

# HOW TO

(designed to be easy and quick)

1) Print pages 2, 3 of this document.

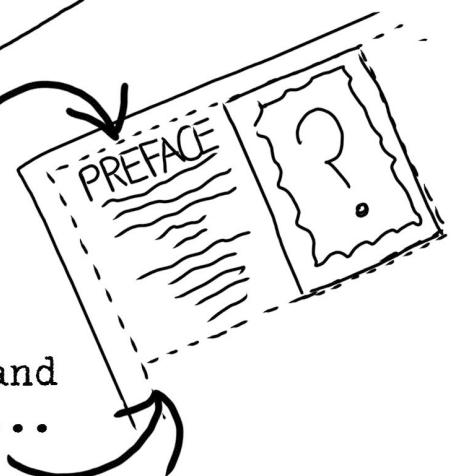
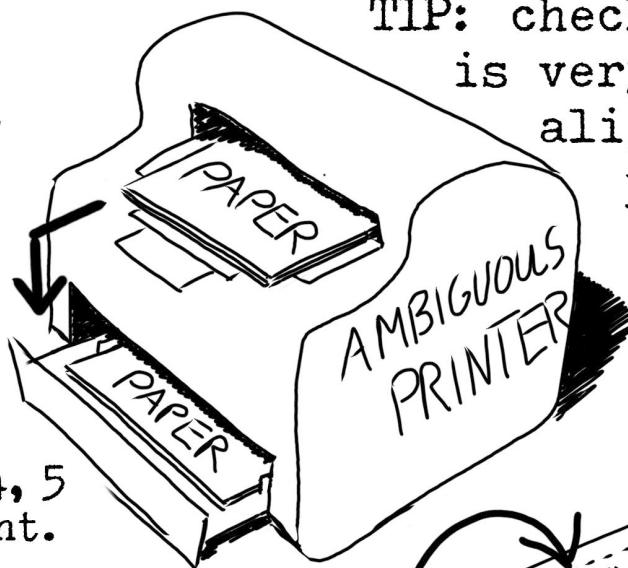
2) Once all sheets have printed, take the pile and move it into the paper tray, without rotating or flipping it.

3) Print pages 4, 5 of this document.

4) Trim the edges along the dotted line, without losing the order and orientation of the pages.

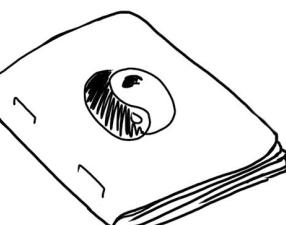
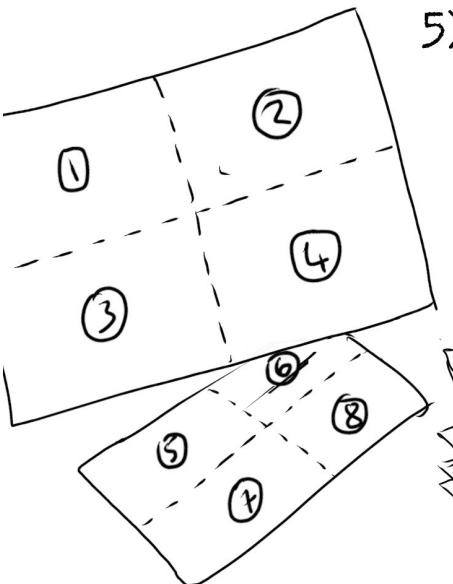
5)a) With the pile in front of you and the PREFACE in the top left corner...

TIP: check the paper is very centrally aligned in the paper tray.



5)b) Cut the trimmed pages into 4 quaters following the dotted lines and edges of the pages...

5)c) As you cut them out, add each page on top of the pile. The order is:  
top-left, top-right,  
bottom-left, bottom right,  
next page, repeat.



TIP: if you lose the order, just refer to the online version!

..Finished! Or rather, just getting started...

## ANSWER 6:

### PREFACE:

"So, what is  
the meaning of  
life?"

\*looks around and  
gestures to  
everything\*

This is not the thing.  
The thing is in you.  
This is only a paper mirror.

Everything herein is not true.

Everything herein can be ignored,  
doubted, criticised, avoided, modified,  
or reproduced as you feel. Especially it  
should be, because it is definitely  
trying to brainwash you.

All reactions are the correct one.

Treat this as you feel to.

This is just a joke.

This is for you.

Do with it what you will.

"OK, um, then  
why don't I  
feel like 'this'  
is the meaning  
of life?"

Well, have you  
got everything  
you need? Are you  
truly, wholly and  
utterly satisfied  
in the depths of  
your heart?

your signature: .....

You already know.

It can be found in  
the first book on  
any shelf.

"So I should just be  
hungry? Just give up  
on finding an  
answer?"

No,  
but find satisfaction  
in the questioning.

Life is change,  
and everything has to be  
going somewhere.

Maybe life is about  
making time to watch  
clouds, or find people  
you love, to feel as much  
as you can or to make a  
difference.

Perhaps it is as varied  
as the moments you live.  
So, why not choose  
(THIS)? Here and now, let  
this moment be all that  
is needed to take you  
where you're going.

That {THIS} doesn't  
feel like the meaning  
of life, is exactly  
what you need to have  
somewhere to go, and  
so far it to be  
possible to enjoy  
going.

If you find that you  
wholly choose to be in  
precisely this moment,  
what more could life  
mean?

ANSWER 2:  
The Questioning  
/The Journey  
/The Going

The meaning of  
living  
=  
'to live'

"Yeh, ok, but I want  
to know what it's all  
for, you know?"

What what is for?

"Life."

And what is  
that?

"Life, you  
know: Birth,  
Death, and  
everything in  
between."

When something  
happens:

It begins, it is  
created,

It exists, it is  
allowed,

It ends,

as with life,  
as in living.

## CREATE

Be who you want to be

Express Yourself

Love

Be loved

Do what you love

Let it be  
Just as it is

Be someone you love

Be you,

and love  
the you that is.  
and love  
the you that is.

## ALLOW

...all that passes  
through you.

Feelings, Thoughts,

They will pass.

Hold on, breathe

Let go, sigh

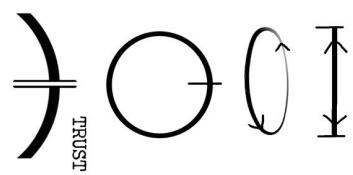
Let it be  
Just as it is

Let you be

and love  
the you that is.  
and love  
the you that is.

But that's a story:  
an idea made of  
imagination and  
memory.

"Well, it's  
here, now, this  
thing we're  
doing."



What we're doing?  
If 'life' is the  
story, beginning  
to end, this here  
is something else.  
Here, now, is  
living.

You are a human  
living. A human  
happening.

'Life' is an idea, a  
story you've made up,  
or borrowed from  
someone who has. Every  
person imagines the  
narrative differently:  
shorter, longer, full  
of this emotion or  
that, these rules, or  
those questions.

'Life' as an idea, as  
encompassing as it may  
feel, only exists in  
the mind.

So, you can give life  
whatever meaning you  
choose.

## ANSWER 3: Living

### BREAK

Tear down your walls,

Tear up your scripts,

All things end,  
so be their ending.

Tear off your blindfolds,

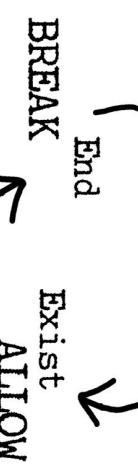
Tear holes in your  
ceilings,

You built them anyway.

And underneath it all,  
you'll still be there  
to love the you that is.

### CREATE

Begin



# NOT THE MEANING OF LIFE

ANSWER 1:  
(THIS)

- a tribute -

[www.freely.org.uk](http://www.freely.org.uk)



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"...No. That's half  
the reason I'm asking."

So,

live.

Enjoy  
and play,

Can you imagine that  
if you were satisfied  
in such a way, (THIS)  
would feel like  
enough? That here and  
now would feel like  
the full purpose and  
meaning of life  
because it wouldn't be  
lacking anything?

"...so how do  
I get what I  
need?"

That's it!  
Listen to the  
dissatisfaction;  
questioning until you know  
and find what you need.

"I guess I'm lacking  
something. I want to live  
the right way, have some  
sense that anything  
actually matters."

ANSWER 5:  
Definition

Answers are only  
satisfying because of  
the questioning,  
like eating is only  
satisfying because you  
were hungry. The two are  
not separate, the  
yearning and the  
satisfaction, one cannot  
exist without the other.

So, why do you ask for  
the meaning of life?

So,

live.

you already know the  
answer to.