

Simplify your life and thrive

An essay on human potential

“Man was his own star and decided to fade into oblivion”

Our current state of being:

The turning of the ages has given us much joy, or did it? The invention of the machine-driven society and scientific method allowed us to manipulate our environment and harness Gaia. Foolish to think that we could actually 'control' nature in her fullness. The stupidity of changing a natural inclination into an artificial one diminishes its potency to mature. This process of alienation occurred when the challenge of co-existence with wild animals and nature turned into a domestication system of control. The invention of agriculture, cement, the scientific method and industrial complexes all contributed to our desire to domesticate nature. Caused by our anxiety to live in coherence with nature we decided to control and domesticate it in extreme fashions.

A technological evolution lacking a spiritual and philosophical understanding is doomed to fail and will annihilate itself. We may think or believe that 'comfort' is found in having a car, owning a house and eating quick and easy foods, but the reality shows us differently. Off course, the color of the perceiver determines the shape of it's reality, but beyond color we have objectivity. It is a practice of removing your dogma and creating a holistic thinking process. Meaning that the way you think isn't obscured by limiting believes or stubborn opinions, but well-rounded and non-judgmental in order to receive the bigger picture. For example, the medical industry might be the biggest and most profitable business model of today's age. The world is sick and we have to admit it, if we want to change it. We have evolved with the natural function of our bodies, and because of our desire to delegate the daily struggles of survival, we became dysfunctional in our movement. We drive in cars, sit in chairs all day and our food quality has decayed tremendously. All kinds of dis-eases occur because of our radical shift in lifestyle over the course of time. Our bodies are having a hard time catching up.

Technology allowed us to explore a control paradigm. The paradox however is that we delegate powers into external objects. The shaman, witch or magician is delegated to Google, scientific authorities and hospitals. The warrior of assertiveness, action and discipline is given away to tools of convenience and luxury, like cars, elevators and chairs. The lover only extends to a small circle of friends or family and neglecting those who need help the most. The king or queen is trusted to politicians or policy makers, without considering our own sense of judgment.

Alienated and disrupted from our roots of nature, are we weak and immature. Our fruits resonate a taste of disgust and everything we touch becomes less. Virtues has turned into vices and we are stuck in a negative downward spiral of dissolution. Feeling meaningless and desperate to find answers, are we blind for what we might be or already are. The struggle of survival has turned into an inner psychological battle of meaningless and despair. A collective catharsis is occurring as we speak behind walls of cement and cities of smog. A distasteful scenario and yet great in potential.

The world ends for those eager to continue playing this game of fear and destruction. Where they dissolve, we emanate. Where they die, we live. It is this extremity of polars that confuses most. Finding unity within this diversity is necessary to make a peaceful transition in our evolving.

“In the midst of opposites, do we find the potential of energies. In the midst of despair can we grow and reach potency. Darkness is a blessing in disguise”

What we might be or already are in disguise:

I think we can agree that our current state of being is dirty and contaminated. How long will we pursue the path of pain and suffering, until we realize there are other ways of being alive? As have been said above, the control paradigm of nature is based upon the fear of dying. We wanted to overcome the struggle of survival by controlling the dangers of nature. However, by resisting danger, we give it more power to persist. Not facing our fears and acting like it isn't there will not help you in overcoming them. Being afraid of dying is to be afraid to live. How can you ever change if you don't see the beauty of death. By contemplating death and understanding its purpose, we become aware of rhythmic cycles in ourselves and the cosmos.

It is not so much a question of becoming, but more a journey of undoing. The pain we suffer from today is not found in seeking co-existence with wild animals, but is found in dealing with inner battles. Life is not so much a material challenge, as it is a psychological one. The battlefield of life has moved from the Sahara desert and the deep jungles into an inner chaos of darkness and despair.

The phenomena of boredom, meaningless, confusion, alienation, escapism, passivity and laziness are all pointing towards a lack of self-understanding and self-mastery. To “know thyself, and be thyself” is not enough, we also need to “master thyself” in order to stay in balance when adversity hits us.

Imagine yourself being a river. To flow freely with strength and confidence, you need to have a clear path. When that path is obscured by rocks and dirt, you stop flowing and you become stagnant. All stagnant water becomes even more polluted and dirty. So do you see now how this negative spiral is working? The further you go down the path of fear, the harder it will be to heal yourself from it.

Therefore, our challenge does not lay in domesticating nature, but in facing our fears and aligning with it in harmony. By doing so, we can see clearly again who we always have been. This is a process most people ignore to embark on. They enjoy their sense of safety and security by living in sky scrapers far away from nature's grip. However, when a life crisis or traumatic experience hits them in the face, they often realize the illusions they had.

Feelings of negativity are a great opportunity to look within and observe oneself. Becoming aware of it's causes can help you in replacing them with different ideas or thoughts. Often times, people victimize themselves and, therefore, remove the power of self-responsibility and self-observation. These kind of people can go through life being afraid all the time and never find peace.

“Life today is not so much a material challenge as it is a psychological one”

How my mission can serve you:

One of the tenets of life is knowing your bliss. No school, parent or authority figure can decide this for you. Your bliss is probably not taking drugs and partying all the time and living this YOLO lifestyle. It is more an intuitive reduction of what excites you the most. What tickles you of being alive? I found most of my tickles so far, and I am eager to share them with you. It is always difficult to define your personal bliss, but I have done my best in doing so, so that you can better decide if you are helped by it.

“It is my mission to be strong, whole and to thrive my life so that I can inspire others.”

My perspective on being strong: _

Life has plenty in stock for us to challenge our sense of well-being. A strong person is well prepared for times of adversity and can show resilience when necessary. The focus is, therefore, not so much on a material punch, but is more emphasized towards having a strong character. A practice of self-reliance and independence enlarges your circle of influence and sense of confidence in your abilities. Therefore, life is not so much a material challenge as it is a psychological one in order to respond appropriately on your life situations.

My perspective on being whole:

Health and wholeness go hand in hand. The word ‘health’ is misused because of the scientific revolution. Dis-ease has turned into a gigantic business model instead of a sign for change. By not using a holistic or well-rounded viewpoint towards your well-being, you castrate and blind yourself from underlying causes. Physical, mental, emotional and energetic areas of your being are intertwined and holistic. They work together in a cohesive whole. We are never really healthy if we don’t address all four area’s.

My perspective on thriving:

Human beings are part of a greater whole. Whether you want to admit it or not, we are dependent on our ecosystems and communities. We grow and learn through the interactions we have within these communities. HOW we interact is our choice and ours only. Thriving means, therefore, to cultivate the talents and abilities you enjoy the most and turning it into a sustainable form of income. True education is to help you ‘to draw out’ your potential, not to imprint ideas that doesn’t fit you. Thriving is a mutual relationship of giving and receiving with the TRUE work that you meant to do. You are not worthless, we can all choose our own way to serve and contribute in an enjoyable way.

My perspective on inspiring:

The root meaning of inspire is to ‘breath in’. Information does not quite do it, we need practice and integration in order to make a change. An inspiration can only be used to enhance your realm of possibilities. You need to put the inspiration into practice in order to transmute the possibility into a tangible reality. No-body can do this for you, it is your responsibility to be the person you want to be.

