

Alice's Life
Lessons

Uncut

Alice
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by Alice Kovalsky

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'Rosebuds' by AD.

Introduction

I wrote a book about life. This book asked me to write it down. So it just passed right through me and I was just a vessel, a tool. Writing it was a liberating experience. I was getting ready to do it my whole life. Let me teach you what I have learned.

It is written in the form of progressive lessons but you can start at any level. They start with the lesson plan consisting of three questions. My former students will immediately recognize them. I used to teach languages this way. And then each lesson finishes with the learning outcome. Enjoy reading it.

This book needed to be written in English, even though it is not my first language, because English is the Latin of our times. But that forced me to write it in simple sentences. Change your weakness into your strength! There are good and bad sides of the fact that English is quite an easy language to learn. It makes it easier for more people to understand but we are also limited by it. And very often it is hard to find the right word for some of the ideas.

And one more thing – please do not dismiss this book because you know me and you know I made mistakes in my life. We all do. *Errare humanum est*. That doesn't mean that what you read here is wrong. Remember, it is not me saying this all to you, it's the book speaking. It is an ongoing learning process.

Now, I would like to apologize if I ever hurt you, either on purpose or by accident. Forgive me. And I forgive you if you ever hurt me in any way.

Finally, I would like to thank all my friends for every conversation we ever had. You might recognise some of them in this book. You are, have always been and always will be part of me.

The change is coming. Be part of it.



'Tower' by AD.

For You



'Sunrise' by AD.

Lesson 1

Pick Up Lines for Dummies

1. What's your name?
2. Where are you from?
3. Where do you live?

1. What's your name?

Welcome. I will be your teacher and I am glad that you have decided to take my class. I am new to this form of teaching so bear with me while I learn to navigate it. While there will be no test at the end, I am sure that you will find some of the information very useful. I promise that I will try to make it interesting for you but I can't promise that I will always stick to the topic. I can't help myself and avoid digressions so it will be a bumpy ride and you better buckle up your seatbelt tide. Today we will start with the most common question which you can see above.

My name is Alicja but you can call me Alice. You see, we pronounce letters differently so if you try to read my real name, you will probably butcher it. So I choose, like many other foreigners, to use an English equivalent to make it easier for you. We both use Latin letters but in English, for some reason, the sound of all the vowels and some consonants is different. If you have ever learned any European language you can realize that. But maybe you have never learned one because everybody wants to learn English.

I don't even want to start talking about my last name! In English there are no various endings for different genders but in many languages female names finish with the vowel A. By the way, isn't it interesting that we use the first letter of the alphabet, alpha – the beginning of everything, for the feminine form? Because a woman is the beginning of everything, the beginning of life. So here you are, calling me by the masculine form of my last name, which should actually be Kowalska and not Kovalsky. Because we are pronouncing some letters differently, the consonant 'W' also had to be changed to 'V', so it makes the same sound but looks differently.

So, for a long time my name was Alicja Kowalska but then I had to get used to being called differently. Isn't that funny? Can you imagine changing your name? Getting used to people calling you unlike what you are used to? Well, again, you will probably never have to worry about that. You will probably never have to move to another country to live there, learn another language, traditions and habits, right? You have probably never even left your country, have you? And even if you did and went somewhere else for holidays, you did not really experience that place. You were only an observer, a visitor, and not an inhabitant. By the way, you should try it sometime and live abroad for a while.

I just hope you will never be forced to do it. So many people in the world are forced out of their homes and sometimes expatriate to different countries for various reasons. And now, because of climate change, there are more and more of them, their numbers increasing steadily. Before it was mostly caused by wars and ethnic conflicts. And everybody should be free to travel the world and live wherever they choose but nobody should be forcibly displaced.

If you never left your close environment, you think that the way that your family and friends live their lives is the only way to do it. And that if somebody else somewhere else eats different food and celebrates other holidays, they are wrong. Only your way of life is correct and everybody else is either underdeveloped or backwards. If they only could live like you, they would change places with you in a second. And they all inspire to live like you, right? They all want to come and take it all away from you. And why do you think that way? Maybe because that's what your ancestors did to others and we all judge people by ourselves?

The funny thing about a different language is that you learn to see the world differently when you learn one. It gives you a new perspective on everything. For example one of the Esmiko tribes has many words for snow because they recognize different kinds of it. Maybe not 50, as you might have heard, but still many. And did you know that some languages do not have grammatical tenses? I mean they only talk about things in the present tense. So there is no past or future, just here and now. That actually helps them stay grounded all the time and live in the present.

They say that language is the mirror of society. And it's true. Some languages have genders of nouns. Obviously, there is feminine and masculine but some languages also have neuter for things that are of either gender. And if you look at different languages, the gender of things will not be the same. I mean a car can be a he or a she, depending on the roots of the language. In my language it's a he but in French it's a she. A chair for me is neuter but in French it's a feminine word again. So there is no consistency across the languages.

English, as you already know, is not my first language. My native language comes from a Slavic family but I speak a few other languages. And each of them opened a new window in front of me with unique viewpoints and images. I would strongly recommend you to learn another language. Learning something new in general is good for your brain and will keep it sharp for much longer. But learning a new language, any language, will also help you to better

understand other people, their cultures and overall will improve your empathy. It will also just make your life easier and apparently your brain bigger!

They say that a language is a dialect with power and money behind it. That means that the official language of a country is usually just one of many dialects people used to speak in these lands, forced on them by people who rule them. And that is still the case until now. Practically every country has various accents, dialects and regional differences but people communicate by using the official language. They learn it at school. And schools are organized by the government.

Languages are very interesting. For example in Hebrew there are 4 different ways to say 'I love you': one when a man says it to a woman, one when a woman says it to a man, one when a man says it to a man and another one when a woman says it to a woman. It doesn't necessarily mean that the language is so progressive. There are just various endings of the verbs and pronouns also change so the sentence is modified a little in each case.

In English you only have such four variations if you use a third person singular: 1. 'He loves her', 2. 'She loves him', 3. 'He loves him', 4. 'She loves her'. But imagine that happening with a first and second person singular: 'I' and 'you'. It's hard to imagine, isn't it? Can you see how fascinating foreign languages are? Hebrew also has numbers assigned to each letter of the alphabet and they create diverse combinations and equations, used in Kabbalah. See what I mean?

My fascination with languages started very early. I remember as a child reading a book about Sumerian language and cuneiform script. I started to learn more about it and study it myself at home. Later, I discovered Sanskrit. Both of them seemed very exotic but not really practical so modern English was next. After that I started to learn Russian but never really liked it and preferred Ukrainian. Then I started to learn French which became my favorite language. Finally, I studied Latin and ancient Hebrew. Two dead languages, again not very useful, so I guess I made a full circle.

I never imagined that at some point my knowledge of foreign languages will help me earn a living. At first I studied them for my own satisfaction and loved to travel to foreign countries where I was able to use them in practise. One day I moved to an English-speaking country and I still live in an anglophone reality. From all the languages that I have ever learned, English always seemed the most simple to me. That's why it's a new global 'lingua franca'

(world language) and luckily for me, because I use it every day of my life now, more often than my favorite French or even my native tongue.

To learn a new language you need to adapt your brain to new ways of thinking. You have to be able to imagine things until now unimaginable to you. You cannot just translate words and sentences literally because very often that will not make any sense. You will need to see new connections between words and things, never imagined before. Learning these new structures will open your brain to see more possibilities emerging. It will change your way of thinking about the world. And these are some very useful skills in your journey through life. For example, did you know that when you speak English, you only activate the left side of your brain? And if you speak Mandarin, you are using both sides.

The ultimate idea is to look for new perspectives on everything around you because that helps you to evolve, to become a better version of yourself and finally to find the enlightenment. To experience the illumination. To see the world as it really is. Only then you will be able to understand life and regain your happiness and bliss. Only then will you be able to rediscover your true self. And only then will you be able to put it all in practise.

Learning Outcome:

Learn other languages, they open new perspectives on life.

2. Where are you from?

So last time we talked about languages and today we will talk about our roots and where we come from. I was born in one country, then moved to another one in Europe and finally settled on another continent. I find it easy to move from one place on Earth to the next. I am not a citizen of one country. I do not even identify as an European. I am a citizen of the World. The Earth is my home and I can live in any spot of the planet I choose.

Now it's hard to imagine that around two hundred years ago people didn't identify with their countries the way we do now. They wouldn't also say that they speak English or for example French. They would be speaking various dialects as modern languages as we know them today didn't exist back then. There are a lot of academic books about it. I can just summarize them for you.

So according to academics the key publications in the rethinking of the nation-state and nationalism have been: 'Imagined Communities' by Benedict Anderson (1983), 'Nations and nationalism' by Ernest Gellner (1983), "Nations and nationalism since 1870" by Eric Hobsbawm (1991), "National identity" by Anthony D. Smith (1991) and 'Modern nationalism' by John Hutchinson (1994). I personally think it would also be pertinent to add 'Nationalism' by Elie Kedourie (1960) and 'Banal Nationalism' by Michael Billig (1995) to that list.

Anderson revolutionised the way scholars understand nations today and the role that nationalism has played in their formation. Nowadays, when discussing a nation, it is necessary to consider not only national identity but also nationalism, as both these terms are very tightly connected. Anderson stated that the concept of a nation is imagined. Nations were not awakened but invented. Thus there is a great diversity in academic thinking about how nations came into existence and how nationalism influenced (or in Billig's opinion still does influence) nation-building.

Nation is a modern phenomenon, created by nationalism after rediscovering the ethnic myths. Modern national identity is constructed from various ingredients: ethnicity (or race), culture, language, religion, history, territory or education. Others add physiognomy, traditions, myths, communication (media) or tribalism. Even economy and politics.

Language at first sight superficially seems to be the most important factor of nation-making. However, modern languages as currently known did not exist two hundred years

ago. They were constructed to empower the nation-state. The fact that there is more than one language spoken by some nation-states (such as Switzerland or Belgium) and that speakers of the same language (such as Spanish or English) can live in different nation-states is the proof. Also, every major country still has other dialects still being used.

Another central pillar of nation building is regularly suggested to be religion. However, this is also a problematic idea as there are many Muslim, Hindu or Christian, and among them countless Catholic countries, instead of one country for each religion. Members of some of them believe that they are 'the holy nation' and that they have been chosen by God. They believe in their messianic mission and trust that God is on their side. For example, there are numerous Muslim countries whose inhabitants might believe that they were chosen to fight the infidels, as well as plenty of European Christian countries persuaded of their role as the Bastion of Christianity, Bulwark of Christendom (or Antemurale Christianitatis).

Also, why are there so many countries where Hinduism or Buddhism are the state religions, and not just one enormous country for each of these major religions? It should also be particularly noted that some religious minorities would still live in each of these countries. Nevertheless, nationalists still take advantage of religious affiliations and base their national identity strongly on religion.

The contemporary meaning of the Greek word 'ethnic' was created in the 19th century by secular intelligentsia using the myths of nationhood. Nowadays academics still argue if ethnicity is constructed or rediscovered. Some traced it back to the Bible, others believe that it is a modern fabrication. Today they are believed to be mutable rather than stable therefore language, religion or ethnicity are not the determinants of a nation.

Neither are territory or history, because nations' borders often change. History, on the other hand, is rewritten to fit nationalist aims. It is also acknowledged that the history is written by the winners and therefore we always get only one point of view of our past. And currently that point of view is dictated by the national interest (*raison d'état*).

So why is nationalism currently so popular in the world? One of the reasons might be that as citizens, we are taught to be nationalistic already as children – that is the main purpose of the education. Another powerful instrument of nationalist propaganda besides the organised educational system, and probably even more effective today, is the media.

In this context, what does it mean to belong to a specific nation today? People need to identify themselves with the group and feel the desire to be a part of it. That leads us to the idea of national identity. Every person identifies with many groups, not just a national one. Also, it is problematic to state that a nation has just one, homogeneous identity. Some people choose to change their personality according to the situation and as citizens of the world, not to have any national identity attributed to them.

Some academics suggest that national identity should be treated as a collective cultural phenomenon. However, there is general agreement that nations are part of the current political reality. Some believe that the global situation will soon need to change while others warn that one should not expect the age of nationalism to come to an end. It cannot be predicted what the future will bring so only the current state of matters can be analysed.

However, if you look at many utopian science-fiction works, for example Star Trek or Star Wars, you'll see not nations but united federations of planets and species. The only threat of space democracies are authoritarian empires they fight. So there is still hope that humanity will wake up one day and realize that we are all just one big family.

In the meantime we should at least aspire to dissolve the state of current nations artificially constructed only 200 years ago. Therefore you shouldn't be proud of belonging to any nation as it was not thanks to any of your merits that you were born in this and not another country of the globe. It was just a matter of accident and you shouldn't give yourself any credit because of that.

Also, just by belonging to one nation or the other doesn't mean that you contributed to its greatness in any way. It's just like being proud of being a fan of the winning team when in fact you had no contribution to their success. You didn't play the game, you barely watched it. It doesn't really make sense for you to say "We have won!" because you haven't. They have.

Now, you might say: 'But I am a patriot. I love my country'. Well, Billig would argue that you not only do not love your entire country but you do not even know it. You probably haven't visited it all. You do not know all the other members of your state and might even not agree with some of them on the main principles. Still, I believe you are ready to fight for your land and the security of your family. In the past people would just call it local patriotism. They were always ready to fight for their so-called 'small homeland'. The one they knew.

Before people lived in small communities, supporting each other. Just like the tribes. But we decided that this kind of life is backwards and developed big cities, by uprooting and expatriating people from their sustainable 'small homelands' where their ancestors lived for centuries. Then we started to expand in the search of resources which we just capitalized on and used in such rapidity that they didn't have time or chances to renew themselves. So we traveled further and further in the quest of development and in the name of so-called progress. And we stole more land and resources from people living simpler lives than ours.

We feel better and wiser than them but in reality we should learn from them. They respect the Earth as a source of everything we need. Their land sustained them for centuries. They lived in balance with nature. Meanwhile we destroy everything we touch, just like King Midas with his Golden Touch. Whatever he touched turned into gold. He was thrilled until he tried to eat something and everything he tried to put in his mouth was changing into an inedible gold.

And then he also realized that he couldn't even hug and comfort his own daughter without changing her into a gold statue. We will end just like him with nothing to eat and make our children miserable if we do not come to our senses soon. In our pursuit of wealth we forgot what is really essential. But Midas eventually got rid of his accursed wish and so can we.

We live on a beautiful planet. Our ancestors called it Mother Earth because she was taking care of them. They worshiped her and respected her. Unfortunately, we have lost these abilities but the moment we destroy her, we will destroy ourselves. It is not too late and a different fate is possible if we can only grow smart. If we start listening to our wiser brothers and sisters who are still in touch with our natural ability to connect with nature, and who are trying to teach us what to do. If we only start listening, our world can start flourishing again.

Earth is the most beautiful and rich planet in our solar system. We should all take care of it, wherever we live, and appreciate its beauty. You start to value it more if you travel around and see it with your own eyes. Then you also realize that borders are artificial and mobile. Tour the world to find your place on Earth that you can call home.

Learning Outcome:

This planet is our home and there are no borders seen from space.

3. Where do you live?

Where you are from and where you currently live is not always the same spot. The place where you decide to live determines your life. There are various paths of life in different societies. Distinctive customs, traditions and rules, even varied laws. There are diverse characteristics that are more privileged in particular places on Earth. For example it is better to be a woman, a homosexual or a person of color in some places than in others. It is usually caused by the stereotypic perceptions of these groups.

Most of that depends heavily on the media. One of my favorite topics in Film Theory was representation, the lack of it or misrepresentation. The way we perceive groups of people depends mostly on what we see on the screen. That is why it is so important for different groups to have their voices heard. Otherwise this perception is distorted. Nowadays all groups, one by one, started to use their voice and change the stereotypes about themselves. We see their more human face and that is a very powerful tool in changing other people's approach.

But for a very long time for example cinema was made by white male directors and they had for instance their own ideas of what women are or should be like. The image of the women on screen was idealized and then all women had to aspire to it. But it was not real and it was impossible to live up to these standards in real life. In Western societies women still are subjected to harder beauty ideals and have to spend more time taking care of themselves than men. But the canons of beauty are not the same everywhere and they are also changing with time.

Media can reinforce your empathy or deepen the lack of it. So what you watch is very important. If you only watch old Hollywood films your image of real life will be distorted and you might find yourself thinking these were the good old days. There were no homosexuals then. Or life was easier because everybody knew their place. And old patriotic films might intensify your nationalism and excuse the use of violence against people who are different from you. But both these notions are not true. It is all just a mirage.

So these things are not constant and they do evolve. Laws change and societies grow more mature. The persecuted groups of people rise up and change the way they are perceived. That is very important because this way we can see that deep down we are all the same, care about the same things and love the same way.

We should abandon all of these fabricated characteristics and categories. Remember, you are not your gender, sexual orientations or race. You are more than that and you should not let any of these or other characteristics limit you in any way. If you are a man, embrace your feminine side. If you are a woman, embrace your masculine side. Do not suppress it. You can receive energy from both of your sources. And then you can exchange that energy with others.

The same thing concerns the shape of your body. Accept your body the way it is but keep it in a good shape. So the only reason why you shouldn't let it grow to monstrous proportions is your health, not your look. Too much weight is unhealthy and a burden to your bones. You should try to eat healthy and exercise. But not in the gym. Go for a walk, breathe in the fresh air. Run, bike, jump, dance.

The best way to exercise and have fun at the same time is to dance. By taking dancing classes you will meet new people who have the same passion as you and dancing parties are usually full of positive energy. It is also good for your memory to learn a new kind of dance. And you should take care of your mind as much as you take care of your body. A sound mind in a healthy body.

What you eat is also important. They say what you eat is who you are. The energy that you consume makes you. Literally. So the food you eat should be natural, not modified. You shouldn't eat animals killed in a cruel, inhumane way. Their fear stays in their meat and then you eat it. You should live sustainably.

So you have to accept yourself the way you are to accept others the way they are. You can only hate others if you hate yourself. Love yourself but not with selfish love. The one that makes you feel more important, more special, better. You are not better or more special in any way than others. You are others. And they are you. Deep down we are all the same. Once you realize that you can not hate anyone anymore.

But we always look for the Other – somebody who is different from our Self. You can read more about the concept of the Other. In general we use it to justify persecuting people who are not part of our group. They are always guilty of all our failures. Nothing is ever our fault, it's always theirs. It is a very childish idea and we have to stop doing that. There is no Other. It is you, it's me, it's us. But our way of thinking about ourselves is limited by language.

There is an easy way to realize this is true. By looking into somebody's eye. Eyes are the mirrors of the soul, they say. Look into your own eyes and you will see the real you. Look in

somebody else's eyes for long enough and you will feel the love. Apparently there was an experiment conducted during which two people would gaze into each other's eyes for 4 minutes and start feeling deep intimacy.

Gaze is very powerful. It shows and sees the real, true you. That's why people who lie to you do not look at you. And if you look into the eyes of an animal, you will find it hard to hurt it. Also, that is why what we look at is so important. And modern media are surely not the best thing you should be spending time looking at. Your television is the time-eater. Don't look at it mindlessly for hours. It is better to watch a wisely chosen film, about another person's experience.

You might think that you need to watch tv to remain well informed about what is happening in the world. But the truth is you cannot do much about the things that happen around the world. And knowing about all of them doesn't make you happier. I used to work in a radio station and had access to the news from every place on Earth. I was surely not more happy in my life then than I am now.

So I have not owned a TV set for more than 15 years now and I rejected most of the media, except for cinema – my passion. I have learned a lot from the films I have watched in my life. Some of them I wish I hadn't seen because once you see something you cannot unsee it. That is why now I am wiser with choosing what I watch. Obviously, I still make mistakes but I surely do not just consume everything that is being shown to me. My time is too precious. Of course now my main concern is another time-eater: the Internet. But I am learning to limit my time on all electronic devices. And I recommend it to you too.

What you watch is as important as what you eat. The food builds your body but the images build or crash your spirit. Do you sometimes feel depressed after watching a movie? Or you get addicted to a TV series and feel sad when it's over? Then you know what I mean. You should be careful about what you watch, for your mental health. Remember, some things that you see you cannot unsee. I know what I am talking about. Trust me. Some films or television programs contain images that hunt you long after you watch them. That is why together we will make a website with recommendations of materials that can help people and things to avoid. You can find the address at the end of this book.

But don't just take my word for it all. Do not listen to me. Listen to yourself. Do your own research. I didn't invent it all, I learned it. And you can broaden your horizons too.

Especially now with all the resources we have, there are no more excuses to be uninformed. Just please remember that research is not about reading only the things that you agree with. It means looking at things from every possible angle to find the patterns. That is what scientists and academics do. They look at the data and then draw conclusions. It is easier in some areas of science than others. It is the hardest in human studies when your data is more qualitative than quantitative.

So remember, you are not your body. You are not your gender. You are not your race. You are not your sexuality. You are not your age. You are not your brain. You are not your thoughts. You are something more than that. Some call it a Soul. I will call it your Essence. It's your true self. You can see it when you look into the mirror and deep into your eyes. And you can fall in love with it.

And you should. You should do it. You should look inside you and you should start loving your true form. It is perfect. It is eternal. It has no gender, age, color or shape. It has no beginning and no end. It can never die. And it never will.

Learning Outcome:

Don't hate yourself, or others, because of the external categories.



'Solitary Island' by AD.

Lesson 2

Simple sentences for Beginners

1. How are you?
2. What do you like?
3. What do you dislike?

1. How are you?

Let me tell you something. I have always been very lucky in my life. So if you ask me how I am, I'd say: lucky. Even when things went wrong I would always eventually find a way to change my situation. If I wasn't happy with something, I would just change it. Sometimes it took me longer than other times but in the end, if you are not happy you have to try to improve your life. And I would always feel when I just couldn't keep on going with something anymore.

Life doesn't always go the way you wish it would. But the funny thing is that you sometimes do not know what would be good for you. So you are trying very hard to do something, not seeing other possibilities around you and ignoring them. Until you get what you want and realize that you should be careful what you wish for. Sometimes things that just seem to happen to you are better than the ones you planned. So you should always be open to possibilities and go with the flow.

It doesn't mean that you shouldn't aspire to do some things. You should just make sure these are the things you are supposed to do. And for that you have to first listen to your guts. Learn to listen to your 'gut feeling'. Follow it. Always, The brain will speak to you in words, in the form of limited language. It will tell you that something is impossible or ridiculous. Do not listen to your brain. It will always try to trick you, find excuses. But if you feel that you should do something, do it.

Do not listen to others telling you what your life should look like. Do not listen to the media and advertisements telling you what you need to buy that will make you happy. It won't. Do not think that money and pleasure will do the trick. They won't. Follow only the feelings that you know are right. And you will know. Once you learn to listen to it and not to suppress it. It's the eternal knowledge in you. All the answers are already in you, you just need to learn to hear them.

If something makes you feel bad about yourself, guilty, unworthy, it is not right. Some religions turned things around, added things that make you feel bad about yourself and tell you what you have to do to be happy. But you should feel what is right and what is wrong. You already have this eternal compass in you. If something belittles you, then do not follow it.

If you suddenly get an idea and it will make you feel good, then follow it. Even if soon the brain will start telling you that it is not good or that is not possible. That is not true.

Everything is possible. But our brain is limited and that is why it cannot imagine some things being done. It will always try to play it safe. But you have to dare the impossible. Or rather things that were not done yet. But it doesn't mean that they can't be done. You should always try to think about a different way of doing things. Or even about creating completely new things.

The hardest part is not to listen to the people who will tell you that something can't be done. Or that there is no money in your idea and you will not be able to support yourself. Or that you are not good enough to achieve it. It doesn't matter if they are wishing you well and are saying all that only to protect you from disappointment. You should not listen to them. And also you should never be a person who says things like this to somebody else. No, be supportive of other people's ideas. Tell them they should try. And that you will help them.

And especially if you have children, protect that imagination they still have. Do not destroy it. You are not doing them a favor this way, but you are killing their spirit. And you make them imaginivally handicape. And that is the worst crime. Teach your children to listen to their internal voice from the youngest age. Teach them that the brain is not the only organ that can help them in life. That there are other tools they can use. That they should always follow their heart. Because once they stop, they will lose the connection with their most important part.

So, it doesn't matter what you call it: gut feeling, your little voice, your heart or intuition. It is there to help you and without it you are lost. And scared. And alone. You are just drifting on the river of your life. Grab the rudder and start maneuvering the boat again. Remember when you were young and everybody was telling you that you can become whoever you want to be? You can.

At some point you just stopped believing. In that truth and in yourself. And you might tell me that you had good reasons. Things were not working out. So you gave up. But the good news is – it is never too late. Think now what is the one thing that you love doing the most. Maybe it's your current hobby? How can you change that after work hobby into your lifestyle? You might not know the answer right away but if you start asking yourself that question, the response will come to you.

Once you know, you can start working towards your goal. And where there is the will, there is the way. If it's meant to be, everything will start to help you to achieve it. Things will start going your way, new opportunities will emerge and you will be amazed. Once you are ready, you will start to attract the right people. They will come to you as if your idea was pulling

them towards you. They will become part of their success and you will become part of theirs. You just have to be doing it all for the right reasons.

You can not be selfish and greedy in your venture. It cannot be just about yourself but it should be helpful to other people. So you have to become the best version of yourself to succeed. You have to try everyday to be the best person that you can be. Do not compare yourself to others, only to yourself. Did I do my best today? Can I improve from yesterday?

And also be grateful for everything that you achieved. Think about the things that you are grateful for every day. Think what else you would like to achieve but treat these thoughts as an opportunity. The most important part is what you already have. You can be grateful for the most basic things. That you are alive, that you woke up, that you have a roof over your head. Be grateful for people in your life. Be grateful for having something to eat and to drink. Be grateful for the beautiful sunrise or sunset that you can admire for free.

There are so many reasons to be happy already but we overlook them. Maybe if you start seeing them you will realize there is not much more that you want from life? Maybe you have almost everything that you have ever dreamt of? Then you can just enjoy your life. Or find yourself one more goal that makes life worth living. Depending on how you feel. Sometimes not wanting anything else is good, if you are satisfied with what is already there. But if there is still a yearning for more, you can always help other people and that will make you feel good.

You might say that not all people deserve your help. Some have hurt you or are just egoistic and mean. They might need your help the most! And your attitude towards them might change them. Maybe they once refused to help you? Then show them that helping others brings more joy than anything else. Maybe they hurt you in the past and you just want revenge? Then by being nice to them you will get the best revenge possible. And the only one that can leave you satisfied. Because the real vengeance always leaves you disappointed in the end.

You do not control the actions of people around you or things that happen to you but you can control how you react to them. You have a great strength inside you. Learn how to use it. First of all try to stay in the present and breath when something pushes you out of balance. Try not to react right away, impulsively. If you can calm down first and sleep on it, that would be the best. When you look at it again, with a fresh eye, maybe you will decide that you do not need to do anything about it. Or maybe you can just use it as a learning opportunity? Has it helped you to learn something about yourself?

If you decide that you do need to react, then think what would be the most surprising way for that person that you could perform. Maybe being calm and nice while they are shouting at you for no reason? Instead of escalating the argument, agree with them or apologize. If the issue is not worth your time and attention, then better let it go. See the surprise on their face. You never know, it can be the beginning of a beautiful friendship.

To summarize, if you are stuck in a situation that you are not happy with, change its dynamic. If you change even one small thing about it, everything will start to change. Even if you just change your perspective on things, these things will start to change. Do not waste your time worrying about your future. Believe that you can improve your life, hope for the best and always expect the best!

Learning Outcome:

Always hope that things will turn out for the better.

2. What do you like?

I like talking to people, traveling, and watching films. I love dancing. I used to like learning new languages and then using them, sometimes even to earn my living. I enjoy long hot baths and walks in the park. I also like writing. This is how I like spending my time. And this is how I recharge my batteries.

You have to take care of yourself. You can not help others if you are not taken care of first. It's like they say on the plane – put on your own oxygen mask first before you assist others. It is not selfish, it's just common sense. We are a better company if our needs are fulfilled. We shouldn't look for our fulfillment in others. It doesn't mean that we do not need other people for our own happiness. We need other people's energy. If we avoid people, we are just recycling our own energy over and over.

The difference is to see people to exchange that positive energy with them instead of just charging our own batteries by discharging theirs. And there are people who do just that. They take energy from you without giving anything in return. Avoid them. They will never be satisfied and they will keep you unhappy too. They need to learn to take care of themselves first to become your equal partners.

But it doesn't mean that you should avoid all people. On the contrary. Be like a child. When you like somebody, just come to them and say 'Hi. My name is Alice. What's your name? Do you want to play with me?'. What's the worst that can happen? They will probably say yes. And even if they say no, at least you tried. Your feelings might be a little hurt if they reject you but the worst truth is better than the most beautiful lie. And you are not everybody's cup of tea, just like not everybody is yours. Besides, if they are not open as children to meet new people then it is probably better than you keep on looking for people who are.

Don't get down the rabbit hole with conspiracy theories. They make you feel better for a second because you feel wiser than everybody else. You feel like you know more than others and that helps you look down on them. Poor sheeps. But it's just a trick. It just makes you feel more miserable in the end because it seems that everybody is against you. If it doesn't make you feel happy then it's not good. Just live in your own reality. And refuse to follow the rules that we have imposed on ourselves. They are not making us happy.

Meditate. Be grateful for things you have. If you are able to sit in peace and read this book right now that means that you are in a safe space and have some spare time on your hands. Be grateful for that. And now put it away for a while and start meditating. Breath. Be grateful for the here and now. To be able to hear what your body is telling you, you have to start to listen. In silence.

At first a lot of thoughts will come to your mind. They will attack your brain viciously. Ignore them. Just look at them from outside, acknowledge that they are appearing and let them disappear. Concentrating on your breathing process helps. And on your body. Scan it, bit by bit, and recognize the feelings and impulses that you experience. That will take your thoughts away from the things that your mind wants to distract you with, and it will help you to control them.

You might think that meditation is not for you. You might find a lot of reasons not to do it. I know I did. Until I finally tried and it has changed my life. For me it was a pandemic. What is it gonna take for you? You might think you don't need it. Your brain will tell you that. But you have already tried to live your life without it. How did it work out for you? It doesn't cost you anything to try.

Do not think of it as a religious thing. It's rather useful for your mental health. Meditation can help you to reduce stress. It will help you to get to deeper know yourself. And to realize what you are really looking for. It will change your life for the better. It is good to slow you down a little and make you "smell the roses". It will help you to see the bigger picture.

The goal is to stop being controlled by your selfish ego and to start controlling it instead. Your selfish ego is that part of you that identifies with all the categories mentioned before. Your ego thinks: "I am my gender", "I am my nationality", "I am my age", "I am my job", "I am, I am, I am...". These categories define it. That helps it to feel important and unique but also very lonely. It doesn't recognize that we are all one.

It always looks for the Other to separate from. It thinks: "I am not like this person", "I am different", "I am better", "I, I, I...". But when you separate yourself from others you cannot be happy. This identity, this selfishness only makes you suffer. It promises to make you feel safe in your own egoism but it doesn't. It never does. If you just try to satisfy your ego, you will never be happy. If you are a "me, me, me" person, you will always be in pain.

Don't get rid of your selfish ego. It's like a little spoiled child. It wants other people's toys. It can be cruel. Understand it. Hug it, accept it, give it love, nutrish its needs but don't let it

rule you. You have to be like a wise parent. Don't let it do whatever it wants. Teach it that there are boundaries. Borders that cannot be crossed. If that will make others suffer then you cannot cross them. Remember, by hurting others you only hurt yourself.

Look at the people who cross these borders or have done it through history. They were not happy. They thought that fulfilling all their selfish desires will fulfill them. But it doesn't work that way. When the hedonist party is over, there is only emptiness left, there's loneliness and pain. They usually tried to kill it with alcohol and drugs. But that cannot work either. It never does.

Now look at the people who help others. See the smile on their face? They share things with others and help them. Look around and you will see – people who are really happy live in a commune. They might not be rich in money but they are rich in meaningful connections with themselves and others. And that brings them joy. Sharing food for example and eating with other people is a form of communion. They share themselves with others and share their energy. And love. They exchange it.

We live in the 21st century now. It's easy to find access to everything. You just need to know what to look for. You can find tutorials online teaching meditation. Or take online classes. They will explain better than me how to do it. It is not easy at first but the more you practise the better you get at it. It's good to have a break from the craziness of this world. It will be good for your wellbeing and moods. It will help you to control the selfish ego that is the source of your suffering. It will set you free from its constant demands. It will liberate you. Trust me. Just try it and see for yourself.

You might already know some of these things. They are not at all new to you. That's good. But you still might need the reminder that you are walking the right path. The reinforcement. I know I do. So here it is. And remember – there is a difference between taking care of yourself and feeding your selfish ego. Do not cross that line. The first rule is – don't hurt others. If your pursuit of happiness hurts somebody then your freedom of doing whatever you want ends there. Your freedom ends where another person's freedom begins, right? Remember that.

So take care of yourself, do all the harmless things that you enjoy and live your life the way you want. As long as it doesn't mean that somebody else cannot do the same. Pamper yourself to feel good in your own skin as long as it is not for the wrong reasons. It is not about

your external look but your internal comfort. And it is not to fulfil your selfish needs of feeling important and well-groomed but to make you feel at ease and looked after.

When you are going to a job interview you dress up because it gives you more confidence. It's the same idea. It might seem like there's a very thin line between being selfish and being your own friend but the truth is you will feel the difference. Do what you need to do to feel well cared for and internally satisfied. Just follow your passions and hobbies. And you know the best what it is. And you will find people who enjoy it as much as you do.

Keep on trying new things too. Or the ones you used to enjoy. Remember when you were a child you used to like to sing or maybe to draw? And then at some point of your life you stopped. Maybe because somebody told you that you were not good at it or that it was just a waste of time. Well, why don't you try to sing now? Maybe you will realise that you are good and join a local chorus? Or maybe you will realize that your drawings are not good but you still enjoy drawing. Well, then just keep on doing it because it doesn't hurt anyone and even if people don't appreciate your work, keep on doing it if it fulfills you.

Learning Outcome:

Do what you like doing and what gives you satisfaction.

3. What do you dislike?

Sometimes you do not like doing something but you force yourself to do it. It could be your job or studies or something small like going somewhere you do not want to go. But you still do it because you think that you should or your brain is telling you to. But you feel deep inside it is not what you should be doing. If you ever feel this physical reaction inside your body, listen to it. It works both ways. Just like you should listen to your gut feeling and do things that you feel you should do, you also shouldn't do things that you feel you shouldn't do.

You should aim to only do things that feel right. So if the problem is your job and you have to force yourself to go everyday, that means this is not the right job for you. And in the long term it will just destroy you from inside. With time you will just start to feel dead inside. It will eat your soul. You should think about what you like doing the most, what is your passion. And then do just that. The money will follow. When you do something you love, you do it well and that will be appreciated. Get rid of the fear and do not listen to that voice of reason telling you to do whatever currently gives you money if it makes you unhappy.

If it's your studies that you have to force yourself to, then you chose the wrong faculty. Again, think about what you really want to do and follow that path. Do not listen to anybody around you, telling you what they think you should be doing. It's just their opinions and they should have no impact on your decision. The only person that you should be listening to is you. You already know all the right answers. They are all in you. You just need to learn to hear them.

But there is more to it. Never become the servant of evil. We all know the difference between good and bad. We feel it. You naturally know that some things are wrong and doing them will always feel wrong. So never bully anyone. Never deliberately harm anybody or make them feel bad by either saying or doing something to them. In short, do not hurt anybody by your words or deeds. I'm sure you have already heard that before. But remember, there is no you or me, there's only us. So it is not me telling you what to do, it is you reminding us what is right. You might think: it's easy to say, harder to do. But the truth is, this is the only way to your happiness.

Never help any dictator to fulfill his crazy vision. Without the people behind him, every authoritarian leader would be powerless. He feeds you with negative emotions against the Other. You can feel it. You should know better not to listen. Don't just follow the orders when you

know they are bad. No authoritarian monster could become one if not the army of people who helped him by following his crazy ideas. Don't look for excuses: 'I am just doing my job', 'I need to earn money' or 'This is the law'. There are other jobs and other ways to earn your living. And the laws are made by people and they change over time. Imagine, if every time that an unjust command is given, the soldiers would refuse to execute it. There would be no Holocaust, no wars, no riots.

Really, you do not have to force yourself to do things that feel wrong to you. Nothing should be able to force you to do that. Look at the history of mankind and you will see that there were always people who refused to do evil. No matter the circumstances and no matter the consequences. Sometimes they paid for it with their lives but at least they saved their souls, their true essence. If we all change ourselves and teach our children the right thing, the world will change. There are already more people thinking like this than you imagine.

How can you be a good person if you are hurting others? You are really only hurting yourself. You can only act this way if you do not love yourself enough. You can only feel better than somebody if you feel worse than somebody else. You try to heal your inferiority complex with a superiority complex. That will never work. And it will never make you satisfied or happy. You can only be happy when you love others and help them. And when you love yourself. When you feel that you are and deserve to be loved.

Ask yourself a question: is anybody going to be hurt because of my actions? Is anybody going to suffer because of it? Even if it's only people of whom you think, for some irrational reason, as somebody less worthy than you. If the answer is yes, do not do it. The only way they can force you to do something like this is by telling you that there's hundreds others waiting to take your job over from you and do everything they are asked for. Or by threatening you that you will be eliminated if you stand in the way of their well oiled machine. But imagine, if everybody refused to do the injustice at the same time, they would have nobody to threaten you with.

So become that person who refuses to do evil. Teach your children to be that person. Tell your friends and everybody you know that this is the right way. That is what I am doing right now. So pass this book to others. You do not know who needs to read it but trust me, somebody does wait to hear these words. They might even not know it. But the moment they will read it, they will feel it. Just like you feel it when you read something that you always knew was true.

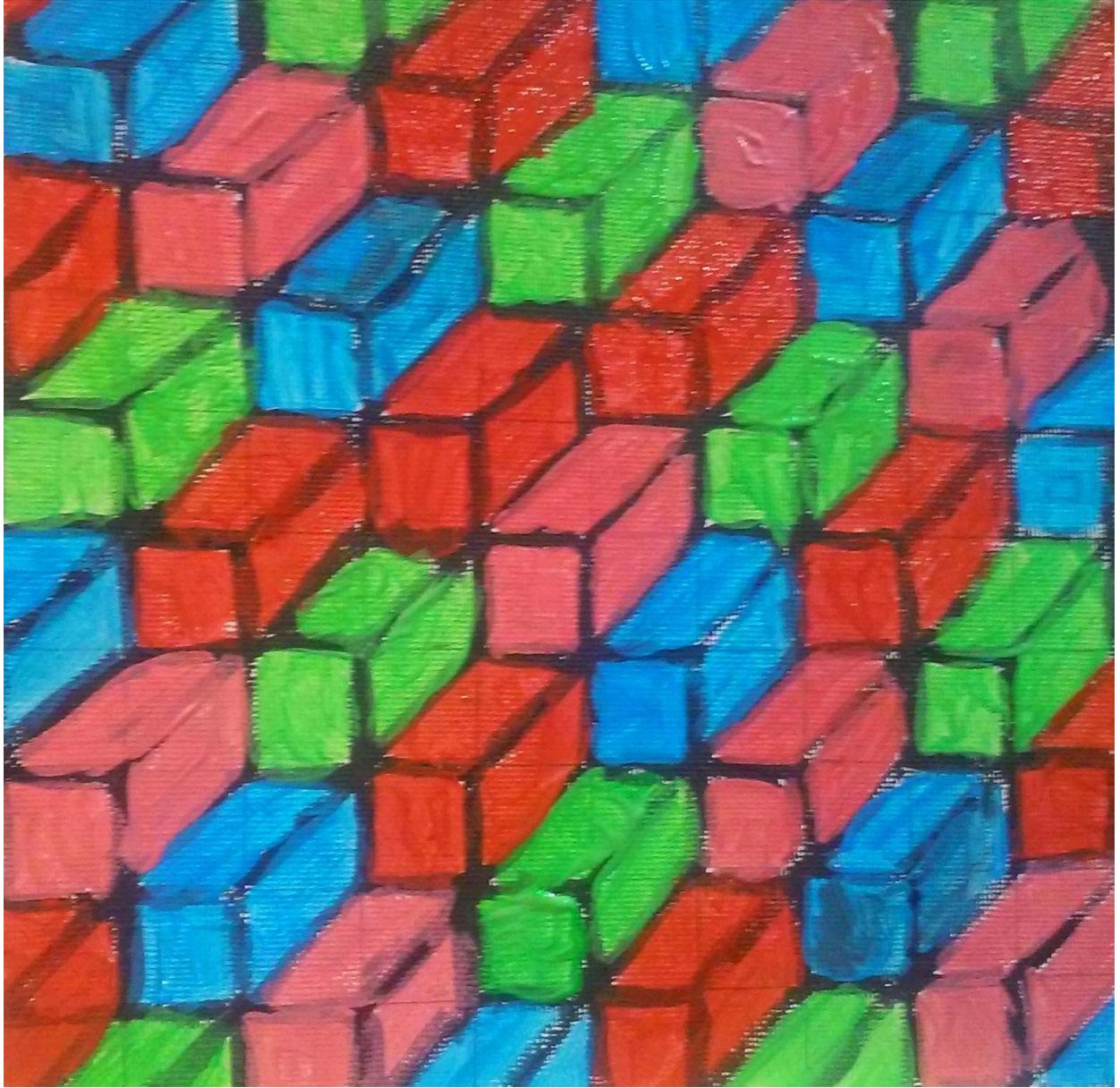
I know you might say that I just am crazy, or naive, or idealist. But the truth is that we are all capable of being better people and that is our ultimate goal. Unfortunately, somehow on the way we forget about it and we need to be reminded. Our modern society currently is not helping us to achieve that goal. We lost touch with our inner knowledge and wisdom. We suppressed it. But our destination is to become the best we can. And to use all our abilities. Sadly, that is not what we are doing at present and that needs to change. And that change starts with you. Here and now.

We were created to be much more than who we have become. Our purpose is not to just work all our lives, doing something we hate to earn enough money to buy things we do not need and then to die. Deep inside you know it. That is why we are always yearning for something more. We try to fulfill that need with family love or organized religion. But that is not enough. Because what we are really looking for is inside ourselves and not found externally. And it is in your reach. You just need to realize it first and then pursue that aim. Nothing can stop you then. And surely not such mundane things as working just for the money to spend it on even more useless objects.

We should have higher aims. You do not have to do anything anymore. You can and you even should, if it's useful and helpful for others, but you do not have to do anything that isn't. You do not have to listen to all the messages you hear around you about what you should do at your age or because of your other external characteristics. Not anymore. You are free.

Learning Outcome:

Do not force yourself to anything – you don't have to!



'Abstract' by AD.

Lesson 3

Questions for Improvers

1. How old are you?
2. What do you do?
3. What are your hobbies?

1. How old are you?

So last time we talked about our likes and dislikes. Today we will learn more about numbers. Age is just a number. Same with time and the money. Money can not be your goal. It's just a means to an end. And time is relative. I know it's hard to recognize that simple truth because we think we know how we experience time and how it works.

I used to have a problem with my age. With every year it became harder and harder for me to tell people how old I was. Especially that I do not look my age so I preferred them to think that I am younger instead of telling them the truth. If I asked them how old they think I was, they would usually give me around 10 years less. So why would I tell them the truth?

Sometimes I would just say that I was a witch and that I was a hundred years old. At some point I just couldn't say my real age out loud. The numbers physically didn't want to get out of my throat. It became ridiculous. I realized it was deeply connected with my incapacitating fear of death. My fear of death was paralyzing. It would sometimes wake me up in the middle of the night, break me out of bed and make me run for my life. Once I got rid of that, I was able to tell people my age again. I realized that it didn't matter how old I currently was. I understood that I was really more than a hundred years old.

Once you grasp the idea that you are timeless, your idea of time also changes. You comprehend that you can travel in time. I sometimes do it for fun. I close my eyes, lying down in bed, and go ahead to another moment in time when I am also lying in bed, with my eyes closed, but in the future. I remember that moment. And then later, when some time passes, I close my eyes again and travel back to that moment, when I was connecting with my current self in the past. Another way to be transported back in time is thanks to our senses. Music sometimes does that. You hear a song and you suddenly feel the emotions that you felt when you heard it in an important moment in your past. Other sounds, tastes and smells can do it as well.

Time flies when you are having fun but drags on when you are waiting for something to happen. There are even new science theories suggesting that time doesn't exist. There is no past or future, there's only the present. The here and now. Time is the fourth dimension, on the top of the three space dimensions: high, width and length. But I remember my math and physics teacher telling us about 'flaters' — completely flat creatures, living in just two dimensions of height and width. They just move in linear paths and have no idea that depth also exists.

He then told us that the human brain is also not able to realize that there might be other dimensions that we are not aware of or are able to guess how they work. If you are interested in that, read more about the quantum concept of time. It will blow your mind. But it actually confirms what we as humans always knew but forgot. It's one of those eternal truths that we have lost and have to regain. If we don't, then we will just keep on repeating our own mistakes and not learn from our own history.

Now, let's talk about money. It's even more abstract than time. And honestly, more absurd. Now, when money becomes even more virtual than before, it is easier to see how superficial it is. We, humans, invented the world based on money and consumerism. We can reinvent it. We can reject that ridiculous idea and start over. It makes no sense whatsoever if you think about it.

So, one day we decided that some rocks are worth more than anything else in the world. And which rock did we choose for that role? Useless gold. If it was at least coal, back then that would make more sense. You can at least get warm with it. But gold? It is completely useless and to build the whole economic system on it seems really ludicrous. I guess we went for it because it's shiny. Which proves that we are not better than a magpie. But then why not amber for example?

It would be funny if it didn't have grave consequences. People would be killed for gold, silver and money. Paper money. And now for digits on their screen. Can you see how unbelievable it is? And we humans like to think about ourselves as logical creatures. Those who value money over people will tell you that things are complicated. That sometimes you need to make some decisions based on the profit. Well, things are not complicated, we complicate them. It is all very simple. People are more important than money. People's lives are worth more than things, or rocks, or pieces of paper, or digits. And money even no longer has its equivalent in our precious gold, like it used to. So it is now completely useless and virtual even in its own established system.

But, just like with nationalism, that world has already been constructed and we live in it. So what should we do in the meantime, before we grow smart enough to change it? Well, we should live a minimalist life. Own only the things that we really need. Buy only the things that you really need. Not all the things that this system based on money and advertisement tells you to buy. It lies to you that you will feel better, more validated if you own it all. But think about it.

Did it ever fulfill that promise in the long term? Maybe shopping did make you feel better for a while. But how long did it last before you needed something else to make you feel temporarily fulfilled? It's a vicious circle.

Your life will be more complete when you will own less things but experience more connections with others. You will realize that you do not need that many clothes or kitchen appliances. That a knife and maybe scissors are enough. You do not need a peeler if you have a knife. You do not even need scissors if you have a knife. You probably do not even have time to use it all because you are so busy working to be able to afford all this meaningless stuff.

Remember when you were a student and you didn't need almost anything to be happy? So how come now you need all these things? Minimalist way of life is the most natural one and will make you feel the most accomplished. If you think about it, that is the kind of life people lead in the most basic, most connected to nature communities. And they are much happier than we are. They know that being is more important than having. They share what they have and they are also more generous with their time. They do not work from nine to five but from dusk till dawn, in natural rhythm.

If you are rich and you want to feel satisfied, give your money away to others who really need it. Maybe not all of it but at least the surplus. You might think you need it all but you don't. That is what money does to you. It always tries to scare you that without it you will be insecure. You think you need it but you don't. And it is never enough. No matter how much you have, you always want more. And you become the servant of the money.

Do not think that you depend on it. You do not. Stop worrying about something so irrational, it's not worth your time. And by thinking about it you give it power it doesn't really have. We handed it the power to control our lives and we can take it away by ignoring it. It is irrelevant to our wellbeing.

Money will never make you happy. It will only make you lonely and in the end you won't be able to take it with you after this life is over. And giving it to your children will not make them happy either. You will only unnecessarily spoil them. It is actually better for them if you do not infect them with this disease. Many people give their children money instead of attention and time they really need. Do not make that mistake.

Help others without expecting anything in return. If you do, then it is not help but a transaction. Or it will make you feel like a fool, used and taken advantage of. But if you do it for

the right reasons, it will actually make you feel great. Being useful and sharing what you have with other people is the best thing you can do for yourself and your benefit. These are the things that we should have learned as children and we should be teaching our children.

Learning Outcome:

Accumulating money won't bring you happiness but sharing will.

2. What do you do?

I teach. Well, teaching is just one of many jobs I did in my life. The good old times when you would work just in one place all day every day all your life are over. We now change jobs and it doesn't look bad on us. Even the opposite. The more diverse we are in our career path, the better. My first paid job was fruit picking when I was still at school. Of course I would only do it over the summer vacations while on holidays. The first fruits that I have ever picked were strawberries. I could have eaten as many of them as I wanted and at some point it was too much. I couldn't even look at them for many years after. I remember me and my siblings and cousins, we did it all together and we started changing all the poems and song lyrics that we knew so they would talk about strawberries to entertain ourselves because it was such a boring job.

Later, in high school, I went cherry picking with some of my friends. It was a great adventure because after we got paid, we bought train tickets to a beautiful city we all liked and went there for a day. We took some pictures and while looking at them now I do not remember the hard physical work anymore but I remember very well the time we shared, playing guitars and singing while traveling. Pictures always remind you of the best moments in your life because you never take them during the worst ones.

During my high school years I started to look at other possibilities of earning money. My family was not rich and I didn't get any pocket money so if I wanted anything I had to earn money for it. So I started working in the school cafeteria that was student-led. And I also walked around and asked people to fill in some questionnaires. During one of these escapades I saw an old cinema getting refurbished and walked in with my friend. We found out that there will be a music club opening there soon so we asked the owners if we could work there. I got the job at the billiard room. I would collect money from people for shooting pools. Back then the tables didn't have the mechanism to release billiard balls when you put the coin in. So that was my job – I would give you the balls after you paid me. I could also play for free so I became quite good at billiards. I would play it for hours. That was the place where I started drinking but that's another story.

Alcohol was also a big part of my journalistic times. I was always interested in films and journalism became my pass into that world. But the way I got there was funny. At the end of high school I started working in a modern art gallery as a gallery staff and met very interesting

people there. Two of them later started to publish their own monthly cultural magazine. And I at the same time decided I wanted to be a journalist and started a course in a private school of journalism. One day I met them again and they offered me a job. I call that period of time my 'past life'.

In my 'past life' I would watch all the released films for free, in advance, and go to film festivals. I would see and hear the best filmmakers talking about their work and sometimes I was even lucky enough to interview them. I was sent to production sites to see how they work. I met a lot of great people on the way and I had a lot of fun. I would go to many parties with the open bar and I would feel very important. I was going to parties with stars and was able to talk to them. It was a dream for many people who could only see them on the covers of colorful magazines.

I loved that job. I have learned to analyze films and see different layers of the story. I could have spent all my life doing just that. It was my dream job. Unfortunately, it didn't pay well enough to survive. I was still studying part time at the time and living at home so I was able to do it but when I finished my studies I had to make some decisions about my future. I started to look for a job that would pay my bills. And I couldn't find one that I would like.

So I left my country and moved to another one. I thought I would just earn a little and come back home. That has never happened. I went there theoretically for a few months and many years later I am still living abroad. Now in another country even farther away from home. I worked in a lot of boring part time admin jobs. I was freshly after my Master exam and very unhappy I had to do stupid administrative things that anybody even without a degree could do.

But that was the reality. These jobs paid more than any job I could find in my country. So I hid my pride in my pocket and just worked. My favorite activity was shredding documents. The shredder helped me to vent and to get rid of my growing disappointment. The only comfort was the money but that feeling of fulfilment after the paycheck arrived never lasted long.

So I applied for a better, full time job at the university and got it. Some of my friends were very surprised that I would apply for jobs they thought only an autochthon would get but I always thought that I should aim higher. I would just put 'equivalent' of any degree of education and experience they were asking for. And I knew I was making a very good impression at the interviews.

At the same time I started studying again and also teaching part-time my native language in college. That job was more suitable for me and I felt better being able to tell people that I am a language teacher. It sounded greater than an admin person or secretary. And I did enjoy teaching even though I have never done it before and had no knowledge of how to do it. I would just go with the flow.

Only after already teaching for 4 years, I did my post graduate diploma in teaching in the same college I was working for. The government not only paid for it but also gave me money for books, which I used to travel to the Caribbean instead. In the end all the books that I needed were in the library and travels teach you more than any book can.

I hated my full time admin job I was parallely doing at the time. But I was earning enough to not worry about anything. And as soon as I had a possibility, I would have changed it. But that possibility didn't come and instead I didn't have work, except for teaching a few days in the evening. It was the time of the financial crisis when everybody struggled and many people lost their jobs. I didn't lose mine, I just gave my resignation at the worst time possible because I couldn't stand it anymore. I just didn't know that it was a bad moment to do it.

Finally, I started my last full time job before moving from that country to another. It was also administrative but cooperating more with students and having a lot of fun. We would organize trips, parties and events for them. Every June all students wanted to be my friends to get the ticket for the biggest party of the year.

I also traveled for free as a chaperone around the country and even abroad. And I would party with my coworkers who were students, and they would change and become younger and younger every year. And I felt older and older, not getting anywhere. Finally, I decided to move away and change the continent. The beginning wasn't as easy as I imagined. My studies were unfinished and I was continuing them online. Luckily in the meantime I started teaching in a local college again. First Modern languages and then Film Theory.

So now I am still teaching. Teaching is like acting, teaching is like stand up comedy, teaching is repeating yourself over and over again. But I like teaching. It's a journey that I take with my students. I always learn from them as well at the same time as they learn from me. We all have a piece of the knowledge and we should share it with others. I started a long time ago by teaching Modern Languages and then after I finished my studies I started teaching in my

specialist area – media communication and more specifically cinema. The theory of cinema, not the practise. How to read films, not how to make them.

Why am I telling you all that? Because I want to show you that everything is connected. Whatever you do in your life, even when it seems pointless at the time, becomes useful later. There is actually even a word for that! Synchronicity.

If I wasn't working as a poller asking people to fill in the questionnaires, I wouldn't find the job at the music club. If I didn't work at the modern art gallery, I wouldn't have started my dream job as a film journalist. And the fact that I worked as a journalist in my home country would teach me to speak in front of a big group of people. I would ask questions during conferences even though it was very hard to do it at first. But the more I did it, the less shy I became. And that later helped me to start teaching without any professional preparation. I knew the subject and I wasn't scared to talk to people who were all looking at me. I even started to enjoy it. So, there you go. In life everything is interconnected.

Learning Outcome:

Everything you do is for a reason, you just don't see it yet.

3. What are your hobbies?

Today we will talk about our hobbies. For as long as I can remember one of my hobbies was to watch movies. I even decided as a young girl that I want to become a movie director when I grow up. What I wanted to do was to tell stories. So I started reading about filmmaking and learned about its various techniques. I even unsuccessfully tried to pass the entry exam to a famous film school after I finished high school, at times when only mature white men were becoming directors.

When that didn't work, I started working as a journalist writing about films. That meant I was sent to film festivals and I would sometimes watch even 5 films per day for a week or two. Watching so many films taught me empathy and helped me understand other people's views. But then I left my native country and gave up journalism because back home it was not very well paid and I didn't think I could now start just writing in English.

To be a journalist, or a writer in general, you need to be able to play with words and for that you need a language proficiency. Still, I tried some creative writing, then some journalistic and finally academic. The last one is my least favorite. You have to make sure that what you write is boring. I was about to write an academic book about the subject I was recently researching. But then I thought: who is going to read it? Who cares? Nobody. Not even me anymore. So I decided to write this book about life instead.

There are already so many wise words written by so many people and they are all trying to remind us of the eternal truths. This book has been written over and over again. And in better and more beautiful words. But you still didn't listen. I didn't either. But once I opened up my heart I could see it everywhere.

The Bible is full of wise words but we do not benefit enough from its wisdom. I'm sure it's the case with any other holy book but I will quote the Bible because I know it the best. For example, the parable of the rich man and Lazarus tells us about two men: beggar Lazarus and a rich man, who both die the same night. Lazarus goes to heaven and the rich man to hell. He asks Abraham to send Lazarus back to his rich brothers to warn them and tell them to repent. But Abraham replies that they already have Moses and other Prophets to listen to. The problem is we do not listen to people who remind us of the spiritual truths.

That is our main problem. We do not listen. It happens all the time. We do not believe our prophets. Even Jesus said: 'A prophet is not without honor except in his own town, among his relatives and in his own home'. We always find excuses not to listen. We think: 'I know him, he is nobody'. Or 'I know her. She is not a prophetess'. Why is it so hard to get through?

Films, and books, and music, and art in general do teach us all that. And why don't we listen? Because from our childhood we are told not to. 'It's just a film. It's just a book. It's just a story', we hear. But there is no such thing as 'just a story'. This is what I learned by studying cinema and watching so many movies. At first you think it's just a story. But the plot is just the first layer of the cake. Then comes the second layer, with the message that the filmmakers wanted to send. Meanings that they have put in there consciously, the substance of the film. And then there is the third layer, the most tasty one, because it contains all the interpretations that even they didn't think of but the viewers find in their work.

That is the most interesting part of every movie. Its subconscious message. Not the plot. Some academics sometimes go a little bit too far in their analysis, in my opinion. And their perception sometimes seems too twisted and too far stretched. But on the other hand, if they saw it all in there, then it must be there. Otherwise they wouldn't see it. After a film is finished and sent to the world, it becomes a part of the collective subconscious and doesn't belong to the creator anymore.

So every story told is more than just what's on the surface. Ask Carl Jung who wrote about archetypes. He realized that we keep on telling ourselves the same stories over and over again, with some variations. And if you read the books from all around the world you will see that they all are trying to tell you the same things. They are all just the same book. This book.

I could try to write a great story, with many deep characters too. And hide all the things that I was trying to say in profound metaphors and clever dialogues. I even had a few ideas. They would show you that life is just an illusion and that we are more than we think. But my background is journalistic and I don't think I am as good in creative writing. Also, I think that this book now wanted to be written in this very straightforward manner. In this more personal, journalistic language. Because others have already done it. They invented great stories and have put it all in much nicer words. But you still didn't listen.

I wanted to write this book to understand the world around us. Writing process always helps our thinking process. Also, my life has changed and people would ask me questions about

it and it is impossible to just explain it all in five minutes. So I thought I would just try to put it all in words and this way they would understand what I am talking about next time I say something they might see as radical. Like: you are not who you think you are and what you identify with.

Some people also don't understand why I do not worry about the money. Well, the thing is you do not need to worry about it either. It says in the Bible we should be like birds. They do not sow or reap or store away in barns. Still, all their basic needs are being taken care of. We also can and should concentrate on other, more important things than these earthly concerns. It's like playing Monopoly – the money you accumulate is helpful to buy the things you need, but it is really useless and irrelevant in real life after the game is over.

I hope this book will change you and your life for the better. I know it has already changed me and my life. While I was writing it. I didn't do it for the money. I didn't do it for fame. I just had to do it. For you. And when I say you, I also mean me. Next time you read it remember that it is not me telling you what to do but you talking to me. Because we are all the same. We are all one. This book is proof that anything is possible. If I could write a book, in a language that is not my native, so can you. You can do anything we wish, accomplish any of your goals.

If you have a feeling that you have heard some of the things written in this book before somewhere else, that's probably because you did. I didn't invent any of it. Also, I do not know all the answers. You need to keep looking for the sense of life. So keep on learning. Never stop. Because the moment you stop asking yourself these questions, you are already dead.

Learning Outcome:

Write your own story and make it beautiful.



'Proposal' by AD.

Lesson 4

Ideas for Advanced

1. Who are we?
2. What are we doing here?
3. What is the meaning of life?

1. Who are we?

If I was better at creative writing, I would have written a nice story about Life as a Game. I would describe a man who lives a regular, boring life until one day he discovers that he is special. HE might even be the Chosen One.

HE was walking down the street, checking himself in the shops' windows. "I look professional." – HE thought. "And handsome" – HE added with a witty smile. His suit was black with little white stripes. Very fashionable. His dark, short hair was covered by a black hat. The kind that gangsters used to wear. HE wasn't going for the gangster's look though. Oh no, HE was trying to get a job as an accountant in a big company. HE was on his way to a job interview.

A van passing him by on the street suddenly stopped. The door abruptly opened and two men dressed in black jumped out. They grabbed him from under his arms, while one of them covered his mouth with his gloved hand. HE was too surprised to scream. Before HE even realized what was happening, HE was inside of the van, being taken away, God knows where by God knows who.

That thought just hit him, but before HE could even grasp the gravity of the situation, the van got hit from the back by a big black SUV. All of a sudden the guys in the van started to shoot at the car behind them, while they were simultaneously being shot at. All he could do was lie down on the floor and hope this was all just a nightmare, and that HE would soon wake up in his bed, in his parents basement where HE had been staying lately.

Temporarily, obviously. This job HE was trying to get was supposed to be his ticket back to independence and his adult life, not a death sentence.

HE was sure that it was all just a stupid mistake. Obviously these guys took him for somebody else, far more important and interesting, HE imagined. Maybe a genius scientist who was in high demand. Or an international spy, very intelligent and talented?

As far as HE was aware, the only thing that HE was ever good at was math. Oh, and also VR games. But it's hard to earn your living that way. Math was much more useful. So surely they confused him with somebody else. Before HE had time to think about what was going on, the van overturned and the guys who kidnapped him were dead.

HE was still in shock when HE saw three silhouettes approaching. They were dressed in khaki military looking uniforms. Their faces were covered by masks and their eyes by shades. “Hurry up, get him out” – HE heard one of them saying. They got him out of the van and carried him to the SUV. HE couldn’t see much, HE had blood in his eyes. HE lost consciousness.

When HE woke up, HE was in a hospital bed, in a small room without windows, with a weak lamp above his head. HE was connected to a big machine standing next to him that started to make weird noises when HE tried to move. Soon after, the same people who rescued him appeared in the room. This time HE could see their alluring faces and realized that one of them was a woman.

“What is going on? Where am I?” – HE asked. His visitors looked at each other with hesitant expressions and then stared at him. Finally, the man whose voice HE had already heard said: “Don’t worry. You are safe. For now.” That still didn’t explain anything that recently happened to him. “Listen, you’ve got the wrong guy. I have no idea what this is all about but I really need to go. So if you’ll excuse me...” HE tried to get up but was too weak and had to lie back down.

The same guy, who looked like their leader, said: “Try to have some sleep, rest and we will explain it all to you when you feel better.” HE had no choice, HE was exhausted and confused by all of the recent events. The woman approached the machine and clicked something. She put a face mask over his mouth and HE immediately fell asleep. HE had a weird dream about falling into a deep hole.

When HE woke up HE was still in the same room, alone. HE was able to get out of bed but HE was still quite weak. HE managed to get to the table that was standing next to a tall hospital cabinet. HE looked at his reflection in it and saw a stranger’s face looking back at him. Shocked, HE backed away. Beautiful stranger in the cabinet’s window did the same. HE touched his face and realized HE didn't look familiar at all but it was surely his own reflection. HE kept on looking at himself, stunned, when his new acquaintances appeared again in the room.

“What did you do to my face?” – HE asked slowly through his teeth. “Nothing” – replied the guy who was always talking first. The rest of them never said a word. “This is your real face. It will come to you as a shock but you are not the person you thought you were.” – the guy slowly and quietly continued.

“The face that you are used to was just your avatar. You chose it when you started to play the Game. You are now on pause. And you are back to reality.” HE looked at them puzzled: “What game? What are you talking about?” His head was spinning and HE staggered. The guy caught him and said: “Let me show you.” They helped him walk into the next room. There were more gorgeous looking people there, of all genders and races. They were all sitting by the desks and working on their computers. They stopped next to one of these people.

“This is Pandor, our top programist. He will show you what the game is all about. Better sit down.” They left and Pandor looked at him with compassion before starting to explain: “It’s a pleasure and an honor to meet You. I’ve heard a lot about You. We all have. Our Holy Mother believes that You are going to revolutionize the Game. I can’t wait to see it with my own eyes.” HE was more and more baffled with every minute. “What game?” – HE finally asked.

“The Existence.” – Pandor replied and started to show him things on the computer in front of them that blew his mind. First, he showed him a smashed van in the middle of the road and an SUV parked nearby. In the close up HE saw a guy with his old familiar face on, lying inside asleep. “You are currently on pause as You can see. They were trying to hijack You so we had to intervene.” None of this made any sense to him. “Who are they?” – HE asked. “The Nempaths.” – Pandor replied. “And who are you?” – HE dwelled on. “The Empaths.” And then Pandor continued: “We had to save You because if you are the One then it would be a disaster if they get you. So, we will have to conduct some tests. But first let me show you how the Game works.”

“First, you choose an avatar. It could be a man or a woman, it doesn’t matter. We encourage You to choose a different gender and race each time to have a range of unique experiences. The more diverse, the better. These identities provide different struggles and help You develop distinct skills. This way You gain more compassion and understanding. Then we make you forget everything you already know for the time of the Game so you can start learning anew. The moment you are born you lose your memory. Well, it’s not completely lost, just suspended for the time of the Game. When You start it, the program begins to throw problems at You and You need to solve them and achieve the Illumination. Then you win the Game.”

“Everybody you meet is just part of the program.” – he continued. “Nobody is a real person. They die or get sick just to affect You. Some are helpful and some are there just to annoy You and get the best or the worst out of You. The bad guys are programmed to react to all your

achievements. When you are getting closer to the goal, they must interfere and drag You further away from it. They do it by making you feel sad or bad about yourself, causing you to doubt what you started to realize, just to postpone your awakening. And that's where You come into the picture."

"Lately we realized that You started to subconsciously block the Nempaths from contacting You. We have never seen anything like this. And we hardly ever pause anybody's Game to check if they are the Chosen Ones, trust me. But in Your case everything points to that conclusion. So, that's why You are here. And your memory is not back because the Game is not finished. But we had to intervene because we couldn't take a chance of losing You. We need You now more than ever. We think we are getting close to Consolidation. Any questions?"

HE looked perplexed and said: "Just one. Can you hook me back into the Game?" Pandor seemed surprised but excited. "Sure. The Nempaths are temporarily neutralized. Your memory of this place will be erased and you will go back to the same moment in time. Good luck!"

HE woke up in the back of a big SUV with three people there, not paying any attention to him. HE saw a gun lying next to one of them. Without thinking much HE grabbed it and started shooting at them. All hell broke loose. HE shot them one by one but at the last moment the woman managed to shoot him back. And then HE woke up next to Pandor and saw "Game Over" on the screen.

HE lost. They were wrong. HE was not the Chosen One after all...

So, if I was more skilled in creative writing I would have told you this kind of story. Oh, wait. It has already been done. 'Truman Show' by Peter Weir. 'The Matrix' by the Wachowski's siblings. 'Red Dwarf' by Rob Grant and Doug Naylor. And many more.

Learning Outcome:

Our senses are not equipped to understand some things.

2. What are we doing here?

If I was better in creative writing, I would have written a nice story about Life as a Journey through time. I would describe a woman who is an archeologist and makes a groundbreaking discovery. SHE was going to become famous.

SHE was on a field trip in Egypt, close to the pyramids and the Sphinx. The weather was super hot and SHE was sweaty but SHE never stopped working. Her team just discovered a new, hidden pyramid. It was not big so for a long time it was undetected but currently the weather anomalies made the tip appear in the sand. SHE managed to secure the grant and assemble a group of highly talented people. The work was going fast and everybody was very excited.

“Carefully!” – SHE said to one of the workers who was digging carelessly and hit something. It was a box. They managed to open it and inside was a manuscript. SHE took it to her room. Suddenly somebody knocked on her door. SHE closed the box and checked to see who it was. Pierre, one of her colleagues informed her that dinner is ready. “I’m not hungry. I have work to do” – SHE said. “Come on. Life is more than just work. It can wait. Such a pretty lady shouldn’t spend all her time alone in her room. Have dinner with me. It’s my birthday” – he said.

He was trying to ask her out for a while now but couldn’t find the courage to do so. Now, after having a drink, it came easier to him. They went to the dining room and joined the others. The conversation was about what they might find in that pyramid. “We should be able to get inside soon. I think it’s just a matter of days.” – Said Pierre. “Well, let’s not talk about work but celebrate. Happy Birthday to Pierre!” – SHE raised her glass. Everybody looked at her baffled and then at him.

He was chuckling: “Ok, my birthday is actually in a week. I’m sorry I lied. But it worked!” They all giggled and wished him an early Happy Birthday. SHE wasn’t even mad at him and spent the whole night talking and drinking in good company. On one hand SHE couldn’t

wait to start reading that manuscript, but on the other, SHE decided that Pierre was right and there was more to life than just work.

SHE has always been fascinated by archeology and history since SHE was a little girl. SHE loved reading manuscripts and transcripts of stories that were thousand years old. SHE learned a few dead languages that proved to be very useful in her PhD research and then later in her work. SHE was lucky to be able to do what SHE loved.

The next day was Sunday so SHE was able to sleep a little bit longer. SHE finally got up and without even eating breakfast, started to read the manuscript. It was written by an Egyptian high priest who seemed to be very knowledgeable. He was writing about astrology, biology and even medicine. It looked like he knew how to do a head surgery or a heart transplant! The descriptions were incredible and very detailed. SHE was shocked by the tools and technology he was describing. After all, it was written centuries ago!

It was also his private diary and that part was the most interesting. He claimed to have learned everything from the gods who came from the sky. He described them as human looking creatures, wearing something that sounded like a spacesuit. How was that possible? They were teaching him not only all of the sciences but also morality. They told him what to do and what is forbidden. They would sometimes disappear and then reappear again, years later, looking just as young as the first time he saw them.

He wrote the history of their planet as they told him. They lived in a different galaxy and could travel faster than light. They told him that their planet was overpopulated and polluted. It was consuming itself and a disaster came that made it impossible to live there any longer. They left and came to Earth. It seemed like a perfect planet for their settlement. They said it was decided that some of them would stay and start to populate the new world. The rest of them left to look for more habitable planets to make sure their species survive.

They knew that the human mentality was to always consume more and expand. They already destroyed a few planets and always needed to find more. It was an ongoing process, over

and over again. Sometimes it would last longer, sometimes shorter. That was why they always started from the basic, living simple lives. They would teach their children to do the same. They would show them how to change deserts into gardens, how to farm and how to live sustainable lives.

They would show them only the things that were useful and basic for survival, hoping that selfishness and the greed for more wouldn't re-awaken in mankind. They hoped that humankind could change and finally come to its senses. But it was all in vain. At some point one part of the civilization would always develop faster than the others and ultimately harness all of the resources. It wasn't the first world that they destroyed and surely wouldn't be the last one either.

The problem was that even though they would come back from time to time to check the progress and warn the new humans of the dangers, one day they would disappear and never come back. Their words would always be forgotten with time, or distorted and treated like old obsolete stories. Thus, in the end, each of the new worlds they started would finish the same way as the rest of them.

The ones who still believed in these old stories and knew we should live in balance with our planets, were ignored by the rest of the overgrowing population and forced to watch humanity destroy itself, again and again. It would always end up in some kind of human-made catastrophe and a spacecraft with a few people leaving that planet like rats abandoning the sinking ship. By that time the technology was always developed enough to space travel and look for new worlds. It was a vicious cycle.

SHE could not believe what SHE was reading. Or rather SHE didn't want to believe it. It was really hard to accept that her species was going from one planet to another, like a virus, and destroying all of these beautiful worlds. It was tough to grasp the idea that humans couldn't learn from their own mistakes. SHE refused to acknowledge it. It couldn't be true. It was against

everything she had ever learned. Her world was the one and only world ever inhabited in the whole universe. Her ancestors evolved from other, simpler species and then stopped evolving.

Ok, SHE knew that there were some holes in human knowledge but SHE was sure that there must be another explanation for some mysteries that were obviously ahead of their times. Like the pyramids. Who really built them? And how? Or why? There were various theories about the pyramids and SHE knew that with every discovery like the ones they made, humanity was getting closer and closer to the truth. It was just a matter of time until people would find all the answers they were looking for. Maybe not in her lifetime but surely and eventually, one day...

The next day SHE went back to work and still didn't tell anybody about the manuscript. The days were passing and SHE was trying not to think about it. Pierre invited her out for another date. SHE agreed thinking that it would take her mind off of what SHE had read. Finally, the day of Pierre's birthday really came and they celebrated again, just the two of them this time around. They went to the nearby city for dinner and came back late. Good thing the following day was Sunday and that they were able to sleep in. SHE woke up next to him and felt happy and relieved again.

On Monday they went back to work to find out that the entrance to the pyramid was finally accessible. They walked in with flashlights and started to explore. The pyramid was built similar to the other ones so they knew more or less what to expect and where to go. They found some ancient vessels and more transcripts. Finally, they approached the last chamber. SHE was the first to walk in and SHE stood in awe. It was nothing like SHE had ever seen before. This place was full of the most advanced technological devices, even surpassing the current ones, presently known to humans.

Pierre also walked in and soon after his jaw dropped: "What is going on here? We must be late. I guess somebody else got here before us and started squatting. I hope we didn't enter a government property. This looks very high-tech!" He approached one of the devices. "Can you make it work?" – SHE asked. "I can try." It looked like a 3D map of various galaxies with some

planets marked. When they zoomed in on one of them SHE realized they were looking at the other worlds, both used and prospective planets with various information about the atmosphere and living conditions. Tears started to run down her cheeks. SHE couldn't deny it any longer. It was all true...

So, if I was more skilled in creative writing I would have told you this kind of story. Oh, wait. It is already out there. 'Planet of the Apes' by Pierre Boulle. 'Chariots of the Gods?' by Erich von Daniken. 'Midnight Sky' by George Clooney. And many more.

Learning Outcome:

Deep down you already know it all, you just need a reminder.

3. What is the Meaning of Life?

If I was better in creative writing, I would have written a nice story about Life as a Shared Purpose. I would describe a non gender being living all alone. ONE who was very bored and lonely.

ONE lived on a beautiful planet. It was beautiful because ONE made it beautiful. ONE designed and created all the faune and flora, as well as the universe and other planets surrounding the planet. Thanks to that, ONE was able to admire stunning sunrises and sunsets, spectacular natural wonders and landscapes. It was all breathtaking. But ONE didn't need to breathe. ONE had no lungs or body or shape. ONE was omnipotent, omniscient, omnipresent, omnisexual and omnibenevolent.

One day ONE created other beings in its own image to experience things like breathing, touching and growing, and learning. These were all of the things that were missing in ONE's timeless existence. So ONE decided to experience them through his creation. ONE was present in his creatures and their goal was to come back to the oneness accomplished and experienced. ONE was like a sun and humans became the rays of sun. They were meant to go to Earth and return, to reconnect with the sun again and eventually melt into it.

So ONE created masculine and feminine energies to complete each other and create new life. Life, that would grow, and learn, and experience all things on Earth. The goal of that life was to realize where it came from and go back there without fear. To achieve that, this essence of life would experience different lives, one after another. Sometimes as a male, and sometimes as a female, or as a hermaphrodite, in various places and times on Earth. Every experience would be encoded in its core, or as we would now say, in its DNA. So even though the essence wouldn't directly remember other lives, it would feel it deep down and just know some things, as we would now say, subconsciously.

That creature was supposed to realize that it is really divine and has all of the same superpowers and creation skills as ONE does. Because it is ONE and ONE is it. So humans are Gods and have the power to heal, love and do good. They are free so they also have the power to do evil. But they need to learn that doing good benefits them more because they are part of the same oneness. So hurting others, or animals, or the environment, just means they hurt themselves.

They, themselves, are these superheroes that they have heard stories about. They fight these battles with villains and win because goodness always wins over evil. And it ultimately will. It already has. Over and over again. They can heal their injuries and traumas. It takes time, but ultimately, time heals all wounds. That is its purpose. They have all of these skills they need to succeed and they have all of the tools hidden inside them and they just need to reach deep within. Once they do that, nothing can stop them.

All they should nurture is this sense of communion, of sharing experiences together with each other, and understanding that being divine is not a blasphemy because it doesn't mean that they are putting themselves above others or ONE itself, but because they recognize their true nature and they embrace it with positive intentions. This helps them conquer their greatest enemy, fear. Fear eats the soul. They accept that they have to face their fears and then crush them to live freely and to their full potential.

ONE looked at this new creation and it was very good so humans started to populate the Earth to experience life, and they would experience things for the first time. They would touch, smell, and taste. And ONE was able to experience it all through them, over and over again. They would teach others of the eternal truths and rediscover them again and again. They would fall in love with themselves frequently and help each other regularly. They would continuously learn and develop. Again and again. They would just live.

Breath is life. That's how life starts, with the first breath, and how it finishes, with the last. That is also the connection to the divine. Humans need to breathe deep to access that deeper

knowledge that lies inwards themselves. “Take a deep breath!”, they say when people get stressed, or “Just breathe!” This ancient wisdom is still alive and people can take control over it when they start breathing consciously. This way they can connect with the ONE and so with each other.

Various religions tried to keep that connection through meditation and prayer but the sense of it was lost over the ages. Fortunately, in recent times it has started coming back to the surface. The world is becoming more and more connected, so it is possible to draw conclusions and unite all the beliefs and ancient stories. This has resulted in realizations that there are many similarities between them and that they all influenced each other over the years so they all can lead one to the truth.

All of the continents were once connected as one supercontinent called Pangaea. It meant ‘the whole Earth.’ All knowledge was transferred easily from one land to another. It took centuries for the continents to separate and they are still drifting apart from each other, moving around one or two inches per year. One day, in millions of years, following the movements of tectonic plates, some of the continents will meet again and create a new supercontinent. In the meantime however, people are separated by the oceans and only connected virtually by the Internet.

The world has become one Global Village and we have only recently been able to compare the different ways of life of people all around the globe, as well as their beliefs and their knowledge. We have realized that natural medicine uses plants or herbs which are now scientifically proven to have healing capacities. We only know what we currently know, which means that even more things that were once believed in may find validation in modern science.

It is already happening with quantum physics and new scientific theories. Human knowledge is constantly evolving and new theories inevitably overthrow the old ones. That is how humanity develops and unfailingly impends towards its original source. It is happening at various levels simultaneously. There are parallel worlds in parallel universes and the Essence can

travel in time. Things seem to develop in chronological order only on Earth, and humans seem to be aging. When their consciousness leaves this sphere, it can synchronously access the past and the future and sometimes they get flashes of these other realities and use them in their new theories or their art.

It's like the movies that show what the future will look like, or the films that take place in the past. One watches these costume dramas and realizes that humans do not change much, only their clothes and surroundings transform, but their nature stays the same. They love and hate. Live and kill. Their motivations appear to be the same over the centuries. That's why one can so easily identify with them. One can also have an uncanny familiar feeling while watching science-fiction movies where humans fly spaceships and traverse various galaxies. Oftentimes, an artists' imagination of the future proves to be prophetic. Were they inspired by the future they have already lived, or did they inspire future inventions, by showing their successors a possible path?

Either way, time is just a loop that is greatly represented by the infinity symbol that looks like a horizontal number eight. It has no beginning and no end. Just like ONE. Humans can exit or enter into it at any given moment. Just like ONE. They are able to create things and make them beautiful. Just like ONE. It is their ultimate goal, to stop destroying things and to start creating, and to make their creations good and wonderful. Just like ONE did with them.

ONE was finally happy again, divided in oneness and immersed in plurality. The new creatures fulfilled all of ONE's hopes and even exceeded his expectations. Their dual nature, uniting the good and the bad, was a source of never ending diversion. The fight between the two forces, their positive and negative energies, provided endless possibilities and variations of events. But all good things must come to an end. Eventually, all humans achieved their Illumination and reconnected with the ONE once again. At least for a while...

So, if I was more skilled in creative writing I would have told you this kind of story. Oh, wait. I already have. 'Cloud Atlas' by David Mitchell. 'Religulous' by Larry Charles. 'The Secret' by Rhonda Byrne. And many more.

Learning Outcome:

We are all One.



'Sunset' by AD.

Lesson 5

Poems for Enlightened

1. Faith

2. Hope

3. Love

1. Faith

Keep the faith

Believe your gut feeling

It will always tell you the truth

Do not worry about things

If they do turn out badly

You will have time to worry then

But if they don't

You will not waste your time

Just worrying in vain

2. Hope

Always have hope!

When things are modified

New opportunities open up

I am the Messenger

And the message is this:

Everything is changing

The world is alternating

And the old ways

Will not work anymore

3. Love

Love your neighbor as yourself
Because your neighbor is you
And you are your neighbor

I wrote this book for myself
Because I am you
And you are me

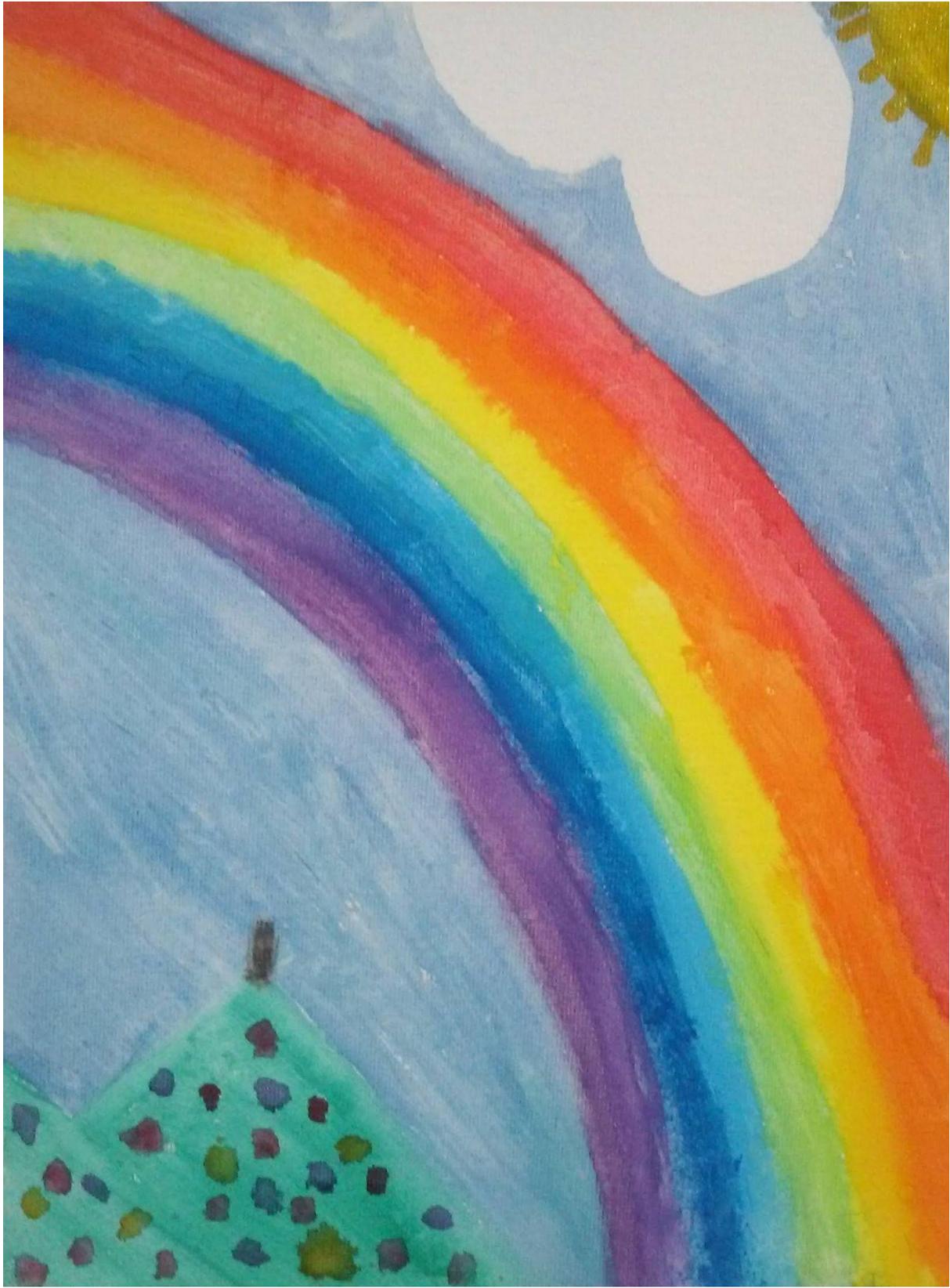
Our ancestors helped me to write it
Because they are us
And we are them



'Portrait' by AD.

Bibliography

(Alicja Kowalska) is the alter ego of the author. She was born in Europe, in a Slavic country. She then moved to Anglo-Saxon England, and finally to the United States of America. She has a PhD in Media Communications. She was teaching Modern Languages and History of Cinema in both countries for a long time before she decided to write down things she was teaching, and more. She is trying to live the life she is preaching. She now resides in her own positive reality.



'Rainbow' by AD.

Thank you for our journey together.

For ideas of other books, films and songs that already send the same message
or to ask questions and share comments go to www.alicekovalsky.com.

The journey continues there...

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