

My Life Philosophy

Michael N. Gagnon

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1. Philosophy

I live according to my life philosophy.¹ It is somewhat chaotic and somewhat orderly.²

2. Delusions

You may think my philosophy is delusional and rooted in falsehoods, and I acknowledge those possibilities; I am well aware of my potential to fall victim to delusions, even profound delusions.³

3. Feedback loop

I invite you to offer critical feedback to me regarding my life philosophy. For one, it could help me discover the extent to which I am mistaken. For two, if your critical feedback does not persuade me that I am mistaken, then I can offer feedback to you that explains why I believe I am not mistaken, from the perspective of my life philosophy. Then, once you understand my philosophy a little bit better, it will help you offer even better critical feedback to me, creating a healthy feedback loop.⁴

¹ My life philosophy is documented in a variety of sources, primarily my trilogy of books available on PDF format on my homepage: <http://michaelgagnon.me>

² See the book Orderly Chaos, by Trungpa Rinpoche. <https://www.shambhala.com/orderly-chaos-1128.html>

³ As detailed in my memoir, I have schizoaffective disorder and am prone to delusions, even profound delusions. <http://michaelgagnon.me/file/yana-zendo-and-the-powers.pdf>

⁴ My proposal for a healthy feedback loop is based on my concept of “jiu jitsu” as described in my memoir. For the culmination of my father’s usage of jiu jitsu to help me become more open minded regarding my delusions, see Chapter “Next Day” on page 138 of my memoir <http://michaelgagnon.me/file/yana-zendo-and-the-powers.pdf> “Jiu jitsu” is one of the themes of my memoir. Also, in Chapter 17 in my book The Tau of Buddhism, I present a conceptualization of “debate,” which I think dovetails nicely with my conceptualization of “jiu jitsu.”