

# **Answers to Some of Life's Most Important Questions**

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## Introduction

Man is a curious animal. Once he had made progressions to the state of living in an established society where he had family, friends, a house, his farmlands, his community, and his government, he will start to think more deeply about his own existence. He will begin to try to go deeper into the realm of things that are more abstract. Naturally, that is when the “Life Questions” began to arise in his mind.

This process was a new phenomenon for man because it marked the first time he began trying to answer the “whys” of his own existence (since nature’s first calling at his own awakening). And this awakening point was the 6th century BCE, which was termed by scholars as 'The Axial Age', as in that century, all those greatest minds in history began to emerge, like Lord Buddha of India, Confucius of China, the Hebrew Prophets, and the classical philosophers of Ancient Greece; Plato, Thales, Sophocles, Aristotle, etc. who

presented their theological teachings and philosophies to people near and far.

And still, philosophical speculations are “a thing” among us. Some questions about life, regardless of whether we may ever know in life, regardless of whether we are even meant to know them ... we still want to know to know them, for those questions are consistently knocking on the door of our curious minds. And so, here are my trial answers to some of those biggest questions.

They have been persistently on my own mind since a time that even I can't remember. If they help you to a certain extent, quench your thirst for new knowledge or a new perspective in handling your life problems and questions, then that will be truly my pleasure.

**Phoe Wa**



## **Introduction**

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## Chapter 1

### Why Are We Here?

**“Why are we here?”** This question has connotations that require further explanation. One connotation is straightforward, “Why are we here on this earth (or in this universe)?” Another connotation may be, “Why are we here in this form of existence that is both physical and metaphysical?” or, “Why are we here as human beings, all of whom are going to one day die?”.

Throughout history, there have been many different answers to these various questions, and all of them make sense to us in different ways.

Some philosophers explain it by saying, **“Each and every one of us are ‘one with the universe’”**. According to that statement, we are all simply obeying the laws of Nature. We, as individuals, are all functioning under the rules of an unknown mechanism, just

as the whole of the physical universe seems to be.

Then again, why are the laws of nature so true and transcendent. Has nature purposively arranged itself to be lawful or systematic? Is there a sole, single something behind it? Does there need to be? If it is nothing else but “nature”, then we all are part of that nature, and it (nature) will be arranging things perfectly by itself. However, if there is a single source of something behind it, it seems we are likely to be actors in a simulated show for some purpose.

Others think a little differently. People love to enjoy their personal achievements, their own creations, their own success, and especially, their uniqueness... by themselves at first, apart from looking for an audience later. Yes, us first, then the audience.

According to some thinkers, that same nature seems to hold true for the case of the unimaginably “bigger being” – our universe.

It (the universe) wants to wonder itself. It



wants to behold itself. It wants to see the mystery itself, and of everything. That may be why we all are seeded here in the first place. Intelligence and curiosity may be an emergent quality that arises out of matter and energy. We, intelligent beings, are part of the greater universe, which is just beginning to wonder about itself.

Does that make sense? I think so.

But also consider this. My question to those thinkers will be, "Here on earth, countless people have come and gone before us and most of them seemed not to enjoy the show as much as they were supposed to. Most of their lives were doubtlessly focused on 'survival'. For most of them, looking up into the nighttime sky after a hard day laboring in the fields, or some other tedious job, did they not take these facts into consideration, or did they simply ask, "Why are we here?"

Some think we are here by sheer chance and that there is no real meaning to life. Life is only meant to be lived, and that is just that, and in the end, nothing will really matter.

But that concept has always been rigorously ruled out by most of the scholars from all the fields of knowledge because we all know, almost instinctively, that that kind of coincidence is never likely. In my opinion, all the statements and reasoning above should be credited and be given serious thought and respect.

We are one with the universe. We may well be actors in a simulated show, like in “The Matrix”. We may well be seedlings of the universe, evolved to wonder to itself, or we may simply be just a result of a big coincidence. Those are just some of the views of the previous thinkers.

And here, I would like to add a little bit of my own thinking, and that is ...

“We are all a combination of all these ideas, and we all are, at the same time, none of them. Let me explain my view. Because absolute ‘zero-ness’ rules.

In set theory, a universal set is a set which

contains all objects, including itself. Yes, what if it is the single domain of everything, a universal set that even includes 'nothing'; all we can state, express, and all the things beyond them are within this domain. What if it is the domain of zero-ness and nothing else?

That domain will be like the set with these members, "zero, everything, nothing, everything in the form of nothing, nothing in the form of everything, anything, and anything which intelligence could state as well as all things beyond that, such as finite series, infinite series, etc..

So, if it is true, then all the perspectives of how we see life will be meaningful. It is just the domain of zero-ness and nothing else. Even in the multiverse, if there were more than one, the concept of time and the concept of timelessness will be just elements in the domain.

There is no such thing as a specific 'here' or 'there' as is used in the question. We all are in the domain, functioning as those parts that

we are meant to be, in the whole of the mechanism. Just that.

***Then, most likely, we are just variables in the different steps of a completely solved set of problems and answers, which again will be part of that set in the domain.***

Which variable we will be, will be according to our free will, within certain given limits. (We will discuss 'free will and limits' in other Q&A chapters).

And, what of our mind? Yes, that too will be an element in that universal domain, and it will be the "state of our mind", the level of our being that reads things and finds meanings in the domain. Even if you can't find any meaning in life, please don't forget that 'meaningless-ness' too is an element in the domain.

The trick is to try to raise your level of consciousness so that you could see, understand, and appreciate the higher meanings. For that purpose, there are also

mentors in the form of religious leaders in the domain. Didn't they all mention about their source of the domain in their teachings? In

Buddhism 'Sunyata', in Christianity and Islam, it is 'the Creator.'

The rule of 'zero-ness' is that everything is up to you. You may use the 'free will' which also is an element in the domain.

Do we still, in our elder years, want to swim in the mud like we happily used to do in our childhood.

I don't think so.

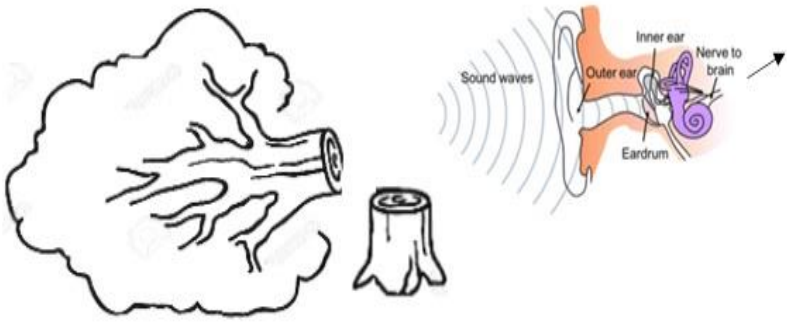


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## Chapter 2

### What is the Universe?

Before we try to answer this question, let us examine this paradoxical brain teaser. *“When a tree falls in the forest and nobody is around, does it still make a sound?”*



From the perspective of science, there actually is no such thing as 'sound' anywhere in the universe. The process is this; when a tree falls, it will make a mechanical wave across the medium (sound waves going through the air). Those waves, in case anybody is around, will strike on the ear drum of that person and cause it to vibrate. That vibration will report to the nervous system of

that person interpreted 'as a sound', the magnitude of which will be dependent on other factors, such as, the degree of the impact of the tree falling onto the ground, the density of the medium between the tree and the person, the distance between the tree and that person and so on.

So, sound is nothing absolute and given the fact that everyone's eardrum size and shape is slightly different (much like a fingerprint), the sound transmitted to each and every individual must be unique. It is something that is just the product of a process that our brain reports to us as a sound.

The question then arises into our mind, "What if that same rule applies to all we hear, all we see, all we feel, and all those things that we don't, like the higher frequencies that only our dog can hear."?

Now, let us again discuss something about 'seeing'. According to science, seeing also will be nothing absolute to everybody, but the product of such a process is that we believe



we are seeing something. It is no different from the process of hearing a sound as I have presented to you with the example of the tree falling to the ground in the forest.

It is also a well proven and accepted fact that, in nature, there is no such thing as absolute 'color'. Suppose you see a pile of red strawberries at the market. Maybe your wife, who is beside you, is seeing a different red because women see different red tone colors than men do.

For extremely colorblind people, they will see things, not in just in black and white, as most people would think, but in deviated colors from the standard ones. Science has shown us that it requires the functioning of certain body parts, and in the case of a lack of cone cells in the eye, your brain, will be unable to differentiate between different shades of colors, such as red, green, or blue.

What about seeing something apart from its color? How does perspective effect what you see? If you are on the ground, you will see

clouds in the sky as something comparatively different. A vast variety of shapes, shifting forms, lighter and darker colors, even patterns that look surprisingly like familiar animals or birds. When you are riding in a plane, observing those same clouds from above, they don't look nearly as interesting.

Yes, it takes a process to be able to 'see' something. For us to be able to see and identify something, light from some source needs to strike on an object, then that light reflects on to our eyes to strike on the retina. The nervous system capillaries in the retina report to your brain as seeing something. It is all very similar to hearing a sound.

If we break things down, drawing from the processes mentioned above, we will come to the conclusion that everything is our 'unique perception'. Our perceptions that we receive from the processes of 'seeing', 'hearing', 'feeling' or anything else you can mention.

There are no absolutes, measurable

standards for these except for the relative

ones which are derived from our own interpretations of our perceptions. The fundamental element which leads to our perceptions will be unmistakably, 'our mind'.

This is the transcendent nature of matter (just nature) and the pure mechanism of the domain (the universal set of everything and nothing) that I mentioned in my response in Chapter-1, "Why Are We here?".

These fundamental elements are absolute. "The Universe" and "Nothing in the Form of Everything", and that also is an element of the "Universal Set".

***If this thesis is true, there will not be any such thing as 'the Universe', there will only be processes that make us "think that there is a universe out there".***



## Chapter 3

### What is Time?

Try to define time without using the word "time". This is how they try to confuse us. To make us scratch our heads and teasingly show us that when it comes to the basic fundamentals, it is actually a very deep question after all. The concept of time has always been a paradox, even to the greatest minds in history. Does time really exist, or is it merely a human construction and just an idea in our head?

It was a contemporary of Einstein, Hermann Minkowski, who first gave us a hint about this when he said, "Time is not absolute, but only relative", and that, "Space and time are really one and the same". He coined the term 'space-time' to describe this new concept. For an object to exist it must be measurable in at least 3 dimensions; length, breadth, and height. But doesn't it also have to exist in time, which is the 4<sup>th</sup> dimension? Consider a table that is 8 feet long, 4 feet wide, 4 feet in

height that was made in 1905 and has been used until 1963, at which time the wood material completely deteriorated. After that, the table no longer existed. At least it no longer existed as a table.

Now ask yourself, “What if there was no conception of the duration of time, what if there was only “instantaneous time”? Does such a thing as “instantaneous time” really exist. Strangely, some theories of modern physics as well as modern psychology suggest that this might be the case. Does an instantaneous thing exist? (The time traveler in H.G Wells book, 'The Time Machine').

In the study of cosmological black holes, the math suggests that time disappears as any object is sucked in and the overwhelming force of gravity squeezes everything together so tightly that no space remains between the elementary particles as they approach the center of the black hole.

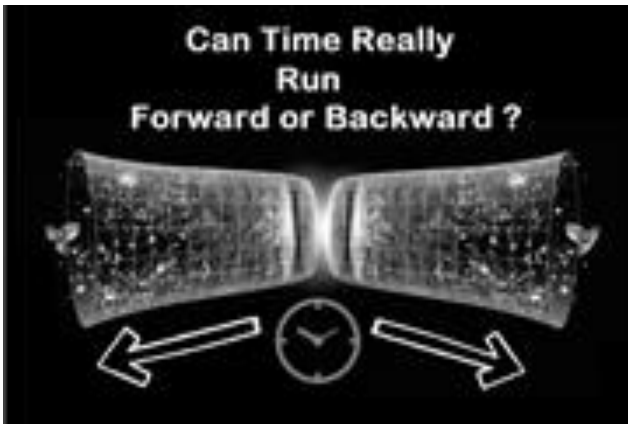
Oddly enough, even in the field of human

psychology, in the study of dreams, some patients have demonstrated an ability to

dream in “reverse time”. Patients who were suddenly awakened by an outside stimulus (a very loud noise or a firm tap on their hands or feet) were observed to have an increase, or burst, of brain activity. When awaked and questioned about their dreams they were able to remember a dream narrative which lead them to be awakened by the outside stimulus provided by the researchers.

For example, one patient recalled walking down a long road and finally coming across an abandoned house. When he tried to open the front door, it slammed back on his hand and the minor, but sharp pain, caused him to wake up. For all the patients in the sleep study who were able to successfully remember the narrative of their dreams, it all seemed to them to be going “forward in time” even though the research has clear evidence that the actual dream activity came AFTER the stimulus that had been applied.

This demonstrated to the researchers that the human brain has the ability to interpret both sequences of events as being identical, as moving “only forward in time”.



So, “time” and the “direction of time” are both aspects of what is required to make things come into existence for us. It will be with “space” because they are both parts of the same thing and cannot be separated. Where there is no time given, there is no space, and vice' versa.

Here is another example. Imagine there is a square room filled with jelly. Imagine it is the size of the room you are now living in. Every



part and every point in the room is filled with this uniformly, distributed mass of jelly, and nothing else. And the entire mass of jelly stands dead, with no factor to make an effect on it from within and without.

Now imagine you are a very, very tiny living thing, on a scale 1 billionth of the size of the jelly mass. Just your body and a mind at the very center of the square jelly mass, sitting quietly there with only your mind to wonder around within the boundary of your new “square of jelly universe”. What will your mind find? Absolute silence. Absolute stillness. This is because there is no reference of movement for your mind to make the comparison. No events to help your mind experience a duration of time. There is no “different space” or “any space at all” in the boundary of the square jelly of perfect, uniformly distributed mass. No space, and therefore no time, just “timelessness”.

Imagine again, everything that is in that mass of jelly, but this time try to imagine and

substitute 'energy' in place of 'jelly'. There will be no space, no time, no anything at all to your perceptions. What is wonderful about our imagination is that we are able to imagine what it is like if there were no time, just

"timelessness". And, yes, maybe we do exist in that condition and in that reality.

Did not Einstein say, "Everything is energy!" This would be in good agreement with the laws of mass/energy equivalence, and those of thermodynamics. Science tells us that if the total mass of the universe is not great enough, space-time will expand to the point of equilibrium where all sources of energy will balance.

If that is true, then we are in the 'timeless something'. And the only reason we think there is time will be our perception of what we see, feel, and hear, or the things beyond them in our existence. (Note: I discuss this further in my chapter, "What is the Universe?")

And the message here is that 'oneness', the feeling of liberation from the attachment of where we are in the universe, connected with a sense of timelessness, convincing us that all we experience in life is 'nothing in the form of everything', and the reverse 'everything in the form of nothing' and this is what is

observed by those who practice meditation of any major religion.

If they honestly say what they truly observe and experience during their meditation journey, and it seems they do, because given any person from any religion, they are observing and experiencing the same and that is interesting, isn't it?

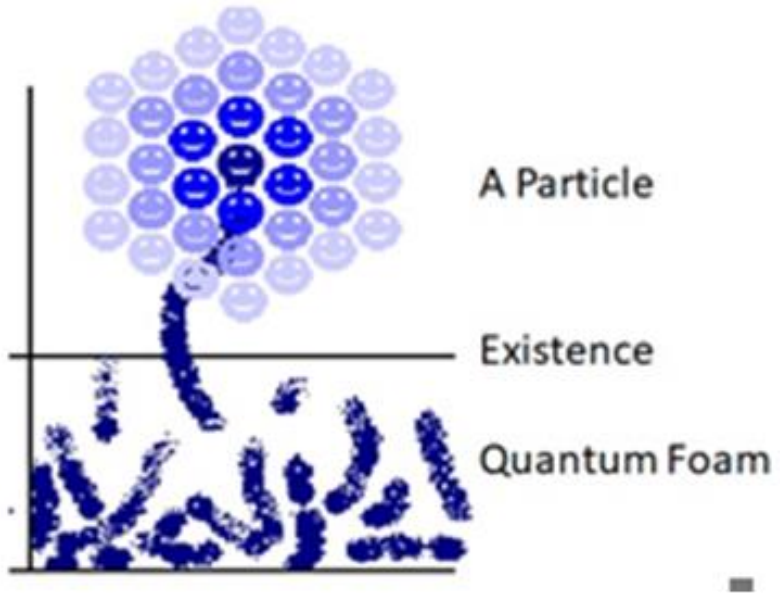
Ah yes, it seems that if we are immersed in the concept of time, we will be in the set of 'nothing in the form of everything and if we are free from that concept then we will be in the set of 'everything in the form of nothing'. The question the is, "Is anything we see, feel or hear in life real"? \* [See editor's note below.]

Time may be just an idea in our head. It stems from the perceptions of what we see, feel, or hear. It is the rope that strings all those 'nothings in the form of everything'. Time is the backbone of that set in the domain.

**(Editor's note]**

And, as in the rest of physics, its nature has turned out to be mind-bendingly weird: Empty space is not really empty. **Nothing can actually contain ... something after all.** The empty vacuum of space is seething with energy and particles that 'pop in and out of existence'.

Physicists have known of this for decades, ever since the birth of quantum mechanics, and they have named this sub-atomic structure "**Quantum Foam**" ....





## Chapter 4

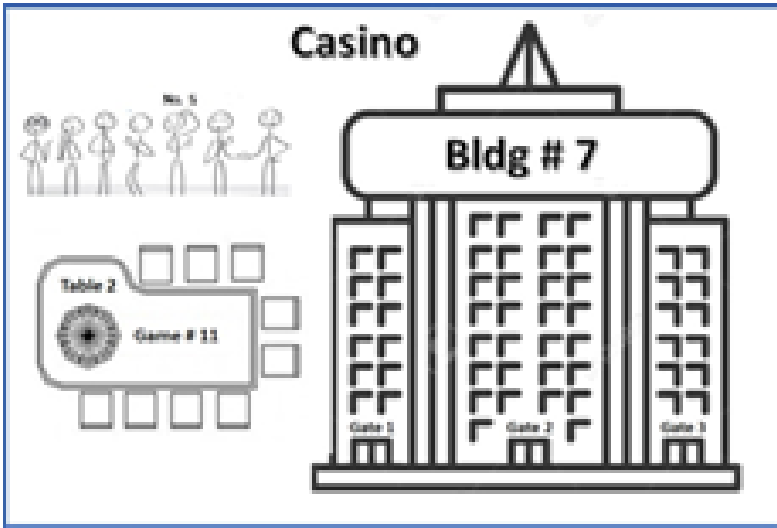
### What Are Numbers

Imagine you are in a strange world. We will call this strange world 'Casino'. All around you are nothing but endlessly 'all things Casino'. This world of Casino is very strange indeed.

Imagine that everything in the world of 'Casino' is run by a computer and is based on digital logic gates. Apart from the logic gates, everything in the world of Casino has a number. For example, you are Gambler No. 5. You have 6 associates with you, and you enter the Casino through Gate No. 3 which is in building No. 7. You all sit down at Table No. 2 and begin to play Game No. 11.

What is even stranger about this world of Casino is that 'all the games' are designed to reward each player at the end of play. What this means is that you may win a game here, lose a game there, but in the end, no matter what games you chose to play, there will be

no losers when you are done. **That is, if you play by the rules.**



The rules of the game are simple, “there will be no cheating, no anything that is not genuine” The players always need to keep in mind that the game is just a test to decide which reward will go to whom ... and nothing else. If you cheat, or do something fraudulent, or try to unfairly downplay other players, or if you intentionally, or out of ignorance, fail to show respect for the game by not putting your efforts into playing satisfactorily, you are to quit the game for a while and go back to



doing your tiresome daily tasks and chores, and possibly even face other punishments prescribed by the owner of the Casino. You are here in His casino world. He is all powerful. You can do nothing else but obey his laws and play the Casino games energetically. Play for the reward or take the temporary punishment. His rewards will be truly awesome. The game won't stop until you win what you deserve.

And what is the significance of the all the 'numbers'? The numbers represent the situations and events in our lives as well as the choices we make when they are presented to us. Rewards and punishments are calculated and delivered through the mechanism of the 'Casino'.

Now, what if the domain of our existence is the same as that of 'Casino' and the rules of the games are its mechanism? Hope you sense something.

Now, let us get back to the main theme which is originally descended from an old Hindu

proverb and re-popularized by John Lennon  
of the Beatles.

***“Everything will be okay in the end.  
If it’s not okay, it’s **not the end.**”***





## Chapter 5

### What is Synchronicity?

#### **Synchronicity** and **Synchronicity**?

**Synchronicity** - When two or more actions or events happen at the same time. These events can be purely by chance, for example someone knocks at your door just as your phone rings or two actions or events happen because they were purposely intended to happen, or there was an obvious and logical reason for them to be matched together. Example, the two watches were both set to the exact same time and now they are said to be “synchronized”.

**Synchronicity** - Meaningful coincidences that occur, with no seeming **relationship or cause** where something other than the probability of chance is involved. The events seem almost to be the result of an invisible,

controlling influence. (See **Chapter-4** Where it refers to the concept of “**Mechanism**”, or to put it in a more poetical way, ***‘The Mechanisms are simply the Algorithms of the Universe’***.)

Sometimes in life, all the right things come together in just the right place and at just the right time. You may feel great success. You are delighted, and deep down, this fills you with confidence. Your heart is full of feelings that 'the world is actually fine'. You find this exhilarating as you make each next step towards your next destination. You feel flush with confidence, knowing that you are in tune with something.

It is as if this newfound confidence has become a part of you. People around you start to notice this as well. They can see it in you, and they can feel it radiating from you.

As an example, imagine that you love to sing and after years of dedication to your hobby, it seems you will never have a chance to

pursue it as a career, it will always just remain a dream. Then one day, you are on your way home from work, and then you remember that you needed to pick up some milk on the way home. You stop in at a little shop that you never have been to before and you see a sign that says they are holding auditions nearby for the American Idol contest. You decide to take a chance and enter. And you win!

But, sometimes in life, your fortunes may begin to change. Everything will seem deliberately to be going against you, one thing after another. You may find it hard to get through your daily routines. Life seems to have suddenly become harder and your goals now seem farther away.

### **Why? What has changed?**

Knowingly, or unknowingly, the choices we are making seem to be leading us in this new direction. My thinking about the synchronicity is that 'it does exist'. But how do we regain our synchronization? What steps do we need

to take to regain it? Which road do we choose? My explanation for that can be found in **Chapter 1, “Why Are We Here?”**

In that chapter, I proposed that we may simply be variables (the choices we make) in different steps of a complete set of already solved problems, inside which there will be smaller problems and answers. The gigantic set of problems will, again, be a set in the domain.

Which variable ‘we will be’ will totally be up to us because we are provided with **'free will'** which is also an element (within certain limits) of the domain. I hope you remember that. If you do then there will be a solution at the end.

If we are rightly directing ourselves toward it, I think that will be synchronization. Otherwise, the reverse will be true.



Synchronicity  
is the  
universe  
saying, YES!



## Chapter 6

### Why Limits?

“Everything has its own limit”. That is the conventional wisdom usually used by our elderly wise people to remind us that we too all have limits in this life.

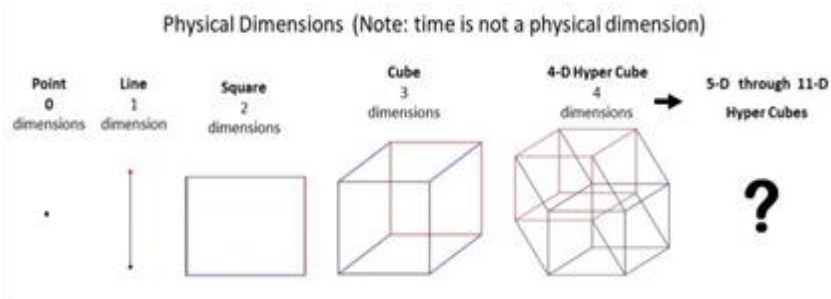
But what of the imaginations of our mind? What of infinity? What of the things we know nothing of? What of the universe, or even multiple universes if there is more than one? What of our dreams? Do they have limits? We still don't know for sure.

Can we imagine something that is beyond our universe? I say, “Yes, we can, but have we ever dreamed of something that is from outside of our universe, or from a different dimension within our own Universe? We can dream of cows who have 10 legs and horses who have wings so that they can fly, but that is because we have seen (or heard of)

creatures who have many legs and other creatures with wings so that they can fly. But, what of the things we have never seen or even heard of?

In the mathematics used in quantum dynamics, which are amazingly accurate, if we assume there are 11 (or even 26 dimensions), try to imagine what objects would look like that exist in 11 dimensions? Can you do it?

It seems it is impossible for human beings to even visualize what they would look like. And, to take it a step further, ***if space did not exist***, all the objects in the picture below, even the 11-D hypercubes, would look like the point with 0 dimensions.



So, yes, maybe we do have limits, maybe we are limited only by our imaginations, but would that be such a bad thing? Maybe not. Imagine if you wanted to enjoy something limitlessly, be it material things, or art, or the beauty of nature, or the opposite sex, or social status, or wealth, or anything, do you think that will be good? Would you want to have limitless intelligence and want to know every single detail of everything? Would that be good for you? No way. The history of all our literature is filled with stories and parables showing us the folly and misery which that leads to.

You and your friends are in a Casino World. All you need to do there is to play fair. You need to obey the set rules of whichever game you are engaged in, and there are many games in the Casino. In the Casino World, nobody will come out as a loser of the game they are playing ... if they play fair. All the games are just for sorting out which reward will go to whom. Isn't it beautiful?

Limits are likely part of the set rules of the games, for the system to go functioning smoothly. Please, don't think of trying to break them.

The only rewards for breaking the rules are punishment!

## **Chapter 7**

### **Do We Have Free Will**

I am an educated man from a developing poor country. I have a good, basic knowledge of science. I have some knowledge about history, geography, and mathematics. Reading has always been a personal passion for me and because of that I have read extensively. I believe I can rightfully claim to be called an average citizen with a background of educated knowledge.

My country is a country whose main religion is 'A' and the majority of the people profess it. Some minorities adhere to the religions, 'B' or 'C'. Some are atheists. And, as with the case of other poor and developing countries, we are under a less than democratic government. We lack advanced research centers for science, however, we do produce agricultural and low-tech products. Given these limited background conditions, it is

unlikely that the majority of our educated young people (including myself) would seriously dream of becoming the next giant tech entrepreneur like Mark Zuckerberg or Steve Jobs, or scientists like Einstein and Leonhard Euler.

A small minority of our young people may dream of becoming one of them, but there are no great role models our country has produced nor are there any in our historical background. Would the Mark Zuckerbergs or Steve Jobs of the world have even dreamed of such successes if they had not already been born into a country which offered them such a highly developed infrastructure and fertile economy to grow in? In a country such as ours (Myanmar), which is much less developed, what is left for our young, educated students to aspire to?

Naturally, we will adapt to the existing conditions in our country and try to improve on them, dreaming of catching up with the status of others like Japan or Switzerland or economic regions like Hong Kong. Whether

we will succeed in our goal or not is another matter. The point to be made here is, our people have free will to dream of great things, but their dreams are often limited by their current conditions. They will be exercising their free will but they will likely be choosing something else, something that will be different, less ambitious, but still meaningful.

Truly, some of us may try to go to the US, Australia, or Europe in the hope of making our dreams come true, but those places will also still present many challenges, but challenges of a different sort.

They will be challenged to try to find shelters in their respective religious knowledges, or in their personally developed life philosophies and culture. There is still the possibility that one or two of them may be able to make their dreams come true, after the fashion of Steve Jobs, who was originally from Europe. That is how we humans make advancements in history. Sometimes we win. Sometimes we fail or face setbacks, only to advance further again. That trend is in our history. There will

always be those few people who will think seriously to be “outside of the box”, but most of the time “need” will be the driving force of their search, whether it be in the context of worldly affairs or in the realm of religion. Yes, we have free will. We have free will to dream of doing great things. We also have free will to think in our times of necessity and the times we face the limitations in our environment. It is only by exercising our free will that we have advanced to this stage of civilization.

**But the limits to our free will still seem to have boundaries** which have been set up by the conditions we live in and they limit how far “we believe” we can fly.

Let me explain my view: Do you set out to become a success, or do you set out to become a failure, like a heroin addict? Do you want to become a heroin addict? Most people would say “No”, yet there are many people who still will fall into that trap. They were exercising their ‘free will’ when they chose to try it, or to experiment with it



and they became addicted to it. The results that followed were inevitable.

If you try to be a great inventor out of your free will, and if you succeed, then you will be cheered and revered by people. But also, as a result of actions taken out of your 'free will', you become a drug addict. Then you will be labeled as a hopeless person?

So, who sets the rules?

It is **Nature** that sets the rules within the “**domain of absolute zero-ness**”, which is the domain that contains all possibilities, including their opposites. See Chapter-4, “What are Numbers”, for a further explanation.

**Here are a few examples:**

- All men dream of being free, but some men also dream of being tyrants. It is the same with countries and nations. Nature will set the rules. The tyrants may have strong armies and despite our free will, the choices

we make to be free may not be rewarded because of the obstacles and limitations. Those dreams may change to “well then, if not for me, then freedom for my children and grandchildren” and these new choices and decisions that follow from that may be well rewarded. **“Free will”, within the limits of Nature.**

Yes, we all have free will. We can let it fly up to some boundaries that are set by nature. **Free will within limits.** We are not meant to go beyond them. And the nature that sets the rules, in a given time and space, is a set in 'the domain of absolute zero-ness'.

And that can be a clue itself that we are within something, meant to obey the rules and meant to walk between the boundaries up to something. Imagine that you can feel, see, hear, know or even be something limitlessly, what will that condition be like?

Yes, that will be scary.

Please remember that this Casino (referred to in Chapter-4) is just to reward you, not to

scare you off.

In the first place, they are acting out of their free will, or they have tried and experimented with that drug. Later, they became addicted to it and then the results are inevitably to be seen. So, who set the rules that if you try to be a great inventor out of your free will and if you succeed, you will be cheered and revered by people, and if you become a drug addict, as a result of actions out of your free will, you will be labeled as a hopeless person? It is the nature.

Imagine, by doing drugs regularly, if you can naturally get stronger and healthier, then would heroine be a bad thing? Probably not.

Yes, we have free will. We can let it fly up to some boundaries that are set by nature. So those boundaries are the limits we can fly up to. **Free will within limits.** We are not meant to go beyond them. Example: heroine. The rules of nature say that taking more and more heroin will have a disastrous effect. Nature sets the rules (for a given time and space) which are part of the set in 'the domain of

absolute zero-ness'. And that can be a clue given to us by the domain itself that we are in. We are meant to obey the rules and meant to walk between those boundaries ... up to something.

Imagine no boundaries. You could feel, see, hear, know, or be something without limits. What would that condition be like? Yes, that will be scary, and therefore nature has set boundaries.



## Chapter 8

### Is Life Pre-Written?

In a previous chapter, “Why Limits?”, I discussed why there seems to be limit for everything, including the contents of our dreams. We never dream about something that happens in a different universe, other than our own, let alone in the 17th universe just north of the universe we are now living in. No, our dreams are made up of the symbols, thoughts, fears, and hopes that we experience in our everyday lives. And that is genuinely good for all of us, because nobody should want to go limitlessly at anything. Nobody should want things that are limitless in any aspect of their lives. In a world of limitless potentials, navigation through all the possibilities would be impossible. In the world of mathematics\*, whether it is a human invention or whether it is something we humans just discovered. This is still a matter of debate. It seems limits are the key elements for everything.

In mathematics, a limit is the value that a function (or sequence) "approaches" as the input (or index) increases towards some value. Limits are essential to calculus and mathematical analysis in general and are used to define continuity, derivatives, and integrals.

Without limits, everything in the universe would be in perfect disorder, but in nature, there is no such thing as 'a perfect disorder'. Even the disorders we observed seemed to be in a perfect order which we yet didn't understand. The ancients asked, "Why did the Haley Comet seem to roam in disorder in the universe, but then come back to periodically haunts us?")

Let us assume for a moment that my thesis is true and that there truly are limits for some, if not all things in our life. We can't fly by wings like birds. We can't love or hate someone about whom we have never heard of in life. You are born male and you can't become pregnant. Yes, you can go transgender, but

you can't become pregnant, at least not yet. Drawing from those facts, it seems our life may be bound to stay between certain limits.

In the societies of some of our oldest civilizations, like India or China, there are traditions that say that since birth, all the major things going to happen to us in life are totally pre-written on our forehead in an ink that is invisible to human eyes. Does this remind you somewhat of those codes that are written into our DNA? If you take some time to reflect on the major events in your life, you may even come to develop a sense of something like that.

Events in nature are functionally coordinated. The you that is "NOW" is the result of all the previous incidents of "You". "Tomorrow's "You" will be the result of 'Today's You", and so it goes on. Maybe that will answer why you are born to your parents as you and not to other countless pairs in this world, as an another "You". By the same reasoning, the "You" that you were yesterday no longer

exists, only as a memory in your mind. The injuries you may have suffered yesterday have either begun to heal or have turned worse in some small way and that is why the doctor will want to follow up, because they have changed from yesterday. And yes, everything that is “You” comes from within. And it is our mind which is always bringing us to the point we are currently are.

In Chapter-1, 'Why Are We Here?', I presented the thesis that we are all simply numerical variables, at different steps, in a set of “problems and solutions” that exist in the Domain” that are already completely solved. Does this mean that life is already pre-written? Not necessarily, because the solution is still dependent upon, and derived from the variable such as nature, the limits that nature imposes on us, and the choices we make.

Yes, there can be “steps within steps” and “problems within problems. We are meant to make our own way to the solution by using our free will, within the certain limits that



Nature sets for us.

Then what is the moral of all this? It is simply, That if you accept this thesis, please be conscious of your own mind and try to steer your life well towards the solution. Beware of the limits that nature will impose on you and where you are allowed to go, and most of all, be conscious of your own attitudes.

Don't be in a rush. All the major events ahead of you are pre-written (especially when it comes to the time of the world you will live in), the future spouse you are still going to meet, and your major professional work of life will still lay before you. You can't change them, so it is better to accept them and move on. The point is, all the attitudes and reactions to all these future conditions will be yours.

Here, in this process of being a variable in a certain step of an already solved set of the problem and the answer, what is important is not the steps. In the end, they will be all behind. The only thing that matters most will

be whether you are properly heading to the next solution step or not. And in that case, for

checking ourselves whether we are 'doing fine' and directing ourselves to the right way to the solution, we are provided with the inner GPS.

(With credit to Oprah Winfrey for the term, 'the synchronization.')





## CHAPTER 9

### Why Are Things Happening

In life, things happen, one after another, never to cease. All the time. Sometimes things are fine and they are smooth and pleasing happenings. Sometimes things will become turbulent, and we will be in turmoil. Sometimes, things will lead us to the outcomes we like, sometimes it will seem everything is deliberately going against us.

The question will be "Why do things keep happening all the time?" Everything is in motion and gradually we get tired and would look for a resting place.

But, here for us, one thing to remember is that only by going through these happenings, and again reflecting on them, and extracting

the morals from them, do we gain our life experiences and our intelligence. And through the developed experiences and intelligence we begin to sense that there must be 'something perfect' somewhere in the end, otherwise, we wouldn't come to sense that.

Never. No way.

So, for us to get a solution, there must be a problem. They are two faces of a coin together. If in separation, there will be no such thing as a coin. In essence, it seems, the mechanism of the domain of the absolute zero-ness is perfectly designed to channel all those variables, 'US', in different steps, to the solution through the steps of the problem solving. For that, each one of us is provided with free will (within limits).

We gain our intelligence through how we react to all those happenings and then reflecting on them. And again, according to

our level of intelligence, we will be in different steps, i.e., in different level of being, of the problem-solving process to get to the final answer of the already solved problem.

All things seem to happen for one and only reason. To give us the intelligence by which we will see the answer. Whether we accept that or not, how we react to the happenings in our life and will be up to our free will which was given to us.



## CHAPTER 10

### Why ... "Whys"

If we subtract either our consciousness or our intelligence from our being, would there be any question about what kind of life would be left for us? The answer from you and me will be a straight 'no'.

This is because it is our consciousness, or our intelligence that is asking the 'whys?' If we take this a step further ahead, we will come to see that our level of 'whys?' again has a direct correlation with our level of intelligence or with our level of being.

A 10-year-old boy will generally never seriously seem to understand why the elders of his house need to take things like politics so seriously. An earthworm would never understand how a dog could smell that something dangerous was approaching the property of its owner and the younger 'you'



and I would never be likely to think deeply of the life questions we are now dealing with here.

## **Why?**

It is because, as we grow older and become more mature, we will have generally gained higher levels of knowledge, accumulated more experience and wisdom, and achieved higher levels of intelligence. And in accordance with these new levels of knowledge, experience, and wisdom, so will there be new levels of 'life's questions' that we begin to ask ourselves.

## **But still, why ... 'whys'?**

Unfortunately for us, sometimes the questions on the table happen to be like ... The fact is, without questions, there will be no answers. (That is, if they are 'true questions'.)

Here, I would like to say that some of life's questions are not the authentic ones. Example: *'How many colors are there in a rainbow?'*

We know well that in nature, there is no such thing as a real rainbow. No such thing as 'color', or no such thing as 'how many?' Rays of light, passing through different mediums, will bend and you read them as a rainbow ... and in different colors. Some people can see nine colors in a rainbow while most of us generally see seven or less in a rainbow. How many is many is subjective.

The rule must be, “If there is no absolute answer, then that will not be an authentic question, it will just be the beginning of another question. So, accordingly, with our level of intelligence or our level of being, the questions will be calling to us. And one day the answers to them will come to us. (Here, one thing worth noting is a saying in Sanskrit, “Understanding comes to those who are not in a hurry to understand”).

Continuing with our questions and answers, we will gain higher and higher levels of intelligence and wisdom. Then again, more questions will come, leading to higher levels

of wisdom and understanding ... and so it goes on. This process seems like it is leading us to somewhere, but to where?

My thesis will be that as we are small variables in different steps of an 'already solved set of a gigantic problem and answer', in 'the domain', and there is a solution already 'there' at the end. It seems we are meant to advance to the solution, step by step, by answering to 'whys' in our respective steps. If we give the correct answer, then we will be closer to 'the solution'. Closer to 'there'. If not, we will be stuck at the old level, facing the same 'whys' in one way or another, again and again.

'Whys' are not man made. They must be already there. That is why in life we all face identical questions in different ways ('Death' being the greatest of them all to us). We know that the same was true with ancient Greeks, Mesopotamians, Indians, Chinese and Mayans.

'Whys' are exam question papers that come, one after another to all us. Be glad, this exam is, in the end, to give each and every one of us, the due credit.

That is why.... 'Whys'.

## **Chapter 11**

### **What is Life and what is Death?**

We have our mind and our body. We have a body that is still moving while our mind will be reading things outside and inside of itself and that way creating a universe of our own.

Once we start our process of 'reading things' and creating our perceptions, the life storylines begin. And endlessly those stories will be. That is what we call 'Life'.

'Death' is the marking of intervals within something larger and eternal. The point is, maybe in this case, to be eternal, it takes intervals. So, for something to be eternally in existence, maybe it needs to exist in time spans between intervals.

My thesis in chapter 2 was that 'the concept of time in our mind is the rope that strings all of them together'. From one interval of existence to another, things will be

functionally coordinating. The 'Today You' is the result of the 'Yesterday You, and the 'Tomorrow You' will be the result of 'Today You'.

But, do we not dread and fear death, which is possibly the marking of the 'end of intervals'. We always think on what we can do about that. But on the other hand, we know that according to our religious teachings, or by the law of energy, we are immortal in something eternal, so we need to consider one thing, "Can't there be something eternal without the segments and the markings of the ends of intervals?"

**Let's look at this again from another perspective:**

As I have stated again and again, let us suppose that we are simply 'variables' in different steps of an already solved set of a gigantic problem and answer. Our intelligence defines which variable we are and, in which step in that problem we are in. And the process is that 'it won't stop until

we all get to the final solution step'.

What if 'death' is simply our changing of steps in that that set of problems and answers?

According to our free will (within limits), that way we may be going down to the closer and closer steps to the solution or moving to the steps further away from that or anything that is possible. If so, we will ever be striving to get to 'the solution'. When we get there, there will be no more changing of steps. We will be eternally free from 'the changing of steps'. No more. It seems that what it will I take will be for us to use 'our intelligence' and 'free will' in good ways.





## Chapter 12

### What Are We, What Defines Us?

Please, try to write down everything about something which you completely know about in life. Try, and you will soon come to the conclusion that there is nothing in life about which you know completely everything.

OK, let's at least start from somewhere, where at least we think we know something. Yes, we know that we have a soul and a body, or at least, a mind and a body.

Even here, questions can follow like; 'whose soul' and 'whose body' is it? If it is your mind, why does it sometimes compel your mind to do things in life, and after doing all those things, your mind will feel regret over. Why does your body carry in its DNA all those things that will lead it to its decay or death.? Nothing proceeds like a process.

You are 'no you'. I am 'no me'. An everything seems to be pointing to the fact that we are in

a 'great process' that is proceeding all by itself, and because there is no you or no me in that process, it will be all about the mechanism, rules, limits, and the nature of the process.

But what process? If our life is just a process, and if there is 'no actual you' and 'no actual me', then why are 'you' and 'me' here?

Wait, what if this process is a kind of process that transmits virtual things, such as 'young you', 'young me', 'old you', 'old me', 'life', 'death', or whatever, as a property of its mechanism progressing towards a solution?

And we are not us, but simply the variables in that process of programming leading all us to a solution in the end. We are experiencing its functioning in our 'trial and error' progressions.

Then, the backbone of the whole thing must be nothing else but all about 'intelligence' and this way of thinking will lead us to something.

Actually, our mind, our heart, our body and

everything in our existence are made for us so we may gain the intelligence we deserve. In the end, there will be no 'us', nothing but 'intelligence' in different forms and levels, planted in the respective variables as they were designed to be.

Intelligence is the 'absolute us'. Your intelligence level is the 'absolute you'. My intelligence level is the 'absolute me'.

That is what defines us. And again, it is your level of intelligence that reads things in the domain and accordingly finds meanings. When your level of intelligence is high enough, then you 'the one variable' will reach the solution state.

That is it... that is what defines us.



## Chapter 13

### What Are Feelings?

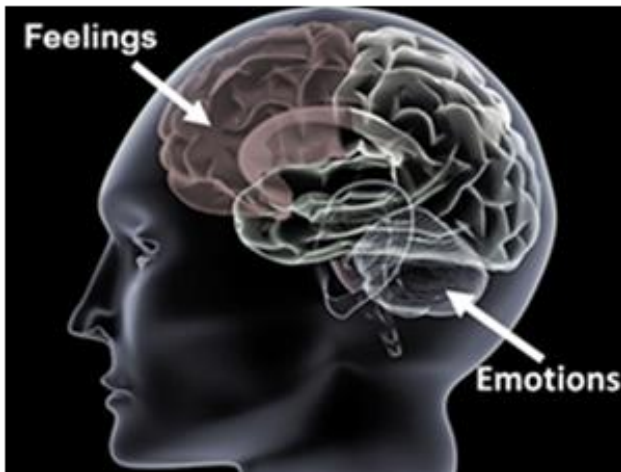
We love, we hate, we have desires. We call these kinds of experiences, “feelings” and “emotions”, because they are different from simply feeling something, like the wind on your face or the coolness of a spring rain shower. The feelings that I am talking about are those that arise, not from our senses, but from our minds and our hearts.

Are emotions and feelings the same thing? Yes, and no, they are part of the same process, but according to the scientists who study these kinds of things, emotions and feelings are also different because our emotions come first. Emotions always come first. They come from deep within our brain. Basic emotions such as FEAR, ANGER, SURPRISE, DISGUST, and even HAPPINESS and SADNESS were necessary to help preserve our survival and these primal emotions have not changed much at all from

when they first developed in early mammals and reptiles.

Ah yes, emotions are universal, but feelings are the result of these emotions mixing with our thoughts and experiences. Feelings can be complicated, and they can also change over time as we think about them and gain more life experiences.

We sometimes want to throw away something which once we used to be attached to so much. Ah yes, those feelings are too countless to mention. Sometimes we even get feelings which we don't understand or we don't know how to label them.



The point I am making is that feelings are not random, and something has to happen to cause you to experience them in a certain way. You wouldn't feel happy if you needed to be hospitalized after a road accident, nor would you be happy if you failed an exam, or if your business failed. Similarly, you would never feel angry if you had won the state lottery or if you received a nice present from your sweetheart.

Each kind of feeling is associated with some kind of cause or event that has created an emotion that then mixes with thoughts and experiences that then become feelings. That is universal to everyone. When you are happy, you feel you are happy, and you will be in those set ways of moods or at those set behaviors. If you are sad, you feel you are sad and you will be like that. Almost everybody around you will understand how you feel.

What is the significance of 'a feeling' itself, be it anger or passion or pride or sorrow? One point is, undeniably, they lead to life

storylines. Without them, we are 'dead'. Without those feelings, there will be no life storylines. Without those storylines, there will be no life lessons or educations to us all, which means we won't gain experience.

So, they are very basic essential elements to lead us to higher knowledges. And they are on their own, not ours. At specific times, the correlating ones will come to us. Not the unrelated feelings. And they will, in the end, lead us to the reflections on life. And the result will be 'wisdom'.

Our storylines are like teachers, roaming on the street of life, forever teaching us lessons. They are not ours, although we always fall into thinking that way.

It is not your anger or anybody else's. If it is your anger, why did it always leave you in trouble after it burst out? The anger is just a primitive emotion, not yet mixed with your thoughts and experiences. In due time, it will come to you to teach you that it is the time that you need to change the situation, you



need to be mindful of things, you need to do otherwise rather than the present ways you are holding onto to deal with things and so and so.

Inevitably, to be used by you, your storyline will be a driving force for your way out. Then it will leave you behind, ever to come to you again at relevant times, to teach you the lessons until you pass all the exams or to pass down through all those steps of problem solving to 'the final answer' of the already solved set of the gigantic problem and the answer in the domain of our existence. That is all that.

Feelings are the teachers, always 'out there' to come to us at due times to teach us the lessons.



## CHAPTER 14

### Why Religions?

*(An Islamic friend of mine posted on Facebook that the Islamic people in Myanmar are collecting money from among their society for donating it to the government. That money will be used to help support the buying of vaccine supplies for Covid-19.)*

### "What are Religions?"

'Death' is the major question on the exam desk of all of us, the full-time students enrolled in the classroom of life. Similarly, all other problems in our lives are questions; big, medium, and small to us. We are meant to answer each of them, one after another. Sometimes we will be facing several ones, all at the same time.

In my opinion, religions are a product of all those problems. Maybe, even the answering of the problem itself.

Living in this "life" up to now, we have

wondered 'why'?' A seemingly endless succession of 'why' after 'why?'. And it seems all the answers can be found in the particular religion that we profess, or at least all the major religions "say this is so".

In life, we probably should not want to know all the answers. Clearly, knowing all the answers already would not lead to a reward for us, and besides, we do not need to know all the answers to lead us to a happy and rewarding life. (Thank God that everything has its own limits.)

We just want the answers for what we need. In my opinion, major religions are like our universities for that purpose. Our religious leaders act as our great professors.

We are free to join any university we like. Individually speaking, if someone doesn't think the one he has already chosen is the right one for him, then he can move on to another one. In case he does not think all the universities are for him, then he can still do his own self-studies.

The point is, the questions are 'there' in the domain, and we are 'here' to answer them and in this way, maybe we are heading to 'the final solution.'



## Chapter 15

### What Matters Most and Why?

My conclusion here. We all are variables at the different steps of an already solved set of an unimaginably gigantic problem and answer.

As we are in human forms, those basic needs like air to breath, water to drink, food to eat, shelters, healthcare, etc. are essential to us all. But our mind, our body, and all the other elements in the domain are tools to be used to get to the final solution step. We are to use all these provided, precious tools, but here the point is, they are just necessary tools for getting to the goal. Nothing for attaching so much to.

Here the question is, if all those essential things are just tools, what will be the vehicle which will carry us all along up to the solution?

As we all know, that can be no other than 'our intelligence'. By that vehicle, we have come up to this far. And looking back, we will find that we have overcome 'step' after 'step'

using the vehicle. Yes, it works.

So, our 'intelligence' is the vehicle. How do we gain that? By doing the never-ending lessons that life presents us with. We learn from everything around us as well as the results of the choices we made and then we make reflections on all those happenings we came across in our life. Without anything, there will be no learning and no intelligence as the end-product of the process.

That is why, 'Thank you' is the word we should say to anybody, anything, or any happening, good or bad, in life. Yes, 'Thank you' for the intelligence. No matter what it was or who it was.

'Thank you' and 'intelligence', they go hand in hand and, they too, are what matter most in life.





# **Addendum**

## **Five miscellaneous essays.**

1. Our Share of Energy
2. Serving God
3. Inside Job
4. The Only Way Out Is Through

## Our Share of Energy

"Everything is energy". That was how Einstein expressed it. And we will be no exception in the domain of energy. Without the energy, we won't be able to make a physical movement like lifting our own fingers up or even making a wink. Also, we wouldn't be able to think about something, or feel something. That is the general understanding.

So, we are energy within 'the big cloud' (a metaphor for the domain) of energy. Mind is energy, all things physical are energy, and nothing else.

And that again translates to the fact that 'everything is immortal'. According to the law of energy, any kind of energy, once in existence, will never ever fade out into nothing. But it does change forms. When you are dead, the heat of you, the mass of you, the metaphysics of you; all energies will change form. None of them will become nothing. That is understandable to us even if we don't have a basic knowledge in physics. There is nothing in

existence which will fade into nothing. And there is no such thing as nothing. Everything is energy. If there were ever a "no-thing", that must also be a form of energy, maybe the highest form.

Nobody will ever completely know how mother nature works, or why it is so. But we are here, as elements in the domain of energy. Why it is so? What are we supposed to do? If we are theoretically immortal, then why do we die?

Sometimes, I think of it this way, if something is perfect energy, it must be immortal, it must be free of sufferings, it must be complete, it must be perfect, it must be free of delusions about itself. That is the nature of the domain as we can imagine about it. Mother Nature (the domain of energy) is in our eyes. All those things mentioned above and beyond perfect. But the question here is why all of us, which are elements in the domain, are full of sufferings, feelings of incompleteness, and full of delusions?

That is what we are and how we are. That is what it is to be a human being.

## **Serving God**

We all know that something divine and complete does exist. Some call it 'God', some 'Allah', some 'Dao', and some call it 'The Law of Nature'. Yes, there is something out there monitoring everything and orchestrating the mechanism of the whole thing, which we term 'existence'.

What we have is our 'ego', our friend since birth. For that friend of ours is so truly dear to us, so passionate about things are personal, so true to our needs, and so influential on us, winning all our trust to a point that most of the time, when it urges us to do things in life, we decidedly and eagerly will obey, because along the way, we have become 'one' with our ego and we won't find any point for us to stop and make a check what that really is. Ego our friend. It urges us and we do, and we gained things we desired.

So, this is how it began. And the rest were to include our tragic and traumatic events. For

one striking nature of ego is 'Me, Me, Me', for everybody, once we blindly obey our ego's urges. It will take us all into a system of 'Me's', and at points those 'Me's' will collide with each other, resulting in 'wars' of all kinds and of all scales under all the names -from family breakups to religious wars to world wars.

Everything is energy (Einstein). And energies are energies. There is no good energy or no bad ones. The point is, just how we use it'. There is fire and that is heat energy. Whether we use it for good purposes, or use it for the bad ones, it is up to us. That is the basic rule of the existence. Energies are given. Our ego is one of them.

It is practical and obvious that when we obey our ego up to some limits like thinking of oneself, 'I must be healthy, I must be highly educated, I must be wealthy and have a nice family', they will be just desirable urges and will be good for everybody involved in the building up process and also, for those around us. When our ego urges us to being unhealthy,

uneducated and a loner, you will be not desirable to anybody, or you yourself, above all else.

So, that kind of egotistic desire may be good, but when your ego further urges you to do things like. 'Ah yes, I have achieved this status, I didn't gain anything for nothing. I must keep it all to myself and my family. All my skills are for making money and wealth, on and on. I won't share it with anybody outside of my family or I won't make any contributions to those 'have-not outsiders', never! Then you are starting some wars of some kind. Maybe wars even between your family members or between you and your friends.

War of any kind has in the DNA an element that is contradictory to the way the 'mechanism' of the God's whole plan is running. So, the checking balance here must be seeing life from some other angles, rather than the usual ones, where we face some kind of conflict in life.

Basically, we are elements in God's domain and in the 'mechanism', then shouldn't we be



aware of, and realize that and behave

accordingly? Shouldn't we accept the fact and try to understand more on how to be more in

line with the functioning of the mechanism?

For most of us, it seems we have been forgetting the fact that we are in 'a domain', and we have been in the delusion that we can go on our own, as we like, as our ego drives us all along.

According to my personal experience, realizing and accepting that fact and getting in the mood of serving 'God', can, at the personal level, arrange things in the manner they are meant to be. And that can release much of my pains and traumas about life to which my ego has been firmly clinging onto.

## Inside Job

For relaxing yourself, please close your eyes. Lay down on your bed. Stretch out, loosely. Stay calm.

Can you? Stay calm? I would guess the answer is 'no', for to stay calm, both mentally and physically, is one of the hardest things for most of us to do. It takes a lot of learning, practice, reflecting on, and examining of our mind, by our mind, just to be truly 'at rest and living' at the same time.

The main problem is our mind. Thought after thought will randomly go across our mind. They are so random, so many, so unstoppable, so speedy, so impactful on our mind that they can make us feel all kind of feelings, one after another. And the mind-body connection 'mechanism' will be ignited. That is what you call becoming irritated. what you call being restless, and you are not at rest. Internal energy convulsions, one after another; conflicts and drives, all competing for your attention.

Actually 'the whole thing' is taking place inside of us. We 'are one' with the universe, both inside and out. And the one main characteristic of the thing we call 'existence' is that it is made up of 'Rhythms and Harmonies' all inside of the 'Chaos and Disorder'. Think of our existence in the solar system. All in absolute Chaos and all in absolute Harmonies.

Think of the periodical roaming of the Haley Comet passing by our planet. Please, think of how we, as a human race, were able to survive up to this point, in spite of everything. Yes, harmonies and rhythms in all the 'absolute chaos'.

In the DNA of chaos, there are harmonies, rhythms, and the seeds for progression. Always.

Yes, our mind needs to stay alert all the time, and we, as human beings, need to experience life and learn from it, for our survival and progress.

So, consciously, or unconsciously, along with the progress, at the base line of our stream of mind, we also gathered anxiety, greed, passions, pains, anger, desires both good and

bad, lust, and everything, and in our mind, like a wild horse, will be ever running free and wild.

When we stop and think and look for a time to make a check on why we can't be truly happy and peaceful in life, and to look for a way out of the tiresome and depressing regular cycle of daily routines, the wild horse won't hear our calling. That is the problem. We face it whenever we try to tame, all at once, that wild horse and to make it steady and at ease after all those years of making it ever alert, aggressive, wild and free. There can be nothing more contradictory than those two necessities in our life. *'Struggling for survival and looking for the state of a peaceful mind.'*

Here, the point is the characteristics of 'the thing ' we call existence. There will always be rhythms, dynamic equilibriums, and clues to any kind of progressions in each and every DNA of chaos and unrests. First, please remember this fact. Then trust 'God ' or 'the Law of Nature' for everything and beyond. Then, please have patience.

Note the resistance to what comes up in your

mind, one after another. Note everything down that is giving your mind so much trouble and that you feel you must solve away in the outside world. Do this in a practical, peaceful, and diplomatic manner as soon as possible and also note the attitudes and commitments which you left unchecked which may have brought you into troubles and crises again and again. Notice their patterns and once you see them in your observations, during your stay-calm sessions, they will be labelled.

I said, it takes a lot of practice. Yes, it does. And the more you practice, the more you will become skillful, to a point that once your mind tries to tell you (your mind) a lie, you will at once know that. (A lie like, 'if you buy that sport car and show it off to girls, you will be becoming a playboy'. Yes, you can be, but

in the long run, you can also be left with the problem of your financial resources pretty dried out. You may also be missing opportunities of finding an honest and stable woman for a meaningful and honest relationship.) So, in the process of practicing, you will be having less troubles and more

progress.

In life, we are never at a stop at somewhere. That is what we are ever afraid of to be. Aren't we? Yet, if we are not progressing, then we are falling back, and if we are not falling back, then we are progressing.

Practicing being 'at rest' can be a fearsome internal war. It will take all your resources for winning out. It will take patience and trust above all else, and it is all an 'Inside Job'. It may be the most tedious job in your life that will take all your efforts and wisdom, but the victory, the pay-off, and the progress will be wonderful and worth all of that.

At the same time, the process will be very mysterious and adventurous.

I say.



## **The Only Way Out is Through**

I am a man of 45. I have had a lot of things I have done right in my life, and naturally I have had a lot of things I did wrong, because after all, I am a human being and like everyone else, I have a heart full of satisfactions and also regrets.

I can't help but have thoughts like, "If only I had done this", or, "why do I do that", and "couldn't I have done or behaved otherwise"? I have concluded that life's lessons are simply a series of schooling and exams, and then learning from those experiences. These life lessons seem to have no beginning, and never seem to have an end. So, my exercise book is full of right sticks and full of crosses from the lessons I have learned.



Why have I needed to go through all that? That is a question I ask myself (and God), over and over again. Looking back at my past journey so far, it has at times been truly painful, and at other times, extremely exciting.

Sometimes it provides me temporary fun and excitement, but then, then comes the inevitable next exam. Above all I became more intelligent and hopefully wiser about life that way. One startling thing which I did discover was that, without those painful experiences, I would not have gained the valuable experience that I would need to succeed the next time I encountered those same circumstances. That is just the nature of life. The truth is, as we become more intelligent and wiser, we become more capable of avoiding those unnecessary experiences and unwanted results as much as we can.

Another question is 'Why are we developing, evolving, and growing like this both mentally and physically, walking up to death? This may be the largest question we face in our school of life?'. Will everything end up there and then

just disappear into darkness? To me, that is not very likely, for it is the nature of things in our life, according to our personal experiences and reckonings, according to philosophy, according to laws of physics, according to mathematics and other scientific theories

that are all telling us otherwise.

In my eyes, everything in Nature is structured into patterns and harmonies which are eternally existing. The Laws of Energy shed light on that, and everything is pointing to the fact that there is 'something great' for all of us in the end. Maybe that was why the ancient Hindus left for us a wise saying in Sanskrit 3000 years ago which said, 'If it is not a happy ending, then it is not the end'.

To reach that happy ending, the only way out seems to be through all those painful journeys. Haven't we all gained a higher level of understanding and knowledge going through those experiences and by learning how to correct ourselves.

From this perspective, we now have all the

evidence that we need to prove to ourselves that we are indeed in a very systematic, purposeful, and tremendously 'great something'. Something perfectly designed to gradually bring us to the 'point', the 'exit', and to the 'there'.

And in this way, we come to realize the truth of it all, that in life, "The only way out is through."

Life is that journey. We should try to accept that for there is no other way out!

**Phoe Wa**

