

When comfort became uncomfortable

An essay on alienation

“Humans are tool builders, and we have build too many useful tools”

It is wise to put our creativity to good use, but it seems we have gone a bit too far. Our inherent fear to co-exist with mother nature has turned into an obsessive need for control and domestication. In our efforts of taming wild nature, we have tamed our inner nature, and, therefore our sense of being truly alive. This process of separating ourselves from nature is called alienation and is simply a matter of unhealthy detachment. The goal of living in 'secure' towers of cement and easy accessible resources is established. This current establishment is paradoxically causing more discomfort then comfort. Our intend was to create a 'better' world by modernizing and domesticating nature and her resources, but this has turned into a world of apathy and involution. By destroying the rebellious, dangerous, unpredictable and wild characteristics of nature, we automatically destroy our own nature and creativity.

The tools we have build in order to control nature has caused us to be apathetic and stupid. By delegating the challenges of life to convenient tools, we limit our potential to grow and to evolve from these challenges. The tools that are often times created to alleviate pain and discomfort, actually create new ways of pain and discomfort then previously known. In a way this is very interesting, entertaining and paradoxical, but often times counterproductive. Many chronic diseases for example were not known before we decided to 'conquer' nature. Not only is it very ignorant to believe that we can actually 'conquer' nature, it is also against are natural ways of experiencing life.

A good example to illustrate the paradox of comfort versus discomfort, is the human body. The human body has evolved over thousands of years and just recently started to experience all these tools of convenience. It makes sense that this rapid technological revolution is simply too much for the body too handle. The basic necessities in order to be fit and healthy are neglected, twisted around or forgotten. The process of alienation through the inventions for convenience has brought us, therefore, more harm then good. Our immune-system, skeleton system, muscular system and all other systems need proper stimulation of as well comfort as discomfort in order to be in balance and to strengthen itself. By delegating the challenges to tools of convenience, we delegate our own potential to grow into our best versions.

With the right amount of money, you can pretty much buy anything you need. However, you will always be reactive instead of creative in that way. You will never experience the process of creation if you simply be a consumer all the time. Everything man made has gone through a process of creation and it is up to you if you want to be the cause or effect of that process. Consumers are the effect of the cause behind the products and services. The consumer has often times absolutely no clue how the product or service has came into existence. The producer might know more, but not more then the extend of his artifice and industrial automation. The inventor or creator is the absolute cause. The inventor is completely connected and in tune with the elements of his creation. The inventor is not alienated, but immersed into the elements. S/he knows how nature ticks and how her elements can be used in creative endeavors. This person is immersed in the work s/he does and the work reflects their uniqueness.

Co-existence with nature is, therefore, valuable in order to remove alienation and to remember how everything is connected to her. Leonardo Da Vinci, Nikola Tesla, Newton and all other creative individuals know at least the basics of nature and the science behind it. They haven't lost their sense

of connection with nature and are, therefore, capable of maximizing their creativity with her elements.

Not knowing these essential sciences of nature will cause someone to feel disconnected from the products and services his society has to offer. Parasites or consumers are born this way. The only thing they are capable of is working like a cog in a machine of conformity in order to consume more. They have no sense about what they exactly consume, where it comes from and how it is made. This mechanical man does not know anything, except maybe his chosen path of expertise. Playing a role in your society is necessary for co-existence, but when the role limits the true expression of the individual, the individual ceases to exist as an individual. The individual is then simply a cog spinning in a wheel of machinery and conformity.

“Being human is to be as wild, diverse, peaceful, unpredictable and dangerous as our mother. I see no other way to be creative than to honor and know our mother. Since we are the effect of how our mother made us, we better learn to understand her complexity. Since that complexity of expression is laying dormant in each of us”