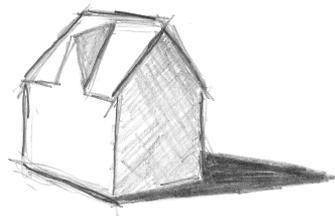




yelling at bees



i build a patio  
behind my house

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

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

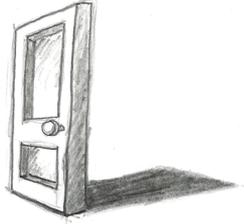
i swat at the bees  
yelling at them  
about how it's my patio  
and they should leave me alone

but bees don't speak my language

they are bees

they don't know what i'm yelling

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



# *instinct*

i am an animal

i am more like  
the other animals  
than i am different

why?

because i too  
act out of instincts

basic animal instincts

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

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

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

my gathering instinct  
drives me  
to stockpile supplies

i feel anxious  
that there might  
not be enough

so i gather more  
than i actually need

i obsess about  
my immediate needs  
but often miss  
the bigger picture

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

it motivates me to  
be creative and seek  
after wisdom

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

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

it drives me to do  
research and seek after  
knowledge

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

my nurturing instinct  
motivates me to care  
for other people

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

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

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

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

it helps me take pleasure  
in simple things

and take life  
with a grain of salt

my attraction instinct  
motivates me  
to be as attractive  
as i can

my mating instinct  
motivates me  
to have sex  
it keeps my species  
reproducing

when my needs are not met

my gathering instinct  
makes me beg and complain

my hunting instinct  
makes me use  
strategy and stealth

my inventor instinct  
makes me use reason  
and negotiation

my warrior instinct  
makes me use force  
or threat of force

my worker instinct  
makes me shrug my shoulders  
and say "that's typical"

my attraction instinct  
makes me tease and flirt

my mating instinct  
makes me use pressure  
and trickery

my nurturing instinct  
makes me use shame  
guilt and fear

when i am given  
unlimited resources

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

my hunting instinct  
will inspire me to become

so educated  
that i will be unable  
to communicate  
with others

my inventor instinct  
will paralyze me with  
too many choices

my warrior instinct  
will destroy my species

my worker instinct  
will inspire me  
to go fishing  
play with my children  
and grow vegetables

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

my mating instinct  
will make me  
take advantage  
of other people

my nurturing instinct  
will inspire me  
try to live forever

i am an animal

i act out of animal instincts

why are they instincts?

because  
they are not rational  
or logical behaviors

i do not  
consciously choose  
to act this way

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

these instincts  
are normal

the behaviors  
they manifest  
are normal

without them  
our species  
would perish

because of them  
we may perish anyway

my instincts work to  
keep me alive and well

but they also work  
to separate and destroy

i build my house  
out of bricks and mortar  
wood glass and metal

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

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

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

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

and i shame warriors  
for not being more  
like nurturers

but we all don't speak  
the same language

what is important  
to one instinct  
is not important  
to another

i am yelling at bees

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

they will not act  
the way i do

and i will not act  
the way they do

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

what works for a nurturer  
is not what works for a gatherer

what satisfies a warrior  
is not what satisfies an inventor

but this is the way it is

which means it's normal

it's also normal  
to not shame people  
based on their  
instinctive behavior

these animal instincts  
are the backbone  
of my species

they are what  
keep us alive  
on this earth

we are all human bees  
in the human hive

we have everything  
we need to survive

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

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

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

we have enough people  
to do all the work  
we need to get done

as long as we don't  
mess about with  
the birth and death rates

we need our worker  
and warrior and nurturing  
and inventor instincts

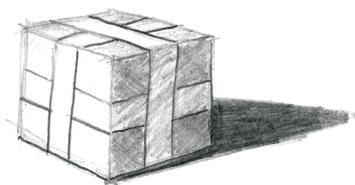
we need our gathering  
and attraction  
and hunting  
and mating instincts

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

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

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

it is always my choice



# Desire

i have desires

my hunting instinct desires  
to have unlimited information

my gathering instinct desires  
to have unlimited supply

my worker instinct desires  
predictability and safety

my inventor instinct desires  
to change the world

my attraction instinct desires  
to have unlimited beauty

my mating instinct desires  
to have unlimited sex

my nurturing instinct desires  
to live forever

my warrior instinct desires  
to have unlimited control

my instincts  
drive my behavior

my warrior instinct  
makes me believe  
i am right

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

my nurturing instinct  
makes me judge  
other people  
as being bad

so i try to correct them  
with shame guilt and fear

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

i see other people  
with something  
that i desire  
and i want to take it  
away from them

my warrior nurturing  
and gathering instincts  
make the rules

they run my country

they write my laws

they dictate my foreign policy

they control my life

our civilization  
is based on the desires  
of our instincts  
not on our needs

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

but  
even us warriors nurturers  
and gatherers  
are not happy

we are in charge

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

why?

because instincts  
cannot be satisfied

ever

that is the nature  
of instinctual behavior

it is always working

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

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

our desires  
make us happy  
our desires  
make us miserable

our desires  
make us want to live  
our desires  
make us want to die

we fight over control  
but control is an illusion

which is why wars  
keep erupting

us warriors  
cannot live peacefully  
with other warriors

never have

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

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

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

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

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

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

and so  
i make the same mistakes  
over and over

the only way  
for my warrior instinct  
to be happy  
is for me to have  
complete control  
of all the world  
and everything in it

my warrior instinct  
doesn't understand  
the other instincts

it feels confused  
and frightened

my warrior instinct  
makes me desire  
to feel safe  
and so i work  
to reinvent the rest  
of the world  
according to my  
warrior instinct

i dumb down  
the hunters' knowledge  
and mass produce  
mediocrity

because it is what i  
understand

i scare the nurturers  
by telling them  
that i am the only one  
who can keep their  
children safe  
so they always  
give me power

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

in return  
i offer them  
protection  
and job security  
so they always  
give me power

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

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

my warrior instinct  
makes me try to  
control other people

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

it is easy to kill people  
i feel superior to

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

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

the desires of my  
warrior instinct make me  
take away land  
and natural resources  
by force

sometimes  
i justify my desires  
with religion

this is easy  
because i invented religion

we human beings  
wrote all  
of the religious texts  
that exist

and we continue  
to rewrite them

to suit  
our changing needs

of course we justify  
our behaviors  
with our religions  
we created religions  
out of our own desires

we warriors desire  
to be right

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

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

us nurturers desire  
to live forever

so we write  
religious books

that say  
we will live forever  
in the next world

we will be rewarded  
for being good

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

us gatherers desire  
to have enough  
of whatever we need

so we write religious books  
that describe a caring  
and loving power  
that watches over us

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

our desires  
motivate both  
positive and negative  
behaviors

all desire is not evil

but desire  
is the root of all evil

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

greed  
is my gathering instinct  
with unlimited resources

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

so i will not live in fear  
of not having enough

my warrior instinct  
desires to control

the behavior of others  
so that i will feel safe

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

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

money  
is not the root of all evil

desire  
is the root of all evil

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

all desire is not evil

but desire  
is the root of all evil

desire to possess  
to control to manipulate  
to be right  
to survive  
these are  
survival instincts

aggressive behavior  
is born from my  
warrior instinct

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

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

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

my warrior instinct

blinds me  
to consequences

of course it does

i would be a  
worthless warrior  
if i saw the consequences  
before i pulled  
the trigger

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

my behavior  
inspires others  
to hate me

and so i create  
my own enemies

and since i believe  
that there is  
always an enemy  
and since i am

always creating  
enemies  
everything feels  
normal

until i embrace  
my true nature  
and accept  
that i am an animal  
i will continue  
to create  
my own misery

i am an animal

i am more like  
the other animals  
than i am different

i am more like  
other human beings  
than i am different

this is the greatest truth



# conflict

i yell at bees

i fight with others

to fight is normal

it is instinctive

it is my warrior instinct

to want to stop people  
from fighting  
is also normal

it is instinctive  
it is my nurturing instinct

war is normal  
peace is normal

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

then we have periods of peace

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

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

i create every enemy i have

of course i do

this is a great truth

i create enemies  
when i act out of  
my warrior instinct

because  
my warrior instinct  
makes me see enemies  
often  
where no enemies exist

my warrior instinct  
keeps me alert  
for danger

it is primitive  
survival instinct  
i am always on guard

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

peace and harmony  
already exist

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

we don't need to work  
for world peace

we have world peace

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

there is a  
small percentage of us  
with warrior instinct  
who cannot get along  
because our instinct  
makes us fight

when will we learn this?

as smart  
as we think we are

as advanced  
as we become  
we still haven't

embraced  
this simple truth

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

whole countries  
don't start wars

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

but we don't  
round up  
the trouble makers  
and put them together  
and make them  
fight it out

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

the trouble makers  
never get hurt

ordinary citizens  
get killed

their homes  
are destroyed  
their water and power  
are disrupted

their national security  
is destroyed  
their economies  
impacted

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

how smart are we?

the answer is  
it's not a matter  
of intelligence

it's instinctual behavior

it's not logical  
or rational  
to kill people

who have nothing  
to do with  
the disagreement

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

it's instinctual

it is my warrior instinct

us warriors protect  
our resources  
from being stolen  
by other warriors

it is my job  
in the human hive

us warriors also  
try to steal resources  
away from other warriors

now  
i have developed  
more advanced

and safer ways  
to protect my resources  
and my family

i have developed  
security systems  
that have replaced  
standing guards

i have developed  
bigger more efficient  
weapons  
that can kill  
greater numbers  
of my enemies  
without risk to myself

so fewer and fewer  
warriors are needed

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

so we create conflict  
of course we do  
we're warriors

that's our job  
in the human hive

we don't need to work  
for world peace

we have world peace

we just need to find  
something  
for those of us  
with warrior instinct  
to do  
other than letting us  
run our nations

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

this is the root cause  
of most of our conflicts

my warrior instinct  
defines things as  
black or white  
wrong or right  
friend or foe

it makes me use  
force  
instead of  
assistance

it makes me use  
threat  
instead of  
compassion

it makes me judge  
and condemn

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

it makes me try  
to change  
instead of accept

of course it does  
it is instinctive

in order to justify  
killing  
i need to believe

i am doing  
the right thing

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

how do i stop  
child abuse  
poverty and neglect?

i need to understand  
myself better

i need to understand  
my warrior instinct  
and what it believes  
and what it motivates  
me to do

if i can understand  
and embrace

my true nature  
i can change the world

at the very least  
i can change myself

which one requires  
more effort?

i can channel  
my warrior instinct  
towards fighting abuse  
and neglect  
instead of causing it

i can channel my  
warrior instinct to  
protect and defend  
instead of attack  
and divide

i am capable  
of great change

we warriors fight

we always have

probably always will

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

a leopard cannot  
change it's spots

i cannot change  
my instincts

but i can redirect them

the point is ~  
let's figure this out

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

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

so we try to force them  
to behave differently

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

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

fighting and protesting  
are both  
equally ineffective  
at changing behavior

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

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

but still we march

and still we yell at bees

has any war ever fought  
created a lasting peace?

has any war ever solved  
one simple problem  
without creating another?

and yet still we fight

and still we yell at bees

war is normal

peace is normal

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

do you believe this?

pessimist!  
the nurturers cry

they believe  
they can shame warriors  
out of their  
aggressive behavior

has that ever worked?

extremist!

the hunters cry

they believe

they can educate people

out of their

warrior instinct

has that ever worked?

insanity

is doing the same thing

over and over

and expecting

different results

we will never ever

live without fighting

never ever?

never ever

it is a survival instinct

we will never ever

stop mating

or gathering

or hunting  
or inventing  
or nurturing

why would we?

these are instincts

they are normal

we will never live  
without warrior instinct

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

why?

it's how we police  
our numbers

this is a great truth

but difficult to accept

we have no  
natural predators ~  
some viruses  
and a few large animals

our warrior instinct  
makes us kill  
in a random fashion

it is not survival of the fittest

it is survival of the random

we don't go into  
nursing homes  
and kill everyone  
over 80 years old

we don't go into  
hospitals  
and kill the sickest  
30 percent

we send the healthiest  
and strongest

off to war  
and they die in battle

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

it is survival of the random

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

what percentage  
of innocent civilians  
are killed  
in every war?

has there ever been  
a war where only  
soldiers died?

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

we accept  
civilian deaths  
as a normal part  
of warfare

why?

because  
on a species level  
we know it's  
normal

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

we know  
when there are  
too many of us  
and we need to  
have a war

our nurturing instinct  
keeps our  
mouth shut

but we all know it

our instincts  
keep our species alive

often  
by inspiring us  
to kill each other

we are a  
self correcting  
species

our instincts  
guarantee it

when there are  
too many of us  
our warrior instinct  
comes out  
more and more

it inspires us  
to fight with  
each other  
and kill

warfare increases  
and random acts

of violence  
become more frequent

why do we commit  
senseless  
acts of violence?

because  
they are senseless

that's the point

they make no sense  
because  
they are instinctual

why do we build  
nuclear weapons?

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

it is not logical  
it is not rational

it is instinctive

a percentage of us  
with warrior instinct  
know that  
we may have to use them

to thin our numbers

we know it  
on a species level

we do some behaviors  
that seem beneficial  
to us  
and we do some behaviors  
that seem harmful  
to us

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

it is not logical  
it is not rational

it is instinctual

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

in other words  
everything is normal

our inventor instinct  
makes us see  
the big picture

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

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

which thins the population

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

this food is often  
unhealthy for us  
and so we die from  
obesity  
diabetes  
and malnutrition

which thins the population

we are self correcting

without being  
conscious of it

we are self balancing  
we are self adjusting  
as a species

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

this has also  
created negative effects

people die  
from infections  
received  
while in the hospital

people die  
from overdoses  
and from taking  
the wrong medicine

this thins the population

fear of germs  
and sickness

compels those of us  
with nurturing instinct  
to rigorously scrub  
and clean

this makes us  
more susceptible  
to infection and disease

and so we die  
from viruses  
and simple infections

the instincts we believe  
are helping us

are also the ones  
that are killing us

we are self correcting

our greatest assets  
are also  
our greatest  
liabilities

our instincts  
motivate us  
to do behaviors  
that we believe

are the right thing  
the good thing  
the best thing to do

and in the end  
they are  
the right thing  
the good thing  
the best thing  
for the species  
as a whole

we don't act out of  
rational  
logical behavior

we act out of instinct

primitive animal instinct

why?

because we are animals

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

and we are  
self correcting  
as a species

that is obvious

the question is  
do we want to  
continue this way?

or do we want to  
learn and evolve  
to a higher level?

we cannot change  
our basic nature

but we can  
become aware  
of why we do  
what we do

and we can  
embrace the truth  
about our instincts

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

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

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

we can find ways  
to let our

warrior instinct  
come out in  
productive directions  
instead of  
destructive directions

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

we can find ways  
for our gathering instinct

to provide  
for the needs  
of all human beings

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

we can find ways  
to use our inventor instinct  
to invent systems

and technology  
to improve conditions  
for all human beings

but to begin  
we must embrace  
the truth  
about our selves

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

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

we stand at a great crossroads

what will we do?

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

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

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

people who see  
enemies  
where they don't exist

people who force  
control  
onto others

people who don't  
see the bigger picture

will we continue  
to let our instincts  
rule our lives?

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

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

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

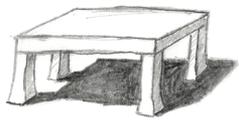
it seems  
more normal  
that we do nothing

but then again  
what is normal?

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

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

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



*normal*

what is normal?

all things are normal

this is a great truth  
but hard to embrace

i act like i don't know  
what normal is

i know what normal is

all things are normal

my definition  
limits my ability  
to see clearly

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

normal means ~ the way it is ~

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

it simply means normal

normal  
is what happens  
most often

normal  
is the usual

normal  
is the majority

all the rest  
are judgments  
and desires

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

what should everyone  
be doing?

what should everyone  
believe?

how should everyone act?

there is no universal

all things are normal

dull is normal  
exciting is normal

extremes are normal  
balance is normal

droughts and floods  
happen at the same time

in different places  
on the planet

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

they are both  
a normal part of life  
on the planet

both destroy  
and both replenish  
the earth

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

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

all things are normal

there is no ~ way ~  
to live my life

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

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

there is no way  
i am ~ supposed ~ to live

stress is normal  
fear is normal

worry is normal

those of us  
with nurturing instinct  
talk about reducing  
the level of stress  
in our lives

but our nurturing instinct  
is the source of our stress

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

i cannot  
reduce the level  
of nurturing instinct  
inside myself

it is normal

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

disappointed  
frustrated nurturers  
who will continually try  
to make dysfunctional  
marriages work  
are vital  
to the continuation  
of my species

happy workers and gatherers  
are vital

to the continuation  
of my species

angry warriors  
are vital  
to the continuation  
of my species

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

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

all are needed  
apparently

we work well  
as a team

even though  
we never realize  
that we are working  
together

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

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

a whole and complete  
society  
is one in which  
all of our instincts  
are working

that is normal

we gatherers  
live with the stress

of believing  
that there will  
never be enough

and there never  
will be enough

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

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

since all warriors do this  
there is always an enemy

and always will be

these are all  
normal behaviors  
motivated  
out of normal instincts

stress is normal

it may not be  
healthy for us  
but it is normal

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

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

we feel and do  
many things  
at the same time

and they all serve us  
in our day to day lives

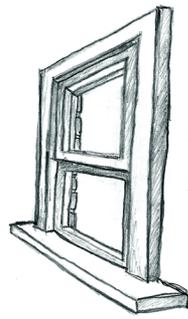
normal people  
are whole people

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

it is neither good nor bad

it is neither right nor wrong  
it is just normal

it exists without judgment



# *miser*y

i am the architect  
of my own misery

this is a great truth

my animal instincts  
motivate me  
to do the things  
which cause  
the circumstances  
and situations  
i live with  
every day  
in every detail  
of my life

i have the choice  
to create happiness  
for myself  
or misery

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

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

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

how did things  
get like this!?

i made choices  
i did not see  
consequences  
i acted instinctively  
for millions of years  
we wandered this earth

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

but that  
wasn't enough for us

so we started  
to create things

we created the  
concept of money

we created the concept  
of exchanging labor  
for money

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

imagine

we could have created  
anything  
we wanted to

and this is what  
we created

we could have created  
anything

anything

this is what we created

it was wide open

there was nothing here

just us  
and our  
imaginations

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

my warrior instinct  
is saying  
~ if you don't like it  
then go back

and live in a cave  
and see how you like that! ~

my gathering instinct  
is saying  
~ i don't know what  
you're talking about  
i've got everything i need ~

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

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

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

and still  
for all my best efforts

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

why?

i act out of instinct

i am motivated by  
the desires  
of my primitive  
animal instincts

of all the inventions  
and concepts  
i have created  
these three  
seem to cause me  
the majority  
of my problems

- **ownership of property**
- **value**
- **currency**

## **ownership of property**

no person  
can actually own land

it's true

ownership  
is an assumption

if you trace back  
every title  
or deed to land  
you will see that  
at some point  
someone simply said  
~ i own this land ~  
and that was that

no person has any rights  
to any property

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

or who has  
the most money  
to force their claim

ownership  
is a fantasy

that exists  
only in our heads

we are dependent  
on the land  
for our survival

how can we  
own something  
we are dependent on?

ownership is one of the  
main reasons  
why we fight

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

i am the architect  
of my own misery

## **value**

what is something worth?

a tree  
is worth exactly one tree

a human being  
is worth exactly  
one human being

all other value is artificial

the values of things  
that i have created  
is not constant  
or the stock market  
would not be needed

since value  
is artificially applied  
and not constant  
how reliable is it?

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

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

value is relative  
where i sit is what i see

i try to project  
a standard of value  
onto everything

it doesn't work  
but still i try

value is not absolute

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

most things have two prices ~  
wholesale and retail

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

i even put value  
on water air and time

i make my life  
harder for myself

than it needs to be

i am like the salmon  
trying to swim  
upstream to spawn

i wear myself out  
and die in the attempt  
when there are plenty  
of nice spots to spawn  
downstream

i believe  
in the systems i invent

i value them  
over natural systems

i am the architect  
of my own misery

## **currency**

perhaps  
the most unstable  
of all of my inventions,  
it is the one  
i have chosen

to base the stability  
of my societies on

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

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

our dictators are  
the ones who have  
the most money  
and can force their will  
onto others

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

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

it makes  
no difference  
what kind  
of government  
i invent

monarchy  
republic  
aristocracy  
dictatorship  
democracy  
oligarchy  
plutocracy

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

all of them  
are based

on the  
feudal system

which is our  
instinctive  
form of government

wealthy kings  
a small number of nobles  
and thousands  
of peasants

we still  
have kings

in some nations  
our kings are  
one person

in some nations  
our kings are  
a body of  
elected representatives

in some nations  
our kings are  
1% of the population

regardless  
the outcome is always

the same

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

and currency  
is the absolute  
ruler of all

i have enslaved  
myself to something  
that i invented

enslaved myself  
to something  
whose value  
is not constant

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

the value of money  
is not reliable

it is fought over

and often killed for

i invented currency

and yet

it is worth more

in my mind

than the things

i didn't invent

that grow freely

on the planet

i invented

and set up a system

where i exchange

my labor for currency

and then i

exchange the currency

for the things i need

i have consciously

set myself up

two steps away

from being able

to meet my own needs

and my gathering instinct

whispers in my ear

that there is

no such thing as enough

my nurturing instinct  
whispers  
that money can buy  
security and longevity

my warrior instinct  
whispers  
that i need bigger  
and better things

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

i am the architect  
of my own misery



# suffering

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

the source  
of our suffering  
is our own  
blindness  
to our own  
behavior

can we accept  
these simple truths?  
we invent  
forms of government  
but we do not  
update them  
as years pass

to keep them  
relevant  
and effective  
as needs change

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

to keep them  
relevant  
and effective  
as needs change

we rigidly defend  
our original  
inventions  
as though they  
were timeless

and infallible

they are not  
we update  
software  
home decor  
car  
phone  
insurance

but we do not  
update  
our religions  
or our governments

the beliefs  
we base our lives on

the systems  
we trust  
to manage  
our existence

we rigidly adhere  
to our original  
concepts  
as though they were  
timeless

they are not  
timeless

they are failing  
they fail us  
because we don't  
update them

our blindness  
to this  
creates suffering

we have the power  
to stop  
the suffering

but we do not  
have the awareness  
to realize it

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

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

and we will  
never escape  
our own suffering

the cause  
of all human suffering  
is ignorance

ignorance  
of the instincts  
that motivate our own behavior

ignorance  
of the effects  
of our own behavior

the cure  
is education

awareness

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

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

awareness is the cure



*truth*

there is  
no right or wrong

there is no universal  
right or wrong

that's the truth

there is no good or bad

there is no universal  
good or bad

there is only  
what is and what isn't

this ~ is ~ what is happening

and that is ~ not ~  
what is happening

this ~ is ~ the way things are

and that is ~ not ~  
the way things are

can could might and should  
are all desires

my desires  
to think and act differently  
my desires  
for other people  
to think and act differently

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

instinctively

right and wrong  
are not absolutes

right and wrong  
are desires

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

and when  
they are not met  
i judge myself  
and other people  
as being defective

as if  
we aren't trying  
hard enough

we are not defective  
we are human

i cannot meet  
my own expectations  
because my instincts  
cannot be satisfied

this is a great truth

i constantly expect  
more of myself

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

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

wrong and right  
are not universal

one man's wrong  
is another man's right

us warriors  
will not believe this

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

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

this is the origin of laws

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

right and wrong  
are subjective

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

right and wrong  
are not universal

good and bad  
are not universal

one woman's good  
is another woman's bad  
nurturing instinct  
makes daughters  
and mothers  
and mother-in-laws

and daughter-in-laws  
fight

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

good and bad  
are judgments  
not facts

if i cling  
to judgments  
they will continually  
fail me

the consequences are  
that i may often be  
disappointed

us nurturers  
will not believe this

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

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

we seek a universal

of course we do

we strive  
for an absolute code  
of good and bad

we need it  
to do our job

this is the origin  
of religious doctrine

good and bad  
are subjective

where we sit  
is what we see

if good and bad  
were absolute  
we would all have  
the same religion  
and the same

kind of government  
and eat the same breakfast

good and bad  
are not universal

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

it is in reality  
it's downfall

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

it pushes us apart  
it makes us kill

desire  
for a universal  
wrong and right  
and desire  
for a universal

good and bad  
cause us more harm  
than good

yet we persist

why?

because we are human

because we have eight  
primitive survival instincts  
motivating our behavior

and we do not see  
the consequences  
of our behavior

and that is normal

there is no universal  
right and wrong

there is no universal  
good and bad

this is the truth

i may not  
want to believe it

but it is still  
the truth

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

no mater how hard  
i believe it

no matter how many  
of my friends  
believe it

if every single  
human being  
on earth  
believed  
the same thing

that still  
would not make it  
true

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

belief  
is not truth

the truth  
is the truth

wether we believe it  
or not

if i close my mind  
in judgments  
and harbor desires  
my heart will be troubled  
it is always mine  
to choose

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

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

the only question is  
what is the payoff?

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

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

does yelling at bees  
improve my life  
in any way?

does feeling smarter  
than someone else  
make me happy?

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

i live in denial

i deny the truth about  
my life

my warrior instinct  
protects me from  
the truth

i don't know  
i am doing it

but if i have  
unresolved anger  
i swallow it

a cancer in my stomach

i deny my feelings  
i deny my reality

so i live with anger

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

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

my warrior instinct  
protects me

it is my survival  
instinct

perhaps i have made  
mistakes  
in my past  
or hurt people  
or done something  
illegal

i live in fear  
of the truth  
coming out

so i get angry  
at others  
and point out  
their mistakes  
and punish them  
to ease my own fear  
and keep the focus  
off me

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

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

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

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

it is like a drug

i have to keep arguing  
again and again

feeling right  
doesn't last

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

there's no point

i don't talk  
in a loud  
and angry voice  
about things

everyone knows  
are true

there is no point

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

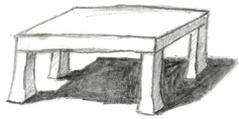
but no matter  
how much i argue  
i cannot convince  
myself  
they are true

which is why  
i have the same  
arguments  
over and over

my warrior instinct  
protects me  
from emotional pain

but it cannot  
heal me

only my  
nurturing instinct  
can heal me



*need*

what do i need?

i need food water  
shelter and safety

these are my basic needs

for millions of years  
my needs  
have not changed

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

what i do  
has not changed

how i do it  
has changed  
dramatically

everything i invent  
create and build  
i do so to enhance  
my experiences of  
eating drinking sleeping  
pooping peeing  
having sex  
entertaining myself  
bearing my young  
and raising them  
and caring for the  
old and the sick  
i am a cavemen  
with a cell phone  
it's true

what do i want  
to do on my vacation?

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

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

because i am an animal

in all this time  
i have not changed  
all that much

my basic needs  
have not changed  
i need food water  
shelter and safety

but now

i have to have money  
to get food water  
shelter and safety

and i have to  
have a job  
to make money

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

i set this up  
i could have created  
any system  
or no system

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

why?

what was wrong  
with drinking

pure fresh water  
from a stream?

what was wrong  
with eating  
the fruits of the earth  
that grew in abundance  
around me?

what was wrong  
with finding shelter  
in the trees  
and using them  
to build dwellings?

what was wrong  
with taking turns  
standing guard  
at night  
and watching  
our children?

i still do  
the same things

but i have  
removed myself  
two steps away  
from supplying  
my own needs

my needs  
have given way  
to my desires

i have confused  
needs  
with wants

i want water  
available everywhere  
and at any time

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

i want food  
everywhere  
and at any time

and i will work  
for money  
to afford  
to buy it

i want the biggest  
newest shelter  
i can get

and i will work  
to afford it

i want  
someone else  
to worry about  
my safety

and i am willing  
to get a job  
to pay for the service

we all need  
the same things  
we all want  
different things

our needs  
unite us

our wants  
make us fight  
us warriors  
and nurturers believe  
we should all want  
the same things

but even us warriors  
and nurturers  
disagree

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

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

there is no  
correct way  
to live my life

it's my life!

i simply need  
to live it

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

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

judgement  
isn't needed

but us warriors  
and nurturers  
are the most  
intolerant  
of the differences  
between people

i will tell you  
with a straight face  
that i am only  
trying to be helpful

and that i only have  
your best interests  
in mind  
while i point out  
to you  
how incorrectly  
you are living your life

all people are different

even all  
warriors and nurturers

all needs are the same  
all wants are different

we don't need jobs  
we don't need work  
we don't need money

we need food  
water shelter  
and security

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

our needs  
don't come first  
our desires  
come first

our needs are often  
an after thought

what we want  
what we desire

that is what gets our  
first attention  
our most energy  
and our narrowest focus

not what we need

we are simple creatures

we have simple needs

our desires are complex

our wants are insatiable

because they are  
motivated  
by our instincts

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

we spend our time  
and energy  
killing other people

to prove to ourselves  
that we are right

or trying to make  
as much money as we can

or trying to possess  
natural resources

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

regardless  
of what war  
is going on

regardless  
of the value  
of our currency

regardless  
of the profits  
of corporations

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

we don't  
take care  
of each other

because  
we are too busy  
taking care  
of our own desires

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

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

my gathering instinct  
makes me  
rush around  
grabbing everything  
in sight

i am obsessed  
with my desire  
for more

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

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

i use my  
warrior instinct  
to define  
and explain my world  
but my  
warrior instinct  
makes me see  
only  
black or white  
right or wrong

it is the  
most short  
sighted  
of all my instincts

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

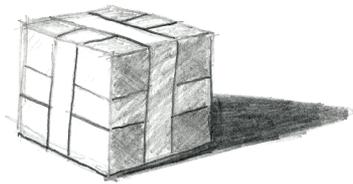
because i still  
have not learned  
that i act out of  
primitive instincts  
i have not  
embraced  
my true nature

no wonder  
i have problems

no wonder  
i don't know  
my needs from  
my desires

no wonder

it's instinctive



# Love

i desire to be loved

love

it's a simple word

but the feelings  
and behaviors  
it describes  
are complex

love is not desire

desire is desire

love is love

i can desire someone  
and not love them

i can love someone  
and not desire them

there appears  
to be  
at least  
two kinds of love

infatuation  
and support

infatuation  
i cannot predict  
or control

it is biological

it keeps  
our species  
reproducing

support  
is when i choose  
to help someone else  
when there is no  
payoff for me

infatuation is easy

supporting someone  
when there is no  
benefit to me  
takes commitment

how many  
happy relationships  
do i know of?

can i count them  
on one hand?

infatuation is easy

actively supporting  
someone else's needs  
requires commitment

my nurturing instinct  
makes me believe  
everyone  
has a soul mate  
that there is  
a perfect partner  
for me somewhere

~ the one ~

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

and i believe  
it will last  
forever

but is it true?

what proof  
do i have of this?

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

none?  
one?  
two?

is it the way  
relationships normally  
happen?

no

and yet i still cling  
to the idea

the reality is  
there are a million  
potential partners  
for me

all with different  
levels  
of infatuation  
and support

my nurturing instinct  
makes me strive for  
the ideal

but i always end up  
with the real

why?

i live in fantasy

it is the nature  
of my nurturing instinct

i avoid bad things  
and trust in hope  
and faith

it is what makes me  
good at nurturing

it is what makes me  
have problems  
in relationships

relationships are real  
people are real

my nurturing instinct  
makes me desire  
fantasy

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

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

marriage was invented  
by my nurturing instinct

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

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

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

i believe it is a positive  
thing to do

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

which kills intimacy  
and destroys  
my relationships  
we nurturers ask  
~ why can't i have a healthy  
happy relationship? ~

because it is not normal

it is normal  
for those of us  
who act out of

nurturing instinct  
to have unhappy  
unhealthy relationships

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

that's not it's job

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

females  
who act out of  
nurturing instinct  
are attracted to  
males who act out of  
warrior instinct

it is instinctive

it is what  
our species needs  
for survival

we are animals

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

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

my choice of partners  
is usually not a  
rational or  
conscious choice

i am guided by instinct

i don't choose  
who i am attracted to  
i don't choose who  
i fall in love with  
it's instinctive

my worker instinct  
inspires me  
to have healthy functioning  
relationships

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

our similarities  
of attitude  
are comforting

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

theses two  
( worker and gathering instincts )  
create the partnerships  
that last for a lifetime

but

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

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

how many relationships  
do you personally know of?

how many of them are  
happy and healthy?

relax  
you are normal

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

of course we do  
we are nurturers

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

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

we human beings  
have been here for  
millions of years

have healthy  
happy relationships  
ever been the majority?

are they still the majority?

we nurturers don't like reality

we prefer to live in fantasy

of course we do  
we are nurturers

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

emotionally present  
in our relationships

which makes us  
unhappy and unhealthy

we are the architects  
of our own misery

why don't our  
relationships work?

because we act  
out of instincts  
for millions of years  
we only lived to be 25 or so

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

after that  
they seem to  
work against us

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

shame and guilt  
destroy intimacy

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

picture a small brick  
that i place between us

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

a few bricks  
are not so bad

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

tired of stumbling  
over the same old bricks  
my partner  
gives up trying  
it's too much work

i have killed the intimacy

i am the architect  
of my own misery

but i will blame  
my partner

they aren't trying  
hard enough

they don't love me

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

of course not  
i am acting on instinct

i don't do these things  
on purpose

it's not logical  
to shame someone  
who loves me

it's not rational  
to kill my own intimacy

therefore  
it must be instinctive

how can a female  
smoke cigarettes  
for years  
and know  
the health risks  
but be unable to quit?

but the day  
she finds out  
she is pregnant  
she quits immediately  
and doesn't smoke  
for 9 months

it's instinct

and instinct  
is stronger  
than physical addiction  
psychological addiction

peer pressure  
or will power

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

her nurturing instinct  
has been satisfied

so the addiction  
takes over again

instinct is powerful

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

we workers  
stay married for life

why?

simple

we don't  
act out of  
warrior or nurturing instincts

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

if we use force  
in a relationship  
we kill the intimacy  
love dies

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

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

and love dies

want love to last?

use your  
warrior instinct

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

if i act out of  
mating instinct  
i will continue to be  
sexually attracted  
to other people  
for my whole life  
whether or not  
i act on that attraction  
is always my choice

if i  
act out of  
attraction instinct  
i will continually try  
to be attractive  
to the opposite sex

this is normal  
it will however  
cause problems  
of jealousy  
for my partners

but

there is no right way  
to live

there is no bad way  
to live

there is only  
the way i am living

and the way  
i am not

there is no ~ one ~ way to live

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

or one shape  
to all faces

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

good and bad  
are not universal

wrong and right  
are not universal

they blind me  
from the truth

and distract me  
from seeing love  
even if it is  
right in front of me

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

why?

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

falling in love is easy  
in the eyes  
there is a spark  
i miss out on love  
because  
i am too busy  
looking at  
other things

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

or a larger bank account  
or a more expensive car

i miss the opportunity  
for love all the time

my desires  
cloud my vision

i am the architect  
of my own misery

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

i may have problems  
with relationships

they all seem to be  
difficult  
and turn out the same

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

i am

if i change nothing  
nothing changes

infatuation  
sprouts on it's own  
it makes us have sex  
and reproduce

it is born out of our  
attraction and mating  
instincts

i am an animal  
i am a sexual animal

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

it is how i  
physically bond  
with my partner

it is one way  
to love them

and show them  
how much i love them

it is one way  
to spoil them  
and make them  
feel special  
when i deny  
my sexual nature  
when i suppress it  
or try to control it  
it comes out  
in unhealthy ways  
when i attach  
shame or guilt  
to my sexuality  
i create problems

i am a sexual animal

it is my true nature

i enjoy sex

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

it is how i live

it is my true  
animal nature

we act like we  
don't know  
what we are

we are animals  
we have  
built in mechanisms  
which keep our species  
alive

these mechanisms  
are instincts

love is not  
left to chance

there is no  
~ soul mate ~

falling in love  
and mating  
is instinctive

of course it is

otherwise  
we would not  
have survived  
this long

there are  
many people  
for us to be  
attracted to

it's a matter  
of numbers

of course it is

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

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

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

it's biological

otherwise

our species

would have died out

a long time ago

we are attracted

to each other

we are motivated

to have sex

and we reproduce

it's biology

it's not a logical

rational choice

it's instinctive

but support

is not biological

it's a choice

choosing

to act in a

loving manner

towards someone

transcends biology

it is true love

true love  
is the purest thing  
we create

but it takes work

because  
even true love  
is not safe  
from our instincts  
my nurturing instinct  
makes me act loving

but often  
i use shame or guilt  
to point out  
what i have done  
so others can thank me

now i have  
stopped being loving  
and started promoting  
myself

i want to be noticed  
for my good works  
and be thanked

i just killed the love

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

why?

because i act out of  
my instincts

my warrior instinct  
makes me  
want to protect people

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

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

this is not love  
it is vanity

i am satisfying  
my own desires  
to feel useful

and important

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

if i volunteer  
to put my life  
on the line  
then i do so  
of my own accord  
and expect no thanks

love cannot be forced  
or manipulated  
into how i want it to be

love is organic

it sprouts by itself

if i water it  
it will grow

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

the sooner i come  
to understand

my true nature  
and accept it  
the happier i will be

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

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

but it is our choice  
to make it dominant  
today

our instincts  
may dictate  
our attractions

but we still have  
the power  
to choose  
our behavior



# meaning

why am i here?

what is the  
meaning  
of my life?

the answer is

i don't know

some people claim  
to know

there are  
many theories  
some scientific  
and some religious

but in the end  
i still don't know

there is no proof  
that these theories  
are true

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

and we would all  
recognize it's truth

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

all religions claim  
to be correct

but none can support  
their claims

none can present  
their creators  
for inspection

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

religions  
are assumptions  
and myths

science is theories

but  
for all the research  
we have done

none of us can answer  
this simple question  
who or what  
told the electron  
to go around the neutron?

and give us  
tangible proof  
of the answer

we can guess at  
how we came to be

we can guess at  
when we came to be

we can guess at  
where it all started

but none of us  
can answer  
why

here are a few  
possibilities

**one ~**  
we evolved  
from lower forms  
of life

we are blindly  
stumbling along  
neither right nor wrong  
and making it all up  
as we go

there is no  
predetermined  
reason for us  
to be here

there is nothing  
that we are  
supposed to do

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

everything  
that happens  
is up for grabs

**two ~**

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

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

**three ~**

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

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

so how we treat  
the earth  
is of little  
consequence

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

**four ~**

we don't  
actually exist

we are a dream  
of some more advanced  
spiritual being

**five ~**

we are  
evolving organisms

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

currently  
we exist in  
three dimensions

**six ~**

the earth  
is a perfect organism

it has it's own  
lifetime

it has it's own needs  
it makes no mistakes

it creates  
what it needs  
when it needs it

for example  
birch trees grow  
on the edge  
of marshy areas

they grow rapidly  
too tall for  
their own root structure

so they fall over  
and since they are  
soft wood  
they decompose rapidly

and fill in the  
marshy areas  
with the perfect ground  
for hardwoods  
to grow

birch trees  
are disappearing  
from certain parts

of the earth  
their job is done

the earth  
doesn't need them  
anymore

the marshes fill in  
and the earth  
produces other trees  
to take over

we may be  
more like  
the birch trees  
than we are different

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

now  
it contains mostly  
nitrogen and oxygen

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

it would create  
a species  
that would help it

what if  
we are that species?

and our job  
is to destroy the ozone  
so that the  
polar ice caps  
can melt  
and help the earth  
create its new  
atmosphere

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

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

perhaps it is  
instinctive

is the earth  
a perfect organism?

does it make mistakes?

what if the earth  
has a life  
that flows  
like seasons  
of a year?

it has a spring  
a summer  
a fall  
and a winter  
in terms of  
millions of years

and now it needs  
to lie fallow

to change its surface  
and then begin again

how would it do it?

by creating us?

the air  
on the earth

has not always  
supported life

now it does

we talk about it  
from our own  
view point

of course we do

we act out of  
primitive survival instincts

we are just trying  
to survive

we believe  
that it is good  
that the earth  
supports our life

but we are  
only one  
of millions of species  
on one planet  
in a vast universe

just because  
our needs are met now

does not mean  
that they will always  
be met

just because  
the earth has  
growing things  
on it's surface now  
does not mean  
that it always has  
or always will

we cannot  
possibly know  
what the earth needs

we are not that  
important  
in the big picture

why are we here?

why is everything here?

i don't know

that's the truth

there are many theories

many fantasies  
many possibilities

but the truth is  
we don't know

this is  
not acceptable  
to my instincts

my nurturing instinct  
tells me i should know

and where  
there are ~ shoulds ~  
there are conflicts

i should be  
searching  
for an answer

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

my warrior instinct  
tells me  
that i do know

and this is where  
the fighting starts

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

we fight wars  
over  
different beliefs

i can't prove  
my beliefs are true

all i have is faith

i can't prove  
your beliefs are false

all you have is faith

all we have is faith

but faith  
is not proof

faith is belief

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

and you believe  
that you are right  
and i am wrong

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

we both believe  
the same thing

we both believe  
something different

but in the end  
all we are  
really doing  
is assuming

what is the meaning  
of my life?

how do i live my life?

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

how do i find happiness?

the answer here  
is just as simple

don't base your life  
on theories

good luck!

so much of our lives  
are based on theories

to separate ourselves  
from theories  
would be difficult

i am the architect  
of my own misery

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

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

my nurturing instinct  
may call this  
pessimistic

it is neither pessimistic  
nor optimistic

it is simply realistic

my nurturing  
gathering and warrior  
instincts  
usually choose  
faith over fact

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

well what  
am i supposed  
to base my life on?

first of all  
there are no  
~ supposed-tos ~

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

my warrior instinct  
will not accept this

it demands  
a clear idea  
of right and wrong

my nurturing instinct  
needs to know  
what is good and bad

my worker instinct  
desires predictability

my instincts will override  
my common sense

assumptions  
satisfy my instincts

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

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

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

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

what is the meaning  
of my life?

i don't know

if i can accept this  
i can live  
a peaceful life

why am i here?

i don't know

if i can accept this  
i can enjoy my life

i must rid myself  
of assumptions

i must rid myself  
of theories

i must rid myself  
of shoulds

i must understand  
the desires  
of my instincts  
and embrace  
my true nature



# religion

i need to believe

in something

this is obvious

so i invent gods  
i invent religions

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

some paths  
go through the woods

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

all religions are myths

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

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

every religion  
has it's own answers

religions are fantasies

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

but i will blame  
others  
for my problems

because i believe  
my religion is right  
and good

one religion is not right  
and another one wrong

one is not good  
and another one bad

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

because killing  
each other  
is how we thin our species

it's normal

all religions consist  
of two things

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

**two** ~ a moral code of behavior

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

each one believes  
that it's own book  
is the truth

and all other books  
are wrong

but  
our religious beliefs  
are static

nothing in life is static

how can we live  
an organic existence  
based on static beliefs?  
all religious beliefs  
must change

as life changes

they must grow  
and evolve

as we do

we  
invented religion  
it did not invent us

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

we did not invent faith  
we invented religion  
out of our faith

we made up stories  
to give ourselves  
credibility

we wrote the books  
out of our faith  
and fears  
our desires and hopes  
our shame and guilt  
our anger and needs

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

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

and every piece  
is worth holding  
in my hand  
and contemplating

we are all just  
trying to do  
what we think  
is the right thing to do

the good thing to do  
the best thing to do

the thing that will  
make us happy

the thing that will  
solve  
our immediate problem

the thing we think  
we are supposed to do

we are more alike  
than we are different

our sameness  
unites us  
our differences  
make us fight

nowhere  
do our differences  
show up faster  
than in our religions

why do i cling  
to a religion?

what can it give me  
that i cannot  
give myself?

i am drawn  
to a religion  
out of fear

fear of what will  
happen to me  
after i die

without  
the ability to die  
see what happens  
and then come back  
to tell everyone  
what it's like  
all i can do  
is to believe in a story  
about what happens

i am drawn  
to a religion  
because it is  
comforting

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

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

this is very comforting  
to my nurturing instinct

i am drawn  
to a religion  
out of fear  
of being alone

i feel small  
and insignificant  
in such a big  
universe

i may see myself  
as being unattractive  
or unable  
to find a mate  
but i feel embraced  
and wanted  
by my god

i can feel accepted  
and protected

this is  
very important  
to my worker instinct

i am drawn  
to a religion  
out of shame or guilt

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

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

this is  
very attractive  
to my warrior instinct

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

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

i can feel normal  
and forgiven

this is  
very powerful  
to my gathering instinct

guilt shame  
and fear are  
manifestations  
of my instinctual behavior

nothing  
can heal  
my instinctual behavior

i cannot ~ correct ~  
my instincts

there is no  
supernatural power  
that can magically  
change my behavior

this is a great truth

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

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

my warrior instinct  
makes me think  
my religion  
is the right one  
and other religions  
are wrong

i desire  
to be on the side  
of the ultimate right

what is more  
right  
than my god?

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

i desire  
to be on the side  
of the ultimate good

what is more  
good  
than my god?

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

what will provide for me  
better  
than my god?

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

my hunting instinct  
will be satisfied

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

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

and my worker instinct  
will be happy

what is more predictable  
or safer  
than my god?

there is only  
one problem

there are no gods

there is only desire

gods are manifested  
out of desire

the desire to be right

the desire to be safe  
the desire to be good

the desire to be  
taken care of

the desire to be loved  
unconditionally

religions  
are not belief systems  
based on facts  
they are belief systems  
based on desires  
which is why  
they are so popular

every religion  
has a little bit  
of universal truth  
to make it believable

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

every religion promises  
the same thing  
answers

and every religion delivers  
the same thing  
faith

religions can work well  
for all of my instincts

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

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

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

why am i trying  
to convince others?

because i am trying  
to convince myself

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

it would sit inside me  
like a warm friend

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

my warrior instinct  
will not accept this

it makes me believe  
that right is right

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

my nurturing instinct  
makes me believe  
that good is good

and i will use shame and guilt  
to try to convince you  
to believe what i do

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

this is still yelling at bees

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

all i want  
is for you to believe  
what i believe

but none  
of our religions  
exist only as a belief  
in a higher power

they all come  
with some kind of rules  
for our behavior

~ thou shall not masturbate ~  
~ thou shall give 10%  
of your income to the church ~

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

every one  
of our religions  
has rules of behavior

it is what defines them  
as a religion

if i do this  
and think and act  
like that  
then i will be  
rewarded  
by the creator

these rules  
of behavior  
differ from  
religion to religion

some of them  
are directly opposite  
of each other

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

it's a package deal  
i cannot simply believe  
there is something  
watching over me  
without also accepting  
the definition  
of what that thing is

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

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

why do i do this?

why do i  
set myself up  
for failure and shame?

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

just a loving god  
with no expectations?

no heaven or hell  
no reward  
no punishment

just a loving presence  
to help us

the problem is  
that wouldn't satisfy  
my primitive instincts

i need a god  
and i need a devil

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

god and the devil  
are two sides  
of the same coin

a coin forged  
by us men  
out of our desires

my warrior instinct  
writes codes  
of behavior  
and demands  
that you obey them  
or else  
you will be punished

my warrior instinct  
holds things sacred  
my nurturing instinct  
rejects profanity

there is nothing sacred  
there is nothing profane

this is a great truth

both are desires

and personal feelings  
of what is comfortable

and not comfortable  
to my particular instincts

sacred and profane  
are not universal

if i make something  
sacred  
i also manifest  
profanity

sacred and profane  
are two sides  
of the same coin

one cannot exist  
without the other

one defines the other

sacred has no value  
unless it is compared  
to profane

profane  
has no power  
unless it opposes sacred

one religious text  
teaches that life

is a constant struggle  
between good and evil

another one claims  
that if you give evil  
nothing to oppose  
it will vanish  
from lack of use  
which one is right?

good and evil  
are two sides  
of the same coin

a coin forged  
by us men with  
warrior instinct

to satisfy our desires  
to be in control

there is no such thing  
as evil

there is no such thing  
as good

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

there is no god  
there is no devil

there is nothing sacred  
there is nothing profane

there is only us  
and our desires

born  
out of our instincts

all the rest  
are just words

words are words

words carry no power  
except that  
which i give them

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

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

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

fear is a phantom  
manifested by desire

desire to control behavior

attempts  
to control behavior  
are not  
spiritually based

spiritual beliefs  
make no demands

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

they fill me up

they ask nothing further

if i have to  
talk about them  
then they are not real

that which can be  
described  
is limited

it is not eternal

the way to live my life  
which can be explained  
is not the way  
to live my life

religion  
without rules for behavior  
is simple belief

belief  
without questioning  
is an empty shell

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

questioning  
what i believe  
is the path  
to spiritual truth

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

when i become  
so educated  
in religious doctrine  
that i see  
it's shortcomings  
then i have achieved  
true spiritual  
enlightenment

spiritual enlightenment  
is not  
when i come to realize  
how everyone  
in the world  
should  
be living their lives

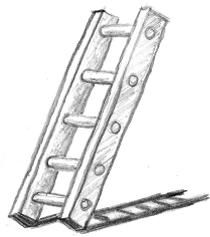
spiritual enlightenment  
is when  
i come to realize  
that there are  
no shoulds

religion can lead me  
to spiritual truth

but  
the path to spiritual truth  
leads me away  
from religion

questioning what i believe  
will lead to a clearer  
understanding  
of how the world works  
and why

but  
spiritual awareness  
is no pot of gold



God

there is no god

everything is god

both are true

there is no deity

no being

no force

no power

no energy

outside of us

we are all god

together

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

the power  
that lives inside us

when i hold  
a door open  
for a crippled person

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

everyone is god  
everything is god

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

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

we are more alike  
than we are different

there is no god  
everything is god

some people pray

who  
or what  
are you praying too?

and what are  
you praying for?

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

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

then why  
are you praying?

what do you actually believe?

are you trying to sway  
your god?

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

what do you actually believe?

you may say  
'everything happens  
for a reason'

and then pray  
to your god  
to intervene  
in a situation

which one do you believe?

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

either you believe  
your god's plan  
for you  
is better  
than your plan  
for yourself

or you don't

do you  
actually know  
what you believe?

praying is pointless

praying is  
our selfish desire  
to try to  
manipulate outcomes

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

religious beliefs  
are faulty  
because they are

invented  
by human beings

because  
they are conceived  
in fantasy  
and powered  
by desire

the earth  
is a living organism  
it created us  
it provides for us  
as long as  
we do her will

we can all have  
as good  
a life  
as we choose

if we choose to

the earth  
has given us  
everything  
we need

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

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

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

to feed  
our desire  
for onepmanship  
and elect ourselves  
as the greatest power  
on earth

religious beliefs  
written by humans  
projecting  
their own image  
onto their  
concept of a god  
are faulty

because  
they are conceived  
in fantasy  
not truth

i don't need beliefs  
i need truth

i don't need  
religious beliefs  
i need  
spiritual truth

some of our beliefs  
are so delusional  
that we think  
we know  
how the universe  
was created

we think we are in  
communication  
with the actual  
force  
that created  
everything

look at  
our giant egos  
how silly are we

but  
we are supposed to  
be silly  
supposed to  
be delusional  
supposed to  
live in fantasy

that's how  
we were  
created  
so we would do  
what we were created  
to do  
without question

thinking  
the whole time  
that we are doing  
what we  
should do

the right thing  
the good thing  
the thing that  
our god  
wants us to do

we are  
we are doing exactly that

what we believe  
doesn't matter  
at all

as long  
as we do  
what we are doing

we are supposed to  
assist the earth  
in changing  
its atmosphere

so it can  
progress  
to the next phase  
of its life

and kill off  
most of our species  
in the process

and we are doing it

regardless  
of which religious beliefs  
we cling to

all of us  
are doing our jobs

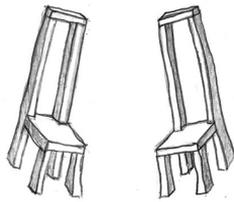
hope is useless  
faith is useless

truth is all you need

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

there is just life

live it



# *the path*

am i religious?

or am i spiritual?

do i question  
religion?

but still  
want to believe  
in something?

i may believe my god  
has a plan for my life  
i may say that the universe  
has a plan for my life

i am guessing  
hoping and believing

i seek to become  
more spiritually  
aware

why?

i may believe  
it will help me live  
a happier life

it won't

ignorance is bliss

this is a great truth

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

they will only  
make me  
spiritually aware

spiritual awareness  
is like the moon

it looks beautiful  
from a distance  
it glows and beckons

the journey to it  
is long and difficult  
and dangerous

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

i desire  
to live with serenity  
in my life

what is serenity?

serenity is living  
without fear  
shame or guilt

serenity is living  
without assumptions  
without shoulds  
but then again  
am i assuming  
that i should  
try to live serenely?

true words  
seem paradoxical

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

it is the basis  
for my instinct

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

it would be easier  
to live  
without my arms  
and legs

spiritual enlightenment  
is when i  
come to realize  
the true nature  
of human beings  
and i accept  
how little power i have  
in changing others

acceptance  
is true  
spiritual enlightenment

spiritual enlightenment  
is when my eyes  
clear

and i see  
the true picture  
of the world  
and it's history  
and i accept  
my place in it

spiritual enlightenment  
is when i come  
to understand  
the true nature  
of my own instincts

and make peace  
with myself

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

acceptance  
is true  
spiritual enlightenment

i struggle with acceptance

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

my nurturing instinct  
will not accept  
that i will eventually die

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

these three instincts  
make me live on faith  
rather than proof  
spiritual enlightenment  
is when  
i come to realize  
how far short  
of the truth  
my belief really is

my hunting instinct  
accepts things  
as they are

my inventor instinct  
accepts things  
as they are

my worker instinct  
accepts things  
as they are

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

because they accept  
without trying  
to change  
other people

spiritual enlightenment  
is when  
i come to realize  
how each of us is  
saying the same thing  
wanting the same thing  
feeling the same thing

we are only acting  
out of different  
instincts

we are more alike  
than we are different

spiritual enlightenment  
is when our likeness  
is more obvious to me  
than our differences

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

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

it is a small  
realization  
in the middle  
of a conversation

~ ways ~  
to live my life  
are lies

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

if i can describe it  
i limit  
what it can be

if i define it  
i limit  
it's definition

can i do this?

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

am i that powerful?

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

how powerful  
are our instincts?

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

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

because  
spiritual awareness  
makes it difficult  
to live with

the people around us

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

some religions  
promote themselves  
as paths to greater  
spiritual awareness

but religions are doctrines

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

or to question  
the things i believe

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

the paths of religion  
do not lead

to spiritual truth  
they lead the other way  
neither path  
will make me truly happy

they both  
lead me away  
from myself  
when i was born  
i was whole and complete

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

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

it can not lead me  
to myself

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

but it will not  
lead me to myself  
it will lead me  
from question  
to question  
as i try  
to comprehend  
the universe  
and everything in it

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

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

when i was born  
i was whole and complete

i needed nothing  
spiritual or religious  
to complete me

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

all paths lead me  
away from myself

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

it is the source  
of the power

# eleven truths

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

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

3 we all have the same instincts

4 we all have the same needs

5 we all have different desires

6 all desire is not evil ~ but desire is the root of all evil

7 i am the architect of my own misery

8 there is no universal right and wrong

9 there is no universal good and bad

10 all things are normal

11 the earth is a living organism  
it doesn't make mistakes



# the power

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

i try  
to explain and define  
this power

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

i define this  
creative power  
according to  
human characteristics

how vain am i?

why do i need to  
define it?

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

and leave it at that

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

the power

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

this power is universal  
and available to us all

i am born  
from the power  
it is my life source

~ here have a life  
you are free to go ~

the power  
is what we are  
trying to explain

to explain  
without explaining

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

to describe something  
without describing it  
is difficult

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

so as not to limit  
or contain  
its magnitude

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

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

and that is normal

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

what i try to describe  
has a limited life

what i cannot describe  
will last forever

i cannot see the power  
but i can see it work

i cannot touch it  
yet i can feel it's presence

i cannot search for it  
because i will not find it

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

and has been with me  
since i was born

the power  
is what we

christians and muslims  
are trying to  
describe and explain

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

we all believe  
the same thing

we just give it  
different names  
and descriptions

why can't we use our beliefs  
to unite us  
as a species?

why must we use them  
to divide us  
and give us reasons  
to fight?

because my  
instincts direct  
my behavior  
not my logic

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

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

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

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

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

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

i may believe  
that i am  
a representative  
of the power

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

and what it can  
do for me

but it is normal  
for me to want to  
describe  
the indescribable

we are more alike  
than we are different

we are all believing  
the same thing

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

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

i attach  
human characteristics  
to everything around me

it is my natural behavior  
to do so

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

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

and i am using  
my own writing as proof  
that it's true

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

i call the cows  
~ dumb animals ~  
as i knowingly destroy  
the air i need to breathe  
and the water i need to drink

the cows don't destroy  
their water and air

so who is the  
~ dumb animal ~

i believe i am  
the center of the universe

i am

i am the center  
of my own universe

the only problem is  
my own universe exists  
only inside my own head

i have become  
my own religion

the power  
is not a religion

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

i invent religions  
when i lose my sense of wonder

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

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

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

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

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

but the need for ritual  
is normal  
the need for a god  
is normal

the desire  
for a moral  
code of behavior  
is normal

the power does not  
discriminate or judge

the point is  
i can go straight  
to the source

it's free!

the religions we invent  
promise  
spiritual enlightenment

but demand  
a code of behavior

our religions  
consist of  
very clear beliefs  
about how we should act  
and why  
and what we should  
and should not do

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

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

codes of behavior  
are created  
to try to control  
our primitive instincts

have they been successful?

priests molest children  
men who aren't priests  
also molest children

nuns shame children  
and women who aren't nuns  
also shame children

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

what is the difference?

who is working harder  
but achieving  
the same outcome?

performing religious rituals  
will not help us  
understand the power

well written religious texts  
can be useful guides

but they are not  
necessary

sometimes  
they guide us away  
from the truth we seek

the truth  
is not well phrased words

well phrased words  
aren't always true

spiritually aware people  
don't need to prove a point

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

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

and falls into the same ditch

all things are normal

with the aid  
of the power  
i can do anything

the power is free  
and always available

it does not discriminate  
or choose sides

all of us  
have access to it

if i am breathing  
i am using the power

i am always connected  
but sometimes  
i am not aware  
that i am in the flow  
some of us  
access the power  
in a trance  
in a sweat lodge  
by chanting  
by meditating  
by dancing in costumes  
by beating drums  
by singing  
or through sex  
or with the aid of drugs

some of us  
access the power  
by standing still  
physically and emotionally

we stop running  
from the things we fear  
and allow them  
to catch up with us

and pass through us

our illusions are destroyed  
and we get to live a life  
free from fear

using the power  
does not require  
special tools  
or behaviors

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

all i need to do  
is to believe in it

i use the power  
for many things

to try to explain or control  
my own behavior

to try to explain or control  
someone else's behavior

to get my needs met  
to get my desires met

this is normal

desire is a strong motivator

the desire to live  
the desire to live forever  
the desire to live  
the ~ right ~ way  
or in a ~ good ~ way  
demands  
that i describe that way

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

if i can describe it  
it will not last forever  
if i cannot describe it  
it is eternal

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

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

and this is normal

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

some of us  
use the power  
to do what we think  
is ~ right ~  
but our definitions  
of ~ good ~ and ~ right ~  
are not universal

some of us  
use the power to heal

some of us  
use the power to kill

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

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

some of us  
use the power  
for personal gain

some of us  
use the power  
to help others

all are normal

we all  
use the power  
to live

and after all

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

all we are really doing  
is living and dying



# Death

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

do i live in fear of dying?

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

i probably won't

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

i'll never know  
until it happens

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

as though  
there was a  
right or wrong  
way to live

as though  
there was  
a good or bad  
way to live

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

my animal instincts  
are strong motivators

warrior instinct  
hear this  
there is no right or wrong!

nurturing instinct  
hear this  
there is no good or bad!

this is a great truth

i need to simply live!

i may say ~ life is short! ~

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

is it still not enough?

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

wanting to die  
is not the opposite  
of wanting to live

all things coexist  
side by side

all things exist  
on their own spectrum

desire to live ----- indifference to living

desire to die ----- indifference to dying

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

the desire to die  
is at on end  
of a spectrum  
and indifference to dying  
is at the other

i feel all things  
at the same time  
at different levels

where i am  
on the spectrums  
changes constantly

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

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

the question is  
why do i cling to my life?

my life  
does not cling to me

it can go  
at any second

time money  
relationships teeth  
possessions hair  
all leave

they all fade and die  
wither and disappear

if i can describe it  
it has a limited life

if i cannot describe it  
it is eternal

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

life and death  
creation and destruction  
joy and sadness

these are not opposites

they all flow  
side by side  
on their own spectrums

joy ----- indifference to joy

sadness ----- indifference to sadness

i feel all things  
at all times  
at the same time

only my position  
on the spectrum changes

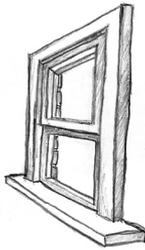
love for my partner ----- | ----- indifference

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

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

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

and there is  
nothing  
that i cannot achieve



# creation

i am a creator  
i am a destroyer

i create things  
of great beauty

i destroy things  
of great beauty

depending on  
which one of my  
instincts  
is in control

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

the desires of my instincts

my inventor instinct  
sees the biggest picture  
of all my instincts

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

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

i create  
wonderful things  
and then kill myself  
out of despair

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

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

i am the architect  
of my own misery

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

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

my worker instinct  
creates art music and  
literature that gives me  
an escape from my  
daily boring existence  
i like crafts  
that are simple  
and rewarding

i take pride  
in my small creations

i like fantasies  
and escapes  
and simple  
entertainment  
that doesn't  
make me think  
too much

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

i like to imagine  
the future  
and try to describe it

i create  
for different reasons

the rewards are  
specific to my  
specific instincts

no one way  
is right or wrong

no one object  
i create  
is good or bad

they all serve  
a specific purpose

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

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

or brown  
is a better color  
for bears  
than black

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

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

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

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

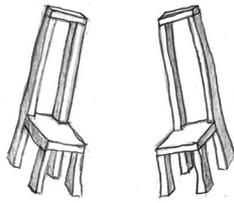
my warrior instinct  
believes this

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

my nurturing instinct  
will be pleased

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

my inventor instinct  
will be pleased



*bees*

i yell at bees

does it change  
their behavior?

do the bees  
understand me?

i yell at you

does it change  
your behavior?

do we  
understand each other  
better if i yell?

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

does this  
improve my life?

does it  
make me happier?

then why do i do it?

i write books about  
how other people  
should act

i create laws  
trying to force  
other people  
to act differently

i fight wars  
trying to force  
other people  
to act differently

and yet what changes?

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

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

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

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

~ they should be  
doing things  
different! ~

~ they should be  
doing things  
the way i do ~

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

i am a nurturer  
yelling at a warrior

i am an inventor  
yelling at a gatherer

and none of us  
speak the same language

and my favorite word  
to yell is ~ should ~

should  
is the most  
harmful word  
in our language

should  
implies that our thinking  
is defective

all things are normal

there is no  
defective thinking

i may think  
that other people  
need to think like i do

how ridiculous!

what can i know  
about the needs  
and wants  
of another person  
that the other person  
does not know  
about themselves?

i barely know  
my own  
needs and wants

should  
is a shaming word

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

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

it is not born inside of me

guilt is born inside me

i know  
when i have  
done something  
that hurt someone else

i know  
when i make mistakes

shame  
is someone else's  
judgment of me

it is the projection  
of another person's  
desires

desires to change me

to try  
to make me think  
and act like them

and yet  
i am doing  
the same thing  
to them!

do i not see  
my own behavior?

yet  
all things are normal

it is normal  
to should on myself  
and other people

it is also normal  
to not should  
on myself and others

i am always free to choose

should creates barriers

barriers block intimacy

some times  
i box myself in

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

and so  
i am not available  
for intimacy

nor am i free to give it

what a miserable life!

i spend  
a great deal of time  
shoulding  
on other people

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

my warrior instinct  
judges workers  
as being stupid

my inventor instinct  
judges warriors  
as being stupid

my worker instinct  
judges inventors  
as being stupid

which one is right?

i am yelling at bees

not only do i  
yell at bees  
but i also try  
to reason with them  
to negotiate  
to rationalize  
to discuss

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

i use shame  
and guilt and fear

i tease ridicule  
pressure coerce  
bribe trick  
torment and try to  
outthink bees too

but in the end  
none of it is effective

why?

they are bees!

they don't speak  
my language

they are bees!

they have no idea  
what on earth  
i am talking about

i blame others  
for my unhappiness

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

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

and that makes me  
unhappy

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

why do i yell at bees?

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

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

why do i yell at bees?

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

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

i interact with bees  
i interact with bears  
and birch trees

we exert influence  
over each other  
for short periods  
of time

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

do the birch trees  
shame the pine trees  
for being different?  
do black bears  
try to force brown bears  
to change their color?

why do i yell at bees?

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

Lao-Tzu  
wrote  
the tao te ching  
2500 years ago

he asks us ~  
why do we try  
to improve the world?

he says  
it can't be done

it is perfect  
the way it is

he also tells us  
that spiritually  
aware people  
see things  
as they are

they don't try  
to control them

they leave things  
alone  
and stay  
at their own  
spiritual center

and yet  
he wrote a text  
that is full of  
judgements  
about human behavior

and examples  
of how people  
should be thinking  
should be acting

did Lao-Tzu  
not see people  
as part of the world  
and therefore  
the only thing  
that can be improved?

or

did his own  
animal instincts  
make him traffic  
in the desire

to change the thoughts  
and behaviors of others?

why did he bother  
to write down  
the way  
he thought we should live?

2500 years later  
some people still behave  
the way he warned us  
against

and some people  
still try to live  
the way he described

nothing changes much

certainly not people

the tao te ching  
having been with us  
for this long  
has not put an end  
to conflict

nor has it made us  
a more spiritually based  
species

no religion  
has been able  
to do that  
no doctrine  
has radically changed  
the basic nature  
of human beings

we are the same

why?

is it because  
we are not trying  
hard enough  
to change?

some religions  
may believe this

my warrior and  
nurturing instincts  
will believe this

all things are normal

the way we are  
is the way we are

let's say that again

the way we are  
is the way we are

things have not changed  
because  
our animal instincts  
have not changed

if Lao-Tzu  
could see us now  
would he realize  
that wanting to change  
our behavior  
and our beliefs  
is just as normal  
as not wanting to change  
our behavior  
and our beliefs?

would he still say  
that desire  
destroys inner peace?

did his desire  
to change the behaviors  
and beliefs of others  
cause a loss  
of inner peace  
in himself?

does yelling at bees  
make me happier  
or sadder?

can i change  
my instincts?

can i change  
something  
so fundamental  
to the nature  
of my species?

imagine this

imagine  
teaching children  
that they have  
8 primitive animal  
instincts

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

and that's normal

but

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

if we started now  
and taught our children  
about our instincts

told them the truth

showed them  
the power

the power that  
each of us has  
inside of us

the power  
to choose

could we change  
the human species  
forever?

should we?



**aware**

i am  
a dumb animal

am i getting  
smarter?

or am i getting  
dumber

education  
is supposed to  
be the key

the key  
to advancing  
as a species

the difference  
between us  
and the other animals

we are supposed to  
be able to learn  
and progress

to not make  
the same mistakes  
over and over

to become  
more efficient  
and effective

to invent  
and create  
improvements  
in our lives

we used to be  
wandering groups  
of humans

a few thousand  
years ago  
we started to  
settle down  
and cultivate  
the earth

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

we must stop using  
our survival instincts

and start using  
our management instincts

are we doing this?

our survival instincts  
were necessary  
to keep our species alive

there are several billion  
of us now  
we don't need to focus  
on survival

we need to focus  
on management

we need to focus  
on managing our resources

our survival instincts  
will not help us do this

our survival instincts  
are our gathering  
nurturing and  
warrior instincts

our gathering instinct  
makes us obsess  
about not having enough

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

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

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

we can build  
safe comfortable  
dwellings

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

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

but we don't

we don't share  
our resources  
we hoard them  
and use them  
to make as much  
money  
as we possibly can

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

and we fight over it

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

because we still act out of  
our gathering instinct

it is a survival instinct

it cannot help us  
manage resources

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

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

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

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

but we still obsess  
about our health

as though  
we will all become  
extinct  
tomorrow

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

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

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

our nurturing instinct  
is obsessive  
not efficient

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

it doesn't look at  
the big picture

our warrior instinct  
is a survival instinct

it makes us  
see enemies

it motivates us  
to obsess about security

but we don't live  
in caves any more

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

or being attacked  
by other tribes

but our warrior instinct  
is always vigilant

it makes us assume  
that other people  
want to attack us

and so we are  
always building  
bigger and better

weapons  
just in case

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

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

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

we are obsessed  
about security

motivated  
out of feelings  
of insecurity

this keeps us  
constantly ready  
to fight

our obsession  
with security  
creates situations  
that are insecure

so we constantly fight

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

our warrior instinct  
makes us chase  
our own tails

we see it  
as the solution  
to our problems  
but we don't see it  
as the cause

our instinct  
blinds us  
to the consequences  
of our own behavior

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

because  
survival instincts  
are not  
management instincts

but  
we are evolving

we are becoming aware  
of our behavior

most of us  
have no idea  
that we act out of instincts

our survival instincts  
will not help us  
to survive

our management instincts  
help us  
to survive

this is a great truth

true words  
seem paradoxical

there is a lot of talk  
about healing  
among those of us  
who act out of  
nurturing instinct

healing what?

the earth we will say  
we must heal  
the earth

the earth  
doesn't need healing

the human species  
needs healing

will we do this?

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

our systems  
of education  
are also affected  
by our primitive instincts

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

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

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

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

of course they did

because people  
who act out of hunting

and inventor instincts  
see the big picture

and hunters are providers

their first instinct  
is to provide  
for their families

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

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

it's a natural  
instinctive response

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

good thing  
the right thing

because it makes us  
feel good about ourselves

it satisfies  
our instinct

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

we cannot teach  
what we don't know

we can only teach children  
to accept people  
of other races

to play nicely  
together

to think positive

to avoid negative

to do the good thing  
not the bad thing

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

we cannot teach  
what we do not know

we can teach children  
to shame themselves  
for aggressive behavior

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

we have no  
healthy outlet  
for our instinct

what do we do?

our instinct  
comes out in bursts  
of destructive anger

of course it does

we are drawn  
to video games  
that are violent

we take guns to school  
and kill people

we bully and  
assault other children

we become criminals

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

our nurturing instinct  
is motivating us  
to create problems

the exact problems  
we seek to eliminate

we are the architects  
of our own misery

our nurturing instinct  
makes us focus  
only on the issue at hand  
and so we don't see  
the consequences  
of our behavior

it blocks us  
from seeing  
the bigger picture

we have made it  
illegal  
to smack  
our children  
in the attempt  
to stop  
child abuse

instead  
it has caused more abuse

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

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

if we don't  
we grow up  
to not respect women  
to not understand  
that there are  
consequences  
for our behavior

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

those of us  
who act out of  
nurturing instinct  
are trying  
to teach children  
to be good

and not grow up  
to become  
rapists and criminals

and in the end  
our instinct drives us  
to do behaviors  
that create rapists  
and criminals

which increases  
random acts  
of violence and murder  
which decreases  
the population

we are self correcting  
as a species

all of our behavior  
benefits our species  
in some way

those of us children  
who act out of  
inventor instinct  
are not challenged  
in school

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

our nurturing instinct  
has dumbed down  
our education system  
to it's level

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

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

they are the products  
of our inventor instinct

who will inspire  
the next invention?

we cannot teach  
what we do not see

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

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

we get into drugs  
and sex  
and alcohol  
and anything  
we can find  
to make us feel alive

even if it is only  
for a short time

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

this thins the  
population

and so the species  
is served

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

and so we too  
become bored  
and depressed

much of our learning  
happens inside  
of ourselves

it is instinctual

we don't need teachers

we learn from  
observation and reading

teachers  
who act out of

nurturing instinct  
cannot inspire us  
and so they  
hold us back

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

it is a survival instinct

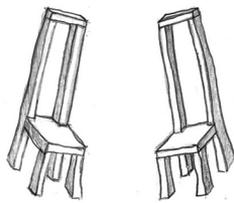
it is not a management instinct

our warrior  
gathering and nurturing  
instincts  
have kept us alive  
for a long long time

now  
they threaten  
our survival

the ball  
is in our court

what will we do?



# balance

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

but it is not wisdom

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

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

are antelopes  
not living  
the way they should?

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

or  
is there only one animal  
that is making mistakes?

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

does the ocean  
need to work on  
not being so rough  
so that it doesn't  
erode the shorelines?

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

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

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

i need to accept  
that mistrust and fear  
hatred and anger

and killing people  
are the counterbalance  
to peace and serenity  
joy and happiness  
and loving people

black cannot exist  
without white

good  
has no definition  
without evil

a one sided coin  
cannot exist

all things happen  
in balance

yin and yang  
are half positive  
and half negative

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

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

i need to balance  
all of them

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

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

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

everything  
in the universe

goes through  
this process  
on every level

expansion and contraction

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

we cling  
to our positive beliefs  
the way neutrons  
cling to protons

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

neutrons  
would have no existence  
without the other two  
in balance

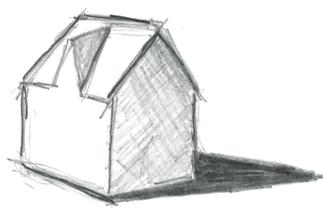
every building block  
in our universe  
at every level

teaches us  
the importance  
of the balance  
of positive and negative

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

this is a great truth

this  
is the true middle way



*just be*

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

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

this is quite correct

it will interfere  
with my ability  
to play nicely  
with the other children

this is the destructive  
side of learning

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

knowledge  
also shows me  
the painful sad  
and damaging things

knowledge  
does not discriminate

spiritual enlightenment  
can make me  
more sad than happy

the big picture  
is not always pretty

but it is always  
true

the path  
that i choose  
sometimes  
follows extremes

the path  
between extremes  
seems easier to walk

but all paths are normal

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

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

to not realize it  
probably happens  
just as much

and is therefore  
just as normal

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

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

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

eventually i have to die

everything else i do  
is optional

i think i am important  
i think i am  
the center of the universe

i am an animal

one of many species  
of animals  
on one planet

the earth does not  
need me to survive

i need the earth to survive

i cannot destroy the earth

i can destroy myself

i cannot save the earth

i can save myself

i talk passionately about  
my purpose on the earth

and if i am doing  
the right thing

i don't know  
what the earth needs

i barely know what i need

am i doing  
the right thing?

am i doing  
the wrong thing?

there are two possibilities

**one** we are supposed  
to be living  
in harmony  
with the earth  
and not polluting it

but  
for some unknown reason  
we are screwing up

perhaps some of us  
are defective

or we know better  
but we are intentionally  
being stupid

or

**two** we are doing  
exactly what we are  
supposed to do

the earth is  
a perfect organism

it has its own life  
and its own needs

it created us  
to change it's atmosphere  
so it can progress  
to it's next stage  
of existence

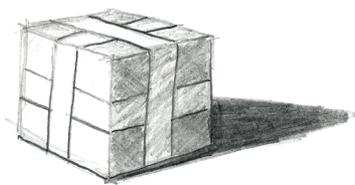
the earth  
is a perfect organism  
and makes no mistakes

how much evidence  
do i have  
that either one of these  
is true?

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

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

we are a flash in the pan



# revelation

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

a time of awareness  
a time of growth

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

this time is near

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

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

a change in how  
we assign jobs  
in our human hive

a change in how  
we organize  
our societies

a change in how  
we relate  
to the other species

a change in how  
we relate to  
the earth itself

everything will change

this change  
will not come  
from revolution

or warfare

or scientific breakthrough

it will not come  
by being  
forced  
onto people

or legislated  
or preached

this change  
will come  
from the smallest  
and simplest  
revelation

the revelation  
that we act out of instincts

this revelation  
will come  
silently  
in the night

like a breeze

like a breath  
of fresh air

it will come quietly  
to each one of us

and pretty soon  
the whole hive  
will be buzzing

it will fill us  
with truth

everything is normal  
we are animals

we are more like  
the other animals  
than we are different

we are more like  
each other  
than we are different

there are  
amazing things  
coming

be what you are

be a human being

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

be the animal you are

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

just be

be content  
with who you are

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

