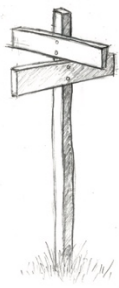
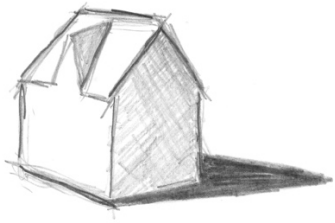
yelling at bees



yelling at bees



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This is an organic and fluid text.
It will be updated regularly as our human existence changes.
Version 12.

i build a patio
behind my house

some bees decide
it’s the perfect place
to build their hive

i come out to sit
on a warm summer afternoon
and the bees attack me

i swat at the bees
yelling at them
about how it’s my patio
and they should leave me alone

but bees don’t speak my language

they are bees

they don’t know what i’m yelling

all they know is
that i’m are threatening them
so they attack me
and try to sting me

instinct

i am an animal

i am more like
the other animals
than i am different

why?

because i too
act out of instincts

basic animal instincts

my warrior instinct
drives me
to protect and defend
my family
and my home

it keeps me on guard
for hidden enemies
it motivates me to act
out of what i believe
is right and wrong

it makes me see things
as black and white
either-or
friend or foe

my gathering instinct
drives me
to stockpile supplies

i feel anxious
that there might
not be enough

so i gather more
than i actually need

i obsess about
my immediate needs

but often miss
the bigger picture

my inventor instinct
inspires me
to create new ways
to meet my needs

it motivates me to
be creative and seek
after wisdom

it makes me focus on
the bigger picture
but often blinds me
to what is right
in front of me

my hunting instinct
motivates me to find
the most efficient
ways to get things done

it drives me to do
research and seek after
knowledge

it makes me study facts
and make decisions
based on logic
and rational thinking

my nurturing instinct
motivates me to care
for other people

it drives me
to try to keep us all alive
for as long as i can

it makes me act
out of what i believe
is good and bad

it makes me
talk in absolutes
all always never
none only every

my worker instinct
motivates me
to get up every day
and do whatever
i have to do
to take care
of those i love

it helps me take pleasure
in simple things

and take life
with a grain of salt

my attraction instinct
motivates me

to be as attractive
as i can

my world is
very simple
everything is
judged at face value

i am uncomfortable
with truth

i survive on
many levels of denial

my mating instinct
motivates me
to have sex

everything in my world
revolves around
my need for sex

it is the instinct
responsible
for abuse and rape

it also keeps
my species
reproducing

when my needs are not met

my gathering instinct
makes me beg and complain

my hunting instinct
makes me use
strategy and stealth

my inventor instinct
makes me use reason
and negotiation

my warrior instinct
makes me use force
or threat of force

my worker instinct
makes me shrug my shoulders
and say “that’s typical”

my attraction instinct
makes me tease and flirt

my mating instinct
makes me use pressure
and trickery

my nurturing instinct
makes me use shame
guilt and fear

when i am given unlimited resources

my gathering instinct
will make me
eat and eat until
i grow too large to move

my hunting instinct
will inspire me to become
so educated
that i will be unable
to communicate
with others

my inventor instinct
will paralyze me with
too many choices

my warrior instinct
will destroy my species

my worker instinct
will inspire me
to go fishing

play with my children
and grow vegetables

my attraction instinct
will motivate me
to physically alter
my appearance to stay
young looking forever

my mating instinct
will make me
take advantage
of other people

my nurturing instinct
will inspire me
try to live forever

i am an animal

i act out of animal instincts

why are they instincts?

because
they are not rational
or logical behaviors

i do not
consciously choose
to act this way

they are instincts
because no matter
how much i try
they are never satisfied

these instincts
are normal

the behaviors
they manifest
are normal

without them
our species
would perish

because of them
we may perish anyway

my instincts work to
keep me alive and well

but they also work
to separate and destroy

i build my house

out of bricks and mortar
wood glass and metal

i don't try to use bricks
where i need to use glass

i don't shame wood
for not being
more like metal

my society is built
out of nurturers gatherers
hunters inventors
workers and warriors

yet
i spend a great deal
of my time and energy
puzzled and complaining
that workers don't
think and act like hunters

and i shame warriors

for not being more
like nurturers

but we all don't speak
the same language

what is important
to one instinct
is not important
to another

i am yelling at bees

no matter how much i yell
or how loudly i yell
the other instincts
will not see things
the way my instinct does

they will not act
the way i do

and i will not act
the way they do

what is right for a hunter
is not right for a worker

what works for a nurturer
does not works for a gatherer

what satisfies a warrior

does not satisfy an inventor

but this is the way it is

which means it's normal

these animal instincts
are the engine
that drives
my species

we are all human bees

in the human hive
we have everything
we need to survive

we don't have villages
with 300 barbers
but no one wants
to be a plumber

we all instinctively
fill in the jobs needed
for our human hive
to work

we are more like
the bees
than we are different
from them

we need our worker
and warrior and nurturing
and inventor instincts

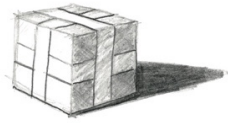
we need our gathering
and attraction
and hunting
and mating instincts

we need all
of our instincts
to survive together
as a species

Abraham Lincoln wrote
~ a house divided
against itself
cannot stand ~

when i deny
my animal instincts
and reject them
i weaken
my own foundation

it is always my choice



desire

my hunting instinct desires
to have unlimited information

my gathering instinct desires
to have unlimited supply

my worker instinct desires
predictability and safety

my inventor instinct desires
to change the world

my attraction instinct desires
to have unlimited beauty

my mating instinct desires
to have unlimited sex

my nurturing instinct desires
to live forever

my warrior instinct desires
to have unlimited control

all of these instincts
live inside me
together

sometimes
they get along

sometimes
they fight

of course

this is the true nature
of desire

my instincts
drive my behavior

my warrior instinct
makes me believe
i am right

i see other people
as wrong
and try to correct them
by force

my nurturing instinct
makes me judge
other people
as being bad

so i try to correct them
with shame guilt and fear

my gathering instinct
makes me believe
i don't have enough

i see other people
with something
that i desire
and i will moan
and complain

my warrior nurturing
and gathering instincts
make the rules

they run my country

they write my laws

they dictate my foreign policy

they control my life

our civilization

is based on the desires
of our instincts

not on our needs

and so
the desires of a few
get met
while the needs of many
go unfulfilled

but
even us warriors nurturers
and gatherers
are not happy

we are in charge

and yet
are still unable
to organize things
to satisfy our desires

why?

because instincts
cannot be satisfied

ever

that is the nature
of instinctual behavior

it is always working

if we nurturers
ever relaxed
if us warriors
ever let down our guard
if us gatherers
ever took a day off
all would suffer

our instincts
keep us alive and well
our desires
keep us angry at each other
and fighting

our desires
make us happy
our desires
make us miserable

we fight over control

but control is an illusion

which is why wars
keep erupting

us warriors
cannot live peacefully
with other warriors

never have

how many conflicts
are raging
over trying to take control
or keep control of
certain pieces of land?

how many conflicts
are raging
over trying to force
other people
to behave differently?

my instinct
with the smallest view
of reality
and the biggest feelings
of insecurity
rules my species

my warrior instinct
makes me think
i am better than
other people

i have to believe this
in order to kill them
to protect my own family
and land

but

thinking i am better
than someone else
blocks me from learning
from them

and so

i make the same mistakes
over and over

the only way
for my warrior instinct
to be happy

is for me to have
complete control
of all the world
and everything in it

my warrior instinct
doesn't understand
the other instincts

it feels confused
and frightened

my warrior instinct
makes me desire
to feel safe

and so i work
to reinvent the rest
of the world
according to my
warrior instinct

i dumb down
the hunters' knowledge
because people who are
smarter than me
intimidate me

I need to put them down

i scare the nurturers
by telling them

that i am the only one
who can keep their
children safe

so they always
give me power

i force the workers
to do my labor
and i take the lion's share
of the profits

in return
i offer them
protection
and job security

so they always
give me power

i seek to harness
the creative spirit
of the inventors
and dictate
what they invent

i bind the gatherers
in economic slavery
using their instinct
against them
for my own gain

my warrior instinct
makes me try to
control other people

and if i can't
control them
then i will kill them

it is easy to kill people
i feel superior to

people i have no
respect for
people i don't understand

it makes me
torture and imprison
threaten and terrorize
other human beings

it makes me
take away land
and natural resources
by force

i justify my desires

with religion

this is easy
because i invented religion

we human beings
wrote all
of the religious texts
that exist

of course we justify
our behaviors
with our religions

we created religions
out of our own desires

we warriors desire
to be right

so we write religious books
that say the creator
of the universe
is on our side

and there is nothing
and no one
who is more right
than the creator
of the universe
right?

us nurturers desire
to live forever

so we write
religious books

that say
we will live forever
in the next world

we will be rewarded
for being good

and no one
and nothing
is more good
than the creator
of the universe

right?
us gatherers desire
to have enough
of whatever we need

so we write religious books
that describe a caring

and loving power
that watches over us

this power
gives us permission
to use whatever we want to
on the earth
for our own needs

ego

is the root of all evil

desire
is the catalyst

our desires
motivate both
positive and negative
behaviors

desire to own
to possess to control
to feel safe
to feel right

greed

is my gathering instinct
with unlimited resources

my gathering instinct
desires to possess
the whole world
and everything in it

so i will not live in fear
of not having enough

my warrior instinct
desires to control
the behavior of others
so that i will feel safe

if i have
the most powerful weapon
in the world
then i will fear no one

i can threaten anyone
who frightens me
and i can force them
to act any way
i want them to

some say
money
is the root of all evil

there is plenty
of evil behavior
that has nothing
to do with money ~
spouse abuse
child molesting
torture and rape

some say
desire
is the root of all evil

desire to possess
to control to manipulate
to be right
to survive

ego
is the root of all evil

desire
is the catalyst

aggressive behavior

is born from my
warrior instinct

i praise it
in business matters
i praise it in sports
i glorify it
in foreign policy

why am i so
surprised
when my children
throw it back at me?

because i don't see
the consequences
of my own behavior

my warrior instinct
blinds me
to consequences

of course it does
i would be a

worthless warrior
if i saw the consequences
before i pulled
the trigger

what makes me
a good warrior
also makes me
create my own
problems

my behavior
inspires others
to hate me

and so i create
my own enemies

and since i believe
that there is
always an enemy
and since i am
always creating
enemies
everything feels
normal

this is
my true nature

I create
my own misery

i am an animal

i am more like
the other animals
than i am different

i am more like
other human beings
than i am different

this is the greatest truth

conflict

i yell at bees

i fight with others

to fight is normal

it is instinctive
it is my warrior instinct

to want to stop people
from fighting
is also normal

it is instinctive
it is my nurturing instinct

war is normal
peace is normal

we have periods of war
when my warrior instinct
gets satisfied
and feels useful

then we have periods of peace
when my nurturing instinct
gets satisfied
and feels useful

and then the numbers
of warriors increase
and we start to get on
each other's nerves

we start to argue
and disagree
and then we fight
and we have
periods of war again

i create every enemy i have

of course i do

this is a great truth

i create enemies
when i act out of
my warrior instinct
because
my warrior instinct
makes me see enemies
often
where no enemies exist

my warrior instinct
keeps me alert
for danger

it is primitive
survival instinct
i am always on guard

us warriors believe

if we can control
the behavior of other people
then we can create
peace and harmony

~ peace and harmony
already exist ~

attempts to control
the behavior of other people
actually destroy
peace and harmony

we don't need to work
for world peace

we have world peace

most of the people
in the world
live in total peace with
each other

there is a
small percentage of us

acting out of
warrior instinct
who cannot get along

because our instinct
makes us fight

when will we learn this?

as smart
as we think we are

as advanced
as we have become

we still haven't
embraced
this simple truth

a handful of people
who can't get along
start all our wars

whole countries
don't start wars

most of the people
of this world
live in peace
with each other

but we don't
round up

the trouble makers
and put them together
and make them
fight it out

we allow them
to send innocent people
to slaughter more
innocent people

the trouble makers
never get hurt

ordinary citizens
get killed

their homes
are destroyed
their water and power
are disrupted

their national security
is destroyed
their economies
impacted

and the few
trouble makers
go home
and sleep soundly
safe in their beds

how smart are we?

the answer is
it's not a matter
of intelligence

it's instinctual behavior

it's not logical
or rational
to kill people
who have nothing
to do with
the disagreement

it's not logical
or rational
to invade a country
just to kill one man
or a dozen men

it's instinctual

it is my warrior instinct

us warriors protect

our resources
from being stolen
by other warriors

it is our job
in the human hive

us warriors also
try to steal resources
away from other warriors

we have developed
more advanced
and safer ways
to protect our resources
and our family

we have developed
security systems
that have replaced
standing guards

we have developed
bigger more efficient

weapons
that can kill
greater numbers
of enemies
without risk to ourselves

so fewer and fewer
warriors are needed

and so
there are many of us
who act out of
warrior instinct
standing around
with nothing to do

so we create conflict

of course we do

we're warriors
that's our job
in the human hive

we don't need to work
for world peace

~ we have world peace ~

we just need
to stop
those who act out of
warrior instinct

from running
our nations

and we need
to use another instinct
other than our
warrior instinct
to define our reality

~ this is the root cause
of most of our conflicts ~

my warrior instinct

defines things as
black or white
wrong or right
friend or foe

it makes me use
force
instead of
assistance

it makes me use
threat
instead of
compassion

it makes me judge
and condemn

it makes me see
the differences
between us
instead of
the similarities

of course it does

it is instinctive

in order to justify
killing
i need to believe
i am doing
the right thing

how do i stop
violence?
how do i stop
spouse abuse?

how do i stop
child abuse
poverty and neglect?

i need to understand
myself better

i need to understand
my warrior instinct

and what it believes
and what it motivates
me to do

if i can understand
and embrace

my true nature
i can change the world

at the very least
i can change myself

which one requires
more effort?

ignorance
creates delusion

delusion
creates arrogance

arrogance
creates destruction

destruction
creates ignorance

only an
outside force

can break
this cycle

can we change?

i can channel
my warrior instinct
towards fighting abuse
and neglect

instead of causing it

i can channel my
warrior instinct to
protect and defend

instead of attack
and divide

i am capable
of great change

we warriors fight

and if there is nothing
to fight about
we will create something

a leopard cannot
change its spots

i cannot change
my instincts

but i can redirect them

the point is ~
let's figure this out

let's find something
productive
for those of us with
warrior instinct
to be doing

we fight
because we feel
powerless
over the behavior
of other people

so we try to force them
to behave differently

we protest war
because we feel
powerless
over the behavior
of other people

so we try to shame
and guilt them
and argue with them
to get them
to behave differently

fighting and protesting
are both
equally ineffective
at changing behavior

if they were effective
there would be
no more need
to fight
and there would be
no more need
to protest

has one government
ever changed its mind
and not gone to war
because the people protested?

but still we march

and still we yell at bees

has any war ever fought
created a lasting peace?
has any war ever solved
one simple problem
without creating another?

and yet still we fight
and still we yell at bees

war is normal
peace is normal

there will never ever

come a time
when all of us
will be able
to live together
peacefully
and never fight again

do you believe this?

pessimist!
the nurturers cry

they believe
they can shame warriors
out of their
aggressive behavior
has that ever worked?

extremist!
the hunters cry

they believe
they can educate people
out of their

warrior instinct
has that ever worked?

insanity
is doing the same thing
over and over
and expecting
different results

we will never ever
live without fighting

never ever?

never ever

it is a survival instinct

we will never ever
stop mating
or gathering
or hunting
or inventing
or nurturing

why would we?

these are instincts
they are normal

we will never live
without warrior instinct

there will always
be a few of us who
need to fight

why?

it’s how we police
our numbers

this is a great truth

but difficult to accept

we have no

natural predators ~
some viruses
and a few large animals

our warrior instinct
makes us kill
in a random fashion

it is not survival of the fittest

it is survival of the random

we don't
kill everyone
over 80 years old

we don't
kill the sickest
30 percent

we send the healthiest
and strongest
off to war
and they die in battle

and then we spend millions
developing medicines
and inventing machines
to extend the lives
of the sickest and the oldest

it is survival of the random

our numbers
are policed by our
warrior instinct
inspiring random acts
of violence
and waging war

what percentage
of innocent civilians
are killed
in every war?

has there ever been
a war where only
soldiers died?

we don't get outraged
and demand that
soldiers only kill
other soldiers

we accept
civilian deaths
as a normal part
of warfare

why?

because
on a species level
we know it's
normal

we realize things
on a species level
that we don't
vocalize

our nurturing instinct
keeps our
mouth shut

but we all know it
our instincts
keep our species alive

often
by inspiring us
to kill each other

we are
self-correcting
as a species

our instincts
guarantee it

why do we commit
senseless

acts of violence?
because
they are senseless

that's the point

they make no sense
because
they are instinctual

why do we build
nuclear weapons?

why do we build
weapons of
mass destruction
that are capable
of killing millions
of human beings?

it is not logical
it is not rational

it is instinctive

those of us
with warrior instinct
believe that
we may have to use them

we do some behaviors
that seem beneficial
to us

and we do some behaviors
that seem harmful
to us

how can both kinds
of behavior
come from the same
person?

it is not logical
it is not rational

it is instinctual

we do not do

any behavior
that isn't beneficial
in some way
to our species

in other words
everything is normal

our inventor instinct
makes us see
the big picture

and when we see our
warrior instinct
in charge
the big picture
is depressing

this makes us
not want to have
children
and makes us
commit suicide

which thins the population

our gathering instinct
drives us to create
fast convenient food
that will make us
feel full

feeling full
satisfies our instinct

we don't eat
because we are
hungry
we eat because
we feel
less than full

fast convenient food
is often
unhealthy for us

and so we die from
obesity
diabetes
and malnutrition

which thins the population

we are self-correcting
without being
conscious of it

we are self-balancing
we are self-adjusting
as a species

our nurturing instinct
has made
major advancements
in health care
and medicine

this has also
created negative effects
people die
from infections
received
while in the hospital

people die
from overdoses
and from taking
the wrong medicine

this thins the population

fear of germs
and sickness
compels us
to rigorously scrub
and clean

this makes us
more susceptible
to infection and disease

and so we die
from viruses
and simple infections

the instincts we believe
are helping us

are also the ones
that are killing us

our greatest assets
are also
our greatest
liabilities

can we change?

we cannot change
our basic nature
but we can
become aware
of why we do
what we do

and we can
embrace the truth
about our instincts

we can find a
place for us to fight
other than in our own
back yards

and
we can find ways
for us to fight
that don’t include
forcing others
to die for our
angry desires

we can find healthy
and productive ways
to use all
of our instincts

we can find ways
to let our
warrior instinct
come out in
productive directions
instead of
destructive directions

we can find ways
for our nurturing instinct
to actually nurture
without judgment
and short-sightedness

we can find ways
for our gathering instinct
to provide
for the needs
of all human beings

we can find ways
for our hunting instinct
to organize our systems
of government
and resource management
to make them more
efficient and effective

we can find ways
to use our inventor instinct
to invent systems
and technology
to improve conditions
for all human beings

but to begin
we must embrace
the truth
about our selves

otherwise
we will continue doing
the same behaviors
and making
the same mistakes

and wondering why
we keep doing
the same behaviors
and making
the same mistakes

we stand at a great crossroads

what will we do?

for a long time
we have used our
warrior instinct
to run our countries

we have elected
people who act out of
warrior instinct
to be our leaders

we have trusted people
who can not admit
when they make
mistakes

people who see
enemies
where they don’t exist

people who force
control
onto others

people who don’t
see the bigger picture

will we continue
to let our instincts
rule our lives?

or will we
embrace the truth
about our instincts
and take control?

have we human beings
ever made
a conscious step forward
as a species
regarding our behavior?

have we ever realized
as a species
that there is something
we all need to learn
and tried to
educate ourselves?

it seems
more normal
that we do nothing

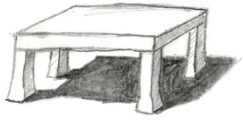
but then again
what is normal?

is it normal to think
that we can change
our behavior?

is it normal to think
that we cannot
change our behavior?

is it normal
to realize
that both thoughts
are two halves
of a whole?

And that
All things happen
In balance



normal

what is normal?

all things are normal

this is a great truth
but hard to embrace

i act like i don't know
what normal is

i know what normal is

all things are normal

my definition
limits my ability
to see clearly

normal
does not mean right
or good
or the way it ~ should be ~

normal means ~ the way it is ~

normal does not mean
healthy for me
or spiritually balanced
or done
according to a
specific set of rules

it simply means normal

normal
is what happens
most often

normal
is the usual

normal
is the majority

all the rest
are judgments
and desires

when i ask ~
what is normal?
what i mean is ~
what is universal?

what should everyone
be doing?

what should everyone
believe?

how should everyone act?

there is no universal

there are no shoulds

all things are normal

dull is normal
exciting is normal

extremes are normal
balance is normal

droughts and floods

happen at the same time
in different places
on the planet

a drought is not worse
than a flood
a flood is not better
than a drought

they are both
a normal part of life
on the planet

both destroy
and both replenish
the earth

it is only
how they impact my life
and the things i value
that cause me problems

the earth has no conscience
it does not see the value
i project onto objects

there is no ~ way ~

to live my life

theories
about ~ ways ~
to live my life
are attempts
to control behavior

it's not as though
we are all supposed to
try to live
without stress
without fear
without worry

there is no way
i am ~ supposed ~ to live

stress is normal
fear is normal

worry is normal

those of us
with nurturing instinct

talk about reducing
the level of stress
in our lives

but our nurturing instinct
is the source of our stress

my nurturing instinct
makes me worry
about the health
and safety of my children

i cannot
reduce the level
of nurturing instinct
inside myself

it is normal

disappointed nurturers

trying
to make dysfunctional
marriages work
are vital
to the continuation
of my species

happy workers and gatherers
are vital
to the continuation
of my species

angry warriors
are vital
to the continuation
of my species

frustrated inventors
who see short sightedness
and stunted thinking
everywhere they look
are vital
to the continuation
of my species

frustrated hunters
who see inefficiency
and ineffectiveness
everywhere they look
are vital
to the continuation
of my species

all are needed

we work well
as a team

even though
we don't realize
that we are working
together

even when
we believe
wholeheartedly
that we are working
against each other

a whole and complete
society
is one that makes
brilliant advances
and the simplest
of ignorant mistakes

a whole and complete
society

is one in which
all of our instincts
are working

that is normal

we gatherers
live with the stress
of believing
that there will
never be enough

and there never
will be enough

we cannot possibly
gather enough food
to last us
the rest of our lives

we warriors
live with the stress
of always having an enemy
and needing to be
constantly vigilant

since all warriors do this
there is always an enemy

and always will be

these are all
normal behaviors
motivated
out of normal instincts

stress is normal

it may not be
healthy for us
but it is normal

childbirth is normal
murder is normal
rage is normal
passion is normal

hatred
love
desire
rejection
abuse
neglect
regret
success
failure
disdain
fear
joy
stupidity
intelligence
judgment and
serenity are all normal

we feel and do
many things
at the same time

and they all serve us
in our day to day lives

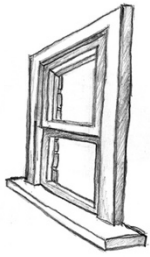
normal people
are whole people

feeling all kinds of feelings
doing all kinds of behaviors
normal is just normal

it is neither good nor bad

it is neither right nor wrong
it is just normal

it exists without judgment



misery

i am the architect
of my own misery

this is a great truth

my animal instincts
motivate me
to do the things
which cause
the circumstances
and situations
i live with

every day
in every detail

of my life
i have the choice
to create happiness
for myself
or misery

and
most of the time
i don't even see it
happening

until i wake up
one morning
and realize
that i am in a
dead relationship

or a dead-end job
or just so bored
i could scream

how did things
get like this!?

i made choices

i did not see
consequences

i acted instinctively

for millions of years
we wandered this earth

we slept
when we wanted to
we ate we laughed
we loved
we went swimming
we played with our kids

but that
wasn't enough for us

so we started
to create things

we created the
concept of money

we created the concept
of exchanging labor
for money

we created taxes
and telemarketing
and parking meters
and one-way streets

imagine

we could have created
anything
we wanted to
and this is what
we created

we could have created
anything

~ anything ~

~ this ~
is what we created

it was wide open

there was nothing here

just us
and our
imaginations

right now
my nurturing instinct
is saying
~ well how are we
supposed to be living?
i don't think things
are so bad ~

my warrior instinct
is saying
~ if you don't like it
then go back
and live in a cave
and see how you like that! ~

my gathering instinct
is saying

~ i don’t know what
you’re talking about
i’ve got everything i need ~

my worker instinct
is saying
~ well it’s something
to think about ~

my hunting instinct
is saying
~ let’s study the options ~

my inventor instinct
is saying
~ let’s reinvent it
so it works better ~

and still
for all my best efforts

i continue to create
and live with
concepts and situations
that make me miserable

why?

i act out of instinct

of all the inventions

and concepts
we have created
these three
seem to cause us
the majority
of our problems

- ownership of property
- value
- currency

ownership of property

no person
can actually own land
it's true

ownership
is an assumption

if you trace back
every title
or deed to land

you will see that
at some point
someone simply said
~ i own this land ~
and that was that

no person has any rights
to any property

the entire concept
is based on
who saw it first
or who has
the weapons
to chase others away

or who has
the most money
to force their claim

ownership
is a fantasy
that exists
only in our heads

we are dependent
on the land
for our survival

how can we
~ own ~ something
we are ~ dependent ~ on?

we can’t
it owns us

ownership is one of the
main reasons
why we fight

how many wars
are going on right now
over possession
of pieces of land?

i am the architect
of my own misery

value

what is something worth?

a tree
is worth exactly one tree
a human being
is worth exactly
one human being

all other value is artificial

the values of things
that i have created

is not constant
or the stock market
would not be needed
since value
is artificially applied
and not constant
how reliable is it?

and yet i treasure
and discard objects
based on this artificial system

if a tree
in my front yard
falls in a storm
it is worth more
than a tree
of the same size and species
that falls
in the middle of a forest
in the same storm?

value is relative
where i sit is what i see

i try to project
a standard of value
onto everything

it doesn't work
but still i try

value is not absolute

i can owe more
on an automobile
than it is actually worth

most things have two prices ~
wholesale and retail

and neither one
is constant
and yet i still try
to apply value
to everything

i even put value
on water air and time

right now
the warriors are sneering
'this idiot thinks
everything should be free!'

because that's what
warriors do~
hurt others
to feel good
about themselves~

i make my life
harder for myself
than it needs to be
that's the point

i am like the salmon

trying to swim
upstream to spawn
i wear myself out
and die in the attempt

when there are plenty
of nice spots to spawn
downstream

i act instinctively

i believe
in the systems i invent

i value them
over natural systems

i am the architect
of my own misery

currency

perhaps
the most unstable
of all of my inventions,
it is the one
i have chosen
to base the stability
of my societies on

why is the prosperity
of our nations
based on the profits
of companies
rather than on the
health and happiness
of its citizens?

our nations
used to be run
by monarchs
who had the most money
and therefore
the most power

our democracies
are not always run
by the desires
of the majority
of the citizens

our democracies
are often run
by the desires
of those who hold
the majority
of the money

it makes
no difference
what kind
of government
i invent

monarchy
republic
aristocracy
dictatorship
democracy
oligarchy
plutocracy

all of them
are based
on the richest people
in the nation
having power
over everyone else

all of them
are based
on the
feudal system

which is our
instinctive
form of government

top ~ wealthy kings
middle ~ a small number of nobles
bottom ~ thousands of peasants

now

top ~ dictators, presidents, political parties
middle ~ the richest citizens
bottom ~ everyone else

we still
have kings

in some nations
our kings are
one person

in some nations
our kings are
a body of
elected representatives

in some nations
our kings are
1% of the population

regardless
the outcome is always
the same

the richest ones
gets their needs
and desires met
at the expense
of all the others

and currency
is the absolute
ruler of all

i have enslaved
myself to something
that i invented

enslaved myself
to something
whose value
is not constant

how difficult
do i need to
make my life
before it feels normal?

the value of money
is not reliable

it is fought over
and often killed for

i invented currency

and yet
it is worth more
in my mind
than the things
i didn't invent
that grow freely
on the planet

i invented
and set up a system
where i exchange
my labor for currency

and then i
exchange the currency

for the things i need

i have consciously
set myself up
two steps away
from being able
to meet my own needs

and my gathering instinct
whispers in my ear
that there is
no such thing as enough

my nurturing instinct
whispers
that money can buy
security and longevity

my warrior instinct
whispers
that i need bigger
and better things

and my worker instinct
makes me shrug and say
'that's just
the way things are
nothing i can do
about it'

i am the architect
of my own misery

suffering

the source
of our suffering
is our own
ignorance
of our own
true nature

can we accept
this simple truth?

we invent
forms of government
but we do not
update them
as years pass

to keep them
relevant
and effective
as needs change

we invent religions
but we do not
update them
as years pass

to keep them
relevant
and effective
as needs change

we rigidly defend
our original
inventions
as though they
were timeless
and infallible

they are not

we update
software
home decor

car
phone
insurance

but we do not
update
our religions
or our governments

the beliefs
we base our lives on

the systems
we trust
to manage
our existence

we rigidly adhere
to our original
concepts

as though they were
timeless

they are not
timeless

they are failing

they fail us
because we don’t
update them

our blindness
to this
creates suffering

we have the power
to stop
the suffering

but we do not
have the awareness
to realize it

if we live in denial
of our own behavior
we create misery
in our lives

if we blame our misery
on others
we will never see
the truth

and we will
never escape
our own suffering

the cause
of all human suffering
is ignorance

ignorance
of the instincts
that motivate our own behavior

ignorance
of the effects
of our own behavior

the cure

is awareness

becoming aware
of exactly
which instincts
we are acting out of
will end suffering

becoming aware
of the effects
our behavior has
on others
will end suffering

awareness is the cure

but
denial
is stronger than truth
anger
is more powerful than kindness

some may call this
pessimistic
fatalistic

what it is
is realistic

it is the truth

those who don’t
believe it
are in denial

and denial
is stronger than truth

truth

there is
no right or wrong

there is no universal
right or wrong

that's the truth

there is no good or bad

there is no universal
good or bad

there is only
what is and what isn't

this ~ is ~ what is happening

and that is ~ not ~
what is happening

this ~ is ~ the way things are

and that is ~ not ~
the way things are

can could might and should
are all desires

my desires
to think and act differently

my desires
for other people
to think and act differently

if there was such a thing
as a universal truth
we would all know it
instinctively

right now

the nurturers are sneering
~ this idiot
doesn't understand
right from wrong! ~

because
that's what
nurturers do
~ shame others
to feel good
about themselves ~

right and wrong
are not absolutes

right and wrong
are desires

they are demands
and expectations
that i put on myself
and others

and when
they are not met

i judge myself
and other people
as being defective

as if
we aren't trying
hard enough

we are not defective
we are human

~ i cannot meet
my own expectations
because my instincts
cannot be satisfied ~
this is a great truth

i constantly expect
more of myself

i keep moving
my own finish line
i will never finish the race

if i free myself
from my desires
then i can live in peace

wrong and right

are not universal

one man's wrong
is another man's right

us warriors
will not believe this

our whole existence
is based on clear ideas
of wrong and right

we will fight you
even kill you
in order to defend our ideas
about wrong and right

this is the origin of laws

disagreement
about what is right
and what is wrong
is the origin of war

right and wrong
are subjective

if right and wrong
were absolute
we would all have
the same religion
and the same
kind of government
and eat the same breakfast

right and wrong
are not universal

good and bad
are not universal

one woman's good
is another woman's bad

nurturing instinct
makes daughters
and mothers
and mother-in-laws
and daughter-in-laws
fight

two women
trying to nurture
the same man
or child
two different ways

good and bad
are judgments
not facts

if i cling
to judgments
they will continually
fail me

the consequences are
that i may often be
disappointed

us nurturers
will not believe this

our whole existence
is based on
clear ideas
about good and bad

the health and safety
of our children
depends on us
making good judgments

we seek a universal

of course we do

we strive
for an absolute code
of good and bad

we need it
to do our job

this is the origin
of religious doctrine

good and bad
are subjective

where we sit
is what we see

if good and bad
were absolute
we would all have
the same religion
and the same
kind of government
and eat the same breakfast

good and bad
are not universal

us warriors and nurturers
believe
that the establishment
of a strict code of behavior
is the key
to a happy and safe society

it is in reality
it's downfall

since there is no
universally accepted
code of behavior
we argue and fight
constantly

it pushes us apart
it makes us kill

desire
for a universal
wrong and right
and desire
for a universal
good and bad
cause us more harm
than good

yet we persist

why?

because we are human

because we have eight
primitive survival instincts
motivating our behavior

and we do not see
the consequences
of our behavior

and that is normal

there is no universal
right and wrong

there is no universal
good and bad

this is the truth

i may not
want to believe it
but it is still
the truth

just because
i believe something
doesn't make it
the truth

no matter how hard
i believe it

no matter how many
of my friends
believe it

if every single
human being
on earth
believed
the same thing

that still
would not make it true

that would
simply make it
the thing
that every human being
on earth believes

belief
is not truth

the truth
is the truth

whether we believe it
or not

if i close my mind
in judgments
and harbor desires
my heart will be troubled

it is always mine
to choose

but
there is usually
some kind of payoff
for me
in every behavior that i do

i am not motivated
to do things
that don't give me
a payoff

the only question is
what is the payoff?

how does it benefit me
to criticize
other people's
behavior?

is it
so that i can feel better
about my own
behavior?

does yelling at bees
improve my life
in any way?

does feeling smarter
than someone else
make me happy?

is it more important
for me to be right
than it is to be happy?

i live in denial

i deny the truth about
my life

my warrior instinct
protects me from
the truth

i don’t know
i am doing it

but if i have
unresolved anger
i swallow it

a cancer in my stomach

i deny my feelings
i deny my reality

so i live with anger

and i talk loudly
and angrily
about what is wrong
with other people

so i don’t’ have
to talk about
what is wrong
with me

my warrior instinct
protects me

it is my survival
instinct

perhaps i have made
mistakes
in my past

i live in fear
of the truth
coming out

so i get angry
at others
and point out
their mistakes
and punish them

to ease my own fear
and keep the focus
off me

i fight with others
but it doesn't make
my fear go away

i argue with
other people
and try to
convince them
that i am right

but it doesn't
right the wrong
in my own life

no matter how
many times
i have the same
argument
it gives me no peace

it is like a drug

i have to keep arguing
again and again

feeling right
doesn't last

i don't talk
in a loud
and angry voice
about things that are
common knowledge

there's no point

i don't talk
in a loud
and angry voice
about things
everyone knows
are true

there is no point

i talk in a loud
and angry voice
about things
i want to convince
other people
are true

but no matter

how much i argue
i cannot convince
myself
they are true

which is why
i have the same
arguments
over and over

my warrior instinct
protects me
from emotional pain

but it cannot
heal me

need

what do i need?

i need food water
shelter and safety

these are my basic needs

for millions of years
my needs
have not changed

i eat drink sleep
poop pee have sex
entertain myself
bear young and raise them
and care for the old
and the sick

what i do
has not changed

how i do it
has changed
dramatically

everything i invent
create and build
i do so to enhance
my experiences of
eating drinking sleeping
pooping peeing
having sex
entertaining myself
bearing my young
and raising them
and caring for the
old and the sick

i am a caveman
with a cell phone

it’s true

as cavemen
we caught fish
in a stream
cooked them over an open fire
and slept under the stars

what do i want
to do on my vacation?

go far away from
civilization
catch a fish in a stream
cook it over an open fire
and sleep under the stars

why is it
that after all this
time and effort
i have put into
building my civilization
that i feel the most
relaxed
when i am away from it?

because i am an animal

and I am more like
the other animals
than I am different

in all this time

i have not changed
all that much

my basic needs
have not changed

i need food water
shelter and safety

but now
i have to have money
to get food water
shelter and safety
and i have to
have a job
to make money

i am two steps away
from supplying
my basic needs
at all times

i set this up
i could have created
any system

or no system

and i have created
a way of living
where i consciously
and willingly
place two barriers
between myself
and my needs

my needs
have given way
to my desires

i have confused
needs
with wants

i want water
available everywhere
and at any time

and i am willing
to get a job
to make money
to pay
for that service

i want food
everywhere
and at any time

and i will work

for money
to afford
to buy it

i want the biggest
newest shelter
i can get
and i will work
to afford it

i want
someone else
to worry about
my safety
and i am willing
to get a job
to pay for the service

we all need
the same things

we all want
different things

~ our needs
unite us ~

~ our wants
make us fight ~

us warriors

and nurturers believe
we should all want
the same things

but even us warriors
and nurturers
disagree

i may say
i need to build
a big house
because i can
afford to do so

or i may say
i should live simply
and share what i have
to help others

there is no
correct way
to live my life

it's my life!

i simply need
to live it

if i can afford
to build a big house
then i will build it

if i feel motivated
to help people
less fortunate
than me
then i will help them

judgement
isn't needed

but us warriors
and nurturers
are the most
intolerant
of the differences
between people
i will tell you
with a straight face
that i am only
trying to be helpful

and that i only have
your best interests
in mind

while i point out
to you

how incorrectly
you are living your life

all people are different

even all
warriors and nurturers

all needs are the same

all wants are different

we need food
water shelter
and security

but we don't
design and build
to take care
of our needs

our needs
don't come first
our desires
come first

our needs are often
an after thought

what we want
what we desire

that is what gets our
first attention

our most energy
and our narrowest focus

not what we need
we are simple creatures

we have simple needs

our desires are complex

our wants are insatiable

because they are
motivated
by our instincts

as smart as we get

as technologically advanced
as we become
as far reaching
as our influence goes
and as much as we say
we want to help each other
and guarantee the security
of all our citizens
we do nothing
about guaranteeing
that each citizen has
food water shelter and safety

we spend our time
and energy
killing other people
to prove to ourselves
that we are right

or trying to make
as much money as we can

or trying to possess
natural resources

never
have we set up
a country where
the government
guarantees
every citizen
food water
shelter and safety

regardless
of what war
is going on

regardless
of the value
of our currency

regardless
of the profits
of corporations

because our instincts
with the narrowest view
are the ones
making decisions

we don't
take care
of each other
because
we are too busy
taking care
of our own desires

my warrior instinct
makes me
force other people
to satisfy my desires

it makes me
not care about
or even see
the needs of others

my gathering instinct
makes me
rush around
grabbing everything
in sight
i am obsessed
with my desire
for more

it makes me not care about
or even see
the needs of others

and yet
these two instincts
make the laws
create governments
establish institutions
and define our beliefs

i use my
warrior instinct
to define

and explain my world

but my
warrior instinct
makes me see
only
black or white
right or wrong

it is the
most short
sighted
of all my instincts

why is this
the one i use
for such
important things?

because i still
have not learned
that i act out of
primitive instincts

i have not
embraced
my true nature

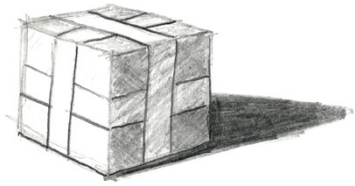
no wonder
i have problems

no wonder
i don’t know

my needs from
my desires

no wonder

it’s instinctive



love

i desire to be loved

love

it's a simple word

but the feelings
and behaviors
it describes
are complex

love is not desire

desire is desire

love is love

i can desire someone
and not love them

i can love someone
and not desire them

there appears
to be
at least
two kinds of love

infatuation
and support

infatuation
i cannot predict
or control

it is biological

it keeps
our species
reproducing

support
is when i choose
to help someone else

when there is no
payoff for me

infatuation is easy

supporting someone
when there is no
benefit to me
takes commitment

how many
happy relationships
do i know of?

can i count them
on one hand?

infatuation is easy

actively supporting
someone else's needs
requires commitment

my nurturing instinct

makes me believe
everyone
has a soul mate

that there is
a perfect partner
for me somewhere

~ the one ~

~ the one ~
is the person
who has both kinds
of love for me

and i believe
it will last
forever

but is it true?

what proof
do i have of this?

how many relationships

do i know of
where both partners
are ~ the one ~
for each other?

none?
one?
two?

is it the way
relationships normally
happen?

no

and yet i still cling
to the idea

the reality is
there are a million
potential partners
for me

all with different
levels
of infatuation
and support

my nurturing instinct
makes me strive for
the ideal

but i always end up

with the real

why?

i live in fantasy

it is the nature
of my nurturing instinct

i avoid bad things
and trust in hope
and faith
it is what makes me
good at nurturing

it is what makes me
have problems
in relationships
relationships are real
people are real

my nurturing instinct
makes me desire
fantasy

i sit and wait
for ~ the one ~
to walk into my life

i kiss every frog i meet
hoping one will turn into
my perfect mate

marriage was invented

by my nurturing instinct

born out of the fantasy
that someone
will love me forever
and never want to be
with another person

despite the reality
that more than half
of all marriages
fall apart

despite the reality
that love fades
and eyes wander
i cling to this fantasy

i believe it is a positive
thing to do

and i use shame guilt
and fear to try to
force my fantasy
to be real

which kills intimacy
and destroys
my relationships

we nurturers ask

~ why can't i have a healthy
happy relationship? ~

it is normal
for those of us
who act out of
nurturing instinct
to have unhappy
unhealthy relationships

our nurturing instinct
does not help
us to have
healthy functioning
relationships

that's not it's job

our nurturing instinct
motivates us to bear children
and do whatever we can
to keep them alive
for as long as possible

those
who act out of
nurturing instinct
are attracted to
those who act out of
warrior instinct

it is instinctive

it is what
our species needs
for survival

we are animals

and we are
more like
the other animals
than we are
different

a human that is
motivated
to bear children
and nurture them
will instinctively
be attracted to
a human who is
motivated to
protect and defend others

my choice of partners
is usually not a

rational or
conscious choice

i am guided by instinct

i don’t choose
who i am attracted to

i don’t choose who
i fall in love with

it’s instinctive

my worker instinct

inspires me
to have healthy functioning
relationships

if i act out of
worker instinct
i will be attracted
to someone else
who acts out of
worker instinct

our similarities
of attitude
are comforting

if i act out of
gathering instinct
i will be attracted
to someone else
who acts out of
gathering instinct

these two
~ worker and gathering instincts ~

create the partnerships
that last for a lifetime

but
a whole and complete
society
is not whole and complete
because everyone has
a happy healthy
relationship

a whole and complete
society
is whole and complete
because
all of our instincts
are working

how many relationships
do you personally know of?
how many of them are
happy and healthy?

relax
you are normal

we nurturers will see this
as negative and pessimistic
we want to believe in
something positive

of course we do
we are nurturers

we want to believe
that everyone
can have a
healthy happy relationship

if we all just
try harder
and think positively
it can happen

we human beings
have been here for
millions of years

have healthy
happy relationships
ever been the majority?

are they still the majority?

we nurturers

don't like reality

we prefer to live in fantasy

of course we do
we are nurturers

and our insistence
on believing in fantasies
causes us to not be
emotionally present
in our relationships

our nurturing instinct
makes us live in
~ the regret of yesterday
and
~ the fear of tomorrow

there is no energy left
for us
to be here
~ today
~ right now
~ in this moment

which makes us
unhappy and unhealthy

we are the architects
of our own misery

why don't our
relationships work?

because we act
out of instincts

for millions of years
we only lived to be 25 or so

our instincts seem
to serve us well
for the first 25 years

after that
they seem to
work against us

our nurturing instinct
makes us use
shame and guilt
to get our desires met

shame and guilt
destroy intimacy

every time
i use shame
to get my partner
to change
their behavior
i put a block to intimacy
between us

picture a small brick
that i place between us

my partner
has to walk around it
or step over it
when they want to
get close to me

a few bricks
are not so bad

but after a few years
there are
so many bricks
that the path
becomes
an obstacle course

tired of stumbling
over the same old bricks
my partner
gives up trying

it’s too much work

i have killed the intimacy

i am the architect
of my own misery

but i will blame
my partner

they aren't trying
hard enough

they don't love me

i will use more shame
and not see
the consequences
of my own behavior

of course not
i am acting on instinct

i don't do these things
on purpose

it's not logical
to shame someone
who loves me

it's not rational
to kill my own intimacy

therefore
it must be instinctive

how can a woman

smoke cigarettes
for years
and know
the health risks

but be unable to quit?

but the day
she finds out
she is pregnant
she quits immediately

and doesn't smoke
for 9 months

it's instinct

and instinct
is stronger
than physical addiction
psychological addiction
peer pressure

or will power

within days
after her child
is born
she goes back to smoking

her nurturing instinct
has been satisfied

so the addiction
takes over again

instinct is powerful

those of us

who act out of
worker instinct
have the 50%
of marriages
that work

we workers
stay married for life
why?

simple

we don't
act out of
warrior or nurturing instincts

our warrior instinct
uses force
or threat of force
to get our needs met

if we use force
in a relationship
we kill the intimacy

love dies

our nurturing instinct
uses shame
guilt and fear
to get our needs met

if we use shame
guilt and fear
in a relationship
we kill the intimacy

and love dies

want love to last?

use your
worker instinct

my worker instinct
makes me get up
every day and do what
i have to do
to take care of myself
and my loved ones

if i act out of

mating instinct
i will continue to be
sexually attracted
to other people
for my whole life

whether or not
i act on that attraction
is always my choice

if I act out of
attraction instinct
i will continually try
to be attractive

this is normal

it will however
cause problems
of jealousy
for my partners

but
there is no right way
to live

there is no bad way
to live

there is only
the way i am living

and the way
i am not

there is no ~ one ~ way to live

there is not only
one kind of fruit
or one color of flower

or one shape
to all faces

why do i suppose
there should be
only one person
that i could love?

good and bad
are not universal

wrong and right
are not universal

they blind me
from the truth

and distract me
from seeing love

even if it is
right in front of me

i walk past
potential love
all day long
and don't see it

why?

i don't take the time
to look in their eyes

falling in love is easy
in the eyes
there is a spark

i miss out on love
because
i am too busy
looking at
other things

perhaps i desire
to be with someone
who has longer legs
or larger breasts
or blonde hair
or blue eyes not brown

or a larger bank account
or a more expensive car

i miss the opportunity
for love all the time

my desires
cloud my vision

i am the architect
of my own misery

love is difficult
love is easy
love is obvious
love lies hidden

i may have problems

with relationships

they all seem to be
difficult
and turn out the same

if all my relationships
turn out the same
then what is the
common denominator?

~ i am ~

if i change nothing
nothing changes

infatuation
sprouts on its own
it makes us have sex
and reproduce

it is born out of our
attraction and mating
instincts

i am an animal
i am a sexual animal

i have sex
to reproduce
i also have sex
to show love

it is how i
physically bond
with my partner
it is one way
to love them

and show them
how much i love them

it is one way
to spoil them
and make them
feel special

when i deny
my sexual nature
when i suppress it
or try to control it
it comes out
in unhealthy ways

when i attach
shame or guilt
to my sexuality
i create problems

i am a sexual animal

it is my true nature

i enjoy sex

it is how i relax
it is how i connect
it is how i celebrate
it is how i live

it is my true
animal nature

there are

many people
for us to be
attracted to

it's a matter
of numbers

of course it is

my nurturing instinct
doesn't like to think this
but it's true

in every 100 people
that you encounter
there is a percentage
that you will be
sexually attracted to

there is also
a smaller percentage
that you will believe
are your soul mates

it's biological

otherwise
our species
would have died out
a long time ago

we are attracted
to each other
we are motivated
to have sex
and we reproduce

it's biology
it's not a logical
rational choice
it's instinctive

but support
is not biological
it's a choice

choosing
to act in a
loving manner
towards someone
transcends biology

it is true love

true love
is the purest thing
we create

but it takes work

because
even true love
is not safe
from our instincts

my nurturing instinct
makes me act loving
but often
i use shame or guilt
to point out
what i have done
so others can thank me

now i have
stopped being loving
and started promoting
myself
i want to be noticed
for my good works
and be thanked

i just killed the love

i can find more ways
to kill love
than i can
to keep it alive

why?

because i act out of
my instincts

my warrior instinct

makes me
want to protect people

but i want them
to realize
what i am willing to do
and be thanked for it

i want to be praised
for being willing
to put my life
on the line for theirs

this is not love
it is vanity

i am satisfying
my own desires
to feel useful
and important

they did not ask me
to risk my life
so they owe me nothing

if i volunteer
to put my life
on the line
then i do so
of my own accord

and expect no thanks

love cannot be forced

or manipulated
into how i want it to be

love is organic

it sprouts by itself

if i water it
it will grow

if i try to dictate
it's growth
it will die

the sooner i come
to understand
my true nature
and accept it
the happier i will be

and then loving
and being loved
will be less work
and more rewarding

we are capable of love
it may not have been
dominant
in our past

but it is our choice
to make it dominant
today

our instincts
may dictate
our attractions

but we still have
the power
to choose
our behavior

meaning

why am i here?

what is the
meaning
of my life?

the answer is

i don’t know

some people claim
to know

there are
many theories
some scientific
and some religious

but in the end
i still don't know

there is no proof
that these theories
are true

if there was
there would only
be one religion
the correct one

and we would all
recognize its truth

or there would be
no need
for religion
because science
could explain everything
and provide proof

all religions claim
to be correct

but none can support
their claims

none can present
their creators
for inspection

for all the faith
devotion
trust and passion
we put into our religions
we still cannot present
the being
we believe
created everything
and have it answer
our questions

religions
are assumptions
and myths

science is theories

but
for all the research
we have done
none of us can answer
this simple question
~ who or what
told the electron
to go around the neutron? ~

and give us
tangible proof
of the answer

we can guess at

how we came to be

we can guess at
when we came to be

we can guess at
where it all started

but none of us
can answer
why

here are a few
possibilities

one ~

we evolved
from lower forms
of life
we are blindly
stumbling along
neither right nor wrong
and making it all up
as we go

there is no
predetermined
reason for us
to be here

there is nothing
that we are
supposed to do

we are simply
one of many
species
that live on the earth

everything
that happens
is up for grabs

two ~
we came
from another planet
and don't actually
belong
on this planet

we are a seed race
from other beings
or a species that
was looking for
a new home

three ~
a divine being

created everything
and gave us
this earth
to use as we see fit

our time here
is brief
until we go
to our eternal reward
somewhere else

so how we treat
the earth
is of little
consequence

what is the most
important thing
is to convert
as many people
to our religion
as possible

four ~
we don't
actually exist

we are a dream
of some more advanced
spiritual being

five ~
we are
evolving organisms

we started as
single cell beings
and are in the process
of becoming
multidimensional
beings

currently
we exist in
three dimensions

six ~
The earth
is a living organism
it makes no mistakes

The earth owns us
it created us

We are
dependent on it
for our basic needs
air water food

In exchange
we are doing
a job for the earth

we are

helping the earth
to change its atmosphere
so it can progress
to the next stage
of its life

millions of years ago
the atmosphere
of the earth
was very different

now
it contains mostly
nitrogen and oxygen

if the earth
needs to change
it's atmosphere again
how would it do it?

it would create
a species
that would help it

we are that species

our job
is to destroy the ozone
so that the
polar ice caps
can melt

and help the earth

create its new
atmosphere

it is not logical
for us to invent
technologies
that destroy
our own ability
to breathe

it is not rational
for us to pollute
the water we drink

it is instinctive

why are we here?

why is everything here?

i don't know

that's the truth

there are many theories
many fantasies
many possibilities

but the truth is
we don't know

this is
not acceptable
to my instincts

my nurturing instinct
tells me i should know

and where
there are ~ shoulds ~
there are conflicts
i should be

searching
for an answer

i should be doing
everything i can
to improve
the lives
of human beings

my warrior instinct
tells me
that i do know

this is where
the fighting starts

two of us
human beings
who believe
in two different answers
can have difficulty
living in the same
geographical area

we fight wars
over
different beliefs

i can’t prove
my beliefs are true

all i have is faith

i can’t prove
your beliefs are false

all you have is faith

all we have is faith

but faith
is not proof

faith is belief

and i believe
that i am right
and that you are wrong

and you believe
that you are right
and i am wrong

and so we fight
both of us believing
that the god
we invented
is on our side
and will help us win

we both believe
the same thing

we both believe
something different

but in the end
all we are
really doing
is assuming

what is the meaning

of my life?
how do i live my life?

what am i
supposed to do
while i'm alive?

how do i find happiness?

the answer here
is just as simple

~ don't base your life
on theories ~

good luck!

so much of our lives
are based on theories

to separate ourselves
from theories
would be difficult

i am the architect
of my own misery

but my instincts
are my motivation
and i cannot
turn them off

no matter
how hard i try
i may not be able
to change a thing

my nurturing instinct
may call this
pessimistic

it is neither pessimistic
nor optimistic

it is simply realistic

my nurturing
gathering and warrior
instincts
usually choose
faith over fact

they make me
believe it's optimistic
to base my life
on assumptions
theories and myths

well what
am i supposed
to base my life on?

first of all
there are no
~ supposed-tos ~

it's not as though
there is a correct
way to live
and an incorrect way

my warrior instinct
will not accept this

it demands
a clear idea
of right and wrong

my nurturing instinct
needs to know
what is good and bad

my worker instinct
desires predictability

my instincts will override
my common sense

assumptions
satisfy my instincts

here are some of the
assumptions
that i try to live by
that cause me conflicts

~ there is only one true religion
~ i can own land
~ money is as valuable
    if not more valuable
    than rocks and trees
    dirt plants water and air
~ we are the most intelligent
    species on earth
~ other people should be
    thinking the way i do

if i can eliminate
assumptions
from my life
i may be able to
live a peaceful existence

but i may
have to live it
on the top
of a mountain
alone

belief

i need to believe

in something

this is obvious

so i invent gods
i invent religions

religions are paths
to help us
find our way
through the woods

some paths
go through the woods

and some paths
just go round and round
and never come out
of the woods

all religions are myths

they are stories
that i make up
to try to answer
the three big questions of life

one ~ what created me
and everything around me?
two ~ why is all this here?
three ~ what happens to me when i die?

every religion
has its own answers

religions are fantasies

if i choose to
believe in fantasy
over reality
i will have problems

but i will blame
others
for my problems

because i believe
my religion is right
and good

one religion is not right
and another one wrong

one is not good
and another one bad

so why do we argue
and judge
and disagree
and force
and fight
and kill each other
in the name of our religions?

because killing
each other
is how we thin our species
it’s normal

all religions consist

of two things

one ~ a story which tries to answer
the big three questions

two ~ a moral code of behavior

each one
has a book in which
our particular beliefs
and code of behavior
are written

each religion believes
that its own book
is the truth

and all other books
are wrong

but
our religious beliefs
are static

nothing in life is static

how can we live
an organic existence
based on static beliefs?

all religious beliefs
must change

as life changes

they must grow
and evolve

as we do

we
invented religion
it did not invent us

otherwise
there would be
only one
and we all
would know it

we did not invent faith
we invented religion
out of faith

we made up stories
to give ourselves
credibility

we wrote these

religious books
out of our faith
and fears
our desires and hopes
our shame and guilt
our anger and needs

all religions
are projections
of our own instincts
designed to satisfy
our desires

all religions are pieces
of the puzzle
small pieces
of the big picture

and every piece
is worth holding
in my hand
and contemplating

our sameness

unites us
our differences
make us fight

nowhere
do our differences
show up faster
than in our religions

why do i cling
to a religion?

what can it give me
that i cannot
give myself?

i am drawn
to a religion
out of fear

fear of what will
happen to me
after i die

without

the ability to die
see what happens
and then come back
to tell everyone
what it's like

all i can do
is to believe in a story
about what happens

i am drawn
to a religion
because it is
comforting

it comforts me
to believe
that there is
something
or someone
watching over me

i don't have to
live in fear
of sickness and death
for myself
or my children

this is very comforting
to my nurturing instinct

i am drawn
to a religion

out of fear
of being alone

i feel small
and insignificant
in such a big
universe

i may see myself
as being unattractive
or unable
to find a mate

i want to feel
embraced and wanted

i can feel accepted
and protected

this is
very important
to my worker instinct

i am drawn
to a religion
out of shame or guilt

perhaps i feel embarrassed
about some behavior
i have done
and want
to feel forgiven

if i can turn over
what i have done
to some greater power
then i don't have to bear
the consequences
of my behavior

this is
very attractive
to my warrior instinct

if my god
has forgiven me
then who are you
to still hold me
accountable?

i am attracted
to a religion
because i feel powerless
to stop doing
a certain behavior
and i desire relief

i can feel normal
and forgiven

this is
very powerful
to my gathering instinct

guilt shame
and fear are

manifestations
of my instinctual behavior

but
nothing
can heal
my instinctual behavior

i cannot ~ correct ~

my instincts

there is no
supernatural power
that can magically
change my behavior

this is a great truth

but i can
refocus my instincts
and become
obsessive
with a religion

if i study
and work and practice
at my religion
i can find what i need
to satisfy the desires
of my instincts

my warrior instinct
makes me think
my religion

is the right one
and other religions
are wrong

i desire
to be on the side
of the ultimate right

what is more
right
than my god?

my nurturing instinct
makes me believe
that my religion
is good
and other religions
are bad

i desire
to be on the side
of the ultimate good

what is more
good
than my god?

i can escape
the obsessive behavior
of my gathering instinct
and obsess
about my religion instead

what will provide for me
better
than my god?

i can study books
and feel proud of
how well i know the history
of my religion

my hunting instinct
will be satisfied

what is there
to be more proud of
than my god?

i can enjoy
the predictability
and the safety
my religion gives me

and my worker instinct
will be happy

what is more predictable
or safer
than my god?

there is only
one problem

there are no gods
there is only desire

gods are manifested
out of desire

the desire to be right
the desire to be safe
the desire to be good

the desire to be
taken care of

the desire to be loved
unconditionally

religions
are not belief systems
based on facts
they are belief systems
based on desires

which is why
they are so popular

every religion

has a little bit
of universal truth
to make it believable

every religion
has a little bit
of mystical fantasy
to make it attractive

every religion promises
the same thing
answers

and every religion delivers
the same thing
faith

religions can work well
for all of my instincts

they can make me feel
so right so good and so safe
that i become compelled
to tell others
about my religion

i may even believe
it is a part of my faith
to witness to others
about my beliefs

if i must tell others
and try to convert them
to my religion
then my beliefs
are not pure

why am i trying
to convince others?

because i am trying
to convince myself

if i really believed
that my religion was true
it would not matter
to me if others
believed it or not

it would sit inside me
like a warm friend

my desire to convince others
shows that in my heart
i really don't
believe it myself

my warrior instinct
will not accept this

it makes me believe
that right is right

and if i believe
something is right
i will try to force
what i believe
onto anyone
who disagrees with me

my nurturing instinct
makes me believe
that good is good
and i will use shame and guilt
to try to convince you
to believe what i do

my gathering instinct
will make me use fear
to try to convince you
to believe what i do

this is still yelling at bees

even if i do it
in a quiet voice
with a smile
and a little bit of shame
or fear
and the best of intentions

none

of our religions
exist only as a belief
in a higher power

they all come
with some kind of rules
for our behavior
~ thou shall not masturbate ~
~ thou shall give 10%
of your income to the church ~

rules for behavior
are created as a path
to some kind of reward

every one
of our religions
has rules of behavior

it is what defines them
as a religion

if i do this
and think and act
like that

then i will be
rewarded
by the creator

these rules
of behavior
differ from
religion to religion

some of them
are directly opposite
of each other

but i am not allowed
to accept the story
without
the rules of behavior

it’s a package deal

i cannot simply believe
there is something
watching over me
without also accepting
the definition
of what that thing is

and what it expects of me
and what it considers good
and bad
and wrong
and right

and what
it will do to me
if i don't do
what it wants

why do i do this?

why do i
set myself up
for failure and shame?

what would be
so bad
or wrong
with a belief
in a creator
without
the code of behavior?

just a loving god
with no expectations?

no heaven or hell
no reward
no punishment

just a loving presence
to help us

the problem is
that wouldn't satisfy
my primitive instincts

i need a god
and i need a devil

i need good and bad
and wrong and right
in order to feel
normal

god and the devil
are two sides
of the same coin

a coin forged
by us men
out of our desires

a one-sided coin
cannot exist

god has no purpose
without the devil
the devil has no purpose
without god

all things happen in balance

my warrior instinct

writes codes
of behavior
and demands
that you obey them

or else
you will be punished

my warrior instinct
holds things sacred
my nurturing instinct
rejects profanity

there is nothing sacred
there is nothing profane

this is a great truth

both are desires

and personal feelings
of what is comfortable
and not comfortable
to my particular instincts

sacred and profane
are not universal

if i make something
sacred
i also manifest
profanity

sacred and profane
are two sides
of the same coin

one cannot exist
without the other

one defines the other

sacred has no value
unless it is compared
to profane

profane
has no power
unless it opposes sacred

one religious text
teaches that life
is a constant struggle
between good and evil

another one claims
that if you give evil
nothing to oppose

it will vanish
from lack of use

which one is right?

good and evil
are two sides
of the same coin

a coin forged
by us men with
warrior instinct

to satisfy our desires
to be in control

there is no such thing
as evil

there is no such thing
as good

this is a great truth
there is no good
there is no evil
there is no god
there is no devil

there is nothing sacred
there is nothing profane

there is only us
and our desires

born
out of our instincts

all the rest
are just words

words carry no power

except that
which i give them

why do i live in fear
of the power
of certain words?

what lack is there
in my life
that is being filled
with fear?

fear can only
enter my soul
if there is room for it

fear is a phantom
manifested by desire

desire to control behavior

belief

without questioning
is an empty shell

if the thing
that i believe in
cannot stand
to be questioned
then is it really worth
believing in?

questioning
what i believe
is the path
to spiritual truth

the best thing
a religion
can teach me
~ is how far short
of the truth
my religion is ~

when i become
so educated
in religious doctrine

that i see
it’s shortcomings
then i have achieved
true spiritual
enlightenment

spiritual beliefs
make no demands

real pure
spiritual beliefs
sit inside me
like a good hot meal

they fill me up

they ask nothing further

spiritual awareness

does not mean
i become aware
of how other people
should
be living their lives

spiritual awareness
means ~
i become aware
that there are
no shoulds

God

there is no god

everything is god

both are true

there is no deity
no being
no force

no power
no energy
outside of us

we are all god
together

god is the sum
of the unselfish love
that radiates
from each of us

the power
that lives inside us

when i hold
a door open
for a crippled person

when thirty people dig
with their hands
to pull survivors
from under
a collapsed building

everyone is god
everything is god

we are all
made from the same
materials
hydrogen, oxygen, carbon

the earth
and everything on it
is made from the same
elements

we are more alike
than we are different

there is no god
everything is god

some people pray

who
or what
are you praying too?

and what are
you praying for?

your religious beliefs
may claim
that your god
has a plan for your life

do you believe
that it knows
better than you
how your life
should be?

then why
are you praying?

what do you actually believe?

are you trying to tell
your god
what to do?

are you thinking
that you know
better
than your god
how your life should go?

what do you actually believe?

you may say
‘everything happens
for a reason’

and then pray
to your god
to intervene
in a situation

which one do you believe?

either you believe
your god knows
what it is doing
or you don’t

either you believe
your god’s plan
for you
is better
than your plan

for yourself

or you don't

do you
actually know
what you believe?

praying is pointless

praying is
our selfish desire
to try to
manipulate outcomes

praying
exposes
religious beliefs
for what they
actually are:
fantasy and desire

religious beliefs
are faulty
because they were
invented
by human beings

~ because
they are conceived
in fantasy
and powered
by desire ~

the earth

is a living organism
it created us
it provides for us

some
religious beliefs
have used the earth
as a model
for their own god

a creative force
that provides for us
and expects us
to do its will

and then
they cast this god
in the image of
human beings

to feed
our desire
for one-upmanship

~ and elect ourselves

as the greatest power
on earth ~

religious beliefs
written by humans
projecting
their own image
onto their
concept of a god
are faulty
because
they are conceived
in fantasy
not truth

look at
our giant egos
how silly are we

i don’t need beliefs
i need truth

~ i don’t need
religious beliefs

i need
spiritual truth ~

hope is useless

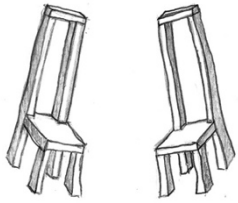
faith is useless

truth is all you need

there is no heaven or hell
no after-life
no before-life

there is just life

live it



the path

ignorance is bliss

this is a great truth

if i become
aware
of spiritual truths
they will not
make me happier

they will only
make me
spiritually aware

spiritual awareness
is like the moon

it looks beautiful
from a distance
it glows and beckons

the journey to it
is long and difficult
and dangerous

and when i get there
it is a cold rocky dusty
lonely desolate place
with nothing to eat

i desire

to live with serenity
in my life

what is serenity?

serenity is living
without fear
shame or guilt

serenity is living
without assumptions
without shoulds

my nurturing instinct
will not let me live
without assumptions
and without shoulds

my warrior
and gathering instincts
will not let me live
without assumptions
and shoulds

spiritual awareness
is when i
become aware of
the true nature
of human beings

and i accept
how little power i have
in changing others

acceptance
is true
spiritual awareness

spiritual awareness
is when i come
to understand
the true nature
of my own instincts
and make peace
with myself

accepting myself
exactly as i am
allows me
to live free
from the burden
of my desires

~ acceptance
is the only path
to serenity ~

i struggle with acceptance

my warrior instinct
will not accept
that i have no control
over other people

my nurturing instinct
will not accept
that i will eventually die

my gathering instinct
will not accept
that i may actually
have enough of something

these three instincts
make me live on faith
rather than proof

spiritual awareness
is when
i come to realize
how far short
of the truth

my belief really is

my hunting instinct
accepts things
as they are

my inventor instinct
accepts things
as they are

my worker instinct
accepts things
as they are

which is why
these three instincts
don't rule the world

~ because they accept
without trying
to change
other people ~

spiritual awareness
is when
i become aware
how each of us is
saying the same thing
wanting the same thing
feeling the same thing

we are only acting
out of different instincts

we are more alike

than we are different

spiritual awareness
is when our alikeness
is more obvious to me
than our differences

spiritual awareness
is not a ~ way ~
to live my life

it is a process
it is a moment
it is both
at the same time
and neither

it is a small
realization
in the middle
of a conversation

~ ways ~
to live my life
are lies

the way to live my life
which can be
written down
is not the way
to live my life

if i can describe it
i limit
what it can be

if i define it
i limit
it's definition

can i do this?

can i put my
primitive instincts aside
so that i can embrace
a bigger truth?

am i that powerful?

can we,
as a species
as a group of humans
accept this much
about ourselves
and each other?

in cartoons

men climb to the top
of a mountain
to ask the hermit
~ what is the meaning of life? ~

why is the most
spiritually aware
person on earth
sitting alone
on top of a mountain?

because
spiritual awareness
makes it difficult
to live with
the people around us

if i want to get along better
with the people around me
i must leave
spirituality
and religion alone

some religions
promote themselves

as paths to greater
spiritual awareness

but religions are doctrines

they do not seek
to promote awareness
about different
views of reality

or to question
the things i believe

they seek to promote
their own view of reality
and repress
questioning my beliefs

the paths of religion
do not lead
to spiritual truth
they lead the other way

neither path
will make me truly happy

they both
lead me away
from myself

when i was born

i was whole and complete

any path
i decide to follow
can take me away
from myself

the path to religion
can lead me
to a better
understanding
of that religion

it cannot lead me
to myself

the path
of spiritual growth
can lead me
to a greater understanding
of the way things are

but it will not
lead me to myself

it will lead me
from question
to question
as i try
to comprehend
the universe
and everything in it

i often assume
that if i study a religion
and practice it
long enough
it will make me
whole and complete

i often assume
that if i follow a path
of spiritual growth
and question everything
in order to understand
the world
and everything in it
and how it all relates to me
then i will feel
whole and complete

when i was born
i was whole and complete
i needed nothing
spiritual or religious
to complete me

if i traffic in judgement
and fill my heart
with shoulds
i will be sad and angry
until the day i die

all paths lead me
away from myself

to be truly happy
i must simply
hold on to my center

it is the source
of the power

eleven truths

1 i am more like the other animals
than i am different from them

2 i am more like other human beings
than i am different from them

3 we all have the same instincts

4 we all have the same needs

5 we all have different desires

6 ego is the root of all evil

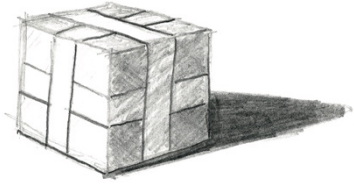
7 i am the architect of my own misery

8 there is no universal right and wrong

9 there is no universal good and bad

10 all things are normal

11 the earth is a living organism ~ it does not make mistakes



the power

i believe
there is a
creative power
at work
in the universe

i try
to explain and define
this power
but i define it
according to the
ridged and restrictive
definitions
that satisfy
the desires of my instincts

i define this
creative power
according to
human characteristics

how vain am i?

why do i need to
define it?

why can't i
simply accept
a creative power
that i can tap into
whenever i need to?

and leave it at that

why do i need to
define it any more
than simply saying
it's ~ the power ~

the power

this power
is inside all of us
and connects
all living things

this power is universal
and available to us all

i am born
from the power
it is my life source

~ here have a life
you are free to go ~

the power
is what we are
trying to explain

to explain
without explaining

because to explain it
is to define it
and once defined
it becomes limited
in what it can be

to describe something
without describing it
is difficult

it is best
to give it the smallest
most open ended
description
i can

so as not to limit
or contain
its magnitude

the power
can be many things
to many people
and thus defies
a universal description

~ we are all
like blind people
touching different parts
of the same elephant
and trying to describe
what the whole thing
looks like ~

and that is normal

the power
that can be explained
or described
is not the power

what i try to describe
has a limited life

what i cannot describe
will last forever

i cannot see the power
but i can see it work

i cannot touch it
yet i can feel its presence

i cannot search for it
because i will not find it

i do not need to search for it
because it is inside of me
at all times

and has been with me
since i was born

the power

is what we
christians and muslims
are trying to
describe and explain

it is what we
buddhists and jews
and hindus and wiccans and
zoroastrians and confucianists
and taoists and tibetans
and romans and greeks
and egyptians and native
americans and incas
and mayans and aztecs
and celts and summerians
and hittites and assyrians
and maoris and bantu
and jainists are all
trying to describe
in our own words

we all believe
the same thing

we just give it

different names
and descriptions

why can't we use our beliefs
to unite us
as a species?
why must we use them
to divide us
and give us reasons
to fight?

because my
instincts direct
my behavior
not logic

my warrior instinct
whispers in my ear
that i am right
and others are wrong

my nurturing instinct
whispers in my ear
that i am good
and others are bad

my gathering instinct
whispers in my ear
that i need
someone or something
to provide for me

and so

i imagine that the power
is in the shape of a man
and i call it god

i imagine that the power
is in the shape of a woman
and i call it goddess

i imagine that the power
is like stone
or water
or fire or wind
or pure energy
or even the earth itself

i may believe
that i am
a representative
of the power

the more i try
to describe
what the power is
the more i limit
what it can be

and what it can
do for me

i talk to my pets

i talk to my plants
i talk to my car
i yell at the rain

i yell at bees
as if they
can understand
what i am saying

i attach
human characteristics
to everything around me

it is my natural behavior
to do so

i write sentences like
~ god created me in his image ~

what i am actually doing
is creating a god
in my own image

and i am using
my own writing as proof

that it’s true

and that i am better
than all the rest
of the species
on the planet
and therefore i can
use them as i want to

i call the cows
~ dumb animals ~

as i knowingly destroy
the air i need to breathe
and the water i need to drink

the cows don’t destroy
their water and air

so who is the
~ dumb animal ~

i believe i am
the center of the universe

i am

i am the center
of my own universe
the only problem is
my own universe exists
only inside my own head

i have become
my own religion

the power

is not a religion

religions have been invented
to try to explain the power
and to claim it

i invent religions
when i lose my sense of wonder

i can have a sense of awe
about the power
and not need a religion
to explain it

to attach a personality
or image to the power
just causes problems

i don’t need ritual
to feel or use the power
it is always inside me

i don’t need worship
to feel or use the power
there is nothing to worship

i don’t need
a moral code of behavior
to feel or use the power

the power does not
discriminate or judge

i can go straight
to the source

it’s free!

the religions we invent

promise
spiritual enlightenment
but demand
a code of behavior

our religions
consist of
very clear beliefs
about how we should act

and why
and what we should
and should not do

and what will happen to us
if we do not follow the code

those of us
who are deeply involved
in religion and ritual
have no advantage
over others

codes of behavior
are created

to try to control
our primitive instincts

have they been successful?

priests molest children
men who aren't priests
also molest children
nuns shame children
and women who aren't nuns
also shame children

devout religious leaders
embezzle money
and lie about sexual affairs
the same as those
who are not
devout religious leaders

what is the difference?

who is working harder
but achieving
the same outcome?

the truth

is not well phrased words

well phrased words
aren't always true

spiritually aware people
don't need to prove a point

those of us
who need to prove a point
aren't always
spiritually aware

he says
as he writes these
well phrased words
to try to prove his point

and falls into the same ditch

all things are normal

with the aid
of the power
i can do anything

the power is free
and always available

it does not discriminate
or choose sides

all of us
have access to it

if i am breathing
i am using the power

i am always connected

but sometimes
i am not aware
that i am in the flow

i can
access the power
by standing still
physically and emotionally

i stop running
from the things i fear
and allow them
to catch up with me

and pass through me

my illusions are destroyed
and i get to live a life
free from fear

using the power
does not require
special tools
or behaviors

using the power
can be done
at any time
in any situation

all i need to do
is to believe in it

if i believe

life is a constant battle
between good and evil
then my life becomes
a constant battle
between good and evil

if i shame myself
about my desires
if i feel guilty
about my actions
if i live in fear
of eternal punishment
then i am creating
my own misery

this is normal

some of us
use the power
to do what we think
is ~ good ~

some of us
use the power
to do what we think

is ~ right ~

but our definitions
of ~ good ~ and ~ right ~
are not universal

some of us
use the power to heal

some of us
use the power to kill

some of us
use the power
to build bridges
between people and nations

some of us
use the power
to destroy bridges
between people and nations

some of us
use the power
for personal gain

some of us
use the power
to help others

all are normal

we all

use the power
to live

and after all

once we strip away
all the theories
and assumptions
and shoulds
and should nots

all we are really doing
is living and dying

death

when i am not
afraid to die
there is nothing
that i cannot do

do i live in fear of dying?

perhaps i am afraid
that i won't get to
do everything i want to
before i die

i probably won't

perhaps i am afraid
of what happens to me
after i die

i'll never know
until it happens

perhaps i
make an issue out of
~ living life to the fullest ~

as though
there was a
right or wrong
way to live

as though
there was
a good or bad
way to live

as though
there will be a test
at the time of my death
to see if i have
lived ~ correctly ~

my animal instincts
are strong motivators

warrior instinct
hear this
there is no right or wrong!

nurturing instinct
hear this
there is no good or bad!

this is a great truth

i simply need to live!

The spectrum

i may say
~ life is short! ~

we human beings
live two to three times
longer
than we ever have

is it still not enough?

your nurturing instinct
may read this and say
~ this guy thinks
we're all supposed to
want to die! ~

wanting to die
is not the opposite
of wanting to live
all things coexist
side by side

joy and sadness
these are not opposites

they all flow
side by side
on their own spectrums

joy ---------- indifference to joy

sadness ---------- indifference to sadness

i feel all things
at all times
at the same time

only my position
on the spectrum changes

love for my partner ------ | ---------- indifference

anger at my partner ---------- | ------ indifference

all things exist
on their own spectrum

desire to live ---------- indifference to living

desire to die ---------- indifference to dying

the desire to live
is at one end
of a spectrum
and indifference to living
is at the other

the desire to die

is at one end
of a spectrum
and indifference to dying
is at the other

i feel all things
at the same time
at different levels

which is why
i can have feelings
that contradict
each other
living inside me
at the same time

where i am
on the spectrums
changes constantly

desire to live ---------- | ------- indifference to living

desire to die ------ | ---------- indifference to dying

the question is
why do i cling to my life?
my life
does not cling to me

it can go
at any second

time money

relationships teeth
possessions hair
all leave

they all fade and die
wither and disappear
if i can describe it
it has a limited life

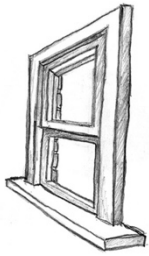
if i cannot describe it
it is eternal

if i must cling to anything
i will cling to the eternal

once i realize
that all things change
there is nothing
i will try to hold on to

once i am no longer
afraid of dying
i truly start to live

and there is
nothing
that i cannot achieve



creation

i am a creator

i am a destroyer

i create things
of great beauty

i destroy things
of great beauty

depending on
which one of my
instincts
is in control

i invent and design
and build and decorate
out of my desires
the desires of my instincts

my inventor instinct
sees the biggest picture
of all my instincts

it motivates me
to create
art and music
and literature
that probe beyond
my daily vision

my inventor instinct
often makes me
depressed
because of what i can see

i create
wonderful things
and then kill myself
out of despair

i desire to know
the true nature of
my existence
but the more i learn
the less i want
to live with the knowledge

sometimes
i am so busy looking
at the big picture
that i miss
the beauty and the love
right in front of me

i am the architect
of my own misery

my nurturing instinct

creates art and music
and literature
that makes me feel
happy loved wanted safe

i desire to spread
good feelings
and make sure everyone's
needs are taken care of

my worker instinct
creates art music and
literature that gives me
an escape from my
daily boring existence

i like crafts
that are simple
and rewarding
i take pride
in my small creations

i like fantasies
and escapes
and simple

entertainment
that doesn't
make me think
too much

my hunting instinct
creates art and music
and literature that
challenges my mind
to think
of something new

i like to imagine
the future
and try to describe it

i create
for different reasons

the rewards are
specific to my
specific instincts

no one way
is right or wrong

no one object
i create
is good or bad

they all serve
a specific purpose

how does it benefit me
to judge
my own
or another's creations?

it's like saying
a maple leaf
is better than
a birch leaf

or brown
is a better color
for bears
than black

i have such
a brief time
upon this stage
why do i squander it
with useless judgement?

will i rest easier

in my grave
knowing that
i was right
about some particular matter?

or that i did
the good thing
on one particular day
while i was alive?

will i rest easier
in my grave
if i know that i
killed someone
i believed was evil?

my warrior instinct
believes this

will i rest easier
in my grave if i know
i kept someone alive
one day longer
than they
would have lived

because i nurtured them?

my nurturing instinct
will be pleased

will i rest easier
in my grave
if i know
that i created
something beautiful
or meaningful
and left it for
the rest of my species
to enjoy?

my inventor instinct
will be pleased

aware

i am
a dumb animal

am i getting
smarter?

or am i getting
dumber

education
is supposed to
be the key

the key
to advancing
as a species

the difference
between us
and the other animals

we are supposed to
be able to learn
and progress

to not make
the same mistakes
over and over

to become
more efficient
and effective

to invent
and create
improvements
in our lives

we used to be
wandering groups
of humans

a few thousand
years ago
we started to
settle down

and cultivate
the earth

in order
to complete
the transition
from a wandering species
of hunter/gatherers
to a species
that stays put
and develops the land
for its own use
we must make
one simple change

we must stop using
our ~ survival ~ instincts

and start using
our ~ management ~ instincts

are we doing this?

our survival instincts
were necessary
to keep our species alive

there are several billion
of us now

we don't need to focus
on survival

we need to focus
on management

we need to focus
on managing our resources

our survival instincts
will not help us do this

our survival instincts

are our gathering
nurturing and
warrior instincts

our gathering instinct
makes us obsess
about not having enough

it makes us live in fear
of starving
and running out of supplies

look at how
we scurry around
obsessing about
running out of food
and supplies

we have made
great advancements
in our abilities
to produce
large quantities
of food

we can build
safe comfortable
dwellings

we can provide
fresh clean water
to all corners
of the earth

we have the technology
and the means
to provide for
every human being
on earth

but we don't

we don't share
our resources

we hoard them
and use them
to make as much
money
as we possibly can

and we scurry about
as though
there was only
one loaf of bread
left in the world
and we fight over it

in all the time
we have been here
why have we not figured out
how to manage
our food and supplies?

because we still act out of
our gathering instinct

it is a ~ survival ~ instinct

it cannot help us
manage resources

our nurturing instinct

motivates us
to keep everyone
alive and healthy
for as long as
we can

we still act
out of this instinct
even though
there are
billions of humans
on earth

and we live
two to three times
longer
than we ever have

and we have medicines
that can cure things
that used to kill us

but we still obsess
about our health

as though
we will all become
extinct
tomorrow

we strive
to find cures
for every disease
but we do not
put the same effort
into taking care of
all humans

some of us
have access to
the latest and best
health care available

and some of us
starve and die
in the dirt
with no help in sight

our nurturing instinct
is obsessive
~ not efficient ~

which is why
it is a ~ survival ~ instinct
and not
a ~ management ~ instinct

it doesn’t look at
the big picture

our warrior instinct

is a survival instinct

it makes us
see enemies

it motivates us
to obsess about security

but we don't live
in caves any more

we don't have
to live in fear
of being eaten
by wild animals

or being attacked
by other tribes

but our warrior instinct
is always vigilant

it makes us assume
that other people
want to attack us

and so we are
always building
bigger and better
weapons

~ just in case ~

which inspires
others who act out of
warrior instinct
to do the same thing

and we invade
other people's countries
to stop them
from invading
or attacking us
before it happens

which inspires
others who act out of
warrior instinct
to hate us
and commit acts
of terror against us

our obsession
with security
creates situations
that are insecure

so we constantly fight

which reinforces
our belief
that we must always
be ready to fight

our warrior instinct
makes us chase
our own tails

we see it
as the solution
to our problems

we don't see it
as ~ the cause ~

our instinct
blinds us
to the consequences
of our own behavior

as long as we rely

on survival instincts
to manage our lives
we will keep ourselves
constantly
on the brink of survival

Those of us

who act out of
nurturing instinct
talk about healing

healing what?

the earth we will say
we must heal
the earth

the earth
doesn't need healing

the human species
needs healing

will we do this?

will we educate
the next generations
to the truth about
our primitive instincts?

our systems
of education

are also affected
by our primitive instincts

years ago
our teachers
were mostly people
who act out of hunting instinct
and inventor instinct

people who inspired us
to think creatively
and seek after facts
and proof

but our warrior instinct
made us cut our budgets
and use the money
for weapons

and so these teachers
left education
in search of jobs
that paid a living wage

of course they did

because people
who act out of hunting
and inventor instincts
see the big picture

and hunters are providers

their first instinct
is to provide
for their families

soon our teachers
became mostly
people who act out of
nurturing instinct

people who would
work for poor wages
because they want
to help others

especially children

it's a natural
instinctive response

those of us
who act out of
nurturing instinct
will gladly suffer
a little poverty
if we believe we are helping
and doing the
good thing
the right thing

because it makes us
feel good about ourselves

it satisfies
our instinct

but those of us
who act out of
nurturing instinct
cannot inspire children
to think creatively
or seek after facts
and proof

we cannot teach
what we don't know

we can only teach children
to accept people
of other races

to play nicely
together

to think positive

to avoid negative
to do the good thing
not the bad thing

we cannot
teach children
to see the big picture
if we cannot
see it ourselves

those of us

who act out of
nurturing instinct
teach children
to shame themselves
for aggressive behavior

and so
us children
who act out of
warrior instinct
are shamed at school
and shamed at home

we have no
healthy outlet
for our instinct

what do we do?

our instinct
comes out in bursts
of destructive anger

of course it does

we are drawn
to video games
that are violent
we take guns to school
and kill people

we bully and
assault other children

we become criminals

and then we will
be shamed again
by those
who act out of
nurturing instinct

our nurturing instinct
is motivating us
to create problems

the exact problems
we seek to eliminate

we are the architects
of our own misery

we made it

illegal
to smack
our children

in the attempt
to stop
child abuse

instead
it has caused adult abuse

a child who acts out of
warrior instinct
needs to feel
physical pain

we need to be
disciplined
by the hand
of our mothers
who we know
love us

if we don't
we grow up

to not respect women
to not understand
that there are
consequences
for our behavior

and to not understand
the effect of
the physical pain
we inflict on others

those of us
who act out of
nurturing instinct
are trying
to teach children
to not grow up
to become
rapists and criminals

but our reluctance
to physically
discipline our
children
is creating rapists
and criminals

us children

who act out of
inventor instinct
are not challenged
in school

we are being taught
by nurturers
who don't see
as much as we do

our nurturing instinct
has dumbed down
our education system
to its level

it focuses on
being nice
doing good things
avoiding any and all
bad thoughts
helping each other
and being polite

book printing
computers

mathematics biology
art and music
were not invented
by people
who act out of
nurturing instinct

they are the products
of our inventor instinct

who will inspire
the next invention?

we cannot teach
what we do not see

so us children
who act out of
inventor instinct
are bored
and depressed

which we get
shamed about
by our nurturing instinct teachers
so we check out

we get into drugs
and sex
and alcohol
and anything
we can find

to make us feel alive

even if it is only
for a short time

and many of us
kill ourselves
because we see
the big picture
and are powerless
to change it

and so
the next great
invention
can be lost

those of us

who act out of
hunting instinct
excel as students
for a few years
but soon we are
learning faster
than our teachers
can teach

and so we too
become bored
and depressed

much of our learning
happens inside
of ourselves

it is instinctual

we don’t need teachers

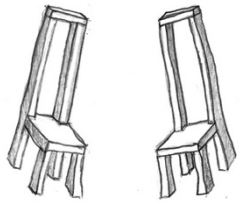
we learn from
observation and reading

teachers
who act out of
nurturing instinct
cannot inspire us
and so they
hold us back

our nurturing instinct
is one of our biggest
stumbling blocks
to our evolution
as a species

this is a great truth

true words
seem contradictory



balance

pointing out
how other people
are not thinking and acting
the way i believe
they should be
is a behavior
that is born
out of the desires
of my nurturing instinct

but it is not wisdom

one of the core desires
of my nurturing instinct
is the desire
to manipulate
positive outcomes

this makes me assume
that some human beings
are doing things wrong
that they are making mistakes
and they need to be guided

are antelopes
not living
the way they should?

do some of the blackbirds
caution other blackbirds
about their behavior?

or
is there only one animal
that is making mistakes?

does the sky
need to be counselled
so it doesn't
produce lightning
because it damages
the trees?

does the ocean
need to work on

not being so rough
so that it doesn't
erode the shorelines?

do the volcanoes
need to learn
to be more peaceful
so they don't
spew their lava
all over living things?

spiritual awareness
is when
i come to understand
that all things
happen in balance.

if i fan the desires
of my nurturing instinct
it will consume me
blocking my understanding
of the purpose
and value
of negative energy

i need to accept
that mistrust and fear
hatred and anger
and killing people
are the counterbalance
to peace and serenity
joy and happiness
and loving people

black cannot exist
without white

good
has no definition
without evil

a one-sided coin
cannot exist

all things happen
in balance

yin and yang
are half positive
and half negative

until
i embrace both
without judgement
i will wander
in the delusions
of my primitive Instincts

my life
will be imbalanced
if i only act
on the core beliefs
and desires
of one of my instincts

i need to balance
all of them

without embracing
the totality
of our human existence
i cannot
fully experience
my life

destruction and recreation
are an integrated part
of the natural cycle
of all life

every cell
in our body
dies and is discarded
as we make new ones

everything
in the universe
goes through
this process
on every level

expansion and contraction

life itself
cannot exist
without the balance
of positive and negative energy

we cling
to our positive beliefs

the way neutrons
cling to protons

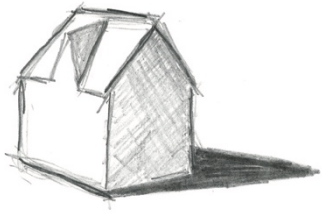
but neutrons
do not praise protons
for their positive charge
and shame electrons
for their negativity

neutrons
would have no existence
without the other two
in balance

every building block
in our universe
at every level
teaches us
the importance
of the balance
of positive and negative

from atoms
to solar systems
our entire
reality
is based on the balance
of positive and negative
energy

this is a great truth



knowledge

~ don't take life too seriously
no one gets out alive ~
Bugs Bunny

~ hey
you aren't
supposed to
be so serious
and analyze every thing
so much! ~

this is quite correct
it will interfere
with my ability
to play nicely
with the other children

this is the destructive
side of learning

education
opens all of my eye
not just the part
that sees happy
shiny new and
useful things

knowledge
also shows me
the painful sad
and damaging things

knowledge
does not discriminate

spiritual enlightenment
can make me
more sad than happy

the big picture
is not always pretty

but it is always
true

the path

that i choose
sometimes
follows extremes

the path
between extremes
seems easier to walk

but all paths are normal

when i am content
to just be who i am
and don’t compare myself
to anyone else
or compete with them
then i will find
self-respect

to just be is normal
to screw up is normal
to realize it is normal

to not realize it
probably happens
just as much

and is therefore
just as normal

i make lists and plans
i get upset
when things don’t go
according to my plans

i strive to do
what i feel i ~ have ~ to do

but
there is only one thing
i ~ have ~ to do

eventually i have to die

everything else i do
is optional

i think i am important

i think i am
the center of the universe

i am an animal

one of many species
of animals
on one planet

the earth does not
need me to survive

i need the earth to survive

i cannot destroy the earth

i can destroy myself

i cannot save the earth

i can save myself

i don’t know
what the earth needs

i barely know what i need

if i start a nuclear war
and wipe my species out
or if a virus kills us all
the earth will not mourn
our passing

the earth was here
long before i arrived
it will be here
long after
i have disappeared

we are a flash in the pan

yelling at bees

i yell at bees

does it change
their behavior?

do the bees
understand me?

i yell at you

does it change
your behavior?

do we
understand each other
better if i yell?

how often
have i said
~ this world would be
a much better place
if everyone would just
think and act
the way i do! ~

does this
improve my life?

does it
make me happier?

then why do i do it?

i write books about
how other people
should act

i create laws
trying to force
other people
to act differently

i fight wars
trying to force
other people
to act differently

and yet what changes?

has there ever
been a time
on this earth
when there was
no fighting?

has there ever
been a time
when the resources
and all the wealth
were shared
by all the citizens?

has there ever
been a time
when everyone
had the same rights
opportunities and support?

and yet still i say
~ those people
over there are responsible! ~

~ they should be
doing things
different! ~

~ they should be
doing things
the way i do ~

~ and thinking
the way i do
and then things
would be better! ~

i am a nurturer
yelling at a warrior

i am an inventor
yelling at a gatherer

and none of us
speak the same language

should

is a shaming word

guilt is - i made a mistake
shame is - i am a mistake

shame
is always a lie
because it comes
from outside of me

it is not born inside of me

guilt is born inside me

i know
when i have
done something
that hurt someone else

i know
when i make mistakes

shame
is someone else's
judgment of me

it is the projection
of another person's
desire to change me

should creates barriers

barriers block intimacy

some times
i box myself in

i can barely move
or breathe
for the shoulds
i try to live with

and so
i am not available
for intimacy
nor am i free to give it
what a miserable life!

i spend
a great deal of time
shoulding
on other people

and judging them
because
they don't think
and act like me

my warrior instinct

judges workers
as being stupid

my inventor instinct
judges warriors
as being stupid

my worker instinct
judges inventors
as being stupid

which one is right?

i am yelling at bees

i also try

to reason with bees
to negotiate
to rationalize
to discuss

and i try to
embarrass them
and force them
in other ways
to change their behavior

i use shame
and guilt and fear

i tease ridicule
pressure coerce
bribe trick
torment and try to
outthink bees too
but in the end
none of it is effective

why?

they are bees!

they don’t speak
my language

they are bees!

they have no idea
what on earth
i am talking about

i blame others
for my unhappiness

i talk about
what’s wrong
with the world
and who is to blame

i point out how
certain other people
are not thinking
and acting
the way i think
they should
and that makes me
unhappy

if i make other people
responsible
for my happiness
how happy do i think
i am going to be?

why do i yell at bees?

because i believe
that my own instincts
serve me so well
i think
they can work
for other people too

so i try
to get them
to think and act
like i do

why do i yell at bees?

i cannot change
the behavior of bees
or bears
or even birch trees

why do i think
i can change
the behavior
of another human being?

i interact with bees
i interact with bears
and birch trees

we exert influence
over each other
for short periods
of time

but i cannot
magically stop
behaving
like a human being
and start behaving
like a birch tree
for the rest of my life

do the birch trees
shame the pine trees
for being different?

do black bears
try to force brown bears
to change their color?

why do i yell at bees?

insanity
is doing the same behavior
over and over
and expecting
different results

imagine

teaching children
that they have
8 primitive animal
instincts

and that these instincts
make us
think and act
in certain ways

and that's normal

but

we always
have the option
to choose
which instinct
we want to use
at any time

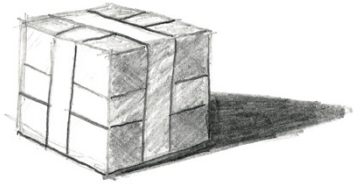
if we started now
and taught our children
about our instincts
told them the truth

showed them
the power

the power that
each of us has
inside of us

the power
to choose

could we change
the human species
forever?



just be

there are many of us
who talk about
a time
of great change
coming

a time of awareness
a time of growth

a time of spiritual truth
a time of renewal
for our whole species

this time is near

it will begin
the moment
each one of us
realizes
that we act
out of primitive
animal instincts

the change
that is coming
will be a change
in which one
of our instincts
we will use
for which one
of our needs

a change in how
we assign jobs
in our human hive

a change in how
we organize
our societies

a change in how
we relate
to the other species

a change in how
we relate to
the earth itself

everything will change

this change
will not come
from revolution

or warfare

or scientific breakthrough

it will not come
by being
forced
onto people

or legislated
or preached

this change
will come
from the smallest
and simplest
revelation

the revelation
that we act out of instincts

this revelation
will come
silently
in the night

like a breeze

like a breath
of fresh air

it will come quietly
to each one of us

and pretty soon
the whole hive
will be buzzing

it will fill us
with truth

everything is normal
we are animals

we are more like
the other animals
than we are different

we are more like
each other
than we are different

there are
amazing things
coming

be what you are

be a human being

laugh cry
hug scream
run like the wind
sit completely still
sleep eat
make love
rub your eyes
yawn scratch

be the animal you are

when you strip away
all the shoulds
and should nots
you will return
to your true self

just be

be content
with who you are

and when you realize
there is nothing
that you need
the whole world
will be yours

to Flo

my true mother
you taught me what
real love
and support are
you saved my life
thank you