

# Of Men and Rats

Pavlov, Skinner

Wakefulness is the way to life.

The fool sleeps as if he were already dead,  
but the master is awake and he lives forever.

He watches. He is clear.

How happy he is! For he sees that wakefulness is life.

How happy he is, following the path of the awakened.

With great perseverance he meditates, seeking freedom and happiness.

from the Dhammapada of Gautama the Buddha.

- George Gurdjieff used to say again and again, that man as he exists is a machine. He offended many people, because nobody likes to be called a machine. Machines like to be called gods; then they feel very happy, ~~puffed~~ up.

- Watch yourself; you will know how mechanically you behave.