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Module: ADAD4018 Ways of Thinking

Task One: Manifesto Writing = 500 word

I am **me**,

nothing out of the ordinary but nevertheless

extraordinary!

The stars are my vision by day or night; and the pull of the moon is the nemesis of life; twisting and confusing the annals of the mind.

This is what they call 'The suffering of life'.

'Choose *Life*' I hear Him say.

I have been mother, wife and lover; I have been the actor on my own stage; whore, liar, beggar, thief.

'Choose Goodness' I hear Him say.

Life is a journey in which we must partake; eat your fill or eat the crumbs; but beware the concession; for it has its own demise.

'Choose Meaning' I hear Him say.

Oh! The heart! In what disarray does it lay? It is thread-bare and has been disembowelled by the rippers of the past; left to rot, decay, and waste away.

'Choose *Love*' I hear Him say.

I know that I know nothing; but arrogance, vanity and ego are always at play; dancing in the fancies of the mind.

'Choose Humility' I hear Him say.

Challenge me! Challenge me please! The 'norms of society are putting me into a squeeze. Force your hand! Force your voice! Do not let me become a society of choice!

'Choose Benevolent Revolt!' I hear Him say.

Oh, Spirit divine! The master of time and author of the mountains, rivers, and seas; Oh, Great One! Do hear me please! I am but old and in need of appease!

'choose Today' I hear Him say.

I see the flowers and wheat in the fields; they whisper quietly to the soul of the white ant; "do you not see?"

'Choose *Me*' I hear Him say.

By Vera-Louise 2021

“Never distrust fate...sometimes she smiles on you”

— Agnes S. Turnbull(Turnbull, 1969)

The ‘suffering of life’ is an adaptation on a statement borrowed from one of the greatest minds of our time in the field of psychology Dr Jordan B. Peterson. This *“Life is suffering”*(Peterson, 2021) that he speaks of is a broad term that incorporates all our sufferings that we endure in this life; whether it be due to our own hand, fate, or natural disasters.

The Essential Meaning of Life

“the experience of being alive, and: the sequence of physical and mental experiences that make up the existence of an individual”

— Agnes S. Turnbull(Turnbull, 2021)

“‘Choose Life’ I hear Him say”, is the first encounter in the manifesto of the divine voice which speaks audibly. However, it is ultimately superseded in the hierarchy of importance by the final choice in the last line where the divine voice says, “Choose Me”. For it is in choosing life that we must choose divine inspiration and guidance from whichever source we believe it derives.

“Reality is merely an illusion, albeit a very persistent one.”

—Albert Einstein([Need to cite](#))

To comprehend the concept or ideology that we ‘choose life’ we a sine qua non to entertain the possibility that our perception of reality could be misconstrued. It could be something else completely different to what we are currently experiencing in our minds, or the world around us. We must quell all fears of the unknown; and go in search of diverse and different cultural beliefs, philosophies, values, and so on; for we see things *“through the glass of our knowledge.”* ([To cite my father-still to be done](#))

“Through the glass of our knowledge” is a quote that my father said over and over to me as a young child and beyond into adulthood. It is best described that you imagine that you are looking through a set of binoculars, and as your knowledge increases so the strength of the magnification on the glass increases. They are directly in correlation with one another; as you increase your knowledge so you can see further. ([Not sure about the need for an explanation?](#))

As our knowledge of the world expands so our insight into things i.e. our own psyche', our community, or the problems we are facing in the world today broadens outward with an open sea of possibility on our horizon. We must sail over the edge of the world to conquer our unbelief, unsubstantiated fears and thoughts.

Alan Watts says in his YouTube video on The Dream of Life states that we must, *"awaken from an illusion and understand that black implies white, self implies other, life implies death, death implies life, you can feel yourself. Not as a stranger in the world. Not as something here on probation. Not as something that has arrived here by fluke, but you can begin to feel your own existence as absolutely fundamental....play with it...think of it's possibilities..., as a possibility of life'."* (Watts, 2021)

Choosing life is fundamentally the greatest act that we can do. For it is in the doing that we partake. All our other choices are made as a result of this action.

Bibliography

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Peterson, J.B, 2021. *A quote by Jordan B. Peterson*. [online] Goodreads.com. Available at: <<https://www.goodreads.com/quotes/8802508-life-is-suffering-love-is-the-desire-to-see-unnecessary>> [Accessed 14 October 2021].

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