

ZULF'S METHOD OF GENERATING OPTIMISM

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Martin Seligman is inspiring in his erudition and I enjoyed the history of optimism as something he sees going back to 1700s with G. Leibniz, the co-discoverer of calculus with Isaac Newton.

Optimism is a positive state about the future.

I will propose my method of reaching an optimistic state. It is the following. First I think you ought to put yourself in a very different context than you are in. Get yourself some peace and quiet away from distractions. Then just erase everything about your contingent happenings and look at yourself from your birth to your death. You were born on such and such a time and you will die in some reasonable time in the future. Then focus on death. You will die one day so that you can brush off all the crud of your life and distance yourself from all the other people. In this state you will see optimism more clearly.

Optimism will become clearer to you when you ask yourself with all the entitlement and whatever you need to see the things that you have been here to do. They will show themselves as you examine the themes that have attracted you, the holistic contour of your life, and the inevitable path towards your death.

That is my method. For me optimism about whether the corner pharmacist will be nice to you or not is wasting your time. It does not actually matter, because optimism is really about whether your projects in this life are progressing, and giving permission to yourself to step out of the world of other people.