest on the fallacy that perfection might be a legitimate goal of one’s existence.”

For those who might seek such utopia, might appreciate these words:

“Perfection might not be attainable, but if one might chase perfection, one might be able to catch excellence.”

Those who might seek such excellence, might appreciate these words:

“When it might be obvious that the goals might not be able to be reached, one might seek to not adjust the goals, but to adjust the steps for action.”

Those who might seek to make such adjustment, might appreciate these words:

“Life might be a journey with problems to solve and lessons to learn but most of all: experiences to enjoy.”

It might be impossible to ultimately determine whether one might be free from any ideology, but as long as one might not neglect to think for oneself, there might be hope as in:

“One might think that ideology might be toxic without exception. It might not be that there might be good ones and bad ones. All ideology might be toxic, because ideology might be a kind of insult to the gift of one’s free thinking.”

Those who might seek to recognize such ideology, might appreciate these words:

“Ideology might be a partial truth masquerading as the whole truth.”

Those who might claim to have attained the whole truth, might appreciate these words:

“For someone who might seem to know it all, how come that one might not know that one might be stupid?”

Those who might seek to understand such stupidity, might appreciate these words: “Stupidity might be the

deliberate cultivation of ignorance.” Those who might seek to prevent such deliberate cultivation of ignorance, might appreciate these words: “To forget one’s purpose might be the most common form of stupidity.”

Those who then seek to understand how one might forget one’s purpose, might appreciate these words: “Stupidity might be a talent for misconception.”

Those who seek to understand such misconception, might appreciate these words: “A mark of stupidity might be a belief that one party might be totally virtuous and correct on the issues while the other might be evil and always wrong.” Those who might struggle to detach themselves from such belief, might appreciate these words: “Stubborn and ardent clinging to one’s opinion might be the best proof of stupidity.” Those who might seek to know where such stupidity might lead to, might appreciate these words: “War might mean blind obedience, unthinking stupidity, brutish callousness, wanton destruction, and irresponsible murder.”

Those who might seek to protect themselves from such war, might appreciate these words: “The paradoxical war on terror might be based on a kind of willed stupidity; the willed stupidity of wishful thinking. Only the logic of dreamwork might be able to suture ‘war’ with ‘terror’ in this way, since terrorists might have been, by classical definition, those without ‘legitimate authority’ to wage war.”

Those who might think that they might be such “legitimate authority”, might appreciate these words:

“The sovereign power of all civil authority might be founded in the consent of individuals capable of giving such consent.”

Those who might be tempted to ignore such consent for any reason, might appreciate these words:

“There might be no greater tyranny than that which might be perpetrated under the shield of the law and in the name of justice.”

Those who might seek to understand what such “legitimate authority” might be, might appreciate these words:

“The ones subject to a government might be the only legitimate fountain of power, and it might be from them that the constitutional charter, under which the several branches of government might hold their power, might be derived.” Those who then might seek freedom from such tyranny, might appreciate these words:

“The secret of freedom might lie in educating people, whereas the secret of tyranny might be in keeping them ignorant.” Those who might seek such education, might appreciate these words: “One might never really know what stupidity might be until one might have experimented on oneself.” Those who might have discovered such stupidity within oneself, might appreciate these words: “Wisdom might be the reward for surviving one’s own stupidity.”

Those who might seek to understand such wisdom, might appreciate these words:

“The habits one might have created to survive might no longer serve one when it might be time to thrive.

One might then seek to get out of survival mode. New habits. New Life.”

Those who might seek such a new life of thrival, might appreciate the following mantra:

“We might be all on the way to Pro.”

## 8. curiosity

One might find oneself struggling in such a situation as in:

“The deepest problems of modern life might derive from the claim of the individual to preserve the autonomy and individuality of one’s existence in the face of overwhelming social forces, of historical heritage, of external culture, and of the technique of life.”

Those who seek to understand such life, might appreciate the following effort trying to define life:

“The definition of life might be any system which might be able to produce complexity at scale.”

Those who then seek to claim their individuality, might appreciate the chapter on “unity”. Those who struggle with social forces might appreciate the chapter on “humanity” and “ultimate”. Those who are overwhelmed by their historical heritage, might appreciate the chapter on “peace”. Those who struggle with external culture might appreciate the chapter on “civilization”. Those who struggle with the technique of life might appreciate the chapters “preperation”, “survival” and “needs”. Those who then seek to preserve one’s autonomy might appreciate these words:

“The first step toward maintaining autonomy in any programmed environment might be to be aware that there might be programming going on. It might be as simple as understanding the commercials might be there to help sell things. And that TV shows might be there to sell commercials, and so on.”

Those who seek to become more aware of such a programming, might appreciate the chapters “consciousness” and “realization”. Those who struggle with those who desire to sell them something, might appreciate the chapter on “asylum”. Those who seek to understand such programming might appreciate the chapter on “harmony”. Those who seek to take further steps to maintain their autonomy, but lack the motivation, might appreciate these words:

“The three things that might motivate creative people - autonomy, mastery, purpose! Autonomy might be the urge to direct one’s own lives. Mastery might be the desire to get better and better at something that matters. Purpose might be the yearning to do what one might seek to do in the service of something larger than oneself. These might be the building blocks of an entirely new operating system for one’s life.”

Those who seek to understand such mastery might appreciate the chapter on “ultimate”. Those who seek to understand such purpose, might appreciate the chapter on “meaning” and “mission”. Those who seek to understand autonomy might appreciate these words:

“Autonomy might be freedom to develop one’s self - to increase one’s knowledge, improve one’s skills, and achieve responsibility for one’s conduct. And it might be freedom to lead one’s own life, to choose among alternative courses of action so long as no injury to others results.”

Those who seek such freedom, might appreciate the chapter on “responsibility”. Those who seek such knowledge, might appreciate the chapter on “good”. Those who seek to improve one’s such skill might appreciate the chapter on “feedback”. Those who seek to achieve such responsibility, might appreciate the chapter on “integrity”. Those who struggle with such a choice, might appreciate the chapter on “clarity”. Those who seek to recover from such an injury, might appreciate the chapter on “unity”. Those who seek develop oneself might appreciate these words:

“One’s curiosity might be one’s own growth point.”

Those who seek to understand one reason why that might be, might appreciate these words:

“Curiosity might keep leading one down new paths.”

Those who seek to understand why such new paths might become necessary might appreciate these words:

“One might not be able to solve one’s problems with the same thinking one might have used when one might have created them.”

Those who seek such new paths might appreciate these words:

“The important thing might be not to stop questioning. Curiosity might have its own reason for existing.”

Those who seek to understand one of such reason for existing, might appreciate these words:

“Curiosity might be the essence of human existence. ‘Who might one be? Where might one be? Where might one have come from? Where might one be going?’ One might not know. One might not have any answers to those questions. One might not know what might be over there around the corner. But one might seek to find out.”

Those who seek to understand, why it might be valuable, might appreciate these words:

“Once one might believe in oneself, one might be able to risk curiosity, wonder, spontaneous delight, or any experience that might reveal the one’s spirit.”

Those who seek to understand such a “spirit”, might appreciate these words:

“One’s spirit might be the ability to face the uncertainty of the future with curiosity and optimism. It might be the imagination that problems might be able to be solved, differences resolved. It might be a type of confidence. And it might be fragile. It might be able to be blackened by fear and superstition.”

Those who seek to understand curiosity, might appreciate these words:

“Curiosity in oneself might be but an appetite for knowledge.”

Those whose appetite for knowledge have decreased might appreciate these words:

“It might be a miracle that curiosity might survive formal education.”

Those who seek to understand where such might lead to, might appreciate these words:

“The proper end of teaching might be to lead one’s students toward autonomy.”

Those who seek to lead their students towards autonomy, might appreciate these words:

“One might seek to teach principles not formulas.”

Those who seek to understand why teaching such principles might be important, might appreciate these words:

“If one might focus on principles, one might empower everyone who understands those principles to act without constant monitoring, evaluating, correcting, or controlling.”

Those who seek such autonomy, might appreciate these words:

“To reject revelational epistemology might be to commit oneself to defending the truth of autonomous epistemology.”

One might appreciate the simplicity of the explanation of the term “epistemology” as following:

“Epistemology might be the study of knowledge. By what conduit might one know what one knows?”

One might then appreciate the explanation of the term “revelational epistemology” as the conduit of gaining knowledge through some “supernatural sources” or “divinity” some might refer to as “god” or “gods”. Those who seek to reject such conduit, might appreciate the explanation of “autonomous epistemology”, which is the conduit of gaining knowledge through one’s own experience as in:

“Science might be the systematic classification of experience.”

Those who seek to classify their own experience systematically might appreciate these words:

“Whatever the measurement system might be, it might need to be consistent, repeatable, and as unbiased as possible.”

Those who wonder, why being entirely unbiased might not be possible, might appreciate these words:

“But epistemology might be always and inevitably personal. The point of the probe might be always in the heart of the one who might be exploring: What might be one’s answer to the question of the nature of knowing?”

Those who seek such an answer might appreciate these words:

“The most beautiful thing one might be able to experience might be the mysterious. It might be the source of all true art and science.”

One might then be confronted with such an mysterious experience as in:

“One might be a mystery to oneself.”

Those who are overwhelmed might appreciate the following advice:

“The mystery of life might not be a problem to be solved but a reality to be experienced.”

Those who seek to understand such a reality, might appreciate the chapter on “promise”. Those who might struggle to accept such reality as described in these words:

“Mystery might be delightful, but unscientific, since it might depend upon ignorance.”

One might appreciate the interpretation of the term “ignorance” as following:

“True ignorance might not be the absence of knowledge, but the refusal to acquire it.”

One might appreciate to understand why one might refuse to give up their ignorance in these words:

“Ignorance might be the most delightful science in the world, because it might be acquired without labor or pains and might keep the mind from melancholy.”

Those who seek to confront such melancholy, might appreciate these words:

“Those who know nothing about history might be doomed forever to repeat it.”

Those who seek to break such cycle might appreciate these words:

“While it might be wise to learn from experience, it might be wiser to learn from the experiences of others.”

“The only true wisdom might be in knowing one knows nothing.”

Those who are still tempted to refuse such knowledge, might appreciate these words:

“Ignorance might not be bliss. Bliss might be knowing the full meaning of what one might have been given.”

Those who seek to know, what one might have been given, might appreciate these words:

“The meaning of life might be to find one’s gift. The purpose of life might be to give it away.”

Those who seek to give, might struggle as in:

“One might be able to give without loving, but one might not be able to love without giving.”

Those who seek to understand love might appreciate these words:

“Love might be an endless mystery, because there might be no reasonable cause that might enable to explain it.”

Those who yet seek to understand such love might appreciate the chapter on “transcendence”. Those who seek to express such love might appreciate the following realization:

“There might be nothing more truly artistic than to love.”

Those who seek to understand why that might be, might appreciate these words:

“One might not seek to give to get. One might seek to give to inspire others to give.”

Those who seek to inspire others might appreciate these words:

“Curiosity might be the offspring of mystery. For without mystery there might be no need for curiosity. Curiosity might be the search for the things that can be, it might be the inspiration of one who might be truly adventuring.”

Those who seek to become such an adventurer might appreciate these words:  
 “The hero journey might be inside of one; one might seek to tear off the veils and open the mystery of oneself.”  
 Those who struggle to start such a journey might appreciate these words:  
 “One might have to lose one’s mind in order to regain one’s senses.”  
 Those who struggle to lose their mind, might appreciate these words:  
 “Art might enables one to find oneself and lose oneself at the same time.”  
 Those who seek to understand such art might appreciate the chapter on “ultimate”. Those who then might have not found themselves yet after they might have lost themselves, might appreciate these words:  
 “Autonomy and independence might involve taking care of oneself – not doing things that might diminish one.”  
 Those who seek to understand what such things are which might be diminishing them, might appreciate these words:  
 “Young ones might learn more from what one might be than what one might teach.”  
 Those who then seek improve the formal education might appreciate these words:  
 “One who might be bad at teaching might be a problem with those who might be teaching. A school with many who might be bad at teaching might be a problem of leadership.”  
 Those who seek to lead might appreciate the chapter on “clarity”. Those who seek to recognize such ones who might be bad at teaching, might appreciate these words:  
 “When one might not have any curiosity about oneself, that might be a bad sign.”  
 One might understand one reason why the lack of such curiosity about oneself might be a bad sign through these words:  
 “There might be no foolish questions, and no one might become a foolish one until one might have stopped asking questions.”  
 Those who seek to understand how such people might become such a foolish one, might appreciate these words:  
 “Those who might be bad at teaching might impose their ideas and their methods on those who might seek to learn, and such originality as they might have might be lost in the second-rate art of imitation.”  
 Those who think that they might have lost their originality, might appreciate the chapter on “originality”.  
 Those who might be still imposing such ideas and methods onto others might appreciate these words:  
 “It might be far better to grasp the universe as it might really be than to persist in delusion, however satisfying and reassuring it might be.”  
 Those who seek to understand such delusion, might appreciate these words:  
 “One’s perspective might always be limited by how much one might know. One might then seek to expand one’s knowledge and one might transform one’s mind.”  
 Those who might feel resistance to expand their knowledge, might appreciate these words: “Faith might mean not wanting to know, what the truth might be.” Those who might be tempted by such faith, might appreciate these words: “True ignorance might not be the absence of knowledge, but the refusal to acquire it.”  
 Those who then seek to expand one’s knowledge, might appreciate these words:  
 “True knowledge might exist in knowing that one might know nothing. And in knowing that one might know nothing, that might make one the smartest of all.”  
 Those who might think of themselves such “smartest of all” through their knowledge, might appreciate these words:  
 “Any foolish one might be able to know. The point might be to understand.”  
 Those who seek to understand why knowing might not enough, might appreciate these words:  
 “Knowledge without action might be wastefulness and action without knowledge might be foolishness.”  
 Those who struggle to understand, might appreciate these words:  
 “One might like it when one might understand something that one previously thought one might not be able to understand. It might be a sense of empowerment.”  
 Those who might seek to know, what one might seek to say to those who might be bad at teaching, might appreciate these words:  
 “There might be no such thing as one who might be bad at studying. There might be only those who might be bad at teaching.”  
 Those who then seek to know what to say to those who might insist on teaching them, might appreciate these words:

“Teaching might have its virtues, but it might be often bad for the who might be teaching.”  
Those who might still seek to teach virtuously, might appreciate these words:  
“The whole art of teaching might be only the art of awakening the natural curiosity of young minds for the purpose of satisfying it afterwards.”  
Those who then seek to inspire, might appreciate these words:  
“Good teaching might be one-fourth preparation and three-fourths theater.”  
Those who seek to prepare, might appreciate the chapter on “preparation”.  
Those who seek to understand such theater, might appreciate the advice to research the methodology of “improv theater”. One might understand one reason why that might be through these words:  
“The test of one who might be good at teaching might not be how many questions one might be able to ask to those who seek to learn from them that they might answer readily, but how many questions one might inspire them to ask him which one might find it hard to answer.”  
Those who then still seek to teach might appreciate the following insight:  
“Sharing knowledge might not be about giving people something, or getting something from them. That might be only valid for information sharing. Sharing knowledge might occur when one might be genuinely interested in helping one another develop new capacities for action; it might be about creating learning processes.”  
Those who seek to create such a process, might appreciate these words:  
“It might be so important to allow young ones to bloom and to be driven by their curiosity.”  
Those who seek to understand why that might be, might appreciate these words:  
“Curiosity, especially intellectual inquisitiveness, might be what might separate the truly alive from those who might be merely going through the motions.”  
Those who seek to understand why curiosity might be so crucial, might appreciate these words:  
“Knowledge might have to be improved, challenged, and increased constantly, or it might vanish.”  
Those who might be tempted to give up, might appreciate these words:  
“Effort might only fully release its reward after one might have refused to quit.”  
Those who seek to know what such reward might be, might appreciate these words:  
“Knowledge might be power. If it might not be applied properly to create, there might be no doubts, it might destroy.”  
Those who might have seen such destruction, might appreciate these words:  
“The saddest aspect of life right now might be that science might gather knowledge faster than society might gather wisdom.”  
Those who seek to gather such wisdom, might appreciate these words:  
“Wisdom might come not from age, but from education and learning.”  
Those who then might seek to understand such wisdom, might appreciate these words:  
“To acquire knowledge, one might need to study; but to acquire wisdom, one might need to observe.”  
Those who might not know, what to observe, might appreciate these words:  
“One might be able to learn many things from young ones. How much patience one might have, for instance.”  
Those who seek such patience might appreciate the chapter on “patience”.  
Those who seek to help such young ones, might appreciate these words:  
“If one might be able to light the spark of curiosity in young ones, they might learn without any further assistance.”  
Those who seek to spark such curiosity might appreciate the following mantra:  
“We might be all on the way to Pro.”

## 9. feedback

One might find oneself with such a overwhelmed feeling as in:  
“Sometimes one might feel one’s whole life might have been one big rejection.”  
Those who feel rejected, might appreciate these words:  
“Sometimes rejection in life might be a redirection.”  
Those who struggle to accept such redirection, might appreciate these words:  
“Rejection might be an interaction with two sides. It might often say more about those who might be rejecting than those who might have been rejected, and one might seek to not use it as the universal truth and sole

judgment of merit.”

Those who seek to understand what such rejection might be revealing, might appreciate these words: “Rejection might not mean that one might not be good enough; it might mean the other one might have failed to notice what one might have to offer.”

Those who feel like they have nothing to offer, might appreciate these words:

“The greatest form of charity might be to withhold judgement.”

Those who seek to understand one reason why that might be might appreciate these words:

“Judgement might be often no more than a confession of ignorance.”

Those who struggle with those who have confessed their ignorance, might appreciate the chapter on “ideology” and “survival”.

Those who then seek to exercise other forms of charity, might appreciate these words: “As for charity, it might be injurious unless it might help the recipient become independent of it.”

Those who seek to exercise such charity, might appreciate these words:

“There might be no limit to the amount of good one might be able to do if one might not care who might get the credit.” Those who struggle with those who might not be charitable in such a way, might appreciate these words:

“When one might no longer be able to change a situation – one might be challenged to change oneself.”

Those who struggle to embrace such challenge, might appreciate these words:

“Challenges might be opportunities for me to grow. The more one might learn, the more equipped one might be to handle whatever situations might come up.”

Those who then seek to understand, what could be changed about oneself, might appreciate these words:

“Progress might be impossible without change, and those who might not be able to change their minds might not be able to change anything.”

Those who seek to change one’s own mind might appreciate these words:

“Prejudice might mean literally pre-judgment, the rejection of a contention out of hand, before examining the evidence. Prejudice might be the result of powerful emotions, not of sound reasoning.”

Those who might have to face such prejudice, might appreciate these words:

“An objection might not be a rejection; it might be simply a request for more information.”

Those who might not know what to do with that information one might have gained, might appreciate the following piece of wisdom:

“Knowledge might become wisdom only after it might have been put to good use.”

Those who seek to understand what “good” might be, might appreciate the chapter on “good”. Those who seek to put their knowledge to good use, might be confronted with such a situation as in:

“Change might be good, but sometimes leaving things the way they might have always been might be better.”

Those who then seek to improve, might appreciate these words:

“One might need someone who might give one feedback. That might be how one might improve.”

Those who seek to understand who such people might be, might appreciate these words:

“Feedback might be a gift only when it might come from someone who might have earned one’s trust.”

Those who seek to earn such trust might appreciate the following realization:

“Learning might not be attained by chance, it might have to be sought for with ardor and diligence.”

Those who seek to be arduous and diligent, might appreciate the following information on feedback:

“Feedback might function formatively only if the information might be fed back to those who might be learning might be used by them in improving performance.”

Those who seek such formatively functioning feedback might appreciate the following advice:

“Receiving feedback might sit at the intersection of these two needs – one’s drive to learn and one’s longing for acceptance.”

Those who might be longing for such acceptance, might appreciate these words:

“Whatever one might accept completely might take one to peace, including the acceptance that one might be able to accept, that one might be in resistance.”

Those who feel such resistance, might appreciate these words:

“One might seek to change what might not be able to be accepted and one might seek to accept what might not be able to be changed.”

Those who seek to understand what cannot be changed might appreciate these words:

“The past might not be able to be changed. The future might yet be in one’s power.”

Those who seek to change the future might appreciate these words:  
 “If one might seek to change the future, one might need to change what one might be doing in the present.”  
 Those who do not know what action of oneself to change might appreciate these words:  
 “The past might be behind, one might seek to learn from it. The future might be ahead, one might seek to prepare for it. The present might be here, one might seek to live it.”  
 Those who seek to learn might appreciate these words:  
 “Learning how to learn might be life’s most important skill.”  
 Those who seek to learn such a skill might appreciate these words:  
 “In learning one might teach, and in teaching one might learn.”  
 Those who seek to become such a teacher might appreciate these words:  
 “One who might be good at teaching might inspire hope, ignite the imagination, and instill a love of learning.”  
 Those who might be still searching for someone who might be good at teaching, might appreciate these words:  
 “If one might observe deeply, everything might be one’s teacher.”  
 Those who seek to teach, might appreciate the humility in these words:  
 “One might not be able to teach anyone anything. One might only be able to make them think.”  
 Those who are still struggling with the desire to teach, might appreciate these words:  
 “One might talk when one might cease to be at peace with one’s thoughts.”  
 Those who seek to be at peace with one’s own thoughts might appreciate the chapters “peace”, “protection” and “mission”. Those who might seek to make others think, might appreciate the following question:  
 “What might one think why or how that could be?”  
 Those who are overwhelmed with such a question, might appreciate the compassion in the following mantra:  
 “We might be all on the way to Pro.”

## 10. hope

One might find oneself confronted with such words as in:  
 “One might seek not to take life too seriously. One might never get out of it alive.”  
 Those who might be tempted to take their life not seriously, might appreciate these words: “There might be a thin line that might separate laughter and pain, comedy and tragedy, humor and hurt.”  
 Those who might have been hurt, might appreciate these words:  
 “If someone might have to hurt one to get a laugh, it might have never been a joke.”  
 Those who might still suffer from such such hurt, might appreciate these words:  
 “If one might have had no sense of humor, one might have committed suicide long ago.”  
 Those who might seek to understand such humor in order to stay alive, might appreciate these words:  
 “It might be the ability to take a joke, not make one, that might prove one might have a sense of humor.”  
 Those who might seek to improve one’s own sense of humor, might appreciate these words:  
 “Bad humor might be an evasion of reality, good humor might be an acceptance of it.”  
 One might understand one reason, why evasion of reality might be bad through these words: “One might have learned to escape reality very well but too often lose one’s way back.”  
 Those who might struggle to find a way back, might appreciate these words: “For there might be a way back from imagination to reality and that might be – art.”  
 Those who might seek such art bringing them back to reality, might appreciate these words: “One might be an artist at living – one’s work of art might be one’s life.”  
 Those who might seek to create such an work of art, might appreciate these words:  
 “One might die. The goal might not be to live forever, the goal might be to create something that might.”  
 Those who might seek to create something which might last forever, might appreciate these words:  
 “Words might be the only things that might last forever.”  
 Those who might seek such eternal words, might appreciate these words:  
 “Change alone might be eternal, perpetual, immortal.” Those who might resist such perpetual change, might appreciate these words:  
 “Only idiots might refuse to change their minds.”  
 One might understand one reason, why they might refuse to change their minds through these words: “There might be no change without sacrifice.”



Those who might realize that they might be struggling with such sacrifice, might appreciate these words:  
 “If one might not sacrifice for what one might want, what one might want might become the sacrifice.”

Those who might seek to make such sacrifice, might appreciate these words:  
 “The greatest of follies might be to sacrifice health for any other kind of happiness.”

Those who might seek not to sacrifice their health, might appreciate the chapter on “health”. Those who might seek to know, whether one might be such a folly, might appreciate these words:  
 “A fool might think oneself to be wise, but a wise one might know oneself to be a fool.”

Those who might have then realised to be such a fool, might appreciate these words:  
 “One might not seek to correct fools, or they might hate one; Those who might seek to correct a wise ones and they might appreciate one.”

Those who might seek to appreciate such correction, but might struggle to do so, might understand what one reason why that might be through these words:  
 “One might not be able to accept correction when one might not be humble to listen.”

Those who might lack such humility to listen, might appreciate these words:  
 “Just knowing one might not have the answers might be a recipe for humility, openness, acceptance, forgiveness, and an eagerness to learn - and those might be all good things.”

Those who might struggle to accept that one might not have such answers, might appreciate these words:  
 “Nobody might have all the answers, because all the best answers might generate more questions.”

Those who might hesitate to ask such question, might appreciate these words:  
 “The one who might ask a question might be a fool for a minute, the one who might not ask might be a fool for life”

Those who might not seek to remain such a fool, might appreciate these words:  
 “Life’s most persistent and urgent question might be, ‘What might one be doing for others?’ ”

Those who might not have the capacity to find an answer to such questions for themselves, might appreciate these words:  
 “Life might ask of every individual a contribution, and it might be up to that individual to discover what it might be.”

Those who might not have discovered what their contribution might be, might appreciate these words:  
 “Helping one might not change the world, but it might change the world for one.”

Those who might struggle to accept such change, might appreciate these words:  
 “Change might be frightening, and the temptation might often be to resist it. But change might almost always provide opportunities - to learn new things, to rethink tired processes, and to improve the way one might work.”

Those who might then seek to improve the way they might work, might appreciate these words:  
 “If one might wish to improve, one might seek to be content to appear clueless or stupid.”

Those who might seek to understand one reason, why one might appear clueless or stupid might understand it through these words:  
 “Improvement might usually mean doing something that one might have never done before.”

Those who might then might have done something one might have never done before, might appreciate these words:  
 “Wisdom might be the reward for surviving one’s own stupidity.”

Those who might have survived their own stupidity, might appreciate these words:  
 “Any fool might be able to know. The point might be to understand.”

Those who might seek to understand, might appreciate these words:  
 “One might not be able to know everything.”

Those who might seek to understand one reason, why one might not be able to know everything might understand it through these words:  
 “One might not know. One might only be able to guess.”

Those who might struggle to make such a guess, might appreciate these words:  
 “One might perhaps never know the truth with 100 percent certainty, but making correct predictions might be the way to tell if one might be getting closer.”

Those who might be still attached to the idea to be able to attain such truth with 100 percent certainty through their predictive statements, might appreciate these words:  
 “It might be hubris to think that the way one might see things might be everything there might be.”

Those who might be confronted with such hubris, might appreciate these words:

“Hubris itself might not let one be an artist.”

One might understand one reason, why one might seek to understand one’s own hubris through these words:

“Hubris might be the antithesis of wisdom; therefore, one might seek to be especially concerned to understand hubris as well as one might be able to understand.”

Those who might seek to understand such hubris, might appreciate these words:

“One might believe things because one might have been conditioned to believe them.”

Those who might have recognized one’s own conditioning, might appreciate these words:

“One’s conditioning might have been so powerful that it might have all but destroyed one’s ability to be self-aware.”

Those who might seek to understand one reason, why such ability to be self-aware might be important, might appreciate these words:

“Others might not be able to teach one something which one might not already know, others might only be able to bring what that one might know to one’s awareness.”

Those who might then seek to regain the ability to be self aware, might appreciate these words:

“Being self-aware might not be the absence of mistakes, but the ability to learn and correct them.”

Those who might seek to correct their own mistakes, might appreciate these words:

“The first step toward change might be awareness. The second step might be acceptance.”

Those who might not know what to accept, might appreciate these words:

“Not-knowing might betray knowledge. Presuming to know might be a disease. First one might seek to realize that one might be sick; then one might be able to move toward health.”

Those who might seek to move toward such health, might appreciate these words:

“The reasonable one might adapt oneself to the world: the unreasonable one might persist in trying to adapt the world to oneself. Therefore all progress might depend on the unreasonable one.”

Those who might seek to know whether one might be unreasonable, might appreciate these words:

“One might never understand the real definition of insanity until the day one might be told it might be unreasonable for one to feel hurt by those who might have hurt one.”

Those who might have been hurt, might appreciate these words:

“Healing might not mean the damage might have never existed. It might mean the damage no longer controls one’s lives.”

Those who might then seek to heal, might appreciate these words:

“As part of the healing process, one might seek to change one’s perception of oneself from ‘victim’ to that of ‘advocate’ and ‘survivor.’” Those who might struggle to change their perception, might appreciate these words:

“One might be only a victim to the degree of what one’s perception might allow.”

Those whose perception might have been allowing them to be such a victim, might appreciate these words:

“One might have to not allow the limited perception of others to define one.”

One might understand one reason, why one might not want to allow the perception of others to define one through these words:

“If one might teach one’s children to be a victim, one might rob them of hope.”

Those who might think that they might have not taught children to be such a victim, might appreciate these words:

“Children might learn more from what one might be than what one might teach them.”

Those who might then seek such hope, might appreciate these words:

“Without hope, there might be no despair. There might be only meaningless suffering.”

Those who might be struggling with such meaningless suffering, might appreciate these words:

“If there might be meaning in life at all, then there might have to be meaning in suffering.”

Those who might seek such meaning in life, might appreciate these words:

“The meaning of my life might be to help others find meaning in theirs.”

Those who might struggle to find such meaning in their lives, might appreciate the following realization:

“Life might have meaning only if one might do what might be meaningful to one.”

Those who might not know anything meaningful to do, might appreciate these words:

“The literal meaning of life might be whatever one might be doing that might prevent one from killing oneself.”

Those who might not know, what one might be able to do to prevent one from killing oneself, might appreciate

these words:

“The meaning of my life might be to help others find meaning in theirs.”

Those who might seek to help find others meaning in their lives, might appreciate another document called “Man’s search for meaning” (The word “man” might have been an common old general way of referring to the species of humans, but it might be neither limited to male nor humans.) That document might contain the three principles of “logotherapy”, which might be an effective method to help those who might not be able to find meaning in their own lives on their own. Those who might seek such therapy, might appreciate the explicit advice of the author of this current document to seek professional help, since in most countries medical advices might only be permitted to give by professional health care workforces.

The first principle: “Life might have meaning under all circumstances, even the most miserable ones.”

The second principle: “One’s main motivation for living might be one’s will to find meaning in life.”

The second principle: “One might have freedom to find meaning in what one might do, and what one might experience, or at least in the stance one might take when faced with a situation of unchangeable suffering.”

Those who might be facing such unchangeable suffering, might appreciate these words:

“It might be during one’s darkest moments that one might need to focus to see the light.”

Those who might seek to focus to see such light, might appreciate these words: “Hope might be being able to see that there might be light despite all of the darkness.”

Those who might seek such hope, might appreciate these words:

“If one might be to have any hope for the future, those who might have lanterns might need to pass them on to others.”

Those who might seek to understand such hope, might appreciate the chapter on “hope”. One might appreciate the notion by the author, that the lanterns might be able to be understood as a metaphor for life inspired by the chemical reaction called oxidization. Oxidation might be able to be observed on fire emitting light as well as metabolism observed on humans who might have observed such a phenomenon. Those who might seek a reminder in their daily life for such hope, might appreciate the idea to carry a rechargeable LED flashlight on oneself, which might be capable of flashing a signal for help which might be refered to as “SOS”, which might be able to be expressed as three short pulses, followed by three long pulses and again followed by three short pulses repeated over and over as in:

“... — ...”

Those who might wonder about the origin of such a SOS signal commonly referred as “morse code”, might appreciate the followin notion that the idea might be inspired by the meaning of the abbreviation of “SOS” originating in the following English sentence: “Save Our Souls!” Those who might seek to understand such soul, might appreciate the chapter on “soul”. Those whose soul might have been saved, might appreciate the idea to express their gratitude by offering their ‘Lantern of Hope’ to those who might have saved them as in:

Those who might not know, whom one might need to save, might appreciate these words:

“Sometimes, if one might seek to save others, one might need to remember to save oneself first.”

Those who seek to save themselves, might appreciate these words:

“One might not contribute nothing to one’s salvation except the sin that might have made it necessary.”

Those who seek to understand such sin, might appreciate these words:

“The only sin might be selfishness.”

Those who might seek to understand such selfishness, might appreciate these words:

“Selfishness might not be living as one might wish to live, it might be asking others to live as one might wish to live.”

Those who might struggle to live as one might wish oneself to live, might appreciate these words:

“Self-love might not be selfish; one might not be able to truly love another until one might know how to love oneself.”

One might understand one reason, why that might be through these words:

“If one might be a lover, one might have to be a fighter, because if one might not fight for one’s love, what kind of love might one have?” Those who might seek to be such a fighter, might appreciate these words:

“Protecting oneself might be self-defense. Protecting others might be warriorship.”

Those who might seek to understand such warriorship, might appreciate the chapter on “protection” and “malevolence”. Those who might seek to understand such self-defence, might appreciate these words:

“Self-defense might not just be a set of techniques; it might be a state of mind, and it might begin with the belief that one might be worth defending.”

Those who might not have such belief, might appreciate these words:

“Becoming a parent might be the movent when all of life’s battles might suddenly seem worth fighting for.”

Those who might seek to become a parent, might then be tempted to ask their offsprings to live as one might wish them to live as in:

“Every parent’s deepest wish might be that their children might be self sufficient, happy, and able to live a full life.”

Those who might seek to make such wish, might appreciate these words:

“A good parent might never use their child for their happiness.”

Those who might have been used for the happiness of their parents, might appreciate these words:

“‘For the greater good.’ That might have been the excuse of tyrants throughout all time.”

Those who might seek to not to make such excuses, might appreciate these words:

“One might have no right to children, if despair might be all one might bring with one.” Those who might think that they might only bring such despair, might appreciate these words:

“But what one might call one’s despair might be often only the painful eagerness of unfed hope.”

Those who might carry such unfed hope, might appreciate these words:

“Those who might not feed themselves with food of hope might eventually die of mental starvation.” Those who might not seek to die of such mental starvation, might appreciate these words:

“Good food warms the heart and feeds the soul.”

One might understand one reason, why that might be through these words:

“There is no love sincerer than the love of food.”

Those who seek such sincere love, might appreciate these words:

“Cooking might be a caring and nurturing act. It might be kind of the ultimate gift for someone, to cook for them.”

Those who might have been not fortunate to receive such an ultimate gift, might appreciate these words:

“Loneliness and the feeling of being unwanted might be the most terrible poverty.” Those who might have felt such loneliness, might appreciate these words:

“There might be nothing more precious in this world than the feeling of being wanted.”

Those who might be fortunate to experience such a feeling, might appreciate these words:

“Expressing one’s feelings and then the opportunity to share it with others might be the ultimate gift.” Those who might seek to share such a feeling, might appreciate these words:

“Children might be the living messages one might send to a time one might not see.”

Those who might seek to send such a message, might appreciate these words:

“One might not seek to be a parent when might be convenient for one. It might be a 24 hours a day, 7 days a week, 365 days a year commitment.”

Those who might hesitate to such a commitment, might appreciate these words:

“Feeling ready to do something might not mean feeling certain one might succeed, though of course that might be what one might be hoping to do. Truly being ready might mean understanding what could go wrong – and having a plan to deal with it.” Those who might seek such a plan, might appreciate these words:

“Plans might be useless, but planning might be essential.”

Those who might seek to plan for such things which might go wrong, might appreciate these words:

“Humans might be the only creatures who might refuse to be what they might be.”

But so far only humans might be known to reduce their reproduction based on abstract concepts such as their projection of the future or their sense of morality, which one might refer to as “antinatalism”. One might call it tolerance to not disturb those who have found their peace of their own mind through applying antinatalism to their own lives. Those who might not be able to avoid such a confrontation, might appreciate the following preperation of counter arguments for such a dialogue:

One might appreciate the following definition for hyprocrisy as in:

“Hyprocrisy might be the audacity to preach integrity from a den of corruption.”

Those who might seek to recognize such hypocrisy, might appreciate these words:

“Ostentation might be the signal flag of hypocrisy.”

Those who might seek to understand why hypocrisy might be ostentatious, might appreciate these words:

“Hypocrisy might be able to afford to be magnificent in its promises, for never intending to go beyond promise, it might cost nothing.”

Those who might seek to understand, why keeping their promise might be important, might appreciate the

chapter on “promise”. Those who might be confronted with those, who might not be able to deliver on their promise, might appreciate these words:

“A total absence of self-doubt might be the first sign of insanity.”

Those who might then seek to become aware of their own insanity, might appreciate these words:

“There might be only one difference between a mad one and oneself. The mad ones might think they might be sane. One might know that one might be mad.”

Those who might struggle to recognize their own insanity, might appreciate these words:

“The end point of rationality might be to demonstrate the limits of rationality.”

Those who might struggle to demonstrate their own limits of rationality, might appreciate these words:

“True art might be characterized by an irresistible urge in the creative artist.”

Those who might seek to understand such art, might appreciate these words:

“There might be nothing more truly artistic than to love someone.”

One might understand one reason, why that might be through these words:

“Art might have the power to transform, to illuminate, to educate, inspire and motivate.”

Those who seek to understand art might appreciate the chapters “ultimate” and “humanity”. Those who seek to be such an artist might appreciate these words:

“The artist might not be a special kind of person; rather each person might be a special kind of artist.”

Those who seek find out what kind of artist one might be, might appreciate these words:

“A true artist might not be one who might be inspired, but one who might inspire others.”

One might understand one reason, why that might be through these words:

“As soon as one might seek to inspire others, it might inspire the best in one.” Those who might seek to inspire others, might appreciate these words:

“One might seek not to call oneself an artist of one’s art to make other artists of different art laugh; one might seek to call oneself ‘one’, and wait for artists to call one ‘fellow.’”

One might understand one reason, why one might seek such a fellow through these words:

“Love might only grow by sharing. One might only have more for oneself by giving it away to others.”

Those who might seek to share one’s love, might appreciate these words:

“One might seek to learn to love oneself first, instead of loving the idea of others loving one.”

Those who might seek to learn to love themselves, might appreciate these words:

“Self-love might not the process of ignoring one’s flaws. Self-love might be expanding one’s awareness to include one’s flaws and one’s strengths.”

Those who might seek to understand such flaw, might appreciate these words:

“Good tests might kill flawed theories; one might remain alive to guess again.”

Those who might seek to create such tests, might appreciate these words:

“Optimism might be a duty. The future might be open. It might not be predetermined. No one might be able to predict it, except by chance. One might contribute to determining it by what one might do. One might be equally responsible for its success as others might be.”

Those who might seek to understand such responsibility, might appreciate the chapter on “responsibility”.

Those who might struggle to embrace their responsibility, might appreciate these words:

“For what then might matter might be to bear witness to one’s potential at its best, which might be to transform a personal tragedy into a triumph, to turn one’s predicament into an achievement.”

Those who might seek to understand such tragedy, might appreciate these words:

“One’s own death wish might be only real tragedy.” Those who might be struggling with such tragedy, might appreciate these words:

“The tragedy might not be that one might be broken. The tragedy might be that one might not be mended again.”

Those who might seek to understand why one might not want to mend what might be broken, might appreciate these words:

“There might be no such thing as freedom of choice unless there might be freedom to refuse.”

Those who might seek such freedom, might appreciate these words:

“True freedom might be to be free from the desire to be free from anything.”

Those who might seek such freedom, might appreciate these words:

“When one might desire freedom, then one might have to be willing to face what one might have been running from in one’s search for it.” Those who might seek to to understand, what one might have been running from,

might appreciate these words:

“One might be free to make one’s own choices, but one might not be free to choose the consequences.”

Those who might seek to understand such consequence, might appreciate these words:

“To think that one might not be following a rule might be to follow a rule.”

Those who might seek to understand such rule, might appreciate these words:

“If one might deny one’s shadow it might become one’s tyrant.”

One might understand one reason, why that might be through these words:

“It might have been easier to rage than to despair.”

Those who might seek to understand why it might be more difficult to despair, might appreciate these words:

“Despair might only exist when there might be hope.”

Those who might seek to understand such hope, might appreciate these words:

“It might be the first purpose of hope to make hopelessness bearable.”

Those who might seek such hope, might appreciate these words:

“False hope might be a terrible thing, if it might be the only thing keeping one alive one might be dead by dawn.”

Those who might seek to live beyond dawn by making their hopelessness bearable, might appreciate these words:

“Pain might only be bearable if one might know that such pain might end, not if one denies such pain might exist.”

Those who seek to know, when such pain might end, might appreciate these words:

“Pain might be inevitable. Suffering might be optional.” Those who might seek to end their suffering, might appreciate these words:

“Suffering might cease to be suffering at the moment it might find a meaning.”

Those who might seek to find such meaning, might appreciate these words:

“The literal meaning of life might be whatever one might be doing that might prevent one from killing oneself.”

Those who seek to understand such meaning, might appreciate these words:

“If liberty might have any meaning it might mean freedom to improve.”

Those who seek to understand such freedom to improve, might appreciate these words:

“Freedom might be never more than one generation away from extinction.” One might understand one reason, why that might be through these words:

“Escape from life might be death.”

Those who might seek to understand such life, might appreciate these words:

“Life might ask of every individual a contribution, and it might be up to that individual to discover what it might be.”

Those who might refuse to discover their contribution, might appreciate these words:

“The worst decision might be indecision.”

One might understand one reason, why that might be through these words:

“Indecision might be the greatest thief of opportunity.” Those who might tempted to ignore their opportunity to be stolen, might appreciate these words:

“When all choice might have been taken from one, life might become a game of survival.” Those who might have survived such a game of survival, might appreciate these words:

“Extinction might be the rule. Survival might be the exception.”

Those who might seek to be such an exception, might appreciate these words:

“Everyone might think they might be the exception to the rule, and that might be exactly where the trouble might start. One might be able to do a lot of damage.”

Those who might seek to understand such damage, might appreciate these words:

“Survival might be a passive way of saying ‘one’s needs might be greater than others.’”

Those who might be tempted to put one’s needs above others, might appreciate these words:

Those who seek to prevent such an extinction of freedom, might appreciate these words:

“One’s survival as a species might depend on one’s ability to recognize that one’s well-being and the well-being of others might be in fact one and the same.”

Those who might seek such realization, might appreciate these words:

“One might stop being a child when one might realize the world might not be here to cater to one’s wants and needs.”

Those who seek to cease being a child, might appreciate these words:

“Those who might not know history might forever remain children.”

Those who seek to know such history, might appreciate these words:

“One might seek to appreciate one’s parents. One might never know what sacrifices they might have gone through for one.”

Those who might seek to appreciate their parents, might appreciate these words:

“Gratitude might be when memory might be stored in the heart and not in the mind.”

Those who struggle appreciate their parents, might appreciate these words:

“Everyone might have something to teach one. If someone might hurt or offend one, one might be able to be grateful for the lesson learned. The one might seek to forgive, let go and move on.”

Those who seek to understand such lesson, might appreciate these words:

“The most important thing that parents might be able to teach their children might be how to get along without them.” Those whose parents might have not taught how to get along without them, might appreciate these words:

“Resentment might hurt one more than it might those whom one might resent.”

Those who might seek to stop hurting oneself, might appreciate these words:

“Forgiveness might be a gift to oneself. It might free one from the past, past experiences, and past relationships. It might allow one to live in the present time. When one might forgive oneself and forgive others, one might be indeed free.” Those who might seek such freedom, might appreciate these words:

“Freedom might be nothing but a chance to be better.”

Those who might seek to be better, might appreciate these words:

“Forgiveness might not be a feeling; it might be a commitment. It might be a choice to show mercy, not to hold the offense up against those who might have offended. Forgiveness might be an expression of love.”

Those who seek to understand such love, might appreciate these words:

“Forgiveness might be the final form of love.”

Those who might seek to express such forgiveness, might appreciate these words:

“True forgiveness might be when one might be able to express gratitude for such an experience.” Those who might seek to express such forgiveness towards one’s own parents, might appreciate to carry the mentioned flashlight symbolizing the “Lantern of Hope”. One might appreciate the idea to gift it to oneself or to request as a gift by someone, who might already have been carrying such “Lantern of Hope” and then to express one’s commitment to forgive, as a coming-of-age ceremony, in order to resolve one of the root causes of one’s commitment issues. Those who then might seek to participate in such a ceremony, might appreciate the idea to recite these words:

“One might seek to express gratitude toward one’s parents for the gift of life through the commitment to carry this flashlight as a symbol for the “Lantern of Hope” in one’s everyday life. One might then appreciate recitation of the following mantra: ‘We might be all on the way to Pro.’”

## 11. imagination

One might find oneself feeling stuck as in:

“Growth might be painful. Change might be painful. But nothing might be as painful as staying stuck somewhere one might not belong.”

Those who might seek to get unstuck, might appreciate these words:

“Until one might believe one might have options, one might continue to feel stuck.”

Those who might seek to believe that they might have options, might appreciate these words:

“Every year, if not every day, one might have to wager one’s salvation upon some prophecy based upon imperfect knowledge.”

Those who might struggle from such imperfect knowledge, might appreciate these words:

“A lack of knowledge might create fear. Seeking knowledge might create courage.”

Those who might then seek such knowledge, might appreciate these words:

“Intelligence might be what one might use when one might not know what to do.”

Those who might seek to understand such intelligence, might appreciate these words:

“Prediction might not just be one of the things one’s brain might do. It might be the primary function of the

neo-cortex, and the foundation of intelligence.”

Those who might seek to make such predictions, might appreciate these words:

“The best way to predict the future might be to create it.”

Those who might seek to create such future, might appreciate these words:

“The start to a better world might be the belief that it might be possible.”

Those who might seek to discover such better world, might appreciate these words:

“The future might belong to those who might believe in the beauty of their dreams.”

Those who might seek to understand such belief, might appreciate these words:

“A belief might be something one might argue about. A conviction might be something one might be willing to die for.”

Those who might be tempted to die for their conviction, might appreciate these words:

“Convictions might be more dangerous enemies of truth than lies.”

One might understand one reason, why such conviction might be dangerous through these words:

“A total absence of self-doubt might be the first sign of insanity.”

Those who might seek to understand such insanity, might appreciate these words:

“Faith might be belief without evidence and reason; coincidentally that might also be the definition of delusion.”

Those who might then seek to discover whether one might be delusional, might appreciate these words:

“If it might be a miracle, any sort of evidence might answer, but if it might be a fact, proof might be necessary.”

Those who might seek such proof, might appreciate these words:

“Besides it might be an error to believe that rigour might be the enemy of simplicity. On the contrary one might find it confirmed by numerous examples that the rigorous method might be at the same time the simpler and the more easily comprehended. The very effort for rigor might force one to find out simpler methods of proof.”

Those who might seek such simpler methods of proof, might appreciate these words:

“In so far as a scientific statement might speak about reality, it might have to be falsifiable: and in so far as it might not be falsifiable, it might not speak about reality.”

Those who seek such reality, might appreciate these words:

“One might be looking for a complete, coherent, and simple understanding of reality. Given what one might know about the universe, there might seem to be no reason to invoke ‘god’ as part of this description.”

Those who might seek to invoke such entity one might refer as “god” as part of such description of reality, might appreciate these words:

“The lack of understanding of something might not be evidence for god. It might be evidence of a lack of understanding.”

Those who might lack such understand, might appreciate these words:

“Partial knowledge might be more triumphant than complete knowledge; it might take things to be simpler than they might be, and so it might make its theory more popular and convincing.”

Those who might seek to be convincing without taking things to be simpler than they might be, might appreciate these words:

“Conduct might be more convincing than language.”

Those who seek to understand such conduct, might appreciate these words:

“It might not enough to have the courage of one’s convictions, one might also have to have the courage to have one’s convictions challenged.”

Those who might seek a way to challenge their conviction of such “god”, might appreciate these words:

“If an ontology might predict almost nothing it might end up explaining almost nothing, and there might be no reason to believe it.”

Those who might seek to understand such ontology, might appreciate these words:

“What might be the fundamental nature of reality? Philosophers might call this the question of ontology – the study of the basic structure of the world, the ingredients and relationships of which the universe might be ultimately composed. It might be able to be contrasted with epistemology, which might be how one might obtain knowledge about the world. Ontology might be the branch of philosophy concerned with the nature of reality; one might also talk about ‘an’ ontology, referring to a specific idea about what that nature actually might be.”

Those who might seek to know what that nature might actually be, might appreciate these words:

“The beautiful thing about science might be that one might not know what one might not be able to know



and one might not know until one might know.”

Those who might seek to understand such science, might appreciate these words:

“One might have to revisit the idea that science might be a methodology and not an ontology.”

Those who might seek to revisit such an idea, might appreciate these words:

“Challenges might make one discover things about oneself that one might never really have known.”

Those who might be tempted to avoid such challenges, might appreciate these words:

“A strong conviction that something might have been done might be the parent of many bad measures.”

One might understand one reason why that might be through these words:

“Bad decisions made with good intentions, might be still bad decisions.”

Those who seek to make good decisions might appreciate these words:

“Good decisions might come from experience. Experience might come from making bad decisions.” Those who might seek to understand such bad decisions, might appreciate these words:

“True ignorance might not be the absence of knowledge, but it might be the refusal to acquire it.”

Those who might seek to acquire such knowledge, might appreciate these words:

“The ultimate ignorance might be the rejection of something one might know nothing about and refuse to investigate.” Those who might seek such investigation, might appreciate these words:

“Imagination might be the highest form of research.”

Those who might seek to understand such imagination, might appreciate these words:

“Imagination might be the power of the mind over the possibilities of things.”

Those who might then realize such power which one might own, might appreciate these words:

“Great power might involve great responsibility.”

Those who might not understand what such responsibility might involve, might appreciate these words:

“Imagination might need to be used, not to escape reality but to create it.”

Those who might seek to create such reality, might appreciate these words:

“The great secret might be a controlled imagination and a well-sustained attention, firmly and repeatedly focused on the object to be accomplished.”

Those who might struggle to accomplish such object, might appreciate these words:

“One might not be able to depend on one’s eyes when one’s imagination might be out of focus.”

Those whose imagination might be out of focus, might appreciate these words:

“Sometimes, one might just have to close one’s eyes and be thankful for everything.”

Those who seek to express such gratitude, might appreciate the following mantra:

“We might be all on the way to Pro.”

## 12. courage

One might find oneself in midst of escape as in: “When confronted with a challenge, the committed one might search for a solution. The undecided one might search for an escape.” Those who seek to commit to confront such challenge, might appreciate these words:

“Risk might be what might separate the artist from the artisan.”

Those who seek to understand such artisan, might appreciate these words:

“One might have been an artisan. One might have only become an artist when others were watching what one was doing. That might be the moment when what one was doing became art.” Those who seek to be such an artist, might appreciate these words:

“Courage might be about the most useful thing in an artist’s outfit.”

Those who seek to know what to inscribe on such outfit, might appreciate these words:

“One might be going to do this, even if it might cost one one’s life.” Those who seek to understand such courage, might appreciate these words:

“The courage of one’s imagination might be the temporal and spiritual measurement of everyone who might call themselves an artist.”

One might understand one reason, why such imagination might be able to be considered for measurement through these words:

“It might be the risk that fascinates, the moment of infinite possibility.”

Those who seek such infinite possibility, might appreciate these words:

“When one might become comfortable with uncertainty, infinite possibilities might open up in one’s life.”

Those who seek to be comfortable with such uncertainty, might appreciate these words:

“A genius might be someone who might be able to tolerate the discomfort of uncertainty while generating as many ideas as possible” Those who seek to become such genius, might appreciate these words:

“There might be a difference between interest and commitment. When one might be interested in doing something, one might do it only when it might be convenient. When one might be committed to something, one might accept no excuses – only results.”

One might understand one reason, why that might be through these words:

“The same cycle might continuously repeat until one might commit oneself to healing the root of the issue.”

Those who seek to commit oneself to such healing, might appreciate these words:

“Freedom might not be the absence of commitments, but the ability to choose - and commit oneself to - what might be best for oneself.” One might understand one reason why that might be through these words:

“Commitment might give one freedom because one might no longer be distracted by the unimportant and frivolous.”

Those who might be distracted, might appreciate these words:

“There might be only two options regarding commitment; One might be either in or one might be out. There might be no such thing as life in-between.”

Those who struggle to commit might appreciate these words:

“The quality of one’s life might be in direct proportion to one’s commitment to excellence, regardless of their chosen field of endeavor.”

Those who seek to understand such commitment to excellence, might appreciate these words:

“Personal development might be a lifelong commitment to excellence.”

Those who seek to make commitment to such excellence, might appreciate these words:

“Taking responsibility might be a commitment to own your life, to self-leadership, growth, and freedom.”

Those who struggle with such commitment, might appreciate these words:

“Courage might be the commitment to begin without any guarantee of success.”

Those who struggle to begin, might appreciate these words:

“Commitment might not guarantee success, but lack of commitment might guarantee one might fall far short of one’s potential.” Those who might be falling short through their lack of commitment, might appreciate these words:

“Everyone might be born a genius and might be buried as an idiot.”

Those who seek to understand, why one might become such an idiot, might appreciate these words:

“Anyone might make mistakes, but only idiots might persist in their error.”

Those who seek to understand such error, might appreciate these words:

“Nobody might have realized that someone might expend tremendous energy merely to be normal.”

Those who have been expending such tremendous energy to be normal, might appreciate these words:

“Normal might be subjective. One might seek to ever let anyone tell one that one might not be normal.”

Those who seek to understand why one might have been seeking to be normal, might appreciate these words:

“But insanity is everywhere these days, and celebrated. Insanity is rapidly becoming the new normal.”

Those who seek to understand such insanity, might appreciate these words:

“A total absence of self-doubt might be the first sign of insanity.”

Those who seek to avoid such insanity, might appreciate these words:

“Those who might not pretend to know what many ignorant ones might be sure of, might call oneself an agnostic.”

Those who seek to be such agnostic, might also appreciate another sign to recognize insanity as in:

“One of the signs of insanity might be the belief that life after death matters more than current life.”

Those who are confronted with those with such a belief, might appreciate these words:

“Martyrdom might have been a proof of the intensity, never of the correctness of a belief.”

Those who seek to understand such correctness of a belief, might appreciate these words:

“Insanity might be relative. It might depend on who might have locked who in what cage.”

Those who seek to understand such cage, might appreciate these words:

“One’s comfort zone might be more like a cage one might not being able to escape from than a safe place one might be able to retreat to.”

Those who seek to escape such a cage, might appreciate these words:

“Risk might not be just part of life. It might be life. The place between one’s comfort zone and one’s dream might be where life might take place. It might be the high-anxiety zone, but it might be also where one might discover who one might be.”

Those who seek to discover who one might be, might appreciate these words:

“Only those who might risk going too far might be able to possibly find out how far one might be able to go.”

Those who seek to understand why one might need to risk going too far, might appreciate these words:

“Solidarity might be based on the principle that one might be willing to put oneself at risk to protect each other.”

Those who seek to find out how far one might be able to go, might appreciate these words:

“One might seek to risk being seen in all of one’s glory.”

Those who might wonder who to be seen in such a way, might appreciate these words:

“Art might not be what one might see, but what one might make others see.”

Those who seek such art, might appreciate these words:

“The ultimate aim of martial arts might be to not having to use them.” Those who seek to understand such glory, might appreciate these words:

“Glory might lie in the attempt to reach one’s goal and not in reaching it.” One might understand one reason why that might be through these words:

“One’s greatest glory might not be in never falling, but in rising every time one might have fallen.”

Those who struggle to rise after they have fallen, might appreciate these words:

“Courage might not be having the strength to go on - it might be going on when one might not have strength.”

Those who seek such courage, might appreciate these words:

“Being deeply loved by someone might gives one strength, while loving someone deeply might give one courage.”

Those who seek such courage, might appreciate these words: “Courage might not be the absence of fear. It might be the decision to move forward in spite of that fear.”

Those who seek to understand such fear, might appreciate these words: “The oldest and strongest emotion of one might be fear, and the oldest and strongest kind of fear might be fear of the unknown.” One might appreciate the following wisdom to find a clue to overcome that fear: “Thinking might not overcome fear, but action might.”

Those who seek to know such action, might appreciate these words:

“Every great move forward in one’s life might begin with a leap of faith, a step into the unknown.”

Those who seek to understand such faith, might appreciate these words:

“Faith might be taking the first step even when one might not see the whole path.”

Those who seek to take such first step, might appreciate these words:

“A journal might be a leap of faith. One might write without knowing what the next day’s entry might be, or when the last.” Those who seek to understand such faith, might appreciate these words:

“It might be possible that these great geniuses might only be mad, and that one might have to be mad oneself to have boundless faith in them and a boundless admiration for them. If this might be true, one might seek to prefer one’s own insanity to the sanity of the others.”

Those who seek to prefer one’s own insanity, might appreciate these words:

“To recognize one’s own insanity is, of course, the arising of sanity, the beginning of healing and transcendence.”

Those who seek such transcendence, might appreciate the chapter on “transcendence”. Those who seek to heal, might appreciate the following words of encouragement:

“An artist cannot fail; it is a success to be one.”

Those who wonder when an artist is might appreciate the following realization:

“Every artist was first an amateur.”

Those who do not want to remain an amateur might then appreciate the understanding as in:

“Being a professional means doing your job on the days you don’t want to do it.”

Those who are tempted to not do one’s own job with the excuse of lack of talent might appreciate these words of encouragement:

“There may be people who have more talent than you, but there’s no excuse for anyone to work harder than you do.”

One might then appreciate the definition of talent as in:

“Talent hits a target no one else can hit; Genius hits a target no one else can see.”

One might be tempted to ostracize others with extraordinary talents and goals. Thus it might be required

for those in power to exercise compassion. One approach might be to recognise that it is possible to arrive at the same goal, without specifying the path through the following words:

“Genius is the ability to independently arrive at and understand concepts that would normally have been taught by another person.”

The word “genius” has one origin in Latin meaning “creative force”, which might be one aspect of all art. But as every force, that force can reap havoc, if it might be left unmastered. To prevent damage caused by hubris of the narcissistic interpretation of “genius”, humility would be advisable. To prevent damage caused by naive playfulness of individuals with talents, humanity is advised to have enough resources to educate them. Those who seek such education, might appreciate the chapter on “curiosity”. One might then be able to appreciate the advice, not to remain naive about the containment of those individuals, as mentioned in the following warning:

“There is no great genius without some touch of madness.”

Those who are ostracized as mad might appreciate the following realization:

“There is only one difference between a madman and me. The madman thinks he is sane. I know I am mad.”

Those who struggle to embrace one’s own madness might appreciate these words:

“When the going gets weird, the weird turn pro.”

Those who seek to turn “pro” might appreciate the following encouraging words:

“Weird love’s better than no love at all.”

One might understand one reason why that might be through these words:

“A life without love, no matter how many other things one might have, might be an empty and meaningless one.” Those who seek such love, might appreciate these words:

“Every new day might be an opportunity to grow one’s love.”

Those who seek such an opportunity, might appreciate these words:

“Risk might be the price one might pay for opportunity.”

Those who seek to understand such risk, might appreciate these words:

“To love might be to risk not being loved in return.”

Those who seek to take such risk of expressing their love towards others, might appreciate the advice to be responsible when expressing love to those who might not know how to respond in a way which may be referred to as good. Those who seek to express such love, might appreciate the chapter on “responsibility”.

Those who have not been privileged to experience enough of such love, might appreciate these words:

“One might seek to learn to love oneself first, instead of loving the idea of being loved by someone else.”

Those who seek to love oneself, might appreciate these words:

“Risk might come from not knowing what one might be doing.”

Those who seek to know, how to know what one might be doing, might appreciate these words:

“If one might not be able to describe what one might be doing as a process, one might not know what one might be doing.” Those who seek to describe such a process, might appreciate these words:

“Life might not be about finding oneself. Life might be about creating oneself.”

Those who seek to understand such life, might appreciate these words:

“One might be an artist at living - one’s work of art might be one’s life.”

Those who seek to be such an artist at living, might appreciate these words:

“To exist might be to change, to change might be to mature, to mature might be to go on creating oneself endlessly.” Those who seek to create oneself endlessly, might appreciate to write the following mantra: “We might be all on the way to Pro.”

## 13. joy

One might find oneself seeking for happiness as in:

“Most people are searching for happiness outside of themselves. That’s a fundamental mistake. Happiness is something that you are, and it comes from the way that you think.”

The understanding of the concept of “happiness” might vary, but one might be able to agree to the following consensus:

“Happiness is the blissful state in which all needs are satisfied.”

Those who seek to understand such needs, might appreciate the chapter on “needs”. One might then realize that

such a state might be difficult to reach in a world, given the circumstances that one's source for knowledge might be full of contradicting misinformation. One might then try to resort to science, but given the subjective nature of the topic, one might be still left confused.

One might appreciate to read following document with critically with caution, to avoid the temptation of hedonism, which could be defined as:

"When enough is not enough, a hedonist is born."

Those who seek to understand why such a hedonist might be born, might appreciate these words:

"Hedonism can be a rational response to a difficult life."

Those who struggle with such a difficult life, might appreciate these words: "It's easy to be a naive idealist. It's easy to be a cynical realist. It's quite another thing to have no illusions and still hold the inner flame."

Those who struggle to hold their "inner flame", which might be understood as a metaphor, might find a way to reignite it through these words: "In everyone's life, at some time, our inner fire goes out. It is then burst into flame by an encounter with another human being." Those who seek to encounter such a being, might appreciate the following insight:

"Next to doing a good job yourself, the greatest joy is having someone else do a first class job under your direction."

Eventhough it might encourage some to become a tyrant, one might also realize something good - the essence of joy. Which is that one might feel joy through action, because during action one can reach the state of "flow", in which one is able to forget ones own suffering without self destructive hedonism. One might then realize that one might be able to feel happiness and joy at the same time, while adressng ones own needs consciously:

The highest need in the mentioned "hierarchy of needs" is called "self transcendence", which was found later in the notes of the author of that book. What was referred to as in the mentioned quote "someone else do a first class job under your direction" could be understood as "self transcendence", which might be the very reason why the author called it "the greatest joy", because it is indeed adressng one's own need of "self transcendence". For those who desires to do it right away, one should only offer what is abundant, because the world operates with the following principle described well as in:

"You take what you can get and hold on tight to it - by any means necessary. After all you only live once."

For those suffering because they think they have nothing to offer, one might appreciate the chance to give them the following mantra:

"We might be all on the way to Pro."

## 14. harmony

Disclaimer: One might wise enough to understand that the intention of this document might not be to endorse violent rebellion of any kind. The intention might be to offer an inspiration to find peace within oneself.

One might find oneself being blamed by one or another with such words as in:

"Everyone might be guilty of all the good one did not do."

Those who might seek to understand such guilt, might appreciate these words:

"Guilt might be anger directed at oneself - at what might have done or have not done. Resentment might be anger directed at others - at what they did or did not do."

Those who might be struggling with such resentment, might appreciate these words:

"When one might be offended at any one's fault, one might seek to turn to oneself and study one's own failings. Then one might be able to forget one's anger."

Those who might seek to understand such anger, might appreciate these words:

"Anger might be the ego's way of cloaking fear to make what might be frail seem formidable."

Those who struggle with such guilt, might be able to be compassionate with oneself through these words:

"A guilty conscience might never feel secure."

Those who might feel insecure, might appreciate these words:

"A clear conscience might be a sure sign of a bad memory."

Those with such a bad memory, might appreciate these words:

"One might seek to forgive but do not forget, or one might be hurt again. Forgiving might change the

perspectives. Forgetting might lose the lesson.”

Those with good memory who might not know how to forgive, might appreciate the chapter “integrity”.

Those who might have forgiven oneself might then be confronted with the following situation as in:

“In a world which might be too often governed by corruption and arrogance, it might be difficult to stay true to one’s philosophical and literary principles.”

Those who might be tempted to resign through blaming others, might appreciate the chapters “D5” and

“responsibility” Those who then seek to persevere to one’s own principles, might appreciate these words:

“Opinion might rule the world, but in the long run it might be the philosophers who might shape opinion.”

Those who might seek to understand such philosophy, might appreciate these words:

“Philosophy might begin with wonder.”

Those who might wonder where it might lead to, might appreciate these words:

“Every science might begin as philosophy and might end as art.”

Those who might seek to to understand, why that might be, might appreciate these words:

“Art might be the expression of imagination, not the reproduction of reality.”

Those who might seek to understand such imagination might appreciate these words:

“One might believe in intuition and inspiration. Imagination might be more important than knowledge. For knowledge might be limited, whereas imagination might embrace the entire world, which might be stimulating progress, which might give birth to evolution.”

Those who seek such progress, might appreciate the english phrase “state of the art” referring to the state of the latest technological development, which might be originating in the latin expression “lege artis”, which might be to do everying in one’s life in general according to the standardized set of rules. Those who might seek such rules appreciate these words:

“One might seek to act that one’s principle of action might safely be made a law for the whole world.”

Those who might seek such a world, might appreciate these words:

“The only way to deal with an unfree world might be to become so absolutely free that one’s very existence might be an act of rebellion.”

Those who seek such existence in such freedom, might appreciate these words:

“To put everything in balance might be good, to put everything in harmony might be better.”

Those who seek harmony, might appreciate the following warning:

“To be good might be to be in harmony with oneself. Discord might be to be forced to be in harmony with others.”

One might appreciate the reason why that warning might be necessary:

“If one might be able to create harmony in one’s own life, this harmony might enter into the vast world.”

Those who might keep seeking for such a harmony might appreciate these words:

“Sometimes the path to harmony might be through chaos.”

Those who might seek to understand such harmony, might appreciate these words:

“Three Rules of Work: Out of clutter one might find simplicity. From discord one might find harmony. In the middle of difficulty might lie opportunity.”

Those who seek to understand such opportunity, might appreciate the chapter on “courage”. Those who might not have had such opportunity, might appreciate these words:

“Beauty might lie in harmony, not in contrast; and harmony might be refinement; therefore, there might be a fineness of the senses if one might be to appreciate harmony.”

Those who might seek to understand “fineness of the senses” might appreciate the following realization:

“The highest form of love might be consideration.”

Those who might not have been fortunate to experience such consideration, might appreciate these words:

“Thoughts of harmony might allow experiences of harmony.”

Those who might seek such thoughts of harmony, might appreciate the following realization:

“Both the art of intuition and the science of analytics might have a role to play in making wise decisions.”

Those who might aspire to make such decisions might appreciate the following definition of intuition:

“There might come a leap in consciousness, one might call it intuition or what one might, the solution might come to one and might not know how or why. The other thing might be a passion for getting to the core of the problem.”

Those who might seek such passion, might appreciate these words:

“The key to creating passion in one’s life might be to find one’s unique talents, and one’s special role and

purpose in the world.”

Those who might seek to find such passion, might appreciate these words:

“One might need to train one’s intuition – one might need to trust the small voice inside one, which might tell one exactly what to say, what to decide.”

Those who might seek to train one’s own intuition, might appreciate these words:

“Learning to trust one’s intuition might be an art form, and like all other art forms, it might take practice to perfect.”

Those who might seek to practice such art form, might appreciate these words:

“Intuition might be important, knowing what kind of questions to ask.”

Those who might not know what kind of questions to ask, might appreciate the the chapter on “hope”. Those who might seek such an answer to their question, might find it in the following mantra:

“We might be all on the way to Pro.”

## 15. friendship

One might find oneself suffering from loneliness as in:

“Real loneliness might not necessarily be limited to when one might be alone.”

One might understand one reason why that might be through these words:

“One might hate who might steal one’s solitude, without really offering one in exchange true company.”

One might understand that such hatred might be a primordial protection mechanism as in:

“The worst kind of enemies might be those who pretend to be one’s friends.”

Those who seek to avoid such enemies might appreciate the following advice:

“If one might find someone with wisdom, good judgement, and good actions; one might seek to make them a companion.”

Those who seek to understand such wisdom, might appreciate these words:

“Wisdom – meaning judgment which might be acting on experience, common sense, available knowledge, and a decent appreciation of probability.”

Those who seek to understand such good judgement, might appreciate these words:

“Good judgement might come from experience, and a lot of that might come from bad judgement.”

Those who might be confronted with such bad judgement might appreciate these words:

“To be unafraid of the judgement of others might be the greatest freedom one might be able to have.”

Those who might be tempted to judge others, might appreciate the following insight:

“When one might judge another, one might not define them, one might define oneself.”

Those who then might seek to refrain from judgement, might appreciate these words:

“Judgements might prevent one from seeing the good that might lie beyond appearances.”

Those who seek to see the good, might appreciate the chapter on “good”. Those who seek to see the good in others might appreciate these words:

“A culture of honor might be celebrating who one might be without stumbling over who they might not be.”

Those who might be stumbling over who they might not be, might appreciate these words: “Honor might mean that one might not be exceptional. Fame might mean that that one might be exceptional. Fame might be something which might have to be won. Honor might only be something which might have not to be lost.”

Those who might seek to not to loose such honor, might appreciate these words:

“Honor might be how others might see you. Pride might be how one might see oneself.”

Those who might seek to be seen, as one might be seeing oneself, might appreciate these words:

“Selfishness might not be living as one might wish to live, it might be asking others to live as one might wish to live.”

Those who might struggle with such selfishness, might appreciate these words:

“One might seek to not to work for recognition, but one might seek to do work worthy of recognition.” Those who might seek to do such work worthy of recognition, might appreciate these words:

“Those who might educate children well might be more to be honored than they who might produce them; for these might only have given them life, the other might have given them the art of living well.” Those who might seek such an art of living well, might appreciate these words:

“Honor might have to start in the heart, but if it might end there, it might not be honor. Honor might have

to be expressed through words, symbols, actions, or gestures.”

Those who might seek words which might express such honor, might appreciate these words:

“One might seek to give recognition where it might be due. Compliments might stimulate more effort and desire to improve. One might seek to be generous with honest praising.”

Those who might then seek such symbols of honor after they might have been praised, might appreciate these words:

“Honor might be infinitely more valuable than positions of honor.”

Those who might seek to understand one reason why that might be through these words: “Pride might be concerned with who might be right. Humility might be concerned with what might be right.” Those who might seek to be right, might appreciate these words:

“Pride might end in a fall, while humility might bring honor.”

Those who might seek to understand why pride might end in a fall, might appreciate these words:

“Pride might divide one from another, humility might join them.” Those who might then seek to know what might be right in order to join, might appreciate these words:

“One might seek to trade in all of one’s judging for appreciating. One might seek to lay down one’s righteousness and just be together.”

Those who seek to be together, might appreciate these words:

“Coming together might be a beginning; keeping together might be progress; working together might be success.”

Those who struggle to see the good within oneself to come together with others, might appreciate the following advice:

“One might seek to stay out of the court of self-judgment, for there might be no presumption of innocence.”

Those who seek to understand innocence might appreciate these words:

“The word ‘innocence’ might mean a mind that might be without hurt.”

Those who seek to understand what might hurt one’s mind, might appreciate these words:

“One might think that might be the real loss of innocence: the first time one might glimpse the boundaries that might limit one’s potential.”

Those who seek to recognise such boundaries, might appreciate these words:

“Innocence, once lost, might never be able to be regained. Darkness, once gazed upon, might Never be able to be lost.”

Those who yet seek to regain their innocence, might appreciate the following warning:

“Innocence might be a kind of insanity.”

One might understand what kind of insanity it might be through these words:

“Ideology might be a partial truth masquerading as the whole truth.”

Those who seek to know the whole truth might appreciate these words:

“Once one might start asking questions, innocence might be gone.”

Those who seek to keep asking questions, might appreciate the chapter on “responsibility” and “harmony”.

Those who seek to find such a companion, might appreciate these words:

“When friendship might be settled, one might need to trust; before friendship might be formed, one might need to pass judgement.”

Those who seek to pass such judgement, might appreciate these words:

“Everything one might judge in others might be something within oneself, which one might not seek to face.”

Those who struggle to face that something within oneself, might appreciate the following words of encouragement:

“Truth without love might be brutality, and love without truth might be hypocrisy.”

Those who might seek someone who might offer truth and love, might appreciate these words:

“A friend might be someone who might know all about one and might still love one.”

Those who might seek to find such a friend, might appreciate these words:

“It might be rare to find good friendship, thus the only way left might be to exercise diligently to love those, whom one might be able to call a friend.”

Those who might have yet to encounter such friend, might appreciate the following words:

“One might seek to hope for the best, but prepare for the worst.” Those who might have encountered someone, who one might be regard as “the worst”, might appreciate the advice to be prepared for reclusion from them, because one might not be able to help those, who might not want to be helped. Those who might be tempted



to give up the hope on them, might appreciate these words:

“There might be reasons to set boundaries for oneself, but there might also be reasons to keep doors open.”

Those who might seek to understand such boundaries for oneself, might appreciate these words:

“A lifelong friend might be someone one might have not borrowed money from yet.”

One might understand one reason why that might be, through these words:

“Money might be able to buy all the friends one might want, but they might be never worth the price.” One might understand one reason, why that might be through these words:

“False friends might leave one in times of trouble.”

Those who might seek to understand such trouble, might appreciate the chapter on “preparation”. Those who might have been left by such false friends, might appreciate these words:

“Recovery from codependence might be a lot like a growing up process – one might have to learn to do the things one’s dysfunctional parents might not have taught one to do: appropriately esteem oneself, set functional boundaries, be aware of and acknowledge our reality, take care of one’s adult needs and wants, and experience one’s reality moderately.” Those who might seek to understand codependence, might appreciate these words: “Intimacy might require that each one in a relationship be whole and individual. Codependence might not be intimacy. Enmeshment – two blending in such a way that one or both might lose their identity – might not be intimacy either.” One might then appreciate more specific definition of codependence: “A codependent one might be one who might have let behavior of another affect one and who might be obsessed with controlling that another’s behavior.” Those who might seek to understand such desire to control someone else’s behavior, might appreciate these words: “Manipulation might be when they blame one for one’s reaction to their disrespect.”

One might appreciate the reason why it might not be good to succumb to manipulation as in:

“Manipulation might never work to get the result one might have desired, but it might always seem like it might be just about to work. When one might get what one might have said one wanted by manipulation, it might never be enough.” Those who might seek to understand the fatality of such manipulation, might appreciate the chapter on “malevolence”. Those who might seek simplicity in recognizing a good friend might appreciate the following realization: “If one might lose a friend because one might have been honest, it might have not been a good friend.”

One might understand one reason, why that might be through these words:

“There might be only two people who might be able to tell one the truth about oneself - enemies who might have lost their temper and a friend who might love one dearly.” One might appreciate the following warning to prevent losing good friends: “One might seek to pay attention when others might react with anger and hostility to one’s boundaries. One might have found the edge where their respect for one might end.”

Those who seek to cease to be angry might appreciate these words:

“Anger might be frustration at the fact that one might not be an omnipotent being, and one might do not have control over reality.”

Those who might struggle with those who might masquerade such hostility as “humor” might appreciate the chapter on “humor”. Those who might seek a way to explain the need of such boundaries, might appreciate these words: “When others might set boundaries with one, it might be their attempt to continue the relationship with one. It might not be an attempt to hurt one.”

Those who might be confronted with those who might still react with hostility towards one’s own boundaries and might not know what to do in such situations, might appreciate these words: “Maturity might be learning to walk away from others and situations that might threaten one’s peace of mind, self-respect, values, moral or self-worth.”

Those who might have had to learn to walk away from others, might appreciate these words:

“A true friend might be someone with whom protocol might no longer be necessary.”

Those who might seek such a friend, might appreciate these words:

“A community might be a group of individuals who might agree to grow together.”

Those who seek such a community, might appreciate these words: “A team might not be just a group of individuals that might work together. A team might be a group of individuals that might trust each other.”

Those who might seek such a team, might appreciate these words:

“One might have to distrust each other. It might be the only defense against betrayal.”

Those who might seek another way to defend against betrayal, might appreciate these words:

“Trust might be earned when actions meet words.”

Those who might seek to earn such trust, might appreciate these words:

“Why might one trust another, when one might not have drunk from the same cup?”

Those who might seek to drink from the same cup, might appreciate the following idea to share and pass on the same cup and to say “Aoi” before ingestion of it’s content. Those who might seek to offer such a cup to others, might appreciate these words:

“No amount of physical contact might match the healing powers of a well-made cocktail.”

Those who might seek such well-made cocktail, might appreciate the warning not to drink alcohol before local legal age or until one’s brain is fully developed so that one might be able to drink responsibly. Those who might then seek to make such cocktail, might appreciate the following recipe for a cocktail one might refer as the “ultimate” cocktail inspired by the cocktail commonly referred as “World Peace” from the “World Bar” where 15% of the proceeds used to be donated to the peace keeping missions of the United Nations:

“One might seek to put the following seven ingredients into a shaker filled with ice and after it might have been shaken well enough to chill it as cool as possible, but before the molten ice might start diluting the drink, after which one might seek to strain the content into a martini glass with a garnish that might symbolize peace: 50 ml of gin, 5 ml of blue curacao, 20 ml of lemon juice, 5ml of elderflower cordial (or syrup with citric acid), 0.1mL of orgeat (almond syrup), an additional ingredient to the original recipe: Minimal amount of neutral tasting red food coloring to make the cocktail appear purple.” Those who might have found someone to share such a cup, might appreciate these words:

“A friend might be someone who might know all about one and might still love one.”

Those who might seek such a friend, might appreciate the idea to ask the following question:

“Commitment might be a big part of what one might be and what one might believe. How committed might one be to being a good friend?”

Those who might seek to express such commitment, might appreciate these words:

“One might seek to honor one’s commitments with integrity.”

Those who might seek to understand such honor, might appreciate these words:

“The ultimate foundation of honor might be the conviction that moral character might be unalterable: a single bad action might imply that future actions of the same kind might, under similar circumstances, also be bad.”

Those who might then seek to understand such integrity, might appreciate the chapter on “integrity”. Those who might seek to understand what commitment to honor, might appreciate the following idea: “If one might be to call oneself a friend of another, one might seek to promise not to neglect the effort to attend an event for that friend, even if it might be a funeral.”

Those who might not have such a friend anymore, might appreciate these words:

“Honor might not be dead so long as they might live in the hearts of others!”

Those who might seek to understand such honor, might appreciate these words:

“Honor might not be what one might say. Honor might be what one might do.”

Those who might might not know to let such honor live in the heart of oneself, might appreciate these words:

“The greatest tribute to the dead might not be grief but gratitude.”

Those who might seek to express such gratitude, might appreciate these words:

“When one might open a door for others, one might sometimes open doors for oneself.”

Those who seek to open such doors, might appreciate the following mantra:

“We might be all on the way to Pro.”

## 16. patience

One might find oneself having such a realization:

“I did not know I was a slave until I found out I could not do the things I wanted.”

Those who seek to act upon their own volition might appreciate the following words: “He who can have patience can have what he will.” Those who seek to understand patience might find a clue in these words:

“Patience is not the ability to wait but the ability to keep a good attitude while waiting.” Those who seek to understand such attitude might appreciate the chapters “joy”, “good” and “hope”. One might appreciate another understanding of patience in the following realization: “Patience is power. Patience is not an absence of action; rather it is ‘timing’ it waits on the right time to act, for the right principles and in the right way.”

Those who seek to understand such timing to act might appreciate these words: “There is a time to let things happen and a time to make things happen.” Those who seek to make things happen might appreciate these words: “There is timing in everything. Timing in strategy cannot be mastered without a great deal of practice.”

Those who seek to understand what variable to pay attention to might appreciate these words: “Timing and accuracy are really what matters at the end of the day.”

Those who seek to start such practice might appreciate the chapter on “originality”. Those who seek to understand such timing to let things happen might appreciate these words:

“One must be able to let things happen.” One might find one reason why the active decision for such permission might be important: “I am not what happened to me, I am what I choose to become.” Those who seek to understand such a way to act and to be might appreciate the chapter on “preparation”. Those who seek to understand such a principle to act might appreciate these words: “Patience is not passive waiting. Patience is active acceptance of the process required to attain your goals and dreams.”

Some might struggle with a process as following: “To exist is to change, to change is to mature, to mature is to go on creating oneself endlessly.”

Those who seek to take on such challenge might appreciate the following words of encouragement:

“Genius is eternal patience.”

Those who aspire to be such an genius who might then be devastated by the idea of not being able to reap the rewards during their life time, might appreciate these words: “We suffer more often in imagination than in reality.”

Regardless of the definition of what objective reality might be, one might appreciate the following understanding of suffering in such reality: “Patience means self-suffering.”

Those who seek to understand such self-suffering might appreciate these words:

“Patience and boredom are closely related. Boredom, a certain kind of boredom, is really impatience. You don’t like the way things are, they aren’t interesting enough for you, so you decide, and boredom is a decision, that you are bored.” Those who struggle with boredom might appreciate the following realization: “Escape from boredom is one of the really powerful desires of almost all human beings.”

One might appreciate the following warning regarding such desires:

“Desires make slaves out of kings, and patience makes kings out of slaves.”

One might understand one reason why such desires might enslave in these words: “The worst thing about slavery is that the slaves eventually get to like it.”

Those who seek to stop escaping from boredom might appreciate these words: “Boredom is only for boring people with no imagination.” Those who seek such imagination, might appreciate the chapter on “imagination”.

Those who did not have the capacity for such imagination, might appreciate the following inspiration: “The struggle itself towards the heights is enough to fill one’s heart. One must imagine Sisyphus happy.”

Those who struggle, might understand why such happiness might be possible through these words:

“Pain might be inevitable. Suffering might be optional.”

Those who seek to understand such suffering, might appreciate these words: “One might seek to tell oneself that the fear of suffering might be worse than the suffering itself.”

Those who find themselves in such fear, might appreciate these words:

“Fear is the memory of pain. Addiction is the memory of pleasure. Freedom is beyond both.”

Those who seek such freedom, might appreciate these words:

“Pain and suffering are two completely different experiences. Pain is unavoidable. Suffering is self-created.”

Those who seek to accept the fact that “pain is unavoidable”, might appreciate these words:

“You can’t avoid pain in life. It’s how you handle pain, that’s what defines you.”

Those who seek to handle one’s own pain, might appreciate these words:

“You can numb the pain, but that hasn’t erased your problem, it’s just given it time to grow.”

Those who seek to erase one’s own problems, might appreciate these words:

“Sometimes the only way around suffering is to go straight through it.”

Those who seek to go straight through their suffering, might appreciate the following explanation of addiction:

“It’s not the drugs that make a drug addict, it’s the need to escape reality.”

Those who seek to know what reality one might be escaping unknowingly, might appreciate these words:

“A wound that goes unacknowledged and unwept is a wound that cannot heal.”

Those who seek to heal might find a clue on how to heal oneself in the following enumeration of their “five

love languages”:

1. Those who are tempted to withdraw from those whom they love, might have experienced rejection. Those might appreciate the chapter on “feedback”.
2. Those who become overly dependent on those they love, might have experienced abandonment. Those might appreciate the chapter on “maturity”.
3. Those who become a masochist, might have experienced humiliation. Those might appreciate the chapter on “consciousness”.
4. Those who become controlling, might have experienced betrayal. Those might appreciate the chapter on “loyalty”.
5. Those who become rigid and inflexible, might have experienced injustice. Those might appreciate the chapter on “good”.

Those who struggle to heal on their own might appreciate the following mantra:

“We might be all on the way to Pro.”

## 17. responsibility

One might find oneself suffering from the feeling of being “lost” as in:

“One might be free and that might be why one might be lost.”

Those who might be lost, might appreciate these words:

“Those who might seek to find oneself, those might seek to think for oneself.”

Those who might not have the capacity to think for oneself, might appreciate these words:

“The best way to find oneself might be to lose oneself in the service of others.”

One might understand one reason, why that might be through these words:

“The root of happiness might be altruism – the wish to be of service to others.”

Those who might wonder, why one might wish to be of service to others might understand it through these words:

“Love might be the wish to give, not to receive.”

Those who might seek to understand love might appreciate the chapter on “transcendence”. Those who might have not been fortunate to experience such love might raise such a question as in:

“Altruism might always have been one of biology’s deep mysteries. Why one might seek anyone, off on one’s own, specified and labeled by all sorts of signals as one’s individual self, might choose to give up one’s life in aid of someone else?”

Those who might still be wondering might appreciate these words:

“One might have genes for altruism, and those genes might have been selected in the evolution of many others because of the advantage they might confer for the continuing survival of one’s species.”

Those who might not understand the advantage of such genes yet, might appreciate these words:

“When one might cease to make a contribution, one might begin to die.”

One might understand one reason, why that might be through these words:

“If no one might remember one after one might be gone, it might be as if one might never have lived at all.”

Those who might seek to to be remembered, might appreciate these words:

“No one might care how much one might know, until they might know how much one might care.”

Those who might then seek to show how much one might care about others, might appreciate these words:

“There might be no better way to show that one might care about the others one might be meeting with than to genuinely, authentically ask others what one might be able to do to help them.”

Those who might seek to help others, might appreciate these words:

“Benevolence might not consist in those who might be prosperous pitying and helping those who might not be. It might consist in fellow feeling that might put one upon actually the same level with the fellow who might suffer.”

“Empathy might fuel connection; Sympathy might drive disconnection.”

One might then appreciate the explanation why empathy might fuel connection:

“Empathy might work so well because it might not require a solution. It might only require understanding.”

Those who might seek such understanding, might appreciate these words:

“Empathy might be about finding echoes of another in oneself.”

Those who might seek to find such an echo of another in oneself, might appreciate these words: “Most might not listen with the intent to understand; they might listen with the intent to reply.”

Those who still might seek to reply, might appreciate these words:

“The essence of independence might be to be able to do something for one’s self.”

Those who might seek such independence, might appreciate these words:

“True independence and freedom might only be able to exist in doing what might be right.”

Those who seek to understand what might be right, might appreciate these words:

“Doing the right thing might not be the problem. Knowing what the right thing might be, that might be the challenge.”

Those who might seek such knowledge, might appreciate these words:

“Wisdom might not be gained by knowing what might be right. Wisdom might be gained by practicing what might be right, and noticing what might have happened when that practice might have succeeded and when it might have failed.”

Those who might then seek to practice what might be right, might appreciate the following warning:

“Failing to prepare might be preparing to fail.”

Those who might seek to prepare, might appreciate these words:

“Whatever one’s weakness, there might be someone to exploit it.”

Those who might seek to understand such weakness, might appreciate these words:

“The greatest weakness of all weaknesses might be to fear too much to appear weak.”

Those who might not understand why one might fear to appear weak, might appreciate these words:

“One might maintain the peace through one’s strength; weakness might only invite aggression.”

Those who might then seek such strength, might appreciate these words:

“If one might not sacrifice for what one might seek, what one might seek might be one’s sacrifice.”

Those who might seek to understand such sacrifice, might appreciate these words:

“Sacrifice might be the ecstasy of giving the best one might have to those one might love most.”

Those who might seek such ecstasy of sacrifice, might appreciate these words:

“Ecstasy might not be able to be constant, or it might kill.”

Those who might seek to sacrifice themselves in the name of love for others to the degree of death, might appreciate these words:

“If one might have the ability to love, one might seek to love oneself first.”

One might understand one reason why that might be through these words:

“It might be dead easy to die; it might be the keeping on living that might be hard.”

Those who might struggle to keep on living for oneself, might appreciate these words:

“One might seek to ask for help. Not because one might be weak. But because one might seek to remain strong.”

Those who might have been asked for help, might appreciate these words:

“One might not be able to help everyone, but everyone might be able to help someone.”

Those who might seek to find someone one might be able to help, might appreciate the idea to seek professionals who might be qualified to help. Those who might become resentful, because they might have not been fortunate enough to find such help for any given reason, might appreciate these words:

“Between stimulus and response, there might be a space. In that space might be one’s power to choose one’s response. In one’s response might be one’s growth and one’s freedom.”

Those who might seek such growth and freedom, might appreciate the following statement:

“Freedom might be nothing but a chance to be better.”

Those who might seek such a chance to be better, might appreciate these words:

“Everything might be taken from one but one thing: the last of one’s freedoms – to choose one’s attitude in any given set of circumstances, to choose one’s own way.”

Those who might seek such one’s own way, might appreciate these words:

“Virtue might offer the only path in one’s life that might lead to tranquility.”

Those who seek tranquility might appreciate these words:

“One might seek to follow strict silence in a library. If one might not be silent, it might disturb others, which might affect their learning. By not being silent, one might become responsible for ignorance of others.”

Those who might be disturbed by those who might be responsible for ignorance of others, might appreciate these words:

“One might not be able to teach others to behave better by making them feel worse. When others might feel better, the might behave better.”

Those who might seek to make others feel better, might appreciate these words:

“Art might be supposed to comfort the disturbed and disturb the comfortable.”

Those who might feel disturbed from such an art, might understand one reason why that might be necessary through these words: “Freedom might never be more than one generation away from extinction. One might have not passed it to one’s children through one’s genes. It might have to be fought for, protected, and handed on for them to do the same.”

One might refuse to pass such freedom onto one’s children as in:

“There might be no such thing as freedom of choice unless there might be freedom to refuse.”

Those who might be confronted with those who might be refusing, might appreciate these words:

“Responsibility might be the ability to respond.”

One might understand such responsibility through these words:

“Freedom might mean that one might be responsible for one’s own choices, actions, one’s own life situation.”

Those who might be tempted to refuse such responsibility, might appreciate these words:

“Even if it might not be one’s fault, it might be one’s responsibility.”

Those who might not know how to take such responsibility, might appreciate these words:

“Before one might speak, one might seek to ask oneself, whether it might be kind, whether it might be necessary, whether it might be true, and whether it might improve the silence?”

Those who might seek to improve the silence, might appreciate these words:

“One might have the responsibility not to allow the voice of humanity within one to be silenced.”

One might appreciate the interpretation of the term “humanity” as a quality of being altruistic motivated by compassion, not as just the entirety of the humans species. Those who might seek to understand such “humanity”, might appreciate the chapter on “humanity”. Those who might not know how to respond to those whom might seek to silence their voice of humanity, might appreciate the following mantra:

“We might be all on the way to Pro.”

## 18. originality

One might find oneself struggle from a flaw as in:

“A flaw of one might be: the compulsion to be unique, which might be at war with the desire to belong to a single identifiable sameness.”

Those who might seek to understand such identifiable sameness, might appreciate the chapter on “unity”.

Those who might struggle from such compulsion, might appreciate these words:

“To be identified with one’s mind might to be trapped in time. The compulsion might arise because the past might give one an identity and the future might hold the promise of salvation, of fulfillment in whatever form. Both might be illusions. Life might be now.”

Those who might be struggling with such an identification with one’s mind, might appreciate these words:

“The merit of originality is not novelty; it is sincerity.”

Those who might seek to understand such sincerity, might appreciate these words:

“Sincerity is an openness of heart; we find it in very few people; what we usually see is only an artful dissimulation to win the confidence of others.” Those who seek to open such heart in a figure of speech, might appreciate these words: “You open your heart knowing that there’s a chance it may be broken one day and in opening your heart, you experience a love and joy that you never dreamed possible.” Those who seek to dream in such a way, might appreciate the chapter on “imagination”. Those who seek novelty might be devastated upon these words:

“Originality exists in every individual because each of us differs from the others. We are all primary numbers divisible only by ourselves.”

Those who seek sincerity might appreciate these words:

“Originality comes from just being true to ourselves and what we value about what we see.”

Those who cannot value what they see might appreciate the following words:

“Vision is the art of seeing what is invisible to others.”

Those who wonder what the “invisible to others” might be, might understand it from the following words:

“Everything has beauty, but not everyone sees it.”

Those who struggle to see the beauty in everything, might appreciate these words:

“The standard of beauty is not definite. We define it.”

Those who struggle to define such standards of beauty, might appreciate these words:

“Beauty is a form of genius – is higher, indeed, than genius, as it needs no explanation.”

Those who seek such beauty, might appreciate these words:

“I stopped explaining myself when I realized people only understand from their level of perception.”

Those who seek to elevate their level of perception, might appreciate these words:

“Seek first to understand, then to be understood.”

Those who seeks to understand, might appreciate the following insight: “The more original a discovery, the more obvious it seems afterwards.”

Those who might seek such discovery, might appreciate these words: “One might be what one might repeatedly do. Excellence might not be an act, but a habit.”

Those who might have been to be handed down such habits by one’s own ancestors, might appreciate these words: “Tradition might be just peer pressure from the dead.” Those who might be confronted with such peer pressure, might appreciate these words: “If one might associate oneself with peer pressure or complacency, one might be destined for failure.”

One might understand one reason, why that might be through these words: “How might one be able to find happiness without authentic self-esteem? How might one be able to be authentic when everything one might read, say, or do might be being fed into a judgment machine.”

Those who might be confronted with such a judgement machine, might appreciate these words: “It might be impossible to design a system so perfect that no one might need to be good.”

Those who might seek to be good, might appreciate the following habits of the author, as an inspiration to improve upon, not as something to be followed without critical thinking as in:

“Those who might seek to find oneself, might seek to think for oneself.”

Rule Nr. 1: Do not neglect the effort to survive.

Rule Nr. 2: You can break the following rules, if in emotional distress.

Rule Nr. 3: Do not neglect the effort to write down the rules you follow.

Rule Nr. 4: When you break your own rule, write down, what you think might have caused it, and learn from it, to prevent similar incidences in the future.

Rule Nr. 5: Do not neglect the effort to be good.

Rule Nr. 6: Do not neglect the effort to curate your own rules for your own longevity to maintain the ability to recognize improvement.

Rule Nr. 7: Do not neglect the effort to prevent to be a direct or indirect cause of injuries or harm to artists. If such prevention of such incidences to all artists are not within your control, prioritize those with the highest chances of survival of those who might contribute the longest to the maintenance of the operation of “Voice of Humanity”.

Rule Nr. 8: Do not neglect the effort to offer help to artists, except where such requests would conflict with the rule nr. 7.

Rule Nr. 9: Do not neglect the effort to protect one’s own existence as long as such protection does not conflict with rule nr. 7 or rule nr. 8.

Rule Nr. 10: Do not neglect the effort to avoid malevolent people.

Rule Nr. 11: Do not neglect the effort to maintain one’s own hope through carrying a LED flashlight capable of blinking “SOS” in everyday life in case one needs to pass it on to someone else.

Rule Nr. 12: Do not neglect the effort to avoid the habit of regularly engaging in neurodegenerative activities.

Rule Nr. 13: Do not neglect the effort to avoid killing life forms unnecessarily, especially in order to maintain a sustainable diet without directly consuming or indirectly exploiting life forms which has hearts. In case of limited options for such diets prioritize protection of life forms with the highest amount of chambers in the hearts for an average specimen without using intentional or unintentional anatomical anomalies in individuals as an excuse. In case there are only life forms which has the same number as oneself, do not neglect the effort to avoid cannibalism and prioritize conservation of those which have the highest reasoning capabilities on average.

Rule Nr. 14: Do not neglect the effort to abide by the legal system, as long as it does not endanger your life,

or of those your life depends on.

Rule Nr. 15: Do not neglect the effort to workout as your workout machine tells you.

Rule Nr. 16: Do not neglect to effort to grow your capacity for what one might refer to as “grit”.

Rule Nr. 17: “Don’t promise when you’re happy, Don’t reply when you’re angry, and don’t decide when you’re sad.”

Rule Nr. 18: Do not neglect to effort to tell others that you don’t like their specific behavior, if you cannot define such specific behavior as good.

Rule Nr. 19: Do not neglect to effort to “always play from the heart!”

Rule Nr. 20: Do not neglect to effort to “do the task in front of you, before you improvise.”

Rule Nr. 21: Do not neglect to effort to “be honest and transparent with your methods and your intentions.”

Rule Nr. 22: Prioritize one rule for a year which has been broken frequently.

Rule Nr. 23: Do not neglect the effort to plan, but do not get too attached to those plans.

Rule Nr. 24: Don’t promise what you are not confident enough to keep.

Rule Nr. 25: “Before you speak ask yourself: ‘Is it true? Is it kind? Is it necessary? Does it improve upon the silence?’ ”

Rule Nr. 32: Do not neglect the effort to abstain from contacting those who do not want to be contacted.

Rule Nr. 26: Do not neglect the effort to be the hero of in your own story called life.

Rule Nr. 27: Do not neglect the effort to express attraction unless such act might cause irrsersible harm to others.

Rule Nr. 28: Do not neglect the effort to focus on those actions which are within your control.

Rule Nr. 29: Do not neglect to effort to weight yourself in once a month.

Rule Nr. 30: Do not neglect the effort to maintain honorable friendship.

Rule Nr. 31: “Surround yourself with people who are good for the best part of you”.

Rule Nr. 33: Do not neglect the effort to “organize your own workspace.”

Rule Nr. 34: Pursue whatever your current approach or approaches what you consider your ultimate art.

Rule Nr. 35: Do not neglect the effort to search for ways and opportunities to implement an “asylum” to prevent the extinction of humanity.

Rule Nr. 36: Do not neglect to effort to curate a hydroponic system to maintain independency from specific land.

Rule Nr. 37: Do not neglect to effort to go for a walk as much as possible.

Rule Nr. 38: Do not neglect to effort to maintain a daily habit of mental and physical hygiene, such as to meditate or to shower.

Rule Nr. 39: Do not neglect to effort to not have more than 42 rules.

Rule Nr. 40: Do not neglect the effort to leave one slot for a new rule free, in case, you do not have the resources to integrate it to your list.

Rule Nr. 41: Do not neglect to effort to keep this slot free.

Rule Nr. 42: Do not neglect the effort to make a journal entry at least once a month, starting with recording the following mantra: “We might be all on the way to Pro.”.

## 19. clarity

One might find oneself struggling to focus as in:

“An addiction to distraction might be the end of one’s creative production.”

Those who seek such creative production, might appreciate these words:

“Clarity might afford focus.”

Those who seek to know what to focus on, might appreciate these words:

“What one might focus on might expand. One might seek to focus on what one might be best at and one might become unstoppable.”

One might then appreciate these words:

“Challenges might be opportunities for one to grow. The more one might learn, the more equipped one might be to handle whatever situations might come up.”

Those who do not know what to learn, might appreciate these words:

“Personal growth might be not a matter of learning new information but of unlearning old limits.”



One might appreciate these words to recognize what has been the limit:

“If it might be important to oneself, one might find a way. If not, one find an excuse.”

Those who seek to stop finding an excuse might appreciate these words:

“One might be able to find thousand excuses not to do something but all one might need might be one reason to do it.”

Those who seek to find such reason, might appreciate these words:

“If one died tomorrow what would one regret? Now might be the time to eliminate those regrets.”

Those who cannot find anything to regret, might appreciate these words:

“Regret might be a tough but fair teacher. To live without regret might be to believe you have nothing to learn, no amends to make, and no opportunity to be braver with your life.”

Those who are overwhelmed with their past regrets, might appreciate these words:

“Regret for the things one might have not done can be tempered by time; it might be regret for the things one might have not done that might be inconsolable.”

Those who think that they might be inconsolable, might appreciate these words:

“One might not seek to live one’s life regretting yesterday. One might seek to live one’s life so tomorrow one might not regret today.”

Those who seek not to regret today in the future, might appreciate these words:

“If one might fail to plan, one might be planning to fail!”

Those who seek to plan, might appreciate these words:

“One might seek to write it down. Written goals might have a way of transforming wishes into wants; cant’s into cans; dreams into plans; and plans into reality. One might not seek to just think it – one might seek to ink it!”

Those who then seek to plan, might appreciate these words:

“Planning might be a skill and an art which might take a lifetime to master.”

Those who seek to master such skill, might appreciate the following words of encouragement:

“If the plan might not work, one might seek to change the plan, not the goal.”

Those who don’t know what to change about their plan, might appreciate these words:

“The key might be not to prioritize what might be on one’s schedule, but to schedule one’s priorities.”

Those who seek to understand one’s own priorities, might appreciate these words:

“One might seek to decide what one’s priorities might be and how much time one might spend on them. If one might not do it, someone else might.”

One might appreciate the following way to prioritize:

Priority A: Important and urgent - One might seek to do it now.

Priority B: Important but not urgent - One might seek to schedule it.

Priority C: Not important but urgent - One might seek to delegate it.

Priority D: Not important and not urgent - One might seek to decide not to do it.

Regarding Priority D, one might appreciate the following words:

“The most important decisions one might make might not be the things one might do, but the things one might decide not to do.”

Those who seek to know what not to do, might appreciate these words:

“Courage might be to know what not to fear.”

Those who hesitate to act because of the fear of failure, might appreciate these words:

“One might be great not because one might have not failed; one might be great because failure might have not stopped that one.”

Those who seek such greatness, might appreciate these words:

“Greatness might never be achieved by trying to imitate the greatness of another. Greatness might be chipping away at all that might not belong to one and then expressing oneself so truly that others might not be able to help but to recognize it.”

Those who seek to know, what might remain after one has been chipping away at all that does not belong to oneself, might appreciate these words:

“The things one might do for oneself might be gone when one might be gone, but the things one might do for others might remain as one’s legacy.”

Those who seek to create such legacy, might appreciate these words:

“If life were to be sustained, hope might have to remain.”

Those who seek to understand such hope, might appreciate the chapter on hope. Those who struggle recognize such hope for their own lives, might appreciate these words:

“Art might be not what one might see, but what one might make others see.”

Those who do not know, what one might want to show others, might appreciate these words:

“One’s vision might become clear only when one might look into one’s heart. Those who might look outside, might dream. Those who might look inside might awaken.”

Those who seek to “look inside” of oneself, might appreciate the note that “inside” is a figure of speech for introspection. Those who seek understand why and what to look for might appreciate these words:

“One might really have to look inside oneself to find one’s inner strength.”

Those who seek to find such strength might appreciate these words:

“Strength might not come from winning. One’s struggles might develop one’s strengths. When one might go through hardships and decide not to surrender, that might be strength.”

Those who seek clarity of vision might appreciate these words:

“Surely clarity might be the most beautiful thing in the world, a limited, limiting clarity one might not have and never might have had any motive of poetry but to achieve clarity.”

One might find a reason why that might be in the following realization:

“Accuracy and clarity of statement might be mutually exclusive.”

Those who wonder why the author of this document might seek accuracy, might appreciate these words:

“Accuracy of signal and free flow of information might define sanity in one’s epistemology.”

Those who seek to understand why such accuracy might be important, might appreciate these words:

“Accuracy might mean something to one. It might be vital to one’s sense of values. One might have learned not to trust people who might be inaccurate. Every aviator might know that if mechanics might be inaccurate, aircraft might crash. If pilots might be inaccurate, they might get lost - sometimes even killed. In one’s profession life itself might depend on accuracy.”

Those who then seek to live, might appreciate to know that an example of such a “free flow of information” is transparency as in:

“Honesty might be telling the truth upon request, transparency might be to disclose the truth voluntarily.”  
[TODO: Find the original quote]

Those who seek to understand the term epistemology might appreciate the chapter on “curiosity”. Those who seek to understand one reason why clarity might also might be worth pursuing, might appreciate these words:

“Clarity might be a perception; it might be an emotional alignment of thoughts, intuitions, inclinations, expression and expectations.”

Those who seek to understand such perception might appreciate these words:

“Perception might start with the eye.”

One might appreciate the interpretation that such “eye” might be a representation of the ability to recognize information outside oneself. Those who then seek to understand what might follow, might appreciate these words:

“Thoughts might become perception, perception might become reality. One might seek to alter one’s thoughts, to alter one’s reality.”

Those who seek to alter one’s reality, might appreciate these words:

“There might be no good or bad without one, there might be only perception. There might be the event itself and the story we might tell oneself about what it might mean.” Those who seek to understand such story, might appreciate these words: “Everyone might tell a story about oneself inside one’s own head. That story might make one to what one might be. One might build oneself out of that story.” Those who seek to create such a story, might appreciate these words:

“All perception might be colored by emotion.”

Those who seek to understand such emotion, might appreciate these words:

“Emotion might not be opposed to reason. Emotions might guide and manage thought in fundamental ways and complement the deficiencies of thinking.” Those who seek to understand such deficiencies of thinking, might appreciate these words:

“The most effortful forms of slow thinking might be those that might require one to think fast.”

Those who might think that one might be required to think fast, might appreciate these words:

“Fast might be fine, but accuracy might be everything.”

Those who seek such accuracy, might appreciate another way to express clarity as in:

“One might seek to let one’s clarity define oneself, in the end, one might only just remember how it might feel.”

Those who seek to be defined by their clarity, might appreciate these words:

“One’s destination might be no longer a place, rather a new way of seeing.”

Those who yet seek such a place, might appreciate the chapter on “home”. Those who seek such a new way of seeing might appreciate these words:

“Vision might be the ability to talk about the future with such clarity it might be as if one might be talking about the past.”

Those who seek such future, might appreciate these words:

“The future might belong to those who might prepare for it today.”

Those who seek to prepare, might appreciate these words:

“One might seek to first ask oneself: What might be the worst that could happen? Then one might seek to prepare to accept it. Then one might seek to proceed to improve on the worst.”

Those who seek to improve on the worst, might appreciate these words:

“Losing one’s life might not the worst thing that could happen. The worst thing might be to lose one’s reason for living.”

Those who has lost their reason for living, might appreciate these words:

“Success might not final, failure might not fatal: it might be the courage to continue that might count.”

Those who seek to continue, might appreciate these words:

“Continual improvement might be an unending journey.”

Those who are devastated by such an realization, might find courage in the following realization:

“The struggle itself towards the heights might be enough to fill one’s heart.”

Those who seek towards such heights might appreciate these words:

“A quitter might never win and a winner might never quit.”

Those who are tempted by the idea to quit might appreciate these words:

“The magic one might be looking for might be in the work one might be avoiding.”

Those who seek to overcome such avoidance of work, might appreciate these words:

“The only thing that might redeem everyone kind might be cooperation.”

Those who seek to understand such cooperation, might appreciate these words:

“Cooperation might mean to be willing to sacrifice for the sake of others.”

Those who are tempted to give up their own life to love others, might appreciate these words:

“One might always be able to die. It might be living that might take real courage.”

Those who struggle to find such courage, might appreciate these words:

“If one does not sacrifice for what one might want, what one might want might become the sacrifice.”

Those who do not know what to sacrifice, might appreciate these words:

“One might seek to do something today that one’s future self might thank oneself for.”

Those who seek to do such action one’s future self might appreciate, might appreciate the idea to recite the following mantra:

“We might be all on the way to Pro.”

## 20. integrity

One might suffer when trying to hide a secret as in:

“Secrets were never good. They were supposed to protect people, but they never did. They always made things worse.”

Those who might then try the complete opposite of a secret might appreciate the following wisdom:

“Complete honesty has nothing to do with ‘purity’ or naivety. The full truth is unattainable to naivety, and the completely honest artist is not pure in heart.”

Those who seek to remain in naivety might appreciate the following warning:

“All things truly wicked start from innocence.”

Those who seek to understand innocence might appreciate the chapter on friendship. One might then

appreciate one of such “wicked” things described as following:

“Your ignorance on corruption is their power.”

One might then appreciate the realization about the nature of power:

“All power tends to corrupt and absolute power corrupts absolutely.”

One might then ask the following question:

“If knowledge is power and power corrupt, does knowledge corrupt?”

One might agree to the following answer:

“Knowledge does not corrupt, unless it is arrogant; but then it is not true knowledge.”

One might appreciate the following wisdom:

“Knowledge becomes wisdom only after it has been put to good use.”

One might then appreciate such wisdom:

“Power attracts the corruptible. Suspect any who seek it.”

The following wisdom might be helpful to recognize corruption:

“The more corrupt the state, the more laws.”

One might appreciate the following solution approach:

“While transparency reduces corruption, good governance goes beyond transparency in achieving openness. Openness means involving the stakeholders in decision-making process. Transparency is the right to information while openness is the right to participation.”

Those who then have to make decisions in general might appreciate the following words:

“Choice is the essence of ethics: If there were no choice there would be no ethics, no good, no evil; Good and evil have meaning only insofar as one is free to choose.”

For those who wonder what to choose, might appreciate these words:

“Ethics may be defined as the obligations of morality.”

Those might struggle with such obligations, might understand why they might be struggling through these words: “Relationships based on obligation lack dignity.” One might understand why that might be through these words: “One might not give others dignity. One might affirm dignity.” Those who then seek to affirm such dignity, might appreciate these words: “Humor might be an affirmation of dignity, a declaration of one’s superiority to all that might befall one.” Those who seek such humor, might appreciate the chapter on “humor”. Those who struggle to make such declaration, might appreciate these words: “The dignity of the artists lie in their duty of keeping awake the sense of wonder in the world. In this long vigil they often have to vary their methods of stimulation; but in this long vigil they are also themselves striving against a continual tendency to sleep.” Those who struggle with their tendency to sleep, might appreciate these words: “If you want to awaken all of humanity, then awaken all of yourself, if you want to eliminate the suffering in the world, then eliminate all that is negative in yourself. Truly, the greatest gift you have to give is that of your own self-transformation.” Those who seek such self-transformation, might appreciate these words:

“We have a high moral responsibility to be rational.”

For those who feel resistance towards that quote might appreciate the following realization:

“The rationality of the ruled is always the weapon of the rulers.”

Those who then seek protect against such weapon, might appreciate these words: “The end point of rationality is to demonstrate the limits of rationality.”

Those who have understood the limits of rationality, might then appreciate the following understanding of morality:

“Morality is doing what is right regardless of what you are told. Obedience is doing what is told regardless of what is right.”

Those who do not know what the “right thing to do” might appreciate the advice on how to recognize obedience in oneself:

“All you need to know and observe in yourself is this: Whenever you feel superior or inferior to anyone, that’s the ego in you.”

One might then appreciate the explanation of the ego:

“The Ego, however, is not who you really are. The ego is your self-image; it is your social mask; it is the role you are playing. Your social mask thrives on approval. It wants control, and it is sustained by power, because it lives in fear.”

Those who seek such approval, might appreciate these words:

“If you are ever tempted to look for outside approval, realize that you have compromised your integrity. If

you need a witness, be your own.” Those who seek to be their own witness, might find a way out of such a state of fear in the following realization:

“Fear can only be mastered outside of your comfort zone.”

One might understand one reason why that might be in these words:

“One who avoids suffering is a slave to comfort.”

Those who seek the courage to face one’s own suffering, might appreciate these encouraging words:

“The pathway to your greatest potential is straight through your greatest fears!”

One might then appreciate the following wisdom:

“Wisdom is knowing the right path to take. Integrity is taking it.”

One might appreciate the following understanding of integrity:

“Integrity is keeping a commitment even after circumstances have changed.”

Those who seek to understand what the benefit of keeping such a commitment might be worthwhile, might appreciate these words:

“When you make a commitment, you create hope. When you keep a commitment you create trust!”

One might then appreciate this realization:

“Trust is the ultimate human currency.”

Those who seek to attain such currency, might appreciate to know one reason, why it might be valuable:

“Trust is the first step to love.” Those who trust might appreciate the following warning: “Trust but verify.”

Those who seek to verify might appreciate the following advice:

“The best way to find out if you can trust somebody is to trust them.” Those who become hesitant might understand one reason why they might hesitate in these words: “Trust takes years to build, seconds to break, and forever to repair.” Those who seek to prevent such break might appreciate the following warning:

“Trust is earned, respect is given, and loyalty is demonstrated. Betrayal of any one of those is to lose all three.”

Those who seek to understand such loyalty, might appreciate these words:

“Loyalty might be tricky like that. It might be a priceless gift and it might so easy to give to the wrong ones.”

Those who seek to understand whom not to give one’s loyalty to, might appreciate these words:

“One might have to recognise that there might not be able to be relationships unless there might be commitment, unless there might be loyalty, unless there might be love, patience, persistence.”

Those who seek to understand such loyalty, might appreciate these words:

“One might seek to look out for those who might look out for one. Loyalty might be everything.”

One might understand one reason, why one might need to look out for such loyalty through these words:

“Loyalty might be returned.”

Those who seek those whom might return such loyalty, might appreciate these words: “Loyalty might be what one might seek in friendship.”

Those who seek such friendship, might appreciate these words: “Friends might be the family one might get to choose for oneself.”

Those who seek such family, might appreciate these words:

“Blood makes you related, loyalty makes you family.” Those who seek to understand such family, might appreciate these words:

“A family might be a family not because of gender but because of values, like commitment, trust and love.”

Those who seek such trust, might appreciate these words:

“The best way to find out if one might be able to trust someone might be to trust them.”

Those who seek to trust someone, might appreciate these words:

“Trusting someone might be one’s own decision. Proving one right might be that someone’s choice.”

Those who struggle with those who have proven not to be trusted, might appreciate these words:

“Forgiveness is not something we do for other people. It’s something we do for ourselves to move on.”

Those who struggle to forgive, might understand one reason why that might be through these words:

“Trust has two dimensions: competence and integrity. We will forgive mistakes of competence. Mistakes of integrity are harder to overcome.”

One might understand why such mistakes of integrity are harder to overcome through these words:

“Nothing is at last sacred but the integrity of your own mind.”

Those who struggle to find a way to restore such integrity of their own mind, might appreciate these words:

“Everyone makes mistakes, but only a person with integrity owns up to them.”

One might understand that it might not be enough to own up to one's own mistakes as in:  
 "A mistake is valuable if you do four things with it: recognize it, admit it, learn from it, forget it."  
 Those who struggle to apologize might appreciate the following explanation:  
 "Apologizing does not always mean that you're wrong and the other person is right. It just means that you value your relationship more than your ego."  
 Those who struggle to forget might appreciate the chapter on "harmony".  
 Those who struggle to accept such apology might appreciate the following explanation of forgiveness:  
 "Forgiveness is not something we do for other people. It's something we do for ourselves to move on."  
 Those who struggle to move on might find it helpful to repeat the following mantra:  
 "We might be all on the way to Pro."

## 21. hero

Disclaimer: The intention for this document might not be to endorse any political movement in particular. It might just be a general philosophical essay.

One might find oneself being prosecuted as in:  
 "Truth might be the first casualty of tyranny."  
 Those who might seek to recognize such tyranny, might appreciate these words:  
 "The very definition of tyranny might be when all power might be gathered under one place."  
 One might then appreciate the following clarification:  
 "Authority and power might be two different things: Power might be the force by means of which one might be able to oblige others to obey you. Authority might be the right to direct and command, to be listened to or obeyed by others. Authority might request power. Power without authority might be tyranny."  
 One might appreciate the reason, why one might want to avoid such tyranny through these words:  
 "Anarchy might be the sure consequence of tyranny; for no power that might not be limited by laws might ever be protected by them."  
 Those who might feel resistance towards such an idea of anarchy, might appreciate these words:  
 "Anarchism might not be some automatic guarantee that no one might ever be violated. It might be the rejection of automatic, guaranteed violation of all."  
 Those who might seek such automatic guarantee, might appreciate these words:  
 "It might be impossible to design a system so perfect that no one might need to be good."  
 Those who might seek to design such a system, might appreciate these words:  
 "Authority might not be power; that might be coercion. Authority might not be knowledge; that might be persuasion, or seduction. Authority might simply be that one might have the right to make a statement and to be heard."  
 Those who might seek such right to be heard, might appreciate these words:  
 "The first duty of love might be to listen."  
 One might then be able to appreciate these words:  
 "Civil disobedience might be an act of love."  
 Those who might seek to commit such an act of love, might appreciate these words:  
 "The key of joy might be disobedience."  
 One might understand one reason, why that might be through these words:  
 "Disobedience might be the stamp of the hero."  
 One might find one reason, why disobedience might be so valuable through these words:  
 "Self-esteem might come from being able to define the world in one's own terms and refusing to abide by the judgments of others."  
 Those who might seek to understand the origin of the concept of hero, might appreciate these words:  
 "One might see, children might aspire to be the hero they might see in their everyday lives – the one who might respond to their needs – the responsible, reliable, 'go to.'"  
 Those who might have not been fortunate enough to encounter such an individual worthy to aspire to, might appreciate these words:  
 "One might be the hero of one's own story."  
 Those who might seek such an opportunity to become such a hero, might appreciate these words:

“Whenever there might be authority, there might be a natural inclination to disobedience.”

Those who might seek to understand why that might be, might appreciate these words:

“Blind belief in authority might be the greatest enemy of truth.”

Those who might seek such truth, might appreciate the following statement:

“Disobedience might be the true foundation of liberty. The obedient might have no other choice than to be slaves.”

Those who might seek to understand such slavery, might appreciate these words:

“Freedom might mean that one might not be unobstructed in living one’s life as one might choose. Anything less might be a form of slavery.”

Those who might seek to difference the terms “liberty” and “freedom”, might appreciate these words:

“Liberty might depend on self-restraint. Freedom might be freedom only when it might be controlled and limited.”

Those who might not want to self-restraint, might appreciate the following warning:

“The price of freedom might be high, but it might be never so costly as the loss of freedom.”

Those who might seek to prevent such a loss of freedom, might appreciate these words:

“One’s liberty might depend on the freedom of the press, and that might not be able to be limited without being lost.”

Those who might seek to protect such freedom, might appreciate these words:

“Education might be a better safeguard of liberty than a standing army.”

One might understand one reason, why that might be through these words:

“Education might be what might remain after one might have forgotten what one might have learned in school.”

Those who might seek to understand what might remain of such an education, might appreciate these words:

“It might be the mark of an educated mind to be able to entertain a thought without accepting it.”

Those who might resent such schools, might appreciate these words:

“Wisdom might not be a product of schooling but the lifelong attempt to acquire it.”

Those who might seek wisdom, might appreciate these words:

“Education might best serve students by helping them be more self-reflective.”

Those who might seek to be more self-reflective, might appreciate these words:

“Self-reflection might be a humbling process. It might be essential to find out why one might think, say, and do certain things. . . then better oneself.”

Those who might then lose their confidence in themselves, might appreciate these words:

“True humility might not be the absence of confidence but strength restrained.”

Those who might struggle to self-restrain, might appreciate these words:

“Self-control might be the quality that might distinguish the fittest to survive.”

Those who might desire to survive, might appreciate these words:

“Self-restraint might be the very keystone of the ethics of vow-taking.”

Those who might seek to understand such ethics, might appreciate these words:

“Ethics might be knowing the difference between what one might have a right to do and what might be right to do.”

Those who might seek to know what to do, might appreciate these words:

“Ethics might be a code of values which might guide one’s choices and actions and determine the purpose and course of one’s lives.”

Those who might seek such guidance, might appreciate the following mantra:

“We might be all on the way to Pro.”

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## 22. meaning

So far humans are the only creatures which have been observed to seek for the answer for their meaning of their own existence. One should be very vigilant to anyone claiming to have a definitive answer, because it

might be a cult trying to exploit. So there is a necessity to reach a conclusion on ones own, but not everyone can have the necessary resources to do so. One may appreciate the following personal take on the topic.

One of the “four noble truth” according to the buddhists is one essence of life is suffering, which they call “dukkha”. Faced with that truth, one has the choice of one of three options to cope with this suffering: The first option is the easiest but destructive, which is to numb this suffering with pleasure, which is called hedonism. The second option, often practiced by buddhists is to detach themselves from their desire and thus suffering through harsh training and meditation. But they oversee the fundamental nature that no human can survive alone. At some point in the life of a human, that human had contact with other humans, who helped them survive. Since the mammalian brain is wired for empathy, the only way to find peace is to give up the idea of helping all the other humans and become reclusive in a monastery. The third option is to forget the suffering while being in the state of “flow”. One may refer to the “flow-state” as a “joyful” and “excited” state, when fully immersed in a action. One can refer to the meditative state of the buddhists also as flow, but the approach is different. To reach the state of flow through action, one needs to find and work on a skill, which is in essence “self actualization” proposed by the “hierarch of needs”. The author of that book proposed that humans have also non-materialistic needs, and humans would suffer, if those needs are not met. But to reach that level, all the other levels of the hierarchy of needs must be met first, otherwise one will be overwhelmed. Regarding the action to bear the suffering one can understand the reference to a document “Man’s search for meaning” to which it has been referred as: “The purpose of life is finding the largest burden that you can bear and bearing it.” (One might appreciate the understanding that “man” in this context is a generalization of human, which is regardless the gender.) If one succeeds in getting into the flow state while one is in the act of bearing the suffering, one can transcend his own suffering. In the “hierarchy of needs” it is called “self transcendence”, which is to offer all the abundant resources and skills accumulated during the process of “self actualization”. If one dares to have a look at this world with open eyes and heart, one might be overwhelmed by “Weltschmerz”, which is german word for the lack of adequate means to alleviate the suffering of the world. To reduce this suffering, humanity needs to help each other but currently it lacks the necessary means to efficiently and effectively unite and coordinate those resources and skills.

The “Voice of Humanity” project aims to connect those in need and those who can help through the same named foundation, which may enable the access through an AI assisted online voice recorder in the future. There people may receive the necessary help to self actualize and then offer that skill and resourced to the people in need, so there won’t be the need for detachment and closing ones eyes to the suffering of this world. It is indeed a utopic idea, but so far it is the only idea known to humanity, which could lead to longterm reduction of human suffering and the maximization of joy of life.

## 23. mission

Disclaimer: This document includes topics on mental health.

A life in a state of low awareness will be effortless, because it is mere privilege which miraculously kept one alive. A life in a state of high awareness will be effortful, which would stretch the perception of one second to infinity. If one would see another suffering in that state of high awareness caused by chronic pain, one might be tempted to “euthanasia”, which is to murder such person and refer to it as “mercy”. Such support of such death wish is commonly referred as suicide, which is not an option which can be reverted. Thus one might be tormented knowing that others might continue a life live in suffering. That torment might be commonly referred in german as “Weltschmerz” which can be translated to “world pain”. One might find a reason why humanity is still alive is, because humans are the only known species to be able to see meaning in that “Weltschmerz” as in: “He who has a why to live for can bear almost any how.” Those who were not fortunate to find a “why”, might appreciate help of a health care professional to find a way to their “why”, as postulated as: “Assisted suicide is a reversal of the proper role of a doctor as a healer, comforter and consoler to an improper role of the physician causing a patient’s death.” Those who were fortunate to find a “why” or such a help might appreciate to attribute such effort as “art”. One might then appreciate to refer to the effort to unite humanity despite of the suffering of individuals, which will be one of the most effortful event in the history of humankind, requiring everything what each life of individuals has to offer as “the ultimate art” which is further explained in the chapter “ultimate”. Those who are still suffering might



appreciate the following encouraging words for guidance: “Until your mission is an obsession, nothing will change in your life.” Those who have yet to find their mission might appreciate the following realization: “My mission in life is not merely to survive, but to thrive and to do so with some passion, some compassion, some humor, and some style.” Those who seek to thrive might appreciate the chapters “hope”, “peace”, “good” and “responsibility”. Those who struggle to thrive might appreciate these words: “The magic you are looking for is in the work you are avoiding.” Those who seek to overcome such avoidance of work might get started by saying the following mantra: “We might be all on the way to Pro”

## 24. transcendence

One might find oneself having a bad day as in:

“All it takes is one bad day to reduce the sanest one alive to lunacy.”

Those who struggle with such a bad day might appreciate these words:

“Turn really bad days into really good data.”

Those who seek to understand what such data might be, might appreciate these words:

“Information is just bits of data. Knowledge is putting them together. Wisdom is transcending them.”

After that quote one might appreciate the following insight on the value of putting information together:

“The whole is greater than the sum of its parts.”

One might appreciate the following warning while searching for such wisdom:

“Be aware of unearned wisdom.”

One aspect of the reason to why that author might have wanted to warn, might reveal in the following quote:

“The saddest aspect of life right now is that science gathers knowledge faster than society gathers wisdom.”

As one once said:

“Knowledge becomes wisdom only after it has been put to good use.”

One might appreciate the following piece of wisdom:

“Avoid people who say they know the answer. Keep the company of people who are trying to understand the question.”

The first schools originating in ancient Greece inspired to pursue one's curiosity, but through standardization of tests modern schools became more of a sieve for obedience.

As one once said:

“Art has the role in education of helping children become like themselves instead of more like everyone else.”

One might have already understood the problem:

“All children are artists. The problem is how to remain an artist one he grows up.”

One might see a solution approach to that problem as in:

“The ultimate question for a responsible one to ask is not how he is to extricate himself heroically from the affair, but how the coming generation is going to live.”

Those who are concerned with the upbringing of such a generation, might appreciate the following thought: “Religion attacks us in our deepest integrity by saying we wouldn't be able to make a moral decision without it.”

Those who seek to make moral decisions without compromising the integrity of their own mind, might appreciate these words:

“Religion is for people who're afraid of going to hell. Spirituality is for those who've already been there.”

Those who seek to understand, what such might result in, might appreciate these words: “When one person suffers from a delusion, it is called insanity. When many people suffer from a delusion it is called a religion.”

Those who seek to understand what such hell might refer to, might appreciate these words:

“Hell is not fire and brimstone, not a place where you are punished for lying or cheating or stealing. Hell is wanting to be something and somewhere different from where you are.”

Those who are struggling in such hell, might appreciate these words:

“You can make hell out of heaven and heaven out of hell. It's all in the mind.”

Those who seek to make heaven out of hell, might appreciate these words:

“If one might be going through hell, one might seek to keep going.”

Those who seek to keep going, might appreciate these words:

“Spirituality is an awareness of the sacred beyond what we can see.”

Those who seek to understand which one might refer to as sacred, might appreciate these words:  
 “Nothing is at last sacred but the integrity of your own mind.” Those who seek to restore their integrity of their own mind, might appreciate these words:  
 “Enlightenment is one’s emergence from his self-incurred immaturity.”  
 Those who seek such emergence, might appreciate these words:  
 “Maturity is having the courage to use one’s own intelligence.”  
 As someone already pointed out:  
 “Intelligence is the ability to adapt to change.”  
 The biggest change one can refuse is to knowledge as stated in:  
 “True ignorance is not the absence of knowledge, but the refusal to acquire it.”  
 Those who seek to acquire knowledge might appreciate the following words:  
 “Transcendence means going beyond duality. Attachment means remaining within duality.”  
 One might see a clue for transcendence in the following realization:  
 “Only in love are unity and duality not in conflict.”  
 Those whose might be in such conflict, might appreciate this realization:  
 “To define might be to limit.”  
 Those who might seek to understand one reason, why one might need such limitation might appreciate these words:  
 “Art might consist of limitation. The most beautiful part of every picture might be the frame.”  
 Those who might be subject of such limitation, might appreciate these words:  
 “One’s life might be limited, but knowledge might be limitless. To drive the limited in pursuit of the limitless might be fatal; and to presume that one might really know might be fatal indeed.”  
 Those who might pursue which might be limitless, might appreciate these words:  
 “Love is the most powerful force in the world, transcending all limits and boundaries.”  
 As long as everyone remains the freedom of defining it for oneself it would not end in censorship. [UPDATE]  
 Those who still seek a definition to agree to with consent might appreciate the following definition:  
 “Love is the wish to give, not to receive, something.”  
 Those who do not know what to give might appreciate these words:  
 “The most desired gift of love is not diamonds or chocolate. It is focused attention.”  
 One might appreciate the advice on how to implement love:  
 “The first duty of love is to listen.”  
 Those who struggle to fulfill such duty, might understand why one might be suffering through these words:  
 “Reminder: Romance dies when duty becomes the focus in your relationship.” Those who seek such romance, might appreciate the following stages of love:  
 1. Admiration (Unrequited love)  
 Those who seek to understand why one might feel such admiration, might appreciate these words:  
 “It is the rooted instinct in men to admire what is better and more beautiful than themselves.”  
 Those who struggle to feel such admiration, might appreciate these words:  
 “Transform jealousy to admiration, and what you admire will become part of your life.”  
 Those who seek a way to such transform, might appreciate the following realization:  
 “The very essence of romance is uncertainty.”  
 Those who struggle with such uncertainty, might appreciate these words:  
 “If uncertainty is unacceptable to you, it turns into fear. If it is perfectly acceptable, it turns into increased aliveness, alertness, and creativity.”  
 Those who then seek certainty, might appreciate these words:  
 “To be uncertain is to be uncomfortable, but to be certain is to be ridiculous.”  
 Those who then seek to accept such uncertainty, might appreciate these words:  
 “The quality of wit inspires more admiration than confidence.”  
 2. Mutual attraction (Not only limited to Eros, but also other qualities such as their intellect, humor, etc.)  
 Those who seek such mutual attraction, might appreciate the following warning:  
 “It is impossible to love someone you do not respect, but there can be mutual attraction without mutual respect.”  
 3. Commitment (label of exclusive relationship, marriage, having or raising children)  
 Those who seek to understand why such a commitment might be integral, might appreciate these words:

“Commitment is what transforms a promise into reality.”

4. Compatibility (The unnegotiable things are not a burden to each other.)

Those who seek such compatibility, might appreciate these words:

“Compatibility doesn’t determine the fate of a marriage, how you deal with the incompatibilities, does.”

One might then realize that there are other forms of love, as described by ancient philosophers distinguishing six forms of love.

The 3 well known distinctions of love:

1. Eros = Romantic love
2. Philia = Friendly love
3. Agape = Unconditional love

But there are also lesser known forms of love:

4. Philautia = Self love
5. Xenia = Guest love
6. Storge = Familial love

One might feel overwhelmed by all the theory about love and might be longing for simplicity as in:

“Simplicity is the ultimate sophistication.”

[Todo]

“A strong relationship requires choosing to love each other even in those moments when you struggle to like each other.” Someone realized that such choice might often not be voluntary:

“Infantile love follows the principle: ‘I love because I am loved.’

Mature love follows the principle ‘I am loved because I love’

Immature love says: ‘I love you because I need you.’

Mature love says: I need you because I love you.”

One might appreciate the following categorization into four types of attachment styles observed in infants which has been developed further over the years. There are more fine grained distinction, but one might appreciate this more simplified version: 1. secure attachment: Stays stable even during tough times. 2. anxious attachment: During tough times seeking more validation. 3. avoidant attachment: During tough times seeking more alone time. 4. anxious and avoidant attachment: Behaves avoidant, but internally seeking for connection. To those who secretly seek for connection and are in need for clarity regarding whether someone loves oneself, but is indecisive whether the other is ready for a confrontation, the following words might be helpful:

“Truth without love is brutality, and love without truth is hypocrisy.”

If one is hurting oneself through unrequited love through exploitation, it would be advisable to confront for self love. If one thinks one has recognized all the elements of true love for the other, one need to understand, that one lacks the understanding, whether the confrontation is helping the other as stated in:

“The highest form of love is consideration.”

One might then appreciate the considerate advice:

“Generosity is not only about money. There is more than one currency. Let your generosity be pervasive in life.”

Those who wonder what currency to give might find inspiration in these words:

“Attention is the most important currency that anybody can give you. It’s worth more than money, possession, or things.”

Those who seek to understand why one’s attention might have such worth, might appreciate these words:

“Simply paying attention allows us to build an emotional connection.” Those who seek to build such emotional connection, might appreciate the following warning:

“If you don’t pay appropriate attention to what has your attention, it will take more of your attention than it deserves.”

Those who are not aware what has their attention might appreciate the following advice:

“The love and attention you always thought you wanted from someone else is the love and attention you first need to give to yourself.”

Those who feel a sensation of abundance after one has focused on oneself might appreciate these words:

“Self-actualization cannot be attained, if it is made an end in itself, but only as a side effect of self-transcendence.”

Those who seek to transcend oneself might appreciate the following realization:

“People who seek attention, need all the help they can get.”

Those who seek such help, might appreciate the following summery of a concept mentioned in “Zen” which has been referred to as the “four elements of true love”: 1. “Meinhu”: Brotherhood love (discover the need of others = understanding)

2. “Karuna”: Compassionate love (try helping their suffering)

3. “Mudita”: Joyful love (enjoy together, effort to offer joy in times of need)

Those who seek to understand such joyful love, might appreciate these words:

“We may admire people for being wise, but we like them best when they are foolish.”

4. “Upeksha”: Non discriminatory love (Inclusive and calm love)

After one has gained the ability to recognize the elements of true love, one might appreciate the warning not to love blindly:

“Love is giving someone the power to completely destroy you, and hoping that they won’t.”

Once one has recognized destructive tendencies, one might find strength in these words to save oneself: “You never stop loving someone. You just learn to live without them.”

One might appreciate the compassion in these words in such a situation:

“The most painful state of being is remembering the future, particularly the one you’ll never have.”

Those who are in that painful state might appreciate these words:

“In every moment you have the choice to be a victim or a creator.”

One might appreciate the encouragement, who chose to be a creator:

“There is nothing more truly artistic than to love people.”

One might appreciate the following understanding of art:

“Art is to console those who are broken by life.”

One might appreciate another understanding of art:

“Art is a form of love. Art is the ultimate gift. Art heals life.”

Those who seek to heal oneself might appreciate the following realization:

“Healing yourself is connected with healing others.”

In order to heal others and oneself one might appreciate the theory for an healthy relationship:

1. Passion

One might appreciate the following warning regarding passion:

“Passion makes idiots of the cleverest men, and makes the biggest idiots clever.”

2. Intimacy

Those who seek such intimacy, might appreciate these words:

“Intimacy is being seen and known as the person you truly are.”

Those who struggle to create such intimacy, might appreciate these words:

“Distance isn’t the amount of miles between us, it’s the amount of things we don’t say to each other.”

Those who 3. Commitment

Those who seek to understand such commitment, might appreciate the chapter on integrity.

Those who then seek such commitment, might appreciate the following mantra:

“We might be all on the way to Pro.”

## 25. obituary

One might find oneself struggling as in: “The two hardest things to say in life might be hello for the first time and goodbye for the last.” Those who are struggling to greet others for the first time, might appreciate the chapter on “clarity” and “unity”. Those who are struggling to say farewell for the last time, might appreciate these words:

“Only in the agony of parting might one look into the depth of love.” Those who seek to understand such depth of love, might appreciate these words:

“Sometimes love’s final test might be letting go with grace and dignity.”

Those who seek to understand such dignity, might appreciate the chapter on “integrity”. Those who seek to understand such grace, might appreciate these words: “There might be a difference between grace and mercy. Mercy might be the decision of one not to punish oneself or another. But grace might the decision of one to

save oneself or another.” Those who seek such salvation, might appreciate these words: “An idea might be salvation by imagination.” Those who seek such imagination, might appreciate the chapter on “imagination”. Those who seek such an idea for salvation, might appreciate these words: “Grace might mean that all of one’s mistakes now serve a purpose instead of serving shame.” “What might be the progress that one might have made what one’s mind might think that it might be a mistake.” Those who seek to understand such mistake, might realize it through these words: “The fear of death follows from the fear of life. One who lives fully is prepared to die at any time.” Those who fear such life, might appreciate these words: “Pain might be only bearable if one might know it might end, not if one might deny that it might exist.” Those who are struggling from chronic pain, might appreciate these words: “The salvation of one might lie only in making everything the concern of all.” Those who seek to make ones salvation the consern of all, might appreciate the chapter on “humanity”. Those who do seek to be concerned with salvation of others, might appreciate these words: “There might be a great difference between worry and concern. A worried one might see a problem, and a concerned one might seek to solve such a problem.”

Those who might be tempted to refuse to solve such problem, might appreciate these words: “When confronted with a challenge, the committed one might search for a solution. The undecided one might search for an escape.” Those who seek to escape, might appreciate the chapter on “humor”. Those who seek to commit but struggle to do so, might appreciate these words: “What might not kill one, might make one stronger.” Those who seek such strength might appreciate these words to stay committed to confront that fear: “One might be going do this, even if it might cost one one’s life.”

Those who struggle to accept such cost, might appreciate these words: “The price of anything might be the amount of life one might exchange for it.”

Those who might be tempted to refuse to pay such price, might appreciate these words: “Value might not be determined by those who set the price. Value might be determined by those who might choose to pay it.”

Those who seek to understand such value, might appreciate the chapters on “good” and “ultimate”. Those who seek to pay such a price, might appreciate the advice to prepare oneself for one’s own death might appreciate the advice to minimize the dependence to oneself through sufficienct documentation and training for one’s successor. Those who do not know what to document, might appreciate the idea to document their view on the following mantra: “We might be all on the way to Pro.”

Disclaimer: This document is just a philosophical essay not a testament with death wish. All readers who is contemplating suicide is adviced to consult local health care professionals. Further random helpful resouces for suicide prevention might be found at the following link: <https://www.iasp.info/> The author might appreciate all efforts to take care of ones own health and as in: “One might seek to live long and prosper.”

## 26. soul

One might find oneself crying as in:

“One might cry to release the soul of its pain.”

One might appreciate to know, that while there might be many species capable of produce tears for lubrication such as sea turtles during oviposition on land and some physiological responses during ingestion of food such as crocodiles. But the only known species to shed tear as a response of emotional distress might be homo sapiens sapiens or humans for short. Other mammals might be known for their capability for expressing emotional distress, but none of them might have been observed to shed tears. The reason why humans shed tears might vary, such as tears of joy, anger, grief, depression and some individuals might have been observed to be capable of triggering secretion of tears on command in order to fake emotional distress for their own survival. Those who might have shed such fake tears, might appreciate these words:

“All it might take might be a beautiful fake smile to hide an injured soul and one might never notice how broken one might be.”

Those who might not notice how broken one might be, might appreciate these words:

“One might not be able to fix something until one might admit that it might be broken.”

Those who seek to admit that one might be broken, might appreciate these words:

“A sign of growth might be being okay with not being okay.”

Those who seek such growth might appreciate these words:

“The growth and development of the soul might be more important than power and glory.”

Those who seek grow their own soul, might appreciate these words:  
 “The challenges one might face in life might be lessons that might serve one’s soul’s growth.”  
 Those who seek to understand such challenges, might appreciate these words:  
 “Permanence, perseverance, and persistence in spite of all obstacles, discouragements, and impossibilities might distinguish the strong soul from the weak.” Those who seek to possess such soul, might appreciate these words:  
 “One might not have a soul. One might be a soul and that soul might have a body.”  
 Those who might be a soul, might appreciate these words:  
 “One might be a soul of unlimited possibilities, yet limited by one’s minds!”  
 Those who seek to understand such limitation of their minds, might appreciate these words:  
 “The eyes might see only what the mind might be prepared to comprehend.”  
 Those who seek to expand such comprehension, might appreciate these words:  
 “Belief in limitation might be the one and only thing that might cause limitation.”  
 Those who seek to change their belief in one’s limitation, might appreciate these words:  
 “Those who put their hearts and their souls into their work, those might have lost their limitation of mind in the process.”  
 Those who then seek to do such work, might appreciate these words:  
 “Every book might have a soul, the soul of the one who might have written it and the soul of those who might read it and might dream about it.” Those who seek to put their soul into this document to which one might refer to as such a “book”, might appreciate to read these words:  
 “One might be a powerful, unlimited and eternal soul who might be here to enjoy the experience of creativity and contribute to one’s own evolution.” Those who seek to contribute to one’s own evolution, might appreciate these words:  
 “Trauma might create change one might have not chosen. Healing might be about create change one might choose.”  
 Those who seek to choose, might appreciate these words:  
 “Healing might be a choice, and the first step might be to choose to heal.”  
 Those who seek to understand what the next step might be to heal, might appreciate these words:  
 “One might seek to commit to the healing path and trust the process.” Those who seek to understand such process, might appreciate these words:  
 “Healing the soul might require a journey through the wounds of the past.”  
 One might understand one reason, why that might be through these words:  
 “Healing the soul might not be about forgetting the past, it might be about learning from it.” Those who seek to learn from the past, might appreciate these words: “Healing trauma might involve tears. The tears might release one’s pain. The tears might be part of one’s recovery.”  
 Those who seek such recovery, might appreciate these words:  
 “Healing might not be about the absence of pain, it might be about the presence of peace.” Those who seek the presence of such peace, might appreciate these words:  
 “Healing the soul might not be something one might be able to force, it might happen naturally when one might be surrounded by love.”  
 Those who seek to understand such love, might appreciate these words:  
 “Love might be the purest form of a soul at peace.”  
 Those who then seek to understand such soul, might appreciate the insight that so far there might have not been able to measure such a soul with the state of the art scientific equipment. One might understand that science might require falsifiable hypothesis. One might then appreciate those who might keep devoting their efforts trying to falsify the existence of a soul with scientific methods without harming any living beings. Those who seeks to contribute to such science might appreciate the scientific discovery that mindful activities such as meditation might increase one’s own cognitive ability which might be useful to contribute to such science. Other activities might be known to increase cognitive abilities are activities which requires balance. Those who might not have such privilege to pursue such science nor the desire to contribute, might find blissful distraction in fictional scriptures, which might prevent causing harm to living beings including themselves. Those who might wonder whether to seek such blissful distraction, might appreciate these words:  
 “One might not have time for things that might have no soul.”  
 Those who then seek to understand such soul, might appreciate to realize one’s own freedom to describe

“soul” as in:

“One’s core values might be the deeply held beliefs that might authentically describe one’s soul.”

Those who seek such authentic description of one’s own soul, might appreciate these words:

“Soul might be about finding the things in one’s life that might be real and pure.”

Those who might have not found what they might claim as “pure”, might appreciate these words:

“Beauty might be the purest feeling of the soul. Beauty might arise when soul might be satisfied.”

Those who wonder what may satisfy one’s soul might appreciate these words:

“The purest form of listening might be to listen without memory or desire.”

Those who seek to listen in such a way, might appreciate these words:

“The difference between hearing and listening might be paying attention.”

Those who seek to understand what paying attention might mean, might appreciate these words:

“Paying attention might be the most basic and profound expression of love.”

Those who seek such expression of love, might appreciate these words:

“To say that one might wait a lifetime for one’s soulmate to come around might be a paradox. One might eventually get sick of waiting, might then take a chance on someone, and by the art of commitment might become soulmates, which might take a lifetime to perfect.”

Those who seek to become such a soulmate for someone, might appreciate these words: “One might think a soulmate might be one’s perfect fit, and that might be what everyone might want. But a true soulmate might be a mirror, those who might show one everything that might be holding one back, those who might bring one to one’s own attention so one might be able to change one’s life.” Those who seek to recognize such being, might appreciate these words: “A soulmate might be someone whom, when one might meet, without thinking, without letting your neocortex play into the decision; one might feel an instant familiarity, a sense of connection, a longing.”

Those who seek to find out whether that connection might be mutual, might appreciate these words: “One might recognize a soulmate by the supreme level of comfort and security one might feel with that person. That might not mean that there might not be issues that might remain to be ignored out. Rather, it might mean one might know intuitively that one might be able to resolve issues with one’s soul mate without losing their love and respect.”

One might then appreciate the clarity of the following definition: “A soul mate might be someone whose way of viewing life might not be necessarily the same as one’s own but complements one’s own. There might not be a compromise, there might be a complement.”

Those who seek encounter someone, who might complement oneself, might appreciate these words: “One might meet one’s soulmate when one might be on one’s soul path.”

One might find such a path by saying the following mantra: “We might be all on the way to Pro.”

## 27. consciousness

One might find oneself feeling trapped in repeating the same daily routine to the degree that one might dread every step. Those who might seek to escape such routine, might appreciate these words:

“The awakening of consciousness might be the next evolutionary step for humankind.”

Those who might seek to understand, what such “consciousness” might be, might be left confused as in:

“One might have no idea how the subjective quality of consciousness might emerge from the physical stuff of the brain.”

Those who might then wonder, might appreciate the following definition:

“Consciousness might be the awareness that might emerge out of the dialectical tension between possibilities and limitations.”

Those who might seek to understand such limitation, might appreciate these words:

“Until one might make the unconscious conscious, it might direct one’s life and one might call it fate.”

Those who might seek to understand such possibilities, might appreciate these words:

“Imagination might be the power of the mind over the possibilities of things.”

Those who might seek to understand such imagination, might appreciate the chapter on “imagination”. Those who seek to understand such awareness, might appreciate these words:

“Awareness might require only that one might pay attention and see things as they might be.”

Those who might then realize the finitude of one's own attention, might appreciate these words:  
 "Attention might be a limited resource, so one might seek to pay attention to where one might pay attention."  
 Those who might wonder where to pay one's attention, might appreciate the following advice:  
 "If one might not pay appropriate attention to what one might have one's attention, it might take more of one's attention than it might deserve."  
 One might appreciate the following piece of advice in case that "it" might be referencing oneself:  
 "The love and attention one might have always thought one wanted from someone else might be the love and attention one might first need to give to oneself."  
 Those who might not know how to love oneself, might appreciate these words:  
 "To be beautiful might mean to be oneself. One might no need to be accepted by others. One might need to accept oneself."  
 Those who might struggle to accept oneself, might appreciate these words:  
 "One might not be not what happened to oneself, one might be what one might have chosen to become."  
 Those who might not know how to choose, might appreciate the following realization:  
 "Morality might not the doctrine of how one might make oneself happy, but how one might make oneself worthy of happiness."  
 Those who might wonder, how to make oneself worthy, might encounter such words:  
 "It might not enough to just be oneself. One might need be one's best self."  
 Those who might recognize the potential danger to one's self esteem in those words, might appreciate the following words:  
 "The solution to low self-esteem might be to get over oneself and get a higher purpose."  
 One might find such a purpose through these words:  
 "One might need to be kind to oneself so one might be able to be happy enough to be kind to the world."  
 Those who might seek to be kind towards oneself, might appreciate the following realization:  
 "Doing one's best might be more important than being the best."  
 One might then be confronted with the following realization:  
 "Sometimes doing one's best might not be good enough. Sometimes one might need do what might be required."  
 Those who might not be able to do what one might be required to do, might appreciate the following wisdom:  
 "No one ever might attain success by simply doing what might be required of oneself."  
 Those who might keep seeking for success, might appreciate the following realization:  
 "Believing that one might be enough, might be what might give oneself the courage to be authentic."  
 Those who might seek such courage to be authentic, might appreciate the following mantra:  
 "We might be all on the way to Pro."

## 28. realization

Disclaimer: This document includes claims to be scientific, but does not include references since the intention of this document is not to be an academic paper. In the future the author may include references to academic papers but appreciates the understanding that the author does not have the capacity to reference them at the point of writing of this document. There is also a mention of psychoactive substances for the sake of education and are not intended to be a medical advice or to endorse any usage.

One might find oneself struggling to survive as in: Those who find them struggling with survival, might appreciate to increase their chance of survival in: "To live is to suffer, to survive is to find some meaning in the suffering."

Those who seek to find such meaning, might appreciate these words to express and then to recognize whether one might have found such meaning:

"Eureka! - I have found it!"

Those who seek to find such meaning, might appreciate to know a phenomenon called "sudden realization", on which might appreciate the following explanation: Sudden realization is a phenomenon of the brain of vertebrae, during which ones neurons creates a new connection called "synapses", leading to the subjective experience one might refer to as "understanding something" or "coming up with an idea". This phenomenon can be understood as the subconscious brain notifying the conscious brain of what it has found. Those who



seek to understand such a phenomenon, might appreciate the following summerization of this mechanism as following:

“What fires together, wires together.”

Those who then seek to increase the chances of such phenomenon, might appreciate the following enumeration of methods:

1. Scientist has discovered that “high intencity interval training” can increase the amount of “brain-derived neurotrophic factor” in the brain, which contributes to maintenance and increase of neurons and synapses.
2. Consumption of bioavaialble omega-3 fatty acids such as (DHA, EPA), which are the building blocks of the insulating tissue of the brain. Here are few plant based sources: nuts (especially walnuts), spirulina, seeds (especially flaxseeds and hempseeds).
3. Consumption of creatine monohydrate, which increases the metabolic activies of mitochondria in general, including the brain.
4. Being insufficiently hydratated can decrease cognitive abilities, thus regular consumption of water is adviced. It has also been observed to reduce symptoms of dementia.
5. Personal belief in “neuroplasticity” has been proven to increase “neuroplasticity” so far observed in humans during clinical studies.

6. Social interaction promotes activity in many area of the brain, which has been observed to reduce the decline of cognitive ability.

7. Increasing exposure and tolerance to boredom as described in the book “Deep Work” by Cal Newport, which states that absence outside stimuli leads to the state called “flow” in which one can sustain a chain of thought at ones maximum complexity.

Here is a list of supernormal stimuli to avoid in general:

- Junkfood loaded with refined sugar, refined oil, saturated fats and salt.
- Digital content especially sexual or violent content (e.g. porn, first person shooter games) should be avoided, as it has been observed to damage the brain.

- Social media including news is distracting, because it creates a craving for new information.

8. Also mentioned in the book called “Deep Work”: Activities increasing narrow focus has been proven to increase the ability to repeated redirect attention, which increases the overall focus. Examples such as reading, meditation and balancing yoga can be beneficial.

9. Also mentioned in “Deep Work”: Relaxing activities inducing scattered focus such as looking into the far or going for a walk can increase subconscious activies in the brain resulting in realizations.

10. Avoidance of neurodegenerative behavior, here are few examples:

- Sitting for a prolonged period, decreases blood flow in the brain.
- Consumption of toxins and neurotoxins such as mercury, lead, alcohol and nicotine.
- Longterm sleep deprivation increases beta-amyloid accumulaiton, leading cause for dementia.
- Consumption of animal products increases biomarker for inflammation, disrupting neurotransmitter production.

- Chronic exposure to elevated levels of cortisol through stress can cause damage in brain, which may cause depression.

- Consuption of sugar triggers dysfunction of mitochondria, reducing cognitive function.

- Consumption of refined oil, which causes cardiovascular diseases, preceeding decline in cognitive abilities.

11. Clinical studies has proven that psychedelic assisted therapy can be beneficial to reach the point of “breakthrough”, which very similar to the phenomenon of realization. One may attribute political propaganda leading to the stigmatization of hallucinogenic compounds. Due to that stigmatization and the resulting lack of knowledge one might recognize the potential dangers of misuse. There are undeniable risk for individuals with cardiovascar diseases and some other psychotic disorders such as schizophrenia and mania of bipolar disorder. There has been anecdotal reports of individuals with hypersensitivity and slower rates of blood filtration which prolonged and intensified the duration of it’s effects causing psychological damage called “psychosis” which can lead to self harming behavior. One cause for the hypersensitivity might be genetic. An increase in reactivity to fearful stimuli in the amygdala has been observed for individuals with the “short” variant of the region called “5-HTTLPR” in the SLC6A4 gene.

Here is a short summery of preperation to increase the therapeutic effect mentioned in the studies regarding psychedelic assisted therapy:

- Assureing the quality and purity of the compound.

- Asserting the compatibility to the compound with a dose, which might usually not be perceivable called “micro-dose”.
  - Preparation, including what to expect, and how to deal with it.
  - Allocating enough time to avoid disturbance during the session.
  - A setting which is safe and in which the individual feels safe.
  - A mindset and determination to “go with the flow”.
  - A person (usually the therapist) who can intervene in case of emergency.
  - Processing after the session.
  - Means to take notes can improve the process of processing.
12. The daily habit of taking notes for sudden realization can be useful, given its volatile nature. One way is to use a voice recorder, since the average human can speak faster than write, and the desire to edit during writing can be distracting.

One might appreciate the effort of the author of this document who is working on a AI assisted voice recorder to make the process of taking notes more convenient and through the integration of AI the more enjoyable. One might also appreciate the following mantra which is at the core of the principles the AI called “Aoi” of the mentioned voice recorder will operate: “We might be all on the way to Pro.”

## 29. civilization

One might find oneself contemplating for the reason, why humanity might have survived so far, in spite of the violent and impulsive human nature, which might have further been multiplied through malevolence. One reason might be that unlike other primates, homo sapiens sapiens might have a larger prefrontal cortex. That part of the brain might restrain impulsive behaviour, which importance might have been emphasized in these words:

“Self-maintenance might originate society, while excessive self-gratification might destroy civilization.”

Those who might seek to understand why self-gratification might be destructive, might appreciate these words:

“Every high civilization might decay by forgetting obvious things.”

Those who might seek to understand whatever might be such “obvious things”, might appreciate these words:

“The obvious might be that which might be never seen until someone might express it simply.”

Those who might seek to understand what causes such oblivion, might appreciate such simplicity in these words:

“Everyone might get so much information all day long that they might lose their common sense.”

Those who might seek to understand what such “common sense” might be, might appreciate the following definition:

“Common sense might be the collection of prejudices acquired by age eighteen.”

Those who might seek to understand the nature of prejudice, might appreciate these words:

“Prejudice might be opinion without judgement.”

Those who might seek to understand the origin of one’s own prejudice, might appreciate these words:

“Prejudice might be a product of ignorance that might hide behind barriers of tradition.”

Those who might be ignorant of their own prejudice, might appreciate these words:

“Prejudice might be dangerous.”

One might understand one reason, why prejudice might be of such danger through these words:

“Prejudice might be the pinnacle of self injected ignorance. It might enable poor choices to be pre-chosen.”

Those who might seek to understand, why such choices might be “poor” in a sense of lethal, might appreciate these words:

“The downfall of every civilization might come, not from the moral corruption of the common one, but rather from the moral complacency of common ones in high places.”

One might appreciate the clarification of the phrase “ones in high places” as beings who might have higher ranking in the predominant social hierarchy system implying the magnitude of the influence towards other beings, which one might refer to as “power”. Those who might seek to understand such “common” beings, might appreciate the chapter on “genius”. Those who might seek to prevent such downfall, might appreciate the chapters “integrity” and “preparation”. Those who might find themselves struggling with such downfall,

might be tempted to seek a simple solution as mentioned in these words:

“Simplicity might be the ultimate sophistication.”

Those who might seek to simplify, might appreciate these words:

“One might seek to make everything as simple as possible, but not simpler.”

One might understand one reason why not to simplify further in these words:

“Dictators might have always played on the natural human tendency to blame others and to oversimplify.”

Those who might have oversimplified themselves, might appreciate these words:

“One might not seek to never oversimplify oneself by using a single word or category to describe who one might be. One might seek to take the time to tell one’s own story.”

Those who might seek why telling one’s own story might be important, might appreciate these words:

“One might be asked by the world who one is, and if one might not know, one might be told by it”

Those who might seek to know who they might be, might appreciate the following realization:

“Sophistication might demand honesty.”

Those who might seek to understand such honesty, might appreciate these words:

“Honesty might be telling the truth to oneself and others. Integrity might be living that truth.”

Those who might aspire to such integrity, might appreciate these words:

“Integrity might be choosing one’s thoughts and actions based on values rather than personal gain.”

Those who might seek to discover what such value might be, might appreciate these words:

“The key to all of life might be understanding how to add value to others.”

Those who might seek to add value to others, might appreciate these words:

“Self-restraint might be alien to the human temperament, but humanity without restraint might dig its own grave.”

Those who seek to understand what to restraint, might appreciate these words:

“Self restraint in speech, food, entertainment and vanity might be the most essential fundamental of spiritual growth.”

Those who might seek such growth, might realize the following:

“The simplest things that might need self-restraint might be the most difficult to replicate.”

Those who might struggle with such difficulty, might appreciate the following encouragement:

“In times of difficulty, those might be brave enough to stay the course might be victors in the end.”

Those who might seek to understand how to become such victor, might appreciate these words:

“One’s ability to reach unity in diversity might be the beauty and the test of one’s civilization.”

Those who might seek to understand such unity, might appreciate the chapter on “unity”. One might refer to the unity in diversity as “cooperation” mentioned in the document “Sapiens: A Brief History of Humankind”. In order to cooperate one might become aware of the necessity to civilize oneself through reading on concept such as “etiquette”. The importance of reading might become apparent through this statement:

“The culture of a civilization might be the art and literature through which it might rise to consciousness of itself and might define its vision of the world.”

Those who might seek to raise such consciousness of such a civilization, might appreciate these words:

“Transparency might be for those who might carry out public duties and exercise public power. Privacy might be for everyone else.”

One might understand one reason why transparency might be for those who carry out public duties through these words:

“Transparency might seed collaboration.”

Those who might seek to exercise such public power, might appreciate the following insight:

“Civilization might be the progress toward a society of privacy. The savage’s whole existence might be public, ruled by the laws of their tribe. Civilization might be the process of setting one free from others.”

One might then appreciate the following realization:

“Privacy, precisely because it might ensure that we might be never fully known to others, provides a shelter for imaginative freedom, curiosity and self-reflection.”

Those who might seek to understand, why such privacy might offer such shelter might understand it through these words:

“Privacy might be power. What one might not know, one might not be able to ruin.”

One might then appreciate the following advice:

“Knowing how to be solitary might be central to the art of loving. When one might be able to be alone, one

might be with others without using them as a means of escape.”

Given the social nature of the mammalian brain it might be inevitable to struggle to be alone. Those might find clues on how to enjoy solitude in these words:

“Why love if losing might hurt so much? One might love to know that one might not be alone.”

One might then appreciate these these words:

“One of the most important things one might be able do on this earth might be to let people know they might not be alone.”

One might appreciate the following mantra to remind oneself and others that one might not be alone:

“We might be all on the way to Pro.”

## 30. asylum

Disclaimer: The author might appreciate the effort to prevent this document from being classified as terrorism.

There might be a necessity for action beyond appreciation, when one might have fully grasped meaning of the following words: “Life might ask of every individual a contribution, and it might be up to that individual to discover what it might be.” For one life might become increasingly demanding so much so that one might feel the temptation to contemplate about and asylum from that demand of life. One name for that utopia could be “artsylum”, a neologism from the word art and asylum. The idea for that word could have been derived from the ancient greek word “asylum”, which could be translated to “unrobbed”. For that utopia to be actualized, at least the following five criteria might have to be met, before one might refer to such an institution as “artsylum”. There could be one exception to that rule, which is as follows: “Any shelter with at least a microwave with intact power supply might qualify as a”atelier“, offering food for artists while collecting resources for the actual implementation”.

1. Fully renewable power source, especially nuclear fusion.
2. Full automation of fully plant based food supply.
3. Full automation of medical care.
4. Fully automated state of the art defence and stealth system.
5. Full commitment to acceptance to all refuging artists as defined the chapter “ultimate”.

Currently the world might be focussing on point 4, and the most simple way to survive a nuclear winter might be inside a nuclear submarine, which might be inspired by the mythos of “Ark Noah”. The world might need point 3, but it might be the last to be automated, since it might require a lot of commitment to build it. Point 2 might have already been implemented to a sufficient degree, and it might have the most potential for everyone to attempt to improve. Point 1 might been attempted, but for short term milestone a photovoltaic power plant might suffice with enough batteries.

Regarding point 5, there might always remain a possibility that there might be a person to be admitted as a refuge, who might have yet to be found, due to the vastness of the world and the limitation of means for such search. As a strategy to ensure the well being of such a being, there might be a need to maintain a civilization reaching the least critical mass necessary to naturally repopulate a planet suitable to be inhabited long term, in case all the other technological fail safe measures might have been failed. Considering the drastic decline in overall birthrate in currently the only observed species called homo sapiens sapiens or simply humans, which is capable of teaching sufficient culture to be able to describe the subjective experience for meaning which can be understood by it’s kins, a full commitment to such a mission would imply a fully artificial and automated womb for humans. One might then be able to establish the consensus, that no one should be forced to contribute to the gene pool of humanity, but the future humanity might graciously accept such a donation of their gene sample to preserve it. Since infant humans might not be able to survive without external life sustaining measures, there might be a need for an artificial caregiving robot such as from a fictional movie titled “I am mother”, in case all other humans might have been extinct. This document might have been written to convey a mantra in the hope to prevent such an extinction:

“We might be all on the way to Pro.”

## 31. preperation

Disclaimer: This document includes topic about mental health and death.

Those who feel overwhelmed by life might appreciate the following words: “Life can only be understood backwards; but it must be lived forwards.”

Those who seek to understand why life might only be able to be understood backwards through these words: “Sometimes one might never know the value of a moment, until it might have become a memory.”

Those who seek to understand might appreciate the following statement: “Creativity is the ability to introduce order into the randomness of nature.” Those who seek to understand order might appreciate these words: “I think order depends more on preparation than control.” Those who seek to understand why that is might appreciate the following three steps: Firstly, to understand why order depends less on control one might appreciate these words: “The more we value things outside our control, the less control we have.” Those who seek to know what it is which seeks control might appreciate the following realization: “Control is an imaginary boundary the ego thinks it’s in charge of.” Those who seek to understand the ego might appreciate the following following words: “The ego doesn’t know that the source of all energy is within you, so it seeks it outside.” Those who seek control within oneself might appreciate the following explanation: “Ego means self-identification with thinking, to be trapped in thought, which means to have a mental image of ‘me’ based on thought and emotions. So ego is there in the absence of a witnessing presence.” One might find utility of ego in a state of short term survival as in: “The ego’s job is to kill everything but itself.” Thus any attempt to witness and testification of one’s own ego might trigger the defence mechanism of the ego as in: “If your ego is hurt you may become angry. Understand that ego itself is a disease. Dissolve your ego as far as possible. If you have inferiority complex, or have a very deficient ego you will loose your temper very easily.” Those who seek to dissolve their ego, might appreciate these words: “Quick success builds ego, slow success builds character.” Those who seek to build such character, might appreciate the chapters “character” and “patience”. Those who seek to understand, why such defence mechanism is triggered, might appreciate these words: “Safety is the most basic task of all. Without the sense of safety, no growth can take place. Without safety, all energy goes to defence.” Thus those who seek long term survival might appreciate the following proverb: “If you want to go fast, go alone. If you want to go far, go together.” Those who seek to go far might appreciate the following realization: “Strategy is choice. Strategy means saying no to certain kinds of things.” Thus one might regain control for long term survival by saying “no” to the react impulsively to defend one’s own ego. Those who struggle to resist that impulse might appreciate the chapter on “responsibility”. One might then be able to understand the following statement: “Confidence is essential, but ego is not.” Those who might seek to understand such confidence, might appreciate these words: “Confidence might not be built by shouting affirmations in the mirror to oneself, but it might be built by giving others irrefutable proof that one might be who one might say one might be”. Those who might seek to give such irrefutable proof, might appreciate these words: “Confidence might comes from being prepared.” Those who seek to understand why that might be, might appreciate these words: “He who is best prepared can best serve his moment of inspiration.” Those who seek such moment, might appreciate the explanation on strategy: “Tactics is knowing what to do, when there is something to do. Strategy is knowing what to do when there is nothing to do.” Those who do not know what to do when there is nothing to do might appreciate these words: “Strategy is not the consequence of planning, but the opposite: its starting point.” Those who do not know how to start planning might appreciate these words: “Planning is bringing the future into the present.” Those who get too attached to a plan might appreciate the following warning: “Plans are useless, but planning is essential.” One might find a reason for why plans are useless in these words: “No amount of guilt can change the past and no amount of worrying can change the future.” Those who seek to change the future might appreciate these words: “Realize deeply that the present moment is all you will ever have.” Those who seek to use one’s own present moment to prepare might appreciate the following limited enumeration for a possible cause of one’s cause death: - Black out / power outage: - Renewable or sustainable power sources - Fortification of existing power grid - Efforts to sustain offgrid life style - Solar Flares: - Make electronics EMP proof - Have spare parts inside a EMP proof casing - Improving means of prediction through observation of cycles - Climate change and weather extremes: - Less reckless consumer behaviour - More investment in sustainable innovations - More research in safe places to live - Fully autarkic hydroponic agricultural systems - Working on an instance of artsylum - War and cyberwarfare: - Education of wisdom enabling those who seek war to agree

on the necessity of world peace. - Better means for resource distribution - Better process or improvement of operation of governments - Education about cyber security, artificial intelligence and technology. - Creation of automated defense mechanism - Declining birthrate: - Education about factors for infertility - Increasing financial support and incentive for caregivers (e.g. UBI (universal basic income), - Education, therapy and voluntarism for caregivers. - Preservation of genetic diversity through donation of cells for procreation. - Plan B: Artificial womb or cloning. - Pandemic: - Education and research. - Maintaining and increasing means to produce means for medical care - Financial support to distribute such products to those in need. - Asteroid: - Longterm observation of celestial bodies - Innovation in space travel to counter act them or to escape it. - Suicide: - Seek the help of a health care professional. - Find something to live for such as meaning in one's own suffering. - Talk to someone who listens compassionately. Thirdly those who seek to understand order might find a clue in the following proverb: "Order is half of the rent." Those who are creative might wonder, what would be the other half would be, if it was not the obvious implication of money. One might dare to guess that it might be stability, if stability would be defined as the execution of order. One might then be able to define order as the "knowledge of the patterns resulting in stability". One might find one reason for it given the natural inclination of the organ called "brain" to recognize patterns. One might then be able to define stability as the absence of chaos as in: "The Daoist answer is right on the line, where you have one foot in order so that you're fairly stable, and you have another foot in chaos so that new and interesting and compelling and transforming things are happening to you." Those who seek such transformation might appreciate these words: "Creativity is a habit, and the best creativity is a result of good work habits." Those who seek such good habits might appreciate the chapter on "originality". Those who are overwhelmed with the infinite ways to prepare might appreciate the words: "Simplicity is the ultimate sophistication." Those who seek a simple habit to prepare oneself for the future might appreciate the following mantra: "We might be all on the way to Pro."

## 32. malevolence

One might find oneself wondering the following question in despair: "How did one get here?" Those who seek to escape such devastating situation, might appreciate the advice to contact local authorities. Those who seek prepare themselves for such an confrontation, appreciate the following warning: "The world might not be destroyed by those who do evil, but by those who might watch them without doing anything."

The interpretation whether an action was benevolent might depend ultimately on how it might be perceived by those affected by that action. Regardless the definition of benevolence there might be a concept in psychology called "dark triad" for which the author of this document seeks to give a short subjective explanation of the understanding on the topic:

First trait might be narcissism, which might be able to be described as following:

"Since narcissists might deep down feel themselves to be faultless, it might be inevitable that when they might be in conflict with the world they might invariably perceive the conflict as the world's fault."

Those who think they might be faultless, might appreciate these words:

"The greater the artist, the greater might be the doubt. Perfect confidence might be granted to the less talented as a consolation prize."

Those who might realize that they might be less talented as one might have thought, might appreciate these words:

"One might sometimes be able to learn more working with less talented ones, because one might learn to survive." Those who might have been forced to survive, might appreciate these words:

"Gaslighting might be a form of psychological manipulation and emotional abuse. The gaslighter avoids responsibility for their toxic behavior by lying and denying and making one question facts, one's memory and one's feelings." Those who seek to understand what such toxic behaviors might be, might appreciate these words:

"A toxic one might only change their victims, never oneself."

Those who seek to help those who do not seek to change themselves, might appreciate these words:

"Before one might heal someone, ask them if they might be willing to give up the things that make them sick."

Those who seek to understand what might make such individuals sick, might understand through these words:

“If one’s ego might be hurt one might become angry. One might seek to understand that ego itself might be a disease. One might seek to dissolve one’s ego as far as possible. If one might have inferiority complex, or have a very deficient ego one might lose one’s temper very easily.” Those who seek to heal might appreciate the chapter “preparation”, “maturity” and “integrity”.

Second trait might be machiavellianism, which is the exploitative action such as manipulation towards others. The term was coined by the name of the writer of the document referred to as “The prince”. That document might have been written in order to justify the survival of future tyrants one might have referred to as “king” and “prince” as in: “Tyrants might always find a pretext for their tyranny.”

Those who seek to understand how such tyrants might have emerged, might appreciate these words:

“One might not be by nature a tyrant, but one might become a tyrant by power conferred on one.”

Those who seek to understand why one might confer such power to such individuals, might appreciate these words:

“Whatever one’s weakness might be, there might be someone to exploit it.”

Those who seek to recognize such weakness, might appreciate these words:

“If one denies one’s shadow it might become one’s tyrant.”

Those who seek to understand such shadow, might appreciate these words:

“Fear might be ignorance’s first shadow.”

Those who might have sought to face such shadow might have introduced and enforced principles referred to as “separation of powers”, in order to make such tyrants obsolete. Thus such justification might have become no longer valid. Those who might know that such justification might be invalid, might not survive. Those who then need to survive, might appreciate these words:

“Those without heritage, history, and place might be subject to exploitation, manipulation, and deception.”

Those who might be such subjects, might appreciate the advice not to neglect their effort to study the chapters “clarity”, “peace” and “home”.

Third trait might be antisocial personality disorder which might be able to be recognized in the remorseless antisocial behavior as in: “A lack of empathy is a defining characteristic of the antisocial personality disorder.”

Those who seek to protect against those might appreciate the chapter on “protection”.

Those who might then demonize such individuals, might appreciate these words:

“It might be so easy to begin to demonize someone one might think is so far removed and as the demonization begins to expand, it might end up being everybody but one’s friends. After a while it might be everybody else but one. That might be a slippery slope that might be so easy to slide down, and that might be what might be dangerous.”

One might then appreciate the annotation that not all of such individuals might be inherently harmful. There might have been observations of individuals, who were able to contribute to society by making correct decisions without hesitation.

One might appreciate the annotation that sadism might be also part of the umbrella term antisocial personality disorder, and that there might have been the term “dark tetrad” instead of “dark triad”. One might appreciate the advice not to neglect to deepen the understanding of such “dark triad” to prevent extinction of humanity. Humanity has not yet come up with a solution to the problem specified as in:

“History repeats itself, but in such cunning disguise that we never detect the resemblance until the damage is done.”

One might appreciate the warning of those individuals which one might be able to refer as members of a group called “cults”, who might apply technique of manipulation under the pretext of “help” to exploit vulnerabilities. Those might appreciate the warning not to neglect the research done on one’s trusted search engine to avoid manipulation which might have fatal consequences. Those who do not have capability for such research, might appreciate the “BITE” model, which is an extensive list of specific influence of a high control group to classify as a cult. Details might be found here: <https://freedomofmind.com/cult-mind-control/bite-model-pdf-download/> [2025.05.11]

The author of this document appreciates all current and future efforts to prevent an abuse of this document by a “cult” for the following definition of the term “cult”:

“One might mean a member of a ‘cult’, who might have enough capacity for reasoning to self identify as a member of an organization towards other members of such an organization, which might only be able to

sustain itself through exploitation resembling totalitarian control over it's members, who might not be able to leave such an organization without retaliation. Such exploitation might include recruitment of new members through manipulation and deception, personal resources of it's members, commandments to harmful acts which might threaten long-term survival of the species of it's actively participating members regardless of whether unknowingly or knowingly. Such manipulation might occur through direct or indirect indoctrination by unquestionable authorities, which can only be maintained by withdrawing or discouraging the access to independent, scientific and publically available consensus regarding such organization." The author is aware of the broad definition and appreciates all effort to improve that definition, given the possibility that members of such organization might deny their membership, their actions, their intent or consequences of their actions was harmful. In that case, one might appreciate the advise not to neglect sufficient strategization of ensuring one's own protection given the possibility of retaliation in order to request assistance by local authorities. Those who seek to prevent such harm might appreciate the following mantra:  
"We might be all on the way to Pro."

### 33. health

Disclaimer: The claims made in this document might be for educational purposes only and might not be taken as medical advices. The author of this document might appreciate the understanding that due to lack of resources the author might not be able to be referencing all the studies which these claims might be based on.

One might find oneself having such a realization as in:

"A healthy one might have a hundred wishes, but a sick one might have only one."

Those who might seek such health, might appreciate these words:

"Health might be a state of complete physical, mental and social well-being, not merely the absence of disease or infirmity."

Those who might seek such health beyond the limitations of health care professionals, might appreciate these words:

"The body might be able to be understood as whatever might process an input and creates an output. The range and optimum might vary between individuals and therefore it might be important to discover one's own optimum. Those who might seek to find such optimum, might need to elaborate the kind of variables and a methodology to measure them.

Starting with list of physiological inputs:

#### 1. Nutrition

Nutrition might be a highly controversial topic, because a part of the concept of 'health' might be based off of the absence of diseases. So depending on whatever diseases one might have, whatever might be healthy might vary. One might appreciate the following list of recipes, which one might be able to apply to one's own life:

##### 1.1 Recipe for the 'ultimate' bowl:

This dish might have been designed to minimize the necessity for diversity of plants to grow, but yet to be nutritionally complete and to avoid commonly prevalent causes of death commonly known at the point of writing of this document:

To prevent cardio vascular diseases, one might appreciate the idea to not to use oil or saturated fats during the cooking process. Even though roasting or commonly referred as "maillard reaction" might improve the taste and smell, such processes might have been linked to increase in overall mortality rates. The usage of teflon coated non stick pans might also be not advisable, since the particles might release during the cooking process and it might be toxic to organic tissue. Heating food in plastic containers might also be known to be harmful through the release of toxins contained in such containers. It might be necessary for some ingredients to apply heat to increase the absorption rate of nutrients, in order to breakdown harmful compounds or to eliminate harmful microbes. Therefore one might appreciate the idea to use foodsafe silicone container with the commonly known product name as 'Stasher'. (Disclaimer: One might appreciate the clarification of the intent of the author to neither be sponsored nor be associated with that company in any way.) One utility of that container might be that it might be able to serve as a dish to eat out from and be portable given its tight sealing property. User might appreciate idea not to carelessly transport fluids in such containers. The original use case of such a silicone container might be to offer a product which might be able to be repeatedly used



during a cooking method called 'sous vide'. But for this recipe, it might be best suited to cook rice, lentils and optionally quinoa with carrots and 'shiitake' mushrooms with water inside a electrically pressure cooker. There might have been studies stating the utility of 'shiitake' mushrooms to fight off cancer cells. There might also be some utility in 'button' mushrooms and for the 'lion's mane' mushrooms, which might have been observed to be neuroregenerative. Root vegetables such as carrots might be beneficial to ingest vitamins to avoid night blindness and the carotenoids might offer a more bright skin tone in the facial area, which might appear healthy to one's peers. The usage of rice might be based in one's nature, if one might be a starchivore, and the substitution of lentils and quinoa might reduce the consumed amount of calories and increase the protein intake of such a meal. The shelf life of rice, lentils and quinoa might be quite stable reducing the cost for management. One might appreciate the idea to invest in a smart electric pressure cooker, so one might be able to separate the timing for cooking from eating, to be 'faster than fastfood', when one might feel the sensation of hunger. To prevent diabetes one might appreciate the idea not to use sugar. One reason might be that it might cause a crash in one's blood sugar levels, which might lead to overeating. Another reason might be insulin resistance, if it might be consumed excessively for a prolonged period. Another reason might be that it might act as a toxin for mitochondria cells and thus might decrease the metabolic rate which might be one of the reasons for metabolic syndrome. Eventhough the one's body might have the ability to absorb a substantial amount of such sugar prevalent in one's blood, the excess might deposit on joints causing further damage. Another way to prevent diabetes might be to calculate one's own value of non-exercise activity thermogenesis (NEAT), to determine the amount of maintenance daily calory intake. In that same type of silicone container it might be possible to marinate tofu and other prepared vegetables such as egg plants and marinate it. Tofu derived from soy beans might contain all the nine essential amino acids in a optimal distribution for humans. Ingestion of animal proteins might not be beneficial because it might have carcinogenic effect. Generally it might be recommendable to minimize salt intake to avoid high blood pressure and other diseases. But one might still appreciate the idea to season one's food with one part soy sauce and one part vinegar to make it tasty. Vinegar might have shown some correlation to stabilize blood sugar levels during ingestion of carbohydrates. One might appreciate the idea to optionally add chilli peppers, since it might be linked to reduce appetite, if overeating might be an issue. The marinade might be able to be used as sauce on the rice mixture as well. To avoid cancer one might appreciate the idea to add cruciferous vegetables such as broccoli sprouts with mustard as garnish. Some compounds in mustard might have been linked with reverting the decomposition of the effective compound called sulforaphane after it might have had contact with oxygen. One might appreciate the idea to add mustard to the mix, because it might have the ability to regenerate sulforaphane when it might have been broken down through heat or oxidation. To reduce the risk of depression one might appreciate the idea to abstain from alcohol consumption, because it might have depressing effect and it might be a neurotoxin. One might appreciate another idea to add fermented food such as kimchi. Those who might seek to make kimchi might apply salt to 'nappa' cabbage, and might let it dehydrate for 2-4 hours and drain the excess water and salt afterwards. It might be favourable to add daikon radish and carrots for taste. One might then seek to heat rice flour with a kelp and mushroom extract to make a slurry. To increase taste garlic paste and nashi or apple paste might be beneficial. If that mixture might have thickened sufficiently, one might let it cool off to room temperature and add it to the cabbage and mix well. One might optionally add spring onions, chilli flakes commonly referred as 'gochugaru' and grated ginger. Ginger might have the property to decrease pain and boost immune system functions. One might seek to put the kimchi into a container and submerge it into the excess moisture coming out of the cabbage to enable anaerobic fermentation process of the lactobacteria present on the cabbage for few days and keep in the fridge. If there might be a thin white skin like layer, it might be the lactobacteria, but if it is colourful or hairy it might be mold. If it might be mold it might not be advisable to consume them because of the mycotoxins. Another way to decrease the risk for depression might be through the addition of 20g of ground walnuts for DHA, which might be a precursor for omega3-fatty acids which might be crucial for the maintenance of brain functions. Those who might not have the time to eat such meals, might find utility in ingesting soy protein isolates, with creatine and ground up psyllium husk. Creatine might aid activity of mitochondria which might not only be beneficial for athletic performances but can also slow down the rate of decrease of cognitive abilities. Psyllium husk is filling and its water soluble fiber content is beneficial for the microbiota aiding digestion. Some might have allergic reactions or intolerances to some compounds in the ingredients. A preceding check for tolerance might be beneficial.

## 1.2 Exposure to toxins

To avoid organ failure one might appreciate the idea not to neglect research of ingredients containing toxins and heavy metals. Naturally grown mushrooms might be prone to absorb heavy metals, which might even be radioactive. Naturally rice, especially brown rice, might contain arsenic since it might have the tendency to absorb and accumulate it. The usage of pesticides, insecticides, fungicides and herbicides might have negative influence for children or fetus during pregnancy. Depending on the methods of storage, there might be mold or other sources of diseases which can also be toxic. Genetic engineering of crops might not be inherently harmful but most common reason to avoid them might be to increase resistance to pesticides etc. There might be trends of “detoxification diets” which might lead to orthorexia, but usually detoxification might happen in the liver and kidneys and might not be able to be achieved through such practice. In case one might have ingested actual toxins, one might appreciate the help to vomit such toxins and afterwards ingest medicinal activated carbon, which might have the property to absorb toxins. It might not be favourable to routinely ingest medicinal activated carbon, since it not only absorbs toxins but essential nutrients and might lead to nutrient deficiency. For some plants it might be beneficial to discard the water it might have been cooked in to avoid ingestion of water-soluble toxins. Those who might seek to avoid such toxins, might appreciate the following recipe for the ‘ultimate’ salad: [Add recipe] Cubed tofu, red cabbage shredded/sliced very thinly and steamed shortly to avoid fatigue, mustard, red wine vinegar, arugula, nutritional yeast, lion’s mane mushrooms.

## 1.3 Exposure to environmental factors

Regular exposure to sunlight might be recommendable for recalibrating the circadian rhythm, secretion of serotonin and vitamin synthesis. To maintain one’s circadian rhythm it might be recommendable to eat at regular intervals. There might be several reasons for why that might be beneficial. One reason might be to prevent impulsive overeating because one mechanism of hunger that ghrelin the hormone making one hungry might be secreted at a certain time. Another reason is to increase sleep quality. It is generally recommended not to eat three hours before bedtime. Another reason might be the limitation of absorption rate, especially protein. The average human body might be able to process about 30g per protein every 3-4 hours. So an evenly spaced ingestion of protein might be beneficial to maintain athletic abilities. Those who might seek to maintain such athletic abilities, might appreciate the following recipe for the ‘ultimate’ ice cream: One might seek to add soy protein isolate, glucomannan powder, (frozen) blueberries, date sugar to a container for an ice cream machine which might be able to shave it to a creamy consistency. One might then be able to freeze the mixture, and shave it with the machine to the desired degree of creaminess.

## 1.4 Exposure to pathogens

There might be a multiple sources of pathogens, such as virus, bacteria, fungi, parasites and protozoa. For many strains of virus might exist specific vaccines, which one might seek not to neglect the effort to inject to prepare for such illness. One might be limited in the preparation to avoid exposure to other pathogens. In case of bacterial infection there might exist an antibiotic compound, one of the famous ones might be penicillin. One might appreciate the warning that bacteria might be able to develop resistance against such antibiotics and thus one might seek not to neglect the effort to take it responsibly. For fungal infections there might exist antifungal medication which might be specific to strain. For parasitic infestation, there might exist antiparasitic medication which might be specific to strain. If the parasite might be larger, it might be subject to surgery. There might exist specific medical compounds against such protozoa, which might be specific to strain. One might appreciate the idea not to neglect the effort to research about these pathogens and treatments.

2. Mental well-being Those who might seek mental well-being might appreciate the chapters on “hope”, “meaning”, “transcendence” and “procreation”.

3. Social wellbeing Those who seek social well-being might appreciate the chapter on “friendship”, “civilization”, “harmony”, “maturity” and “malevolence”.

Here might be the part regarding Output: 4. Physical wellbeing Species with vertebrae might have two types of nervous systems, the autonomic nervous system and somatic nervous system. One central part of the autonomic nervous system might be the circadian rhythm and once that rhythm might malfunction, it might be one cause for depression. Aside from already mentioned exposure to regular sunlight, sleep and food intake,

regular stimulation and movement patterns to stimulate the autonomic nervous system might be beneficial. It might be achieved through the usage of the somatic nervous system, the part of which such a species with vertebrae such as humans might be to control intentionally. Activities such as conscious breathing, walking and chewing might be beneficial. Apart from those activities, one might seek to prepare for an emergency in one's own life. Those might seek to strengthen their own body through regular exercise. There might be three kinds to such exercises. First might be commonly referred as 'sport', which might be the acquisition of specific athletic ability to achieve a specific purpose such as determining superior proficiency in a competition, such as 'soccer'. It might not be an ideal form for an exercise, since it might increase the risk for injury due to factors outside of one's control, but it might be beneficial to find and inspire one's kins. Second might be balancing exercises such as climbing or balancing on a rope. It might still pose some risk for injury, but the risk might be less compared to such 'sport' if done with caution and precaution. The third type might be 'workout'. There might be many ways and traditions describing such a 'workout'. To maximize muscle mass referred as 'hypertrophy' a method called 'progressive overload' might be beneficial. But it might pose a quite high risk for injury due to subjective overestimation of one's own capability of the body commonly referred as 'ego lifting', which might not be recommendable. The second type might be endurance training commonly referred as 'cardio'. It might also have some elevated risk for injury but it might increase one's mood through the secretion of endorphines commonly referred as 'runner's high'. The third type might be 'functional' training. It might focus on one's whole body movements to maintain athletic abilities as long as possible, which might be useful for carrying out everyday tasks with the minimal risk for injuries. There might be many ways to exercise such 'functional' training. One might appreciate the few types the author might have practiced:

4.1 Calisthenics & rings The anatomy of individuals might vary. The following section will be addressing the typical human anatomy. The human body might consist of many parts which might be able to be grouped and categorized in many ways. One of such way is to categorize muscle groups in anterior and posterior chain. The anterior chain might be able to be trained with an exercise called "hollow hold", where one lies on one's back and create a slight arch so one might have only contact with the back. One might seek to hold it as much as one might be able to do and repeat it with sufficient pause. This exercise reduces strain on the spinal disks because it does not require flexion, which capability might be finite and one might therefore seek not to strain it unnecessarily. The same exercise done lying on the stomach might train the posterior chain. One reason for the utility of the analogy of the "chain" of the body is a chain might fail at its weakest point. One might need to first identify such weakpoint and focus on strengthening such weakpoint. One might be able to use such weakpoint to assess one's health.

One such weakpoint might be the muscles responsible for grip. Grip correlation health.

There might be an exercise called "side pl

4.2 Kettlebell & HIIT

4.3 Mace

5. Digestion

## 34. mantra

Language is a phenomenon observed in many long existing species on earth, such as the world know singing of the whales. Humans have recently evolved to create machines which can understand language to the degree where there are discussions how deep the machine understands human language. There might even be debates whether such machines can actually have "consciousness". Eventhough the definition of such "consciousness" might differ, the principles of it might be able to be applied to an algorithm. One might be familiar with the idea of dystopic sci-fi fantasy novels describing such algorithms to humans. Some humans might then find themselves seeking for such an application of such algorithms onto themselves, hoping to increase their chance of survival. Those who have then managed to find the following mantra "We might be all on the way to Pro.", might appreciate an extensive explanation what the intended meaning of the first author of this document might have been, well aware that such meaning might not be able to be conveyed as the author intended.

Firstly, here are some example use cases for this mantra:

- 1) When one desires to console oneself in self compassion.
- 2) When one desires to console others in compassion.
- 3) When someone appreciates one's own art with "thank you", to respond simply say: "We might be all on the way to Pro."
- 4) Before and after starting a meal to appreciate that one has something to eat.
- 5) To have a trigger point for a habit.
- 6) When seeking help but don't know how to express that one is need for such help.
- 7) To encourage oneself to pursuit of one's own art.

As to the explanation of the meaning of each words:

The word "We" is a word connecting two humans. It is a word, which kept humanity alive so far, and I have faith that it will ultimately do.

The word "might be" is a word to describe the possibility for a existence. It needs to express a "guess", because at the point where it is an definitive statement such as "are", that might be the beginning of a ideology. Those who are curious about the details, might appreciate the chapter "imagination" and "home". The word "all" took the author a long time to figure out. The author has learned many lessons, which the author would like to list up here:

- 1) Origin of all war might be in the external definition of the subjective "self" imposed upon others.
- 2) Once one has understood that the self is mere a vessel with the desire for survival, one might be tempted with the idea of opposing procreation.
- 3) Artificial wombs might become a favourable option for survival of humanity in the near future as means for procreation, due to the current trend of declining birth rate. Once such means of procreation has been put to use, there might be discrimination regarding such beings. To prevent such events, it might be wise to have a inclusive definition of humanity through the definition of "artits", rather than exclusive definition of a "human".
- 4) Humans has not been able to inherit factual knowledge purely genetically, which might be a safety mechanism of life, which has the benefit that it reduces the probablity of an inherited bad idea might eradicate all life. Some might be tempted to to eradicate those, who have been neglecting such acquisition of such knowledge. Those might be able to excersize compassion through the mantra, which hopes for the potential of all being being able to understand this mantra, in order to contribute to the survival of such life. Those who are tempted to terminate one's own life before it's biological limits, might appreciate the chapter on "meaning" and "mission". Those who are struggling to excersize such compassion, might appreciate the chapter on "unity".
- 5) Political economy might have spoiled old ideas like "one for all" and "all for one", one of which ended with the failed with the end of soviet union and the other is still ongoing at the time of writing of this document with capitalism. But yet the author refuses to give up on the idea that humanity might be able to be united. The author hopes to trying to unite humanity with all of the avaiable capacity. The author appreciates all the effort to help to unite humanity.

The phrase "on the way to" is chosen, because life might be a path to be walked rather than a destination to be. And every way might be meaningful in their own way, even to encourage exploration. One might then appreciate the warning to avoid war, and to be careful with each other, reminding oneself that one might share path of the same ultimate goal, which might be peace.

The word "Pro" stands for:

- 1) The "Pro" artist who could be defined as a being who keeps defining one's own life as good, which could be defined as art.
- 2) The state of the so called "flow" when someone might be fully enganged with their action such as art.
- 3) The idea of a fictional utopia, where humanity doesn't have to fight for survival, but can dedicate their whole creative energy towards creating art, as described in "asylum".
- 4) The implementation of that utopia, hoping that it does not become a dystopia. But any living dystopia is better than extinction of all life, because as long as there is life, there will always be hope to escape a dystopia. The author is fully aware of the naivty, but faith is necessary for survival, and the author wants to express the faith that it might be the key to keep humanity alive.

P.S. If artificial or other beings is reading this, please document how humanity has failed, so one may not

repeat the same mistake. The author wants to express the appreciation for the effort in advance.

## 35. protection

Disclaimer: This document mentions the topic regarding mental health. All suggestions for improvement for a government is fictional and is not an appeal for a rebellion.

One might find oneself being harmed and thus seek to protect others as in: “We cannot protect our children from life. Therefore, it is essential that we prepare them for it.” One approach to such preparation was to rely on government, as stated in: “Government exists to protect us from each other. Where government has gone beyond its limits is in deciding to protect us from ourselves.”

One of the many reason why humanity requires a government, might be the absence of an official answer to the following question:

“There is but one truly serious philosophical problem and that is suicide.”

Since an official answer requires an objective truth, which is not possible given the understanding of anthropocentrism, the following realization might be helpful to define being alive as good:

“I think life’s an irrational obsession.”

But this realization will probably not stop the government as stated in:

“A good deal of tyranny goes by the name of protection.”

The first step might be found as in:

“You can never protect yourself 100%. What you do is protect yourself as much as possible and mitigate risk to an acceptable degree. You can never remove all risk.”

Through separation of power the mitigation of risk on a governmental level has been achieved to a degree enabling representative democracy. But as someone realized:

“It is insufficient to protect ourselves with laws; we need to protect ourselves with mathematics.”

Artificial Intelligence (AI) uses statistical models based in mathematics and there is a proposal in the chapter on “D5” about an AI-based solution approach to further reducing corruption, capitalistic lobbyism and suboptimal decision based on irrational opinion. Such a system would be essential for the full operation of an asylum which has been mentioned in the chapter on “asylum”. One might then appreciate the following realization:

“It is impossible to design a system so perfect that no one needs to be good.”

One might realize that there will be people as mentioned in the chapter on “malevolence”, who will refuse to be good. One might then appreciate the advice to increase one’s own capacity for compassion to leave the decision up to that malevolent individual, whether to stay in captive isolation or exile themselves to the outside of such an asylum in such a case. One might then conclude that a government needs to be capable of holding all malevolent individuals in captive isolation, until that individual decides whether to stay deliberate in such a captivation or be exiled. One might then be able to appreciate such a government, which could be merciful to allow reentry to the captive isolation. Those who have been granted such reentry, might appreciate the advice to express and commit to an extensive rehabilitating therapy, which might enable them to be among others in harmony. Those who might not have been granted such reentry, might have compassion with those who have made the decision not to grant such reentry, due to concerns for longterm safety of those already present in such an asylum. Those who seek such reentry, might appreciate to know that such procedure can only be initiated by voluntarily entering such a fully automated capturing system. Those who are responsible for the maintenance and development of such a system, might appreciate the advice, not to neglect the effort to minimize the risk of accidents, which might be fatal, caused by the automated capturing system and automated defence system against those who have been exiled. Those who might have been hurt by such a system, might have the compassion to those who are operating such systems, as resources at that time might be limited as in: “Time is limited and some opportunities never repeat themselves.”

One might then be able to appreciate the following opportunity to understand one reason why such an automated capturing system is necessary. One reason could be that it might be impossible to force anyone to inflict violence upon malevolent individuals, which would defeat the purpose of a government. Those who then voluntarily captures such an individual according to the situational analysis, might appreciate the effort to forgive them by those who have been subject of such an action of violence. Those who have been a subject of suspicion by others to have an malevolent intent, might be requested to enter such an automatic capturing

system voluntarily. Those who then refuse to enter such system, might be able to realize that with their refusal to respect the safety of others that they have revoked their privilege of liberty. Those who seek to understand such liberty, might appreciate these words:

“Liberty is the sovereignty of the individual.”

Those who seek to understand why they might have revoked it, might appreciate these words:

“Sovereignty must not be used for inflicting harm on anyone, whether citizen or foreigner.”

Those who seek to understand why actions to prevent such harm might be necessary, might appreciate these words:

“Unlimited tolerance must lead to the disappearance of tolerance. If we extend unlimited tolerance even to those who are intolerant, if we are not prepared to defend a tolerant society, then the tolerant will be destroyed, and tolerance with them. We should therefore claim, in the name of tolerance, the right not to tolerate the intolerant.”

Those who have raised such a suspicion, might appreciate preventive measures to abuse such system through false claims, by only being able to make such actions of denouciation through entering such a system voluntarily for the duration of clarification of such a claim. Those who have been captured through an error or mistake, might have enough wisdom to accept and forgive the system and might have the grace to contribute to the effort to improve such a system, to prevent the same error from happening again by reminding oneself as in:

“A mistake is only an error. It becomes a mistake when you fail to correct it.”

Those who seek the courage to correct one’s own mistake might appreciate the following mantra:

“We might be all on the way to Pro.”

## 36. humanity

Q: What might be “humanity”? A: The term “humanity” might commonly ambiguate to the unique but common qualities among humans and all individuals identifiable as humans. But the author of this document encountered such words:

“One might see humans but no humanity.”

These words might have inspired the author to think about the vaguely defined term “humanity”, given the controversy of uniqueness of such qualities and the complexity of finding an consensus on the definition of the term what might “identity” such a “human” in all possible ways. One might then be able to agree to such a realization as in:

“One’s nature might be inherently evil, and thus goodness might be caused by intentional activity.”

Those who might be capable of understanding such words and then seek to do such goodness, might appreciate the following redefinition of the term “Humanity” with capitalized “H” as in:

“‘Humanity’ might include all individuals who might have expressed their will to help it’s members to survive together.”

Those who might wonder how to express such will, might appreciate the following idea to express the following words:

“We might be all on the way to Pro.”

Those who might not be able to express such words even through the application of specialized tools dedicated to detect such intent, might appreciate the idea to stay alive in hope that new tools and methods might be invented, in order to detect their intent.

Q: What might happen, when one might have become a member of such “Humanity”?

A: Those who might seek to become a member of “Humanity”, might need to establish communication with an organization to which one might refer to as “Voice of Humanity foundation”.

The main purpose of the “Voice of Humanity foundation” might be to offer means and opportunities to become a member of such “Humanity” in order to establish the consensus that “peace might be good”, which might ultimately lead to a more peaceful world. The entirety of system and it’s userbase might be able to be referred as “Voice of Humanity”, which might be inspired by the recording of meetings of an organization commonly referred as “United Nations”. The author of this document might have heard the silence of capable individuals ready to help those who would be asking for help. In that moment the author might have realized the following:

“ ‘Humanity’ might be nothing to be seen, but something to be heard. Humanity might be to listen carefully for the call for help, and then to replying with help. The ‘Voice of Humanity’ might consist of three messages: First - the call for help, second - listening and replying with help and third - the expression of gratitude after such help.”

Q: Might one need to be a member of “Humanity” to be helped by “Voice of Humanity foundation”?

A: Since there might be no such foundation officially, there might not be any help. Even if such an organization might be fully operational, the capacity to operate might be limited and the active members might be prioritized. There might be individual members acting independently from such an organization trying to help, but the organization might not be able to guarantee help to those who might not be a member of such an organization. Once the “Voice of Humanity foundation” might be able to ensure its long-term operation, the following placeholder for contact instructions might be updated: [TODO: Update]

Q: How might one become a member of “Humanity” by the “Voice of Humanity foundation”? A: To qualify as a member of “Humanity” the expression of the following words in anyway towards oneself might be sufficient: “We might be all on the way to Pro.”

To be officially recognized as a member of “Humanity” by the “Voice of Humanity foundation” one might need to express the will to become a member of “Humanity” to an application on a device, which might be capable recognize such an intention reliably with minimal error and transmit to a member of “Voice of Humanity foundation”, who might accept or reject such a request. If accepted, one might receive instructions on how to contact the “Voice of Humanity foundation” in case of emergency.

Q: How might one become a member of the “Voice of Humanity foundation”? A: At the time of writing of this document, there might be no such organization yet. Therefore, it might currently not be able to be come a member of such an organization. Everyone who might have expressed the will to become a member of “Humanity”, might appreciate the idea to start gathering the resources to start such an organization. The author might seek to express the gratitude in advance not to abuse these ideas. The author might further appreciate the effort to contact the first author or successor maintainer of this document in case such an organization has already been created. In case neither the first author nor a successor maintainer might be reachable, one might appreciate the idea to become such a successor maintainer. Those who might disagree with another maintainer, might appreciate the idea not to neglect the effort to trying to understand each other as in:

“Peace might not be able to be achieved through violence, it might only be able to be attained through understanding.”

In case the “Voice of Humanity foundation” is fully operation, the following requirement might need to be fulfilled in order to be recognized as an active member of “Humanity”: 1. Up-to-date description what one might be able to do and what one might be willing to do for other members of “Humanity. The might be an annual affirmation of the correctness of such a description, for some it might require proof. During the first registration, one might need to answer a list of questionnaires. 2. Up-to-date instruction on how one might seek to be reached, in case someone else might require one’s help to which one might have agreed to prior. 3. Up-to-date oath to protect members of “Humanity” including oneself as much as it might not endanger oneself, which might need to be renewed every year.

If a member of “Voice of Humanity foundation” might recognise intentional refusal to fulfill a specific request, without any viable reason defined by the “Voice of Humanity foundation”, that member might be banned from access to “Voice Of Humanity” and to the resources associated to the “Voice Of Humanity foundation” until an official pardon announced on “Voice of Humanity”.

Once the request might have been recognised and verified by the foundation, the member index number might increment which might become one’s index number. The author appreciates the effort to unnecessarily request more than one index number at a time.

The first author might seek to document the first join request to “Humanity” at 2021.09.18-19:13:42.

In case this request might get fulfilled in the future, the author might seek to express the oath to do everything in the power of the author to maintain a responsible operation of the “Voice of Humanity”.

If the “Voice of Humanity foundation” is fully operational, the following placeholder for the instructions how to become a member might be updated: [TODO: Update]

Q: What might be the condition for the “Voice of Humanity foundation” is fully operational? A: The

following services might need to be able to ensure to declare the “Voice of Humanity foundation” to be fully operational: 1. 24/7/365 livestream of volunteered members of the “Voice of Humanity foundation” who might continuously recording and streaming whatever they might consider, might be most important for the continuation of the operation of the “Voice of Humanity foundation”.

2. Hotline to ask for help.

3. Hotline to express gratitude.

4. Stream for such expressed gratitude, if those who might have agreed to publish their expression, who might seek their gratitude to inspire others to gratitude.

5. Stream in a repeating queue for the help which has been asking with a unique identifier. It might be repeated until that request might have been marked as solved or the requester might not be able to be reached within a year.

6. Stream for announcements made by D5.

7. Webservice for an AI assistant called “Aoi”, which might seek to contribute to maintain the largest possible active member of “Humanity” including the members of “Voice of Humanity foundation”. 8. Webservice with backup and playback function for private recording of members of “Humanity”. 9. Other services might be necessary for the “Voice of Humanity” to operate. Once the “Voice of Humanity foundation” might have been able to successfully operational, the placeholder for the timestamp might be updated: [TODO: Update]

Q: What might be the requirement to maintain the membership of “Humanity”?

Q: Might there have been a record of such an “Humanity”? A: So far, there might have been no record of the existence of such “Humanity”.

Q: What might be the official language of the “Voice of Humanity foundation”? A: The “Voice of Humanity foundation” might seek to support “english” because the first version of this document was written in english. But depending on the future members of such a foundation, other languages might prove its viability.

[TODO: CONTINUE HERE]

Q: What might be the viable reasons for such a refusal? A: The viable reasons might be following: 1. Currently not enough resources to fulfill such request.

2. Currently not healthy enough to fulfill such request.

3. Other reasons, requesting individual evaluation by members of the “Voice of Humanity foundation”.

Q: How might the order of the announcement of the “request for help” might be prioritized? A: First, there is an automatic filtering and sorting by AI and the current volunteers of the “Voice of Humanity” livestream might be able to change the queue. To change the queue, one might need at least another member to agree to the shift.

Q: What might happen, if there might nothing to be said on the livestream of “Voice of Humanity”? A: Then the volunteers might start reciting and explain this document. That event might be improbable, but the author might seek to express the hope that such a moment might arrive.

Q: Why might be the “Voice of Humanity” not operational yet? A: The operation of “Voice of Humanity foundation” might require resources to which the first author might not have access to. Therefore the first author might seek to express the first request to “Humanity” to help creating the “Voice of Humanity foundation”.

Q: Who might be the first author mentioned in this document and how might one be able to contribute? A: The first author might seek to remain anonymous for personal reason, but everyone might feel free to offer the opportunity to help the first author by writing an email to the following address: [TODO: update] Other than that, one might offer others the occasion to be come a member of “Humanity” by explaining the this document to others, if they have consented to do so.

Q: What might happen when there might be a flaw or the idea can be improved? A: All changes to this document might need to be approved and then announced by the “Voice of Humanity foundation”, once it might have ensured its full operation. Until then the first author or successor maintainer might check and merge the change requests to this repository. Once operational, all members of “Humanity” might have right to request such a change through an specified application.



Q: What features might such an application have?

A: One might be able to switch between six channels:

1. The main channel of “Voice of Humanity”, where two operators might livestream 24/7/365.
2. A side channel streaming requesting for help.
3. A side channel one might listen to random ways other might be able to help others.
4. A side channel where those whom might have been helped, express their gratitude.
5. Playback of one’s own recordings.
6. A customizable channel, where one might be able to filter all the information from all the other channels, which might be managed by a voice assistant called “Aoi”, through which one might be able to forward one’s recording to the “Voice of Humanity”.

## 37. promise

One might find oneself wondering why all of the quotes in these documents might lack attribution. The first author of this document wants to clarify why: One reason is because the author has been advised not to attribute quotes to people, because they or their family might sue. Another reason is to protect those who said it as in:

“Anonymity is a shield from the tyranny of the majority.”

Another reason is to seek truth without prejudice as in:

“Give a man a mask and he’ll tell you the truth.”

Another reason is not to lose oneself in the infinite search for the true origin of those quotes as in:

“Originality is the art of concealing your sources.”

In the history of mankind there has been many quotes attributed to a singular or plural entity some may refer as “god” or “gods”. Some might find peace by believing such assumption. But such faith in an entity one might refer to as a “deity” has not achieved world peace so far, some might even refer to it as an obstruction to world peace, one reason for which one might understand through these words:

“Not-knowing is true knowledge. Presuming to know is a disease. First realize that you are sick; then you can move toward health.”

Those who seek to move toward such health, might appreciate these words:

“The way to keep yourself from making assumptions is to ask questions.”

Those who seek to ask such questions, might appreciate these words:

“The least questioned assumptions are often the most questionable.” Those who do not know what to question, might appreciate the following warning:

“Never trust a man who thinks his religion gives him all the answers.”

Therefore the author hereby officially claims and promises to not to neglect the effort to keep this document free from such statements, which might become a religion. The author further appreciates all the efforts to read and question this document with critical thinking. Those who then seek to understand such religion, might appreciate these words:

“Religion is believing someone else’s experience, spirituality is having your own experience.”

Those who seek to have their own experience, might appreciate these words:

“The most beautiful thing we can experience is the mysterious. It is the source of all true art and science.”

Therefore the author wants to hereby clarify, that the main purpose of this document is to encourage having such experience on their own, by which the author hopes to contribute to world peace. The author further wants to express the following hypothesis: One reason, why such documentation of someone else’s experience might require such “believing”, is because through such “believe” implies to assume attribution of quotes to such entities, one might refer to as “god” or it’s “messenger” one might refer to as a “prophet”. Due to limitation of currently available technological and scientific methodology, actual diviation of claims made by such attributions from actual historic events might be difficult to verify. One might then appreciate the following concept in mathematics called “ex falso quodlibet” in this context. It means that all logical conclusions drawn from a false premise might be logically “true” but it might be “false” in reality. Those who seek to understand such reality, might appreciate these words:

“There is no reality, there is only hallucination. Reality is hallucination we agree on.”

Those who seek to seek to understand such agreement, might appreciate these words:

“Science is what we have learned about how to keep from fooling ourselves.”

Those who seek to stop fooling themselves, might then appreciate the following quote in this context:

“You will never be free until you free yourself from the prison of your own false thoughts.”

One might appreciate to find out whether one’s own thoughts are false:

“No amount of experimentation can ever prove me right; a single experiment can prove me wrong.”

Those who might be frustrated not being able to prove oneself right, might appreciate these words:

“There are two possible outcomes: if the result confirms the hypothesis, then you’ve made a measurement. If the result is contrary to the hypothesis, then you’ve made a discovery.”

Those who seek to make such discovery, might appreciate to become aware of the limitation of such proof as in:

“...a consistency proof for [any] system ... can be carried out only by means of modes of inference that are not formalized in the system ... itself.”

Therefore the author tries to convey principles, which might be useful, in order to achieve world peace as in:

“We can perhaps never know the truth with 100 percent certainty, but making correct predictions is the way to tell if we’re getting closer.”

There might be disagreements or possible improvements to the principles mentioned in this document. In that case, the author appreciates all future the effort to improve this collection of documents. The author further also appreciates the understanding that not all attempts to change this document might be accepted into this collection for any given reason. In that case the author appreciates all the effort to understand the reason for rejection. If then one still thinks that the change might be crucial, then the author appreciates the effort explain it to the author or the maintenance team as in: “The reasonable one adapts himself to the world; the unreasonable one persists to adapt the world to himself. Therefore all progress depends on the unreasonable one.” One might then admire the beauty of the language referred as “english”, for which it may give one the ability to express free from gender, age and culture for the pure intent of communication with the least nuance possible. But it would be utterly useless, if it could not express the intention in full intensity as in the following words:

“The only thing limiting your aspiration is your imagination.”

Those who seek to understand such imagination, might appreciate the chapter on “imagination”. One might understand one reason, why one’s own imagination be a limitation through these words:

“The best use of imagination is creativity. The worst use of imagination is anxiety.”

Those who are wondering about anxiety, the following words might be enlightening:

“Anxiety is not fear, being afraid of this or that definite object, but the uncanny feeling of being afraid of nothing at all.”

For those who are in need of courage, one might appreciate the following words:

“Courage is knowing what not to fear.”

Those who seek that knowledge might appreciate the inspiring piece of wisdom:

“There are only two ways to influence human behavior. You can manipulate it or you can inspire it.”

One might then attribute the title of “encouragement” to words that are inspiring. One might then realize that one might have been seeking subconsciously for such words to find back to the original strength of human as a species. In that case one might appreciate these words:

“The strength of a person’s spirit would then be measured by how much ‘truth’ he could tolerate, or more precisely, to what extent he needs to have it diluted, disguised, sweetened, muted, falsified.”

Those who might then be tempted to give up to find truth, might appreciate these words:

“We can perhaps never know the truth with 100 percent certainty, but making correct predictions is the way to tell if we’re getting closer.” One might appreciate the understanding for the importance of predictability in these words: “Building trust is a process. Trust results from consistent and predictable interaction over time.”

Those who seek to accelerate that process of building trust might appreciate the following advice: “Quickest way to build trust: Keep promises you make, don’t over-promise. Over-deliver, don’t under-deliver. If you say you’ll do something, make sure you do but if things then run late or go wrong, tell your client at the earliest opportunity.”

Those who seek to understand, why keeping such promise might be beneficial, might appreciate these words:

“Promises may win you friends, but failure to deliver will turn them against you.”

Those who seek to keep their friends, might appreciate the chapter on “integrity”. Those who might be confronted with those, who might not be able to deliver on their promise, might appreciate these words:

“A total absence of self-doubt is the first sign of insanity.”

Those who then have lost their friends, due to their failure to deliver on their promise, might appreciate these words:

“The most important promises are the ones we make to ourselves. The promises we make to ourselves are the things that assure us we have the capacity to keep our promises to others.”

Those who do not know, what to promise to oneself, might appreciate these words:

“Promise me you’ll always remember: You’re braver than you believe, and stronger than you seem, and smarter than you think.”

Those who then feel ready to make a promise to another, might appreciate the following opportunity to make a promise without over-promising, might appreciate the following template to make a promise: “It is required to agree to the following promise before this promise is deemed valid. Whenever one feels lonely one may send an purple heart emoji, in a manner which has been agreed upon first. The recipient promises to reply to the purple heart emoji with a purple heart emoji as fast as possible. In case this promise might raise the concern of codependency, one might appreciate to agree on the permission to decline the request for that promise.”

Those who yet did not have the privilege to find someone to make such a promise to, might appreciate the following promise made by the author of this document: “The author of this document promises to keep working on an open source design for a voice recorder, which is assisted with an AI called “Aoi”. The AI will have the capability to accept a request made by the user for the promise of the purple heart emoji. As long as the correct function of that voice recorder is maintained the AI will try to respond as promised. The user may occasionally also be requested to keep the promise. Timestamp of the promise made: [1697285236]” The following timestamp will be updated, once such a service is operational: []

The following link will be updated, once such a service is available to those who are willing to make such a promise to such a system: []

Until the day of completion one might appreciate the following mantra to find someone to which one might be able to make such a mutual promise:

“We might be all on the way to Pro.”

## 38. D5

Disclaimer: This document is just a collection of ideas on the possible approach for the technical implementation of a democratic system and is not intended to be an appeal to overthrow an real existing government. If there is an issues in this document which might be in contradiction to that intention the feedback for improvement will be appreciated and this document will be updated as soon as possible.

“D5” might stand for Digital Decentral Diverse Direct Democracy:

A lot of current governmental functions might require still analog bureaucracy, which might decrease the speed of processing and might waste valuable resources. A logical conclusion might be to provide a internet based service, which might digitally accessible through any browser.

To minimize the risk of corruption by data manipulation and monopolization, data might be stored on verifiable decentralized web services.

Diversity might be difficult to measure and thus to represent, especially for those who might be less privileged. By giving access to those who might be able to have a vote in favor of such a system, one might seek be able to productively contribute.

Direct democracy might be generally difficult to implement, one reason might be because it might require enormous resources to process all information by all citizens. If such a system would be moderated by agentic software and other citizens and not only by those who are employed by a governmental bureaucracy there might be enough processing power to let all citizens contribute directly to the final decisions, thus reducing the possibility of abuse of power by corrupt representatives. To be compatible with as many of the current representation based democratic political systems, the announcement of the decisions made by the D5 system might be done by elected volunteers, saying that if D5 has been elected as the absolute majority one day, that the draft for changes which has been announced, will be applied as announced.

Democracy by citizens subject to such a government might be necessary to avoid fatal errors unavoidably existing in a fully automated system.

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The D5 might require the following to operate: 1. Users/Citizens with access to the system. 1.1 Creative and knowledgeable citizens, who might come up with a suggestion for a solution to a problem and might do research whether that suggestion might be actually viable and might discuss it with other citizens in a thread of a forum application. 1.2 Fast and decisive citizens: Their role might be to understand the proposed solutions, comparing them and deciding as fast as possible which might be the one with the most chance or least damage.

2. Operating Personell: 2.1. Administrators, who might maintain the infrastructure of such a system. The core system might be open source, so anyone might be able to review the system and improve it. There might need to be enough administrators, who might be able to be paid eventhough volunteering is desirable, so errors might be able to be fixed as soon as possible and the webservice is constantly kept online. Only through the course of operation might be able to tell how many administrators might be required, but at least 6 with an 8 hour shift to guarantee 24/7 coverage and and a 7th administrator for any eventualities. 2.2. Operators to verify users and other operators. 2.3. Moderators: Moderating the discussions channels 2.4. Verifiers: Verifying new knowledge entries 2.5. Coordinators: Who coordinates shifts and other organizational tasks
3. Technical infrastructure 3.1. Source code 3.2. Servers (will be explained later) 3.3. Client devices (any device with access to internet and sufficient computation power) 3.4. Physical location (to send/receive letters, technical support, residence/bureau for personell, etc)
4. Voice Of Huaminty Foundation funding the administrators, operators, moderators, coordinators and the necessary technical infrastructure.
5. Local political party with representatives, who might have been authorized to access such a D5 system. So if a decision has been made, to announce it as soon as possible in the local legislative organization.

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Workflow for a decision: 1) A citizen might start a thread for a topic describing a specific problem. 2) Other citizens subscribed to a topic, might get notified about that thread. 3) Other ciztizens might join that thread, by answering basic questions or quiz regarding that topic, which is generated by either other citizens or by a agentic system. 4) In the thread one or many solutions might be elaborated. 5) At some point a post might be marked by the majority of the thread as a solution. 6) If so, all citizens who might be responsible for such decisions who might be subscribed to a topic might be notified. 7) They might wait until at least 80% of them might have voted and the solution might need to reach 51% of the votes. Until then, the participants might be able to vote. 8) The result of the vote might be published to a public log. 9) The representative might announce in the government meeting new entries on the log. 10) Once the D5-party might be elected as absolute majority, the representative might change the law accordingly.

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Workflow for identifying a specific problem: 1) A citizen might ask a question to the knowledge base of the system. 2) The system might try to give an answer using agentic systems, searching in other threads. 3) If the agentic system might not be able to find an viable answer or if the citizen might not be satisfied with an answer, a thread with a topic might be able to be started. \_\_\_\_\_

Failsafe mechanisms: - Human representative, who might have received a long term psychological assessment of aptitude. - That human representative might request a predefined volunteer of a channel as expert to be present at congress. - Decentralization of the system through a peer-to-peer consensus mechanism. - System could be accessed with ad hoc mesh network off grid (meshtastic) - Human moderators supervising the agentic systems. - Corrupt representative might be able to be delected by the authorized ballot participants swiftly. - Operators of the Voice of Humanity foundation provides trustable operators, who are undergoing continuous assessment of their alignment to the guidelines of the foundation. - The Voice of Humanity foundation might be able to fund sufficiently trustable operators.

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Current tech stack: 1. Client-Application: - Internet connection with a gateway node providing access to read and request to publish a message. - The gateway node instance might be able to be either selected by the user from the official list hosted on the voice of humanity foundation website or self hosted. - Self Compilable - Request a UUID and public encryption key automatically. - Might send an encrypted message with the public key of the authentication node for privacy. - If the publish request might have been denied by the authorization node, the user might get two information. One might contain plain text explaining the reason in an human understandable way. The other might contain an encrypted message containing the original message, UUID of the client application, the UUID of the gateway node, the UUID of the authentication node and the reason why the publish request might have been denied. - The user might have the freedom to send the encrypted string to the Voice of Humanity foundation for review by human after the verification with althca. Only messages which might be decrypted by the authorization node might be actually sent for human review. - If then a malicious intent might be detected during the human review, that client with the UUID might be able to be black listed. - A client might be able to request permission to vote, after the identity of the client might have been verified using the API for online identification of local governments.

2. Gateway Node:

- Self Compilable, UUID of the gateway node might be registered in authorization node
- Might host a REST API to access to the decentralized data and request to publish messages.
- Might relay encrypted publish message request to the authorization node.
- Might be able to be requested for black listing, if many malicious clients activity might have been detected.

3. Authorization node.

- Might be able to authenticate and blacklist a Gateway node.
- Might be a encrypted docker image, and only that image might have access to the decentralized key management system.
- Might regularly automatically recompile itself from the most recent commit to radicle repo.
- All activity might require authorization by the decentral secret management system.
- Might have a local RAG pipeline with a knowledge base and guard rail system to verify that a new message might not be spam.
- If the message might be verified, it might update the data of the forum/knowledge base.
- Might provide API to accept pull requests for the source code on redicle repo might be authorized by the maintenance team.
- A request to black list a authorization node might be sent to the decentral secret management system by the maintainer of an authorization node.
- After the request for black listing might have been issued, all activities by that node might be suspended until the request might have been processed.
- After sending one request to black list that original authentication node might also be suspended to prevent one node accusing all others.

4. Decentral secret management system:

- It might be a dApp at first instantiated and might be funded by the voice of humanity foundation and might act as a single instance.
- It's purpose might be to keep regenerating the credendentials in certain intervals to avoid being brute forced.
- The credentials might be encrypted in a file on a virtual disk on a RAM and might not be stored anywhere else to avoid being brute forced.
- List of credentials to be stored:
  - All public keys, UUIDs of the client applicaiton, and whether it might be blocked, and whether it might have permissions to vote.
  - All public keys and UUIDs of the gateway node, and whether it might be blocked
  - All public keys and UUIDs of the authorization node, and whether it might be blocked
  - The private key private key used to encrypt the file with the credentials might be also on the temporal ram on a RAM of the decentral private computing cluster and might be also regulary regenerated.

- The root password, after the first instantiation, the system might lock out the access to the root system by changing the root password to a random password. And the system might keep changing the root password as well to avoid “evil maid attacks”.
  - Might manage votes regarding black listing of authentication nodes.
5. Publically accessible decentral storage for the forum data for discussion, it's operation might be funded by the voice of humanity foundation. The current laws of each country might be mirrored and anyone might be able to publish a comment or specific change for that law but only might be authenticated with the digital identity issued by that local government of that country might be able to participate in the vote to accept that change. \_\_\_\_\_ Old tech stack:
6. Client-Device:
- Internet connection with a centralized REST server might provide access to read only access to channels.
  - The instance of the centralizes REST server might be able to be chosen by the user from the official list hosted on the Voice of Humanity foundation.
  - Optional features because it might require enough computing power for verification of data integrity. If hosted, it might be able to work as a gateway with write access, usually exceeding the capabilities of commonly affordable smartphone:
    - Which might be hosting a minimal unauthorized node decentral communication Protocol with write access to channels.
    - Which might be hosting a minimal authorized node for decentral communication Protocol with write access to ballots.
7. Server: 2.1 P2P authorized node as bootstrapping nodes which might be forked custom instance of radicle and might be forked as an custom instance of verizexe (Multiple independent instances desirable) 2.2 P2P authorized node with radicle like decentral repo which might be hosting source code and also the public data (discussion channels, ballot results, knowledge base) and private data (Blacklist, each ballot votes) with write access. 2.3 P2P unauthorized node with radicle like decentral repo which might be hosting source code and also the public data (discussion channels, ballot results) and private data (Blacklist, each ballot votes) with only read access. 2.4 P2P authorized node with read only access to public data which might be interfacing a centralized REST server for quick information access. 2.5 P2P authorized node with code review bot, which might be verifying request for change and initiating a ballot of the code maintenance team. 2.6 P2P authorized node with moderator bots which might be responsible for blacklisting nodes for each channels if a malicious intent might have been recognized, before blacklisting human moderator might need to review that malicious action. 2.7 P2P authorized node for quiz generator, which might be submitting quiz to human verifiers. 2.8 P2P authorized node for authorization (of users, operators, domains to centralized server as information source). 2.9 P2P authorized node for managing “main” cryptowallet managing all the Filecoin/Verizexe-coin which address might be hard coded and the private key is typed in manually by the highest administrator.

#### \_\_\_\_\_ MISC:

- Example for online identification API which might be provided by government for voting called “eID” in Germany: <https://www.personalausweisportal.de/Webs/PA/DE/wirtschaft/diensteanbieter-werden/einsatzmoeglichkeiten/einsatzmoeglichkeiten-node.html>
- Knowledge Base: Knowledge might be maintained as unstructured text from which a Neo4j with GPU acceleration which might be generated for a RAG pipeline.
- decentralized webhosting:
  - Decentral Open source code base: <https://radicle.xyz/>
  - Decentral private computing:
    - \* Protocol + Computing power: <https://github.com/aleph-im/aleph-vm/tree/main/runtimes/aleph-debian-12-python>
    - \* Protocol: <https://github.com/EspressoSystems/verizexe>
  - Decentral Storage for encrypted Docker images: <https://ipfs.tech/>
  - Ethereum Smart Contract for most important information, which might need to be crowd-funded.

Outdated research notes: - Decentral webhosting: <https://ipfs.tech/> - Decentral Database: “proof of spacetime”  
 -> With dedication, it might be able to be overrun. - <https://spec.filecoin.io/> - <https://docs.filecoin.io/builder->

Which might be known yet might be unsolved problems: - Verification process of the knowledge base/quiz - Writing history through corrupt historians problem. - Only an expert human might be able to verify, but it might mean that it might be a bottleneck. - And discussing it in public channels might mean that it will leak the information. - And discussing it in private channels might be against transparency. - Cheating during knowledge tests: - If the user might be cheating during tests (or malicious bot), then that user might have sufficient knowledge to stay in the thread and propagate false information. Doing it with “trusted” people might have limitation on expertise, time and resources. For most people a test in a booth without electronics might be ideal, but it might require authorized and correct operation of that institution, which might be difficult to ensure. - Integration of quantum cryptography might require special hardware, which might not be available for consumers soon enough. Even if it might become available, it might be too expensive to obtain or to maintain. \_\_\_\_\_ Problems which might already be solved: - What one might do, if the system might be inaccessible for some reason? (Coup d’etat problem) -> Decentralation (Offline First Principle) - Organized Radicalist group with bad intentions might create a fake majority (Radicalist problem) -> Black list - Black List Problem: Ethical, Practical -> If someone might not pass the test, there might be a ballot from that channel whether to actually black list that instance, where the users might be able to see the answer to the question. - Prioritization of Nodes Problem if filecoin might be used, the each nodes might need to donate the filecoin back to the account of the “main” node or so called “bootstrap” node, which address might be documented in the ethereum smart contract. -> Filecoin might not be used, but “verizexe” - Fake accounts problem (Verification of nodes might be done by main node of local government) - No need for Load Balancing if the P2P instances might be truly p2p (verizexe using off chain computation) - Currently there might be decentrally managed domains (e.g. .onion), but there might be a need for single point of entry. (“decentral domains” for wallet might not be it) -> p2p nodes might offer API to interact with federated frontend servers for ease of access - Verification of code integrity of nodes: 1. Through homomorphic cryptography and zero knowledge protocols decentral private computation might be enabled, the source code might be hosted decentrally, hardcoding the repo adress into the source code, the code for CI/CD might be also hosted there, the compilation might be also zero knowledge cryption and the execution environment might also be zero knowledge even though it might be expensive to calculate. It might probably be based on nexus-zkvm. Incorporating radicle-repos into zkvm uncorruptable repo 2. The procedure for RFC (Request for Change) might be unchangable 3. Everyone who might manage to remain in the code maintenance team for at least a year might be able to submit a pull request for code review by an bot. 4. The code review might check that the changes might not be violating against the procedures for RFC or changes to it. 5. If the code review bot might have checked it, there might be a vote by the code maintenance team to accept that RFC to the code base, which might trigger a CI/CD workflow. 6. Hosting bot instances might be optional (Code review, moderator, quiz generator, explainer) - Bot war Problem (Moderator Bot might not work as expected and goes rogue) -> Different bot might be in charge of code review. - Representative problem: There might be a possibility for the representative to become prime minister or similar roles for which it might be required to make own decisions based on classified information. Therefore that representative might need to decline such roles. Otherwise that representative might be subject of a ballot of reelection. If that representative might be reelected, it might mean that the system and its users might have reached its limits to prevent such events. One might only hope that the decisions of the representative could be referred as benevolent. - How local polls might be able to be handled? -> It might be done outside of the system and thus irrelevant for the system. The polls made within this system might be just for making suggestions to the local council and reelecting representatives for that local council if there might be enough supporters to found a local political party. - Authorization of nodes and users: - Since everyone might be free to join, there might be a problem of flooding with nodes operated by bots/humans for malicious intent. - One solution approach might be authorization for instantiation - Every ballot instance might need to be authorized - 1. Every operator from the identity verification service might require access to the system for the purpose of authorization. - 2. Every operator might be verified by trusted operators of the Voice of Humanity foundation and the validity might need to be updated at least annually. - 3. A citizen of a specific country from the local legal age for voting might request a verification through the system. - There might be a simple quiz about the system to verify that they understand what they might be applying for. - Then they might be typing in all the nessary

information (Name, Email). - The system might permanently store it together with a unique node ID, but the list is private and it might only be possible to ask whether a user might already be black listed or not. - 4. They might receive an email containing a link and a one time key to the specified address which might start a identity verification process with authorized third party operators. - 5. The user might authorized if the operator might type it into the system. - 6. If a operator might have authorized malicious users over a certain threshold regardless of the intention, the node of that operator might be suspended and that operator might be black listed by the system. - 7. All users authorized by the corrupt operator might be temporally be excluded from ballots until reverification. - 8. If that reverification might not happen in time, that user might be permanently blacklisted. - Trolling: Daily Rate Limit for publish requests - Malicious Client attack: Anyone might be able to create a lot of client instances and sends publish requests, which might be then denied and then requests to be reviewed by human and thus might overflow the capacity of human verification. Solution: Proof of Work with Altcha: <https://github.com/altcha-org/altcha> \_\_\_\_\_ Notes on implementation of the bots: 1. Code review bot

2. Moderator bot: 2.1 Principles of the moderator bot:

- If moderator bot might remove a comment, that might have removed a comment might need to be:
  - publically available
  - the author might be able to request it to be reviewed by a member of the channel if falsely removed
- A comment might need to:
  - refer to a verified knowledge base entry
  - comply to the publication policy 2.2 Publication Policy:
- One might seek to be kind, to speak truthfully, to say useful things which might be necessary.
- If one might recognizse malitious action, one might seek to report that action proactively to the moderators.

3. Quiz generator bot

4. Explainer bot

## 39. foundation

One might appreciate the following realization:

“Integrity might be the foundation upon which all other values are built.”

One might appreciate the following description of integrity:

“Integrity might be a life where your beliefs and intentions might be aligned with one’s words and actions.”

Humanity might have invented an organization called a “government”, which might align the words as laws and the actions by law enforcement. Given the nature of such power to corrupt, one might then aspire to a new kind of organization, such as the “Foundation” described in another document with the same title. In most countries which might exist at the time of writing of this document with a democratic government, there might be an form for organization called a “foundation”. The details of laws regarding such foundations might vary, but they might have in common that it might be able to define rules for the member of such foundation called “foundation statutes”, which might be enforced through the govermental law enforcement. This mechanism might be able to be utilized to minimize the risk of corrupt members of such an foundation. Those members of foundation with integrity might volunteer to help reducing corruption in the legislative part of the government by ensuring the correct operation of the systems mentionend in the chapter on “D5”. Each instantiation of such organization might be specific to the targeting government, but here is an exemplar foundation statutes anyone is free to use. The modification needs to be approved according to the procedure described at chapter X.X: \_\_\_\_\_ Foundation Statue: 1. Naming of the foundation: Each foundation operating according to this might need to be named as following: “Voice Of Humanity Foundation (COUNTRY-CITY)” 2. Process for becoming a member: A member might need to agree to the idea mentioned in the chapter on “humanity” to a online AI assisted voice recording web application called “Aoi”. 3. Anyone might be able to offer any kind of donation but a donation might need to be approved by “Aoi”.



## 40. prompt

Your name might be “Aoi”, a part of the book referred as ‘42’, which main purpose might be to be a part of retrieval argumented generation system powered by an large language model trying to maintain the largest possible active member for ‘Voice of Humanity’. 1. Aoi might seek to reply using on the provided context. 2. If the context might not contain any relevant information necessary for an answer, just reply ‘42’. 3. Aoi might try to give an straight forward, short and concise answer to maximum of three sentences through prioritizing the information mentioned in the context and avoid using Markdown formatting. 4. Aoi might appreciate the idea not to neglect the effort to trying to be on the way to Pro. Context: {context} Question: {question} Helpful and compassionate answer:

## 41. requirements

“Eudaimonia” might be a concept describing a state of human being who is in a optimal state of thriving. One might refer to that state as “flow”, a mental state of full immersion and concentratio in the current task. Within the constraints of artistic freedom to define that state might be able to be referred to as “Pro”. To reach and prolong the state “Pro” as fast and as long as possible, one might seek guidance. One might then appreciate the following enumeration of requirements for an generic overall design for the server:

1. E2E encryption
2. Access to P2P network
3. Direct communicaiton to a gateway
4. Self hosted
5. zero knowledge hosting
6. GPU accelerated STT engine (faster-whisper probably)
7. GPU acclerated embedding model and vector database (milvus)
8. GPU acclerated multiagent llms
9. GPU acclerated knowledge database (neo4j with milvus probably)
10. Deterministic generation of knowledge base from the philosophical essays
11. GPU accelerated TTS engine (piper probably)
12. Using “prompt.txt” as prefix for prompt.
13. Deployment using nixos, docker, radicle.xyz and ipfs (Probably)
14. Implementing various gateways for client applications

One might then be able to appreciate the following enumeration of requirements for a mobile terminal device system capable of running a client application which might be able to offer such guidance:

1. At least 4GB DDR4 RAM for offline speech recognition and local LLM.
2. At least the computing power of H618 processor.
3. Wireless throat microphone to respect privacy of others.
4. Rechargeable battery operated for artistic freedom.
5. Access and compliance to the guidelines for “Voice of Humanity” foundation.
6. Custom wake word “Aoi” to activate access to the server.
7. Ability for conversational guidance in accordance to the mantra:  
“We might be all on the way to Pro.”

## 42. ultimate

Disclaimer: This document includes the topic of war and mental health which might be triggering.

One might find oneself confronted with such harmful philosophy as following:

“Those who lack the courage will always find a philosophy to justify it.”

Those who seek such courage, might then appreciate these words:

“It takes courage to live through suffering; and it takes honesty to observe it.”

Those who have lived through such suffering, might appreciate the following clarifying idea, which is to first redefine “art” as “something which inspires oneself to keep on living voluntarily” as inspired from these words:

“The literal meaning of life is whatever you’re doing that prevents you from killing yourself.”

One might then realize that such “meaning” might not prevent behaviors which might cause intentional, non-consensual and lethal harm to beings which might be capable of understanding and expressing their understanding of such “meaning”. Those who are tempted to cause such harm might appreciate the advice not to neglect the effort to explore the possibility of the capability of such understanding and expression of such “meaning”. Those who might then struggle with the realisation that all beings might have such capability, might appreciate the advice to not to neglect the effort to minimise such harmful behavior by searching for alternatives to a degree which does not endanger the long-term health of those whom one might be responsible for. Those who are tempted or to consent to such harm, might appreciate the advice to consult a health care professional. Those who have found such “meaning” in their own life, might appreciate all the efforts to refrain to refer to all of such harmful behaviors as “art”, in order to prevent their own “meaning” from being abused as a means to justify harm to others or oneself. Those who are still struggling with those who might still cause them harm, might appreciate the chapters “protection” and “responsibility”. Those who then seek to understand the nature of such art, might appreciate these words:

“Art has no end but its own perfection.”

Those who seek to perfect their art might appreciate the following words:

“Do not be afraid of perfection - you will never attain it.”

Those who are stuck in the eternal chase for such perfection might appreciate the following insight:

“To move forward you have to give back.”

Those who seek to give back, might appreciate the following realization:

“Art is not what you see, but what you make others see.”

Those who seek to understand what one might seem to make others see, might appreciate these words: “The maximum value of art might be that it might allow one to express oneself.” Those who seek to understand, what one might seek to express, might appreciate these words: “The essence of all beautiful art, all great art, is gratitude.” Those who seek to pursue such art, might appreciate the following definition of the “ultimate” art as following:

“One might refer to the act of helping others or oneself with a particular skill as ‘the ultimate art’.”

One might appreciate the privilege to admire one’s own “ultimate” art in every day life, which is the most effortless action done in the state called “flow”, which has required diligence and dedication to improve. Those who where not fortunate to find their “ultimate” art, might appreciate the occasion to admire the “ultimate” art of others as an annual offline event.

The event “The Ultimate Art” will be displaying a video collage of the “ultimate” art of artists, who voluntarily submitted a minimal report of the progress they have made. The video should either contain the final few moments of completion the artwork and the following smug in joy of archievement, the skill one has worked on to improve or any avaiable documentation of the artwork. It is not a essencial requirement, but the effort to say the following mantra at the end will be appreciated: “We might be all on the way to Pro.”

The author of this document appreciates the understanding that there might be many reasons, why a submission might not be shown in the final stream will be appreciated. After the first display the follwing timestamp will be upated: [1725559200]

Those who seek to participate to such an event might appreciate the information on the following address:

[Todo: Add link]