

Chris Eng

COM243G

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Week 5 DOC notes:

- Opens with a recounting of the directors works and then a detailing of his mental issues stemming from a long lasting concussion
- He felt depressed and accepted his own death and learned a lot about what was wrong with the world and what he would like to improve about the world while in this depressed state
- After his symptoms clear he decides to make a doc on what he had learned about how one should conduct their lives to live in the best ways that they can
- Notes the difference between machines and life and how as a society we are structured like we are serving machines rather than living beings
- Notion that we are separate rather than a collective
- Needing to be significant and better than others
- Society almost always isolates and tries to make a apathetic consumer
- Also touches on the societal connections to wealth and happiness/success
- Details how when Tom Shadyac saw success in his films he bought bigger and better things to show his success, but he felt NO happier than before
- The truth is some things bring you happiness but just increasing stuff will not continually make you more happy

- We as a society have become more individualistic but that is in to ways a natural thing as seen in nature where the general consensus, cooperation and democracy play a much bigger role on the forming of decisions
- We are evolved to be kind and care for others and so it is sad to see how society has been corrupted into believing its all about being the best rather than about lifting others up
- we are not inherently greedy creatures we are programmed to be caring and empathetic, we have a good response when helping or seeing others help
- We are guided by our hearts rather than our brains
- Human emotions can affect the world around us so it's up to us to listen when our heart says something
- What we do at an individual level truly does affect the world around us
- This really speaks to me and helps me see how the collective individuals can truly make a difference
- We have always been part of the greater whole and it's time to realize it
- How do we change that though? - when the consciousness grasps a large amount of people and they band together we can see the greater whole that has been talked about, and it becomes a movement
- We need to stop taking more than our share, in nature that is never the case and in humans it is cancer. We need to stop being that cancer in society
- War and conflict is not part of human nature and we need to reframe it so we do not see people as other because that is what leads to conflict
- There is a way out of this its in our DNA and that is love