

The Contemplation – What would you do if you had two weeks left to live?

Please take a moment to consider a concept that can be visualised, to a greater degree of accuracy, when correlated with an increase in your ability to initiate presence and therefore, minimalizing the filtration through our mind's thoughts of which; have in their construction, utilised the ingredients of all our prior experiences and knowledge and thus contain within their being, elements of the individuals unique perception to prior experiences. Whilst applying this state of mind in which you are, as I shall with my writing too, attempting to apply consideration of an idea with pure reason alone and thus, creating within your mind an image, by way of the task that I shall now ask of you, in which its construction contains, in as far as your own ability to do so allows, a minimal input from the emotions of pain and pleasure we have linked to a myriad of prior experiences that in turn affect all our thoughts.

It is within the state of mind to which the above is applied that I now ask you to take a moment to consider your thoughts and response to being informed of the shortness of life; to which end you have just been informed that you only have two weeks in which to live.

Although not congruent through all humans, it is so in that my expectation would be centred towards visualisation of, and perhaps even the process of quickly writing, what our common use of terminology today would refer to as a bucket list. Without the procrastination of which, would otherwise be applied to the task without that perceived ingredient in which I have added; that of the shortness of life, you begin working through it running from one task to the next, whilst adding to the list as more desired experiences are imagined in your mind. These additions are of that in which, we do not consciously think with reason in constructing their visualisations due to the context of which we have now surrounded ourselves; one in which, the mind is preoccupied with the excitement and adrenaline through our perception of the future experiences on the list, to take time to analyse the meaning to its thoughts.

The list of these experiences would perhaps involve things like travel, maybe a sky dive and other adrenaline inducing ideas which we may have not experienced ourselves in our lifetime to date. It therefore follows that I would be inclined to ask the question as to why this is our reaction to those new circumstances? Such a question, as is dependent on the analysis a person is required to take into themselves, without allowing for UPS distortion, is one of which we sadly rarely consider to ask ourselves regarding the decisions we make in so many aspects of day to day living, that the most powerful tool a human has at their disposal to achieve any aim, that is their mind, is all too familiarly treated with less care, even that of which one should apply just to maintain its condition, let alone it's development, as most of us today would apply to the care of our fingernails. Instead, virtually its entire existence is controlled by its perception of society and human life, of that is, and I will state with a bluntness I deem appropriate to relay the strength of the thought, a stage in human evolution that when viewed with a perspective of which is only available to a period of time in the future, a period that of which would not surprise me to fall in years of less than 1000 from now, is historically termed as, or similar to that of, "the age of progress and ignorance". To understand this thought further, I shall revisit it following the discussion at hand.

So, let us return from my digression and thus, as a prerequisite of what shall follow, understand the basic psychological aspects that are involved in creating the minds desire to produce such as response to the perceived shortness of life. From a basic psychological point of view we are simply balancing that knowledge of a sudden shortness of life, which we perceive as negative, with things we perceive to provide highly emotionally charged sensations of joy and even exhilaration; neurologically speaking we are balancing the stress response initiated with equal activations of the amygdala, the brains reward centre. That balancing act is a requisite of the beauty that is the human mind, it is always working to maintain a balance, the resulting homeostasis is felt throughout the whole body, as the endocrine system responds to these emotions by altering the production and utilisation of hormonal messengers, that in turn affect the genes we proliferate.

It is an important point to make here in relation to my work as a whole, that my focus is to be concentrated entirely on my thoughts and to which end, a knowledge of existing work in areas of discussion and of course indeed in the fields of philosophy and psychology in general is for many thoughts, either a prerequisite in order to understand in their entirety or, may pose questions to the reader which may relate to what can be answered through previous works and therefore to seek answers to those questions through their own

research into the area of discussion; such as epigenetics in this instance. To that end, I too need to consider the impact of the introduction of, and then increasing risk of losing sight of some of my thoughts the more I delve into, the consideration of the style and articulation of the language with which I write. The thought itself needs to remain the point of concentration and I state this with the foresight of my own perception being in a limitation of time to which end my chief aim is to give the content even if it is done without the ribbons and bows that adorn many of the works to which I most admire myself. It is also important to add, in perception of the likelihood of this work not being completed with any time remaining to evaluate, that there also should exist the possibility of no preface or introduction composed by myself. It is with that expectation that I must state here that my chief aim is not to provide a work that all can or will understand at the time of writing as philosophy by its nature is applying a level of thought to which few dedicate their lives, but of which in itself is the direction to which the human mind will be drawn and influenced by to a greater degree through our continued evolution. If I were though to give one prerequisite to those who are not overly familiar, not just with the work of the likes of Plato, Aristotle and Marcus Aurelius, but of the works of Leibniz, Kant and Schopenhauer in particular, then I would momentarily pause your attention to my own thoughts and to read only the preface to the 2nd edition of Arthur Schopenhauer's "The World As Will And Idea Volume 1" for its insight into his perceived state of mind as the writer contains the same insight I perceive in my own mind and thus is of great value before continuing with my own work. But for now, let me continue with the writing, like that continuous flow of a river without hinderance all the way from its source, through the meandering valleys, plains and oxbow lakes, to its destination spreading with a new sense of freedom in the sea. Without breaking that passage through its natural route we can admire that beauty and then analyse if we so wish to do so after that journey has been completed.

Of course, if indeed you were to be informed that you have that single week to live but that were as a result of a physical condition and as such spent most, if not all, of that remaining time in a hospital bed, then your bucket list may be forced by definition, of the individual biophysiological processes that are current through all humans in bringing a desire for things that would bring the most rewarding feeling from within their locational restraints, to be considerably different. But what if you have already lived your whole life as though it were to be a complete bucket list? I must state here that my own statement in itself is somewhat of a paradox in that my aim is to portray a life of inspiration by which we follow what we are compelled to do, continue to ask ourselves "why", as we examine our life and the signs which life provides us with on a daily basis; subtly directing us to a path who's destination, and route towards which, provide us with our own personal fulfilment. But those signals tend to be ignored by most of us and very few would consciously look for them with the knowledge that those signs surround us everywhere and in any moment, much like air itself and it is true of both, that in their natural setting will, admittedly without applying consideration on my part at this stage to be definitive, virtually always require more than the sense of sight alone to become visible to the human eye.

It is such that the mind or indeed brain, does work in the same way regarding the significant adaptations that occur over time, that we can see visually in the human body with its adaptability through intentional, task specific training and development. It follows therefore that we can, over time, create huge adaptations in our brains that optimise it for the task in which we are apply consistent training and dedication. One only has to consider the adaptations that have been researched in a highly skilled concert pianist or someone with any form of serious addiction, to see that this is so and thus, the more you practice consciously applying control over the direction of those thoughts, you become aware to their wanderings. It follows as such that you can then ask yourself why you are feeling a particular emotion to a particular thought and look for perspectives you may be missing that are needed in order to return the perception of the experience in that thought into balance. The more we are able to examine our thoughts, as well as look for those signals that surround us, we improve our ability in being able to spot those signals and in turn we find that they appear to us more frequently. Some signals may take time to understand, like those moments you may question your cars navigation system but then a few turns later, the reason and benefit for that earlier direction decision becomes clear. You see, it is this state where a bucket list is not needed, you have lived in inspiration and that negates the desire for rewards. We have not lived through the week in stress, dissatisfaction or even depression to then balance our state with the enjoyment of the freedom we perceive we have at the weekends or on a yearly holiday. Instead we have followed what the Greeks called our "telos", or what today we will call "Our Life's Mission."

When you have an infinite number of perspectives from which to view a life, you experience any event with a emotionally neutral perspective and thus, there is no positive or negative context to it, it is not labelled as

“bad” or “good”, it is balanced, as all events in life are; and all do indeed serve the greater good. The adherence to a life of inspiration without falter whilst indeed is impossible, in the strictest and most acutely measured sense, as members of the animal kingdom we all will succumb, at one moment or another, to the temptations of pleasures and therefore, narrowing that perspective field of vision, it is what we all should be striving for in order to gain fulfilment, wisdom and happiness.

Imagine for a moment, if you were only able to make decisions objectively with reason alone thus, eliminating the effect of your personal emotional context on that decision and in doing so all decisions can be made with complete focus on what is best for that life mission. The thought of pizza no longer triggers emotional links which may make it hard to say no to for the athlete close to competition. Nothing is positive or negative and thus through both priori and posteriori knowledge of pizza a decision is made without the experiences of say, the taste being good being applied to the decision. If a thought is not distorted at all by our prior experiences which contain an emotional link then there is no thought to even want it at all, the decision is based solely on their mission; a decision on what is best for their performance in competition.

The principles of reason itself were first introduced in a conceptual analysis by Kant and as a result, it is he who said that the ultimate of wisdom is to be able to see all perspectives to an event or object picked up by the senses and therefore, to apply thought based on reason alone without the filters of emotion. In this state, the individual would not feel any emotional context to an event as by their nature, they know all is for the greater good and no event when viewed from an infinite number of perspectives is more positive than negative, or vice versa. If you then consider the achievement of this infinite perspective view and the resultant perception that no event is deemed negative, in the past, future or present, then consider to that end what can you now fear? What can you suffer anxiety or depression from if nothing is negative? Fear, in being the result of perceiving you will gain something that has more negatives than positives or, lose something that has more positives than negatives can in this situation by definition be deemed non-existent.

Thus, it would follow therefore, that at that height of wisdom and ability to reason that there is even no fear of death should it be what nature seems best for the greater good. Like salt, a wonderful source of an essential nutrient that also adds a little bit of sparkle to even the best chefs creations, for a tiny fragment of time, of which I've been unfortunate to witness through my own lifetime, is instead used by humans to shorten their own lifespan, often quite drastically and, the reason they will provide for this life shortening adaption of nutritional intake is: that they do not have time. Let us consider for a brief moment the insanity that is displayed by intelligent beings creating a society whereby they value the type of watch or shoes they have over the value of both their physical and mental fitness and their resultant vitality and duration of life. Maybe it is just those of us who are able to witness this that are to varying degrees of success, able to breakaway from this path encouraged by education systems who are those then that drive progress as we no longer are confined to the constraints of those sociological norms. We are able to follow what we feel compelled to do, without distractions, with acceptance in the occurrence of, but internal ignorance to words such as “don't be so stupid, you can't do that.”

But, let us say that you too have allowed yourself to do what life is compelling you to do and therefore, are already experiencing something that the vast majority of society have, in the main without even knowingly, been warned away from all their life and therefore can never fully understand.

Let us return to the salt. Whilst stoicism is indeed the philosophy of seeing all as serving the greater good, its concept foundations lie in living a life in accordance with nature. Nature has given one value that is to be found within, all living things. A life mission of survival of self, offspring and the species. Whilst in the vast quantities added to the processed meals that are staples in the modern western diet that essential nutrient does indeed become a causation of disease; the complete avoidance would be like pledging to never consume water because water can cause a person to drown when submerged in it. As human beings, akin to every other animal species, we are given an ability to adapt to and respond to stress in order to survive, through its preparation of the body into an alerted state when we perceive danger; the stress response system is not designed to be activated to the extent that virtually all of us do today. It is designed to be activated when we perceive dangers resulting from nature and not to those perceived stresses which arise from constructs of the human imagination; the development of agriculture, architecture, implemented social ideals and structures, commerce systems, modern technology and so on and on, are all constructs of that ability to reason; they are all constructs of the imagination and thus, are not of nature. Therefore, in argument with some today, we are

indeed designed to feel stress as part of evolution, but as a survival mechanism only. Humans are the only animal that has developed a real capacity to reason and it is the constructs of the ability to reason that have caused a significant overactivation of stress. We have evolved as a species to a stage where food, that foundation of a species survival, is rarely of concern and for the vast majority is even provided to us. But the cost of 10,000 years of progress towards the fast paced world we live in today is that nearly all of us are activating the sympathetic nervous system to a degree that is comparable to when an early human was running for his life, over running for a bus to be at a specific location at a specific time to do what we call – a job. It is the progress towards this which brought philosophy of any kind and then stoicism into being in the first place through the development of the human mind and its ability to reason. To therefore label Stoicism as a philosophy that makes life meaningless is a projection of someone who does not only not understand Stoicism in its entirety but also does not understand the human body and nature itself. For stress is not required by humans, it is the stress response that is required and is part of our nature as it allows sensual heightening as a protective action from a danger that is also a construct of nature. It is the overloading of stresses resulting from constructs of the human ability to reason and generate ideas that are the foundational course of the vast majority of diseases, as science is currently providing more and more empirical evidence of. However, to add to this, the individual who believes humans therefore, need stress to survive has themselves in almost certainty a life that to myself would be meaningless. It is the life mission based on a person's own fulfilment and calling that gives a life meaning and thus supported by Stoicism directly in the concept of the Telos, as well as the ability to eliminate stresses of the human imagination in order to base our actions and decisions based solely on what is deemed best for the impact on our telos.

As a result of such, that it was the improvements, by way concerned with the optimal means to survive, from the earliest mans concern with wild animals only and then to his mastery of them, to the modern concern with a psychologically coerced belief that the body is under a sustained attack that is, why his focus in our current society is displays the early signs of increasing value that is being placed upon the association between ones emotional state and their health. It is a time of which, science has conclusively provided us with a whole new chapter of our evolution, by the way of the physical health effects of prolonged emotional distress.

In the future, resources will run out, objects from space will threaten to collide with earth, we may even come under threat from another species, the sun will engulf the earth at some stage and it by then will have been long rendered inhabitable. The continuation of our genes and the progression of humanity are therefore one of and of the same objective. After all, not only did we all derive from the same species, we are all created from the same stardust akin to every other element in nature.

In fact as you will see, once life has shown you this path and you have taken time through your life to analyse it piece by piece something quite profound emerges. You will witness through experience, the accuracy and meaning of those signals which, in turn will make you more conscious of their arrival too, as opposed to being ignorant to them. You see, much like a jigsaw puzzle, a piece for every event and action, worked in coherence with each other to create a beautiful bigger picture, nothing is random and every piece is needed.

So we are led to our inspiration state, we have listened to life's signals and not battled them with the typical ignorance that manifests in the expected asking, then to ask again, the half scream cry initiating "why me?" or "what next?". You see the beauty of that picture is the result of the attraction to the brilliance and vibrance of the sun, flowers and bright colours that stand out and draw in the viewer, and can only be felt with the contrast against the shadow, the broken tile on the roof and the fragile man slouched against the wall of the house.

Therefore, no actual pieces in themselves are good or bad, it is just that we may perceive them to be such based on our previous experiences and knowledge, for example the pleasure initiated following the sight of and filtration through our UPS, of the aesthetics of those pieces of the jigsaw we see with those vibrant colours.

And what does this result in when applied to a life of which the mind has learnt of that shortness of remaining life? They simply appreciate if that is what is being directed by life then it is for a greater good too, like all previous experiences. To me, that compels me not to create a bucket list, but like anyone who has lived their life based on inspiration and pursuit of a mission, I would only want to fill that time with the same, what is inspiring me. That is an overwhelming desire to write and share what more work I can within that time and

therefore, see as a challenge to do what I can for the benefit of the whole, the challenge to do the best you can for humanity and future generations, by transitioning from the mind, as well as years of notes and research to paper resulting the text you are reading now.

Of course you may pose the question to me concerning why it is so, that I believe I may be writing this close to the end of my life? To that end though the answer, rather than being something I can simply give in a sentence or short speech, is not unlike that moment when anyone first approaches me with a desire to achieve the physique goal of clear abdominals; and they and lets say they are 40% bodyfat of thereabouts. I can guide them to the achievement of their goal, but it is not something I can do instantly in that moment of course. Whilst it is a process of learning and implementation that require time to achieve what you learn on that journey, the way you feel, the way you notice a rapid rise in confidence, your relationships with others improve, your work life improves, and so on and on. It really is a beautiful journey though, and, I dearly hope that I succeed in proving you with enormous value within this.

The Transition from the Age of Ignorance

I have on many occasions, and in most cases with no success to even need to register, attempted to say to my wonderful and dearest mother, often through a relatively rare channel of conversation but I think it is likely to have been those that were initiated with, or quickly progressed to at least one of us acting on emotion, that I am not 'normal'. Think of what the term normal though, by the strictest definition actually means when used in the context present in describing a human; everything about that person would have to be at an exact level that is equal to the mean level of all humans. Every trait in persona as well as physical make up would have to be the exact mean value and thus, in saying a human is not normal, all we are doing is confirming that they are indeed, a human. Most of us would use the same term or similar perhaps in this context through impulse anyway, without considering the strict definition; imagine the frequency with which we talk and speak with these kind of errors. Who are we speaking to? Or who is reading? What are we trying to achieve from our communication with them?

It is the term that I would still revert to when communicating with her and my goal is to have her appreciate that the topic of conversation is, or has touched on, something that is an extreme deviation from the mean. In much the same way the barber is not inclined to be walking through the highstreet on his day off and stopping everyone to point out potential improvements to their hairstyle, we should practice through the art of reason to consider the aim we are trying to achieve through that communication we undertake. Are you attempting to pass on a message? Maybe hoping for a favour or to receive information? Or are you attempting to create a hierarchy between the two of you, whereby you try to elevate yourself to a pedestal by emphasising your skills in language and rhetoric over theirs? Of course, if the goal is to communicate, ensure that you do so with mindfulness as to that objective. Imagine, that you are the other person; please do so by putting aside all other thoughts and become present first, what communicational approach to the topic would you be most inclined to respond to in the way you wish the other person to do to you? You see, in communicating in a way in which we take into account the other persons expected response and your perception of their emotional state to the choice of words you offer and the tone with which they are spoke you will, with consistent practice, experience profound benefits to your life. A persons development of emotional intelligence is in fact, so undervalued by the vast majority of society today, that it is only those who are aware of the concept and study the application that can know just how much the skill can develop and the benefits it can lead them too. I was not aware of the concept whilst in my early adult years however, I can now look back and see it was something I believe, as many do, I inadvertently developed due largely to the types friendships in my late teens and through to now, individuals who become lifelong friends as opposed to all being in the same "group". Of course then you have to learn this art more consciously if you wish to manipulate lectures to give a little more leniency or guidance, something that has just come from another thought now and on reflection it was something I could do with ease, but I am not sure I would see it as a concept of itself and something I would plan before at that stage. In my case of course I then began work in a telesales office and of course then it became more of a conscious skill of being good at talking to people.

What I mean in more detail here can be defined accurately in many more essays I would love to be blessed with the experience of writing, but of course that statement is relative to a sociological expectation of normal

that therefore is adequate form me to use with the knowledge that language plays a large role too in relationships on any level. You could say it is a form of mirroring, although this is not an act of fitting in as many do, because there is no introduction of terms you wouldn't use anywhere at all, there will be many though that are not used in many sets of interactions. If we consider this for a moment, you can see that it is simply the attempt to best communicate, there need be no desire to create a pedestal for one person and in turn looking down on the other; the most articulate rhetoric is not the goal. But in reality we are all individuals there is no "overall" normal, albeit we are entwined into a greater concept and order of which most are yet to, or will ever see.

If you take a physical deviation from what society deems normality, or indeed any visual or audible deviation, then it is apparent to the conditioned senses, filtered through the individuals entire knowledge base, including both priori (knowledge that has been gained without experience, such as knowing China is, relative to all others, a large country without having ever visited and explored the size personally) and posteriori (knowledge through experience), forming instantly the individuals perspective, then the perceived honesty from the other would of course be greatly supported by the individuals UPS (Universal pull strength of all stored knowledge). However, an experience that is to be witnessed through another and therefore is learnt a priori (without experience) then it will have a varying level of doubt and certainty. The precise 100 percent certainty does not exist, unless we have borne witness to the future, and thus the knowledge set we have of the person to date is used to make an assessment, again both our priori and posteriori knowledge, are what defines the level of trust. Consider the individual themselves, there will be all prior experiences of and with them that affect our UPS, there will be situation and location related experiences that all have a much greater PS and therefore, the reality is that every single experience plays a role in creating the decision of which our imagination has constructed.

From this thought now, as I type, a little spark of inspiration I managed to spot, just something small, but I still decided to follow it and am therefore going to take a moment to wander as directed. I think we are indeed in a moment of human evolution where we are uncovering more of the actual molecular and biochemical science behind this idea where we will quickly begin to provide more empirical evidence that enhances the desire to continue into the areas exploration, notably too is the inspiration offered as a result to those future generations deciding to explore the same field. Once anything throughout our history has proved of value to the advancement of humanity, there is a desire to improve up on it. Sometimes the things existence in itself flows coherently along with the knowledge gained in those respective fields to provide inspiration for developments which, may even have no resemblance, through sensual perception alone, to the initial object at all. For example, radiation therapy being developed as a result of the same scientific developments that inspired the exploration of the branch of nuclear physics that resulted in the development of the nuclear bomb.

Whilst I am not a trained scientist by way of curriculum and the awards assigned through following the current education system, much like you, or anyone else, I would not need to be one by title to have any knowledge in that field of which I desire, if life had directed me to pursue that knowledge as part of my mission. Each of us unlocks our own unique genius once we do follow that direction we are driven towards, once we free the mind of the diseases of outside influences and expectations and attempt to simply follow what life compels us to do.

It is for that reason too that whilst I will allow myself to wonder, if a thought does indeed seem worth pursuing, there is no room for any self-elevation and similarly, the dissention of others by thoughtful intent; as such an activity would only offer interference to the state of reason through which I attempt to direct my thoughts. I shall do so though, at some stage, for I am far from ever reaching the infinite scope of perfection in that skill, no matter how much I of my time I dedicate to its practice. In much in the same way I would as a child feel the desire to practice football, then to create music, of course then to the study of physique development and nutrition; each became what others perceive as an obsession; that is through their perception based on the ignorance to the finding of, and thus fulfilling of, that life mission. So, do consider that I speak knowing that unique genius lies inside all of us and I am lucky enough to have followed my own path to fulfilment by the, somewhat accidental training of the mind to do so for many years. But through the course and nature of the events that followed and in particular the ending to that relationship prior to my last, that obsession was directed towards the psychology of human behaviour as here, I was following my desire to help improve as many lives as I can but even then with the belief I would be doing so for future generations even if more so than the current human population.

Although there will also be a small genetic variation in certain faculties of both the brain and body which cannot be entirely disregarded, from a young age, but it was not until the events of which I have spoken in my more recent life such as those that follow and including that of the car crash, that I directed that training with any form intent and analysis, which results in what I can offer you now through writing. If I were to give the perception of self-elevation or to talk down of another by conscious intent then I would be displaying a reaction based on animalistic emotion and not the thought of reason I attempt to apply more and more to all experiences with practice of such through my own life. Combining that philosophy with the foundations of many of the areas of discussion and those I believe to be correct and therefore uphold from others before me, such as everything in nature serving the greater good, there are only events and the labels of positive or negative are labels that are created by our own UPS. But if the goal of that UPS is reason, then it is to carefully attended to frequently through our life in ensuring we bring balance to all events as once viewed from all perspectives none are positive or negative. At that stage we are at the pinnacle of wisdom, we see all perspectives to everything and that no event is more positive than negative or vice versa. Of course, such a development is deemed a perfection of which we can never really achieve, but in striving as close to it as possible we will see a grounding to a happier and more fulfilling life.

There are however some discrepancies that I would like to address here which I feel are of importance to what follows. Please do ensure you bring back your thoughts and I will in return give my utmost to maintain your complete presence by deviating around the impedimenta to that for a moment...

The achievement of this state though without falter through a life's entire duration is indeed impossible in that we are as human beings like every other animal given an ability to adapt to, and respond to stress. Whilst that is true, that is a stress response system not designed to be activated to the extent that most of us do today or is it designed to be used as a result of a humans ability to reason, for it is only humans that have the ability to reason as we do. Therefore, in argument with some today, we are indeed designed to feel stress as part of evolution, but as a survival mechanism only. Humans are the only animal that has developed a real capacity to reason and it is the constructs of the ability to reason that have caused a significant overactivation of stress. We have evolved to a stage where we use reason to think ahead, so food is never the concern and as a result of 10,000 years of progress we are activating the sympathetic nervous system to a degree that is comparable to when an early human was running for his life, over running for a bus to be at a specific location at a specific time to do what we call – a job. It is the progress towards this which brought philosophy of any kind and then stoicism into being in the first place.

I shall now take a moment to expand on my earlier thought to enter a discussion that can show us why in a historical context from a future perspective the current period of human psyche evolution may be looked back on as an age of ignorance. In order for me to achieve this, it is an initial requirement of which I ask of you to spend a moment reflecting on your own feelings that you may express to such concepts as segregation, slavery, dictatorships, colonialization, communism and so on and on. With that thought considered, and with the knowledge of the stage of human psychological evolution of which, we must analyse through a never too great a number of modalities of life current at that time; that of a time where those concepts were perceived as wrong in any way more than in the mean of the whole human population today perceive eating meat as wrong. Considered from our perspective, the experiences we have, the empirical nature of archivable knowledge through its coexistence to that which is, living the entirety of our own life through the perspective of "now", we would not be indifferent should we wish to reflect on the state of, particularly western, psychosociological evolution during any of those, now refrained upon, concepts peak implementation period in history, as a display of general ignorance to human ethics and morals.

I have hope I may have the chance to give my full attention in later essays to assess both sides of a debate as to why my soon to follow assessment is true. That is, without dispute through comprehensive investigation into that which is a period of, or potentially greater than, the last 2000 years, whereby the human race as a whole is rapidly; not only in the speed of, but indeed also in the rate of acceleration of that speed, and without ill feeling, dedicating less, to little, to that which is nothing more than you may consider in metaphorical thought when applied to the animal kingdom that is, that those who dedicate time to the process of thought are an endangered species.

But, for now I shall say this:

The rapid industrial and technological advances over the last 2000 years have not been paralleled with the evolution of, if we were to provide an image of the human brain as calculated to be the that which represents the combination of the mean representations in every visible department, creating if you like to simplify, an average human brain. Of course to state in a way that may lose meaning indefinitely later on, but has more meaning to the period in which I write.

This does not mean that our knowledge and thus advances in areas where we have knowledge has not increased, that would be in clear contradiction to my thoughts. But the evolution in biology in the main that would bare their proliferation through the concepts of the field of epigenetics resulting in small changes of the physical structure of the brain itself.

It is and I insist this is true of the psychology of humanity today, that we do indeed know So, a concert pianist of course uses their brain as the master control centre to initiate movement through the nervous system and the musculoskeletal system, and it's memory of the pattern of impulses becomes more and more instinctive and ingrained through dedicating time to practice storing more patterns, touch and so, and so on, let alone the storage of all these required nervous impulses to initiate the movements; that is, a concept proven in the ability to increase speed with practice.

Whilst 2000 years ago there will have been many, like today, who worked fulltime for another individual or group of people, very few had an education that was not through the perception of individuals and their experiences of life and quickly gaining more life experiences themselves, with a different set of human values, it was more focused towards using the mind creatively and freely. The mind was utilised for active thought, especially creative thought for more due to due to fewer daily distractions such as television where the mind is occupied by externally induced thoughts for long periods instead. Over that time there is a continuous increase in the percentage of the total number of, and the average duration humans spend in centrally controlled education programmes. Education is much less focused on the development of skills to use the concept of thought for happiness, meaning and the progress of humanity, a requisite of which would be far less influence of that to which, I shall apply the term "sociologically created UPS distorters."

Controlled by both intent and accident depending on the event, both were taken advantage of to create a system to train people not just to prosper in, but to be ignorant to the capabilities of their mind, without their knowing and, even for those who do, they are still forced to dedicate in many cases the first quarter of their life, learning of the past.

Please do not think this statement of mine also signifies that we should not consider the past. I have a love for the past as great as the future. As compared to say the time of Seneca, we do have such an archive of knowledge, that of which covers a huge period of time relative to technological progression. Therefore whilst the future may be uncertain, through both, application to the understanding of, and the practiced art of seeing and perceived signals, with of course that wealth of a priori knowledge available in an instant relating to all but what I would challenge you to really attempt to think of an event from 100 to 2000 years ago, and to then find no record of it in an instant on the internet.

As we progress in a reflection from today with reversal to the chronological structure, then we would witness a decreasing level of formal education when viewed as a percentage of the total population the further into the past we look, however on that return journey until now, we will also witness by the definition of time itself, more and more historical knowledge, more works and details on that knowledge, more and more branches of discussion and research, creating new fields even and of course today, the mind can never run out if ever challenged to display any knowledge if both a priori and a posteriori, that relate to the last 2000 years.

So, imagine education 2000 years ago, how much relative time would it take to study surviving historical knowledge, early knowledge in fields of science, literature and mathematics? It was the future of these fields which of course converge therefore, with the field of philosophy itself and therefore to give what I must state is a value based on my perception alone but in doing so I may give clarity to the most regarding this point if I state that:

“Over the last 2000 years the percentage of time, throughout the average humans first 30 years of life and, applying consideration of all populations that existed in a period, that a human spends learning how to an implementing the practice of thought with the consideration of potential hypothesis into the future course of humanity and knowledge, has decreased from around 95% to around 5%.

It is for this reason, we had seen the decline in intelligence that was highlighted in the 2001 edition of Wadsworths an introduction to the history of psychology. The book mentions many believing the result is of immigration, others that intelligence does not correlate well with reproduction.

In one aspect though, until very recently perhaps, intelligence will still link with lower reproduction on average but that would be due to the values hierarchy. Those who have lived by their values and therefore are following their lifes mission, most females, like most males do not find that, they therefore work to provide for a family and for the security of themselves, a potential partner and then their children. Their thoughts are for many years leading up to that way of life, directed that way too.

But it is largely down to the intelligence tests aspect of thought, something we spend less and less time doing as a society, through the vast proportion of time with a focus on storing knowledge in education and then through the audio and visual technology that is all around us. I believe though that we are shifting and that is changing.

I am inclined to expand here a little more too with introduction a completely new concept that I do not believe has been thoroughly discussed in the sense I shall briefly mention here, although please do not read the next concept if you have not first understood the prior. For that is key here in that I was inclined to repeat another way, but instead I write this as it is important to focus and follow my direction.

It was in circumstances through which, if not the extremes such as, the afro-american slave trade, or the mass extermination of the Jewish inhabitants of Central Europe throughout the 1930's and early 1940's that many humans were as a result forced to find healing within often the only thing, that is of which is always within their control, that is, their minds. Through the initial finds and obligatory fascination that follows it becomes a constant activity, through which life and thus experiences are seen differently, taking of course Victor Frankl as a well known example.

“A human being is not one in pursuit of happiness but rather in search of a reason to become happy, last but not least, through actualizing the potential meaning inherent and dormant in a given situation.” – Victor Frankl

But, who has the time and the desire to dedicate such time to simply exploring the capabilities of their mind today? Something that is worth discussing to see if indeed the perception of time has bared the weapons at the slight hand of which, wounds, however small, have created a period in history where it is only an overwhelmingly engulfed minority, the lowest percentage of the population, if that is which considered against any period throughout the last 2000 years, that dedicate time to developing their mind.

in management and democracy throughout huge societies, until a reawakening potential of that, humanity is experiencing the very slightest murmurings of currently and of course aided by the progression made through technological advances and direct access to the minds of others without locational restrains; humans have steadily been accessing with a greater ease, and to a corresponding growth in the number of, educators or those with the experience and personal coaching skills that may offer in a week, far more value than that of the value of all the stored data from years of accumulated time of which was wasted to our lives but still given due to the education system.

But, in the future of course this will transcend; from this moment in history, it will continue to do so, with an increasing rate of progression, and the value of thought is becoming more valued. For example, through both a fundamental survival need, due to the growing economic disparity between the top and bottom of society and, what lies beneath and can be examined even in brief fragment of time, the changes in the way a typical person may think and the education system will continue up to evolve, especially as a result of the technological implementations and systems created through the period of the COVID-19 virus (2019-2021), a higher value is being placed on wealth as a result of the numerous material items and their perceived,

resultant, perception of another offers to them the perception of approval as to which a male lion may seek from a lioness when by sight alone, an approaching rival in the distance stops, and walks away.

But the desire for, and even the ideological arguments for more personalisation in early and progressively more still through later education. So whilst we are, as have been, as for a while yet will be, in the phase of human evolution where the system is still coherent with the intended original concept in a psychological impact, resulting in a conditioned mind, to create workers, to create followers

Progression in technology is coherent with a decline in manual labour work of all kinds. As such, a corresponding increase is being put on the development of self – mind and body. It is simply part of our psychological evolution I believe that to elevate ones own position in the hierarchy of which we are always, ignorant to but, unknowingly always fighting for position on.

We are moving towards the next stage of human evolution, beginning with a higher value on intelligence, business and life skills and access to that knowledge that is desired. This will result in more taking their thoughts further and deeper. We see personal development like physical fitness and the vagueness of the term still at least will introduce concepts of thought, reflection, planning, visualisation etc that more and more will then also be compelled to explore further.

Self analysis will become a fundamental life skill of which the majority and not just the few undertake, thought becomes more valued by many along the way. We are focused on the evolution of the one thing that's rate of development through time could define survival of humanity as a whole through a future particular challenge of not.

But, that is where I will return to the present, instead of valuing the mind or thought, or even entrepreneurship or personal development at school we are subject to the experiences that shape our being by influence of those who benefit from creating workers.

Without consideration to it, we end up in a routine that is deemed as a sociological norm, we are directed towards it through the education we receive in childhood from our parents and teachers. We go through the education system, go to work, have a family, keep working, usually 9-5, and maybe taking one if not two days off at the weekend. That is then a chance of course to reward with experiences that your hard work during the week deserves. That work would come in the form of service and employment for the majority with an exception to those who desire to break that norm because they are compelled by another mission in their life, more on which will follow in due course.

Touch on extremists

Caveat of it actually being complete control of your mind.

But you live by a life mission for the greater good

Therefore you are entitled to feel emotion to others as you are working for the benefit of humanity as a whole

This also does not mean that we can not feel or should not feel emotion in certain specific situations wh

who what because they perceive in this age of our However, it is through that enlightenment that state of gratitude and emotional balance exists in tandem with, allows no desire for it either; but a knowledge that our time is short and that we are here to serve towards the greater good is to do what we can with our given time.

The life mission, through it's consistency throughout all species, differs from that of the will to power in that, the will to power can be ?????disproven in that it is in fact a psychological development in I believe all humans, it is present at least in early life, and is the result of very quickly storing sensual perceptions from birth and as early experiences through the senses accumulate, a rapidly increasing frequency of them begin to be stored with a corresponding emotional value. Through the society in which we have created and the

general psychological evolution of humans, the will to power is actually a desire to create a world for themselves in which they perceive that they will thereafter experience fewer painful experiences and more pleasurable ones. For that reason the will for power is not a primordial and genetic instinct, but it is a development through the expansion of the earliest humans and their expanding communities.

Let us imagine, the first two humans on earth, the need for power between the two is most likely to be very rarely perused. But, there would be a desire to work together, to survive themselves of course too, but in this situation would there not be a present and even stronger desire and desperation for humanity to survive?

Let us create two more hypothetical scenarios, through which you will understand this concept more conclusively. Firstly, we shall imagine that of those only two humans, one is male and the other female. If they were the last two humans on earth, would there still not be a desire to allow the human race to continue even without any perceived attraction to the other? Of course we then must conclusively prove it is not the desire in this instance of their family or blood line to survive. Thus, we imagine that there is no perceived attraction, but they were the only humans in the entire population of their shared private island, they could have nearly all they could desire delivered, but could never leave the beautiful paradise where they would spend their lives. They are different in age and without any attraction although they do get on well. Now, is the desire to ensure reproduction between if existent even at all, anywhere close to as great?

You see this is the missing link

This is not to say that humans have not developed an ingrained heirachy of which

would say it is the last male and female

Individual psychology^[edit]

Main article: [Individual psychology](#)

[Alfred Adler](#) borrowed heavily from Nietzsche's work to develop his second Viennese school of psychotherapy called individual psychology. Adler (1912) wrote in his important book *Über den nervösen Charakter (The Neurotic Constitution)*:

Nietzsche's "Will to power" and "Will to seem" embrace many of our views, which again resemble in some respects the views of [Féré](#) and the older writers, according to whom the sensation of pleasure originates in a feeling of power, that of pain in a feeling of feebleness (Ohnmacht).^[32]

Adler's adaptation of the will to power was and still is in contrast to Sigmund Freud's [pleasure principle](#) or the "will to pleasure", and to [Viktor Frankl's logotherapy](#) or the "will to meaning".^[33] Adler's intent was to build a movement that would rival, even supplant, others in psychology by arguing for the holistic integrity of psychological well-being with that of [social equality](#). His interpretation of Nietzsche's will to power was concerned with the individual patient's overcoming of the [superiority-inferiority](#) dynamic.^[34]

In *Man's Search for Meaning*, Frankl compared his third Viennese school of psychotherapy with Adler's psychoanalytic interpretation of the will to power:

... the striving to find a meaning in one's life is the primary motivational force in man. That is why I speak of a *will to meaning* in contrast to the pleasure principle (or, as we could also term it, the *will to pleasure*) on which Freudian psychoanalysis is centered, as well as in contrast to the *will to power* stressed by Adlerian psychology.^[3]

Or, did Victor Frankle discover his best way to serve the will of perceived application of survival? In learning to master his mind, he was able to reduce his pain and it is there that he pursued his fascination further. It was initially an intelligent man, knowing that he had control over his mind, that was developed to extreme levels due to the circumstances in which he was in whereby it elevated the fear of death until its virtual non existence. But, in doing so he was also doing his purpose in serving humanity with his writing.

Note, how little an average grandpa wants the power, but he thrives in seeing his children if they perceive they have it.

In fact if we now consider the “telos”, as defined even as far back as Aristotle, this being that happiness is sought for by pursuing a life mission, a calling that one felt love for and was compelled to do.

We should also consider the difference in society at the time of 200BC, but more importantly, the catalogue of and accessibility to the history that we have today as mentioned previously. The thought is not for power, it is legacy and survival of the race.

Imagine another scenario, the US president is presented with a fatal decision. A missile headed to the US will automatically detonate in air harming no one, if he presses a button to trigger the explosives attached to himself, but if he does not, it will destroy half of the American population. Now, even if none of those were his family, I can not personally imagine an previous US president not deciding to press the button. Power will come second to legacy and legacy by its unravelled definition links then to the survival of entire species path.

So what happens to those then who do pursue less and less power and why?

Consider the developments of one through stoicism and into a very high level of wisdom and ability to reason. They can only do so with the incorporation of these two principles:

1. A greater focus on a perspective of time and space relative to the nature of the universe rather than their own life.
2. Higher level of wisdom, in seeing greater perspective to any event, ie understanding that it also will serve if initial perceived as negative.

It is the ignorance to the above through humanity and our evolution that that has seen the idea of a world created where once we are born this is our education of life, then we absolutely do need to compete for power. (sexual element too???)”

Will to Power is the construct of the pain and pleasure principle, so if perceptions to all events are seen at once and therefore there are not good or bad events, then there is no desire for power to maximise our pleasurable experiences and minimise our painful ones. But, there is a desire to fulfil the thing they feel compelled to do.

Intuition and Inspiration link!

This then would fall consistent

But through the human ability to reason, we have created a virtually species wide society where the knowledge and experiences we gain throughout our early life, influences the UPS greatly into adulthood and beyond. To comprehend the validity and importance of this point though, The key to this though is th

If, we live in a society in which we do not meet anyone who