

ZULF'S SERMON ON HUMAN MORAL NATURE

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Plato and Aristotle were great men, and I am their student. I am a student of many great men. Friedrich Nietzsche was also a great man and I am a student of his as well.

But I am not Plato, Aristotle or Nietzsche. I am Zulfikar Moinuddin Ahmed. And I have a lifetime of experience in life to come to some understanding of truth.

I address here my Beloved People the Human Race. This note is meant for all of you.

I will not go through dull preliminaries. I will begin thus. We are Human Beings, and we are a Great and Noble Race. In the past our greatness was set against the 'lower animals'. This is an error. The animals have their own greatness and their own nature. We are a race of beings with physical bodies, and our physical life depends on the breathing and the heartbeat. Much we have learned about breathing and heartbeat; we have learned less about our fundamental moral nature. Our moral nature is as much part of our livingness as our breathing, our heartbeat, our food and thirst. It is thus folly to ever suppress our moral nature. Our moral convictions are part of who we are, and they need to be expressed at all times in order for us to live a human life.

This is the first thing; theories have arisen in the twentieth century and ever since Plato of human beings as intellectual beings. We are not intellectual beings; we are fundamentally moral beings. Our moral nature is much deeper part of our constitution than our intellectual nature. This is becoming clear with positive psychology results in the past decades, where our intellectual strengths, or personality traits such as 'openness to experience' is relatively less important to our life satisfaction than character strengths that emphasize our moral nature. I vindicated Aristotle's Virtue theory for life satisfaction on empirical data, and am familiar with scientific aspects.

But I will not emphasise science here but appeal to far more basic senses. You will not be able to feel alive if you suppress your moral nature. Do not dampen it with intellectual speculations. Live your moral nature at all times. This is to be living, like clear breathing, like strong heartbeat. Find your moral nature within, and express it throughout your life, and do not be afraid of conflicts that will arise. Suppress it only when there is great urgency.

My suggestion is a bit like 'do the right thing' but it is not do the right thing. It is be the right you and do not be the fake you. Beware of compromising your moral nature from intellectual theories and arguments.

Like breathing and heartbeat, there is rhythm and cadence in your moral nature. Do not put excessive stress on it. Treat your moral nature just as delicately as your breathing and your heartbeat.

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I do not tell you any health advice here, but to ensure that you consider your moral nature and its expression as simply part of your life. Do not suppress it, and do not make extreme demands but accept it and live.