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LIFE NUIN



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AUTHOR'S NOTE

I created this text to gather in one place some of my personal observations regarding me as a person, a living organism and a part of Life that were pressing on my mind for quite some time.

I tried to avoid, as hard as I could, jumping to conclusions or delusional beliefs, but whether I managed to do it is up to the reader's constructive criticism.

What You will read are basically the observations of the world around me, recognizing the facts for what they are in my opinion, recognizing the reasons behind them, connecting the dots in a way it feels true to me and putting myself in the place where my perspective is as wide as possible.

Since it is not a scientific documentary publication I used a common language which allowed me to explain what I have in mind in a way that is simple, direct, and hopefully fully understandable.

Writing those words helped me to see and understand many things that were floating in my head as mere suspicions or vague ideas. It also helped me to clarify my life goals as a human being.

Although the following text uses the form 'you', it is not directed to You — the readers. It is just me talking to myself, so please, be aware of that.

You are one part of something **BROADER.**
Look at the full picture and hold it in your **MIND.**

You are a part of the Universe — all of the space and time and their contents, including planets, stars, galaxies, and all other forms of matter and energy. The spatial size of the Universe is still unknown.

You are a part of the observable universe — spherical region of the Universe comprising all matter that can be observed from Earth at the present time.

You are a part of the Virgo Supercluster — mass concentration of galaxies containing the Virgo Cluster and Local Group, which in turn contains the Andromeda and Milky Way galaxies. The Virgo Supercluster is one of about 10 million superclusters in the observable universe.

You are a part of the Local Group — galaxy group that includes the Milky Way. The Local Group comprises more than 54 galaxies, most of them dwarf galaxies.

You are a part of the Milky Way — galaxy that contains our Solar System. The Milky Way is a barred spiral galaxy with a diameter between 100,000 and 180,000 light-years. It is estimated to contain 100–400 billion stars and probably at least 100 billion planets.

You are a part of the Solar System — gravitationally bound system of the planets and the Sun plus other objects that orbit it, either directly or indirectly. Of the objects that orbit the Sun directly, the largest eight are the planets (including Earth), with the remainder being smaller objects, such as dwarf planets and small Solar System bodies. The objects that orbit the Sun indirectly are the moons.

You are a part of the Earth — third planet from the Sun and the only astronomical object known to harbour life.

You are a part of the Biosphere — global ecological system integrating all life forms (including flora, fauna, fungi etc.) and their relationships, including their interaction with the elements of the

lithosphere, geosphere, hydrosphere, and atmosphere. No biospheres have been detected beyond the Earth; therefore, the existence of extra-terrestrial biospheres remains hypothetical.

You are a part of the Fauna — all the animal life of any particular region or time.

You are a part of the biological kingdom Animalia — group of the multicellular eukaryotic (organisms whose cells have a nucleus enclosed within membranes) organisms.

You are a part of the genus Homo — the genus that encompasses the extant species *Homo sapiens* (modern humans), plus several extinct species classified as either ancestral to or closely related to modern humans.

You are a part of the species *Homo sapiens* — the only alive representatives of *Homo* genus on Earth. What makes you a *Homo sapiens* is your Human body.

You are a Human body — the entire structure of a human being. It is composed of trillions of cells that together create tissues and subsequently organ systems. Cell is the basic structural, functional, and biological unit of all known living organisms. A cell is the smallest unit of life.

You are a part of Life.

You are so **ANIMALISTIC.**

Primal needs control your **BEHAVIOUR.**

I need to feel safe.

The need to feel safe uses many tools to keep you away from danger, although you may not notice them or you are simply not aware of their origin. Some of these tools could be as follows:

- Procrastination.
- Hiding.
- Avoiding responsibility.
- Ignorance.
- Avoiding understanding.

Laziness is often mistaken for the need to rest or the need to find comfort. In reality, laziness' goal is to make you immobilized, because each new action goes with possible risk of endangering your life. Your deeds show who you are; they make you worth something. But laziness makes you want to do nothing, because when you are nothing (you don't exist) there is nothing to fear and nothing to worry about. It is important to recognize the difference between resting when your body needs to regenerate and acting lazy.

Resting, which is supposed to restore your energy or give you time to heal, will help you have the strength to pursue your goals.

Acting lazy steals time from your limited lifetime; it makes you unproductive, an underachiever, and needless.

Hiding and avoiding responsibility go hand in hand and their main goal is to keep you away from danger and all kinds of risks.

Hiding is the basic reaction of a child to protect itself: 'If they can't see me, they can't hurt me'. It is important to remember how this reaction works, because if it is unrecognized and uncontrolled, it can lead you to the point where you will begin to hide everything, including yourself. You will start to hide your feelings, your intentions, your experiences, your deeds and achievements. You will avoid people you don't know yet and you will stop making new

relationships. You will avoid your co-workers, your friends and family. It may even push you to the point where you will not want to leave your room and all your activities will revolve around communicating with the outside world via the Internet.

A healthy approach to hiding is this: ‘Take cover only when they are shooting at you’. Hiding because ‘maybe someone will want to shoot me down’ is not healthy. It prevents you from chasing your dreams and shrinks the range of your possibilities and opportunities.

Avoiding responsibility is the same as avoiding punishment. Being responsible for something forces you to take the hits, to take the risk, to fail from time to time. It is important not to mistake the consequences of your conscious decisions with punishment or harm. As long as you follow the rules established in your country, society, company or group, the consequences of your actions will always be a reaction, an outcome, or a lesson that you are supposed to deal with or learn from — not a harmful punishing blow intended to cause you pain.

Being responsible gives you respect and reliability. It opens new possibilities for you and makes you feel that you can deal with your life no matter what, because you can always rely on yourself.

I need to understand.

Being a narrow-minded person and acting like a narrow-minded person are two slightly different things, but they have the same origin. Being a narrow-minded person means that you lack the scope of knowledge that would help your mind to be open to possibilities, opportunities, new solutions and explanations. Acting like a narrow-minded person means that you have the scope of knowledge that could help your mind to stay open, but you choose to ignore it, you behave as if you do not have it.

The mechanisms that make you narrow-minded are prejudice and judgment. Prejudice is a preconceived opinion that is not based on reason or experience. It makes you falsely believe that you already know the future unknown. Judgment is the act of forming an opinion or conclusion about something or someone. It makes you falsely assume that you know for certain the past and present unknown.

You should remember that prejudice and judgment do not lead to understanding. They are the opposite, they block you from understanding. Your mind tries to cope with the unknown as quickly as possible so it does not pose a constant threat to you, and so you can defend yourself from it.

Getting yourself out of this position is simple, but it may take you some time to achieve it and to make a habit of it. First, you need to make peace with the unknown, and only then can you begin teaching your mind how to use understanding instead of prejudice and judgment.

Understanding means to have a full knowledge of something or someone, their connections, influences and qualities. It is about seeing the entire web of actions and reactions and knowing how it works. This insight brings you knowledge and with it many advantages. The most important of all is the ability to eliminate impending danger from the range of possibilities coming your way.

Being or acting like a short-sighted person may appear similar to being narrow-minded, but it is not. In fact, it is more similar to avoiding responsibility or punishment.

Acting short-sighted means that you focus only on your needs and wants, but you make no effort to look at the outcome. You are only interested in this chain: *I want/I need; I do it/get it/take it/make it to get what I want/need*. This chain excludes the outcome of your choices and actions and the eventual punishment.

To stop acting this way you need to convert the above chain into: *I want/I need; I check how can I do it/get it/take it/make it without causing harm to others; I do it/get it/take it/make it alone or in cooperation with others; I check the outcome to learn from it.*

Being or acting like a short-sighted person most of the time can bring about outcomes that will feel like punishments, because people that you harm on your way may not be interested in treating you with thoughtfulness and understanding when you yourself make no effort to think about them before you act. Being or acting like a short-sighted person also has another consequence: it is supposed to make your ‘visible world’ very small, because the smaller your ‘visible world’ is, the fewer possible dangers it may contain.

‘Visible world’ is your daily world that you hold in your mind. If you do not keep your mind open, the image of your ‘visible world’ becomes smaller and smaller over time, to the point where all you can see is your town (or district/neighbourhood if you live in a big city), the stores you visit, your workplace, friends and family — you will no longer remember the country, the continents, the planet, or the entire scope of life, as long as it does not remind itself to you.

To prevent yourself from acting like a short-sighted person, just remember that every action has its outcome. Don’t be afraid of it and don’t run from it. Be curious about it, treat it as a study of life.

Being or acting like a delusional person happens when your ‘acting like a narrow-minded and short-sighted person’ attitude goes to the next level. It happens when your prejudice and judgment get hold of you so tightly that they become your faith, your strong beliefs and religion. The following example shows where delusional behaviour lies:

Facts: She forgot to take her own food with her that day. She was very hungry. She asked him if she could have his snack. He saw how hungry she was, so he said yes.

Question: *I've heard that she took his snack. Did she even ask for permission?*

Understanding: *She took his snack because she forgot to take her own food with her. Yes, she asked him if she could have his snack, and he said yes because he saw how hungry she was.*

Prejudice: *I don't like her, she probably took it without his permission. I bet he still doesn't know it's gone.*

Judging: *Well, she always forgets everything, her head is like a sieve. It's better not to rely on her. He was foolish to give her his snack.*

Delusion: *Well, she actually did not forget her own food, she has it in her bag. She just asked him for his snack because she prefers to eat someone else's food. She does it all the time, I'm telling you. And he knows it, but he gave her his snack anyway. Both of them are weird, it would be better for you if you avoided them, trust me, I know what I'm saying.*

As you can see, delusional thinking is an unhealthy behaviour of your mind that is not willing to understand the reality around you, to find new knowledge, or to accept the facts — it only wants to fill the empty gaps as fast as possible, and it does so by making up its own alternative reality.

Delusional thinking tends to manifest more when you are in a new environment and you remain there for a long time without enough knowledge to comprehend its structure, connections, qualities, behaviours, etc.

You should avoid letting your mind fill empty gaps on its own. Remember that your mind is a tool, your tool for understanding, gathering and storing knowledge. It is meant to be used to find answers and to connect the dots. You can't get new knowledge about the outside world from the inside of your mind. It can only come from external sources. Yes, you can plan, you can suspect, you can

anticipate something based on your personal experience and probability, but you can't discover in your mind new knowledge about the outside world, people, behaviours, etc. that you are not aware of.

To prevent delusional thinking, learn to recognize it as a danger to you and your well-being. Whenever your thinking process strays in the wrong direction, identify it for what it is and redirect it or transform it into understanding and logic.

I need to feed.

Food and water are vital for your survival, and that is undeniable. But do you need excess fat in a world where you can appease your hunger at any time? **No**. Do you need to drink alcohol, which dehydrates your body and reduces its efficiency? **No**. Do you need alcohol and drugs to live and be healthy? **No**. Do you need coffee to stay alert and productive? **No**. Do you need all those fast-food products that poison your body? **No**. Do you need to consume more calories than you can expend during the day? **No**.

Do you need the right dose of food, water, vitamins and nutrition to keep your body and mind healthy? **Yes**. Do you need a healthy body and mind to be efficient and productive? **Yes**. Do you need to be efficient and productive to pursue your goals and make your dreams come true? **Yes**. Do you need to make your plans and dreams come true to be proud of yourself and happy? **Yes**. Do you need to feel proud of yourself and happy to avoid wasting your lifetime? **Yes**. Do you need to avoid wasting your lifetime to be happy with your life? **Yes**.

Saying 'You are what you eat' is more than just a saying and you should always keep that in mind. Your diet and your physical activity determine your daily mood.

If you feel down for a long time for no apparent reason, if your thoughts are becoming more negative, if you lose hope frequently, if you lack energy, if you feel like everything is annoying — it is a sign from your body that something is wrong. You should address it as soon as possible.

I need to mate.

No, you don't. You can live without it.

You feel the desire to mate because you were programmed by nature to reproduce. You feel the desire to have your own offspring because you were programmed by nature to create and maintain life. Your personality and your mind's intentions have nothing to do with it. If you feel that you don't want to have your own offspring, that is okay, don't feel guilty about it.

Nature regulates the reproduction of every species in ways that you may never comprehend.

I need to sleep.

That is true. At your age (28), 6-8 hours of uninterrupted sleep is enough, so wake up between the 7th and the 8th hour.

Avoid sleeping more than 8-9 hours, as it only makes you unproductive, dizzy and lazy. Avoid napping during the day.

Avoid taking sleeping aids, as they interfere with your body's natural sleep cycle and prevent you from getting the deep sleep that your body needs to recover.

It is I, Me and MYSELF.

About origin and us of self-AWARENESS.

I am.

You are a self-aware human being because the human organism evolved over thousands of years and with it its intellectual capacity.

That intellectual capacity allowed humans to rebuild the strict animal action-reaction behaviour into a more complex structure of understanding reasons, connections, wants, deeds, influences, etc.; and most of all, it gave them the capacity for introspection and the ability to recognize oneself as an individual separate from the environment and other individuals.

Am I?

You question your own existence because as a living creature you feel the need to exist. That need, combined with the introspective ability, forces you to check whether you do exist from your mind's perspective.

Interacting with another person face to face is the ultimate way of receiving the confirmation: 'Yes, you exist', which you will believe in. Interacting with dead objects, pets, or talking with people through the Internet will never chase away your doubts about your existence in the physical world — it happens this way because you, as a self-aware mind, are not physical.

You are only a system of electric impulses going through the brain, you are a consciousness on top of an animal organism which has its own intelligence, its own needs, and its own behaviour.

Who am I?

You are a mental presence, you are a collection of emotional imprints and knowledge gathered over the years. You are also a self-aware Will placed on top of that.

You are your deeds and achievements, you are the contradiction to the things and behaviours you don't do and you don't approve.

You are the contrast, the quintessence, and the skeleton of principles. You are not just one thing, but a scope of all the possibilities your potential is holding.

You are the artistic creator.

Why am I?

You are here because Life wants to happen and it does happen in many forms. You are simply one of them. You happened.

What about the existential drama?

There is no drama. The question is not 'Why am I?', but 'How am I?'. It is all about how you happen, not if you happen.

So, how am I?

You are how you let yourself to be.

You are how you shape your life. You are how you act, not how you cry about it. So, don't sit feeling bad about yourself.

Act, create and sustain, and don't stop until you are dead.

My second name is DESTRUCTION.
About the Life's biggest enemy OF ALL.

Self-destruction and destruction are in contrast to Life's intentions to create and sustain. It is very important to never follow the path of destruction, especially in a form of self-destruction which can end with a suicide.

Yes, I destroy dead objects.

Take care of the things and tools that you have, so they can serve you as long as possible. Remember not to let your anger, frustration or irritation control you, after all, you tend to cause damage to inanimate objects when it happens.

Remember to take even more care of someone else's objects, because they don't belong to you and you have no right to damage them. Also remember that the more often you break your items, the more trash you produce, and that in turn causes more pollution. You don't want that to happen, you don't want to see the planet turning into a pile of trash.

Yes, I destroy someone's work.

Do not interfere with someone's work unless you have permission to do so, or unless your work is related to theirs.

Don't damage or destroy someone's work, and let it be for as long as it doesn't harm or damage anything or anyone.

Remember not to cause trouble for others with your own work.

Yes, I destroy myself.

Take care of yourself. Remember that you are the one responsible for your own life, so don't dump this responsibility on others, don't let others take care of you, you can do it yourself.

Take good care of your physical and mental health, don't harm yourself. Your body influences your mind and your mind influences your body in return. Always aim to maintain the right healthy balance between the two of them.

Don't underachieve, move forward.

Don't push yourself over the edge, balance on it, it will allow you to always see both sides.

Yes, I destroy myself.

Remember that life is everything that is alive, not only the human race. Respect it, help it and sustain it whenever you can.

Remember to never kill life that you encounter on your way, be it a slug, mushroom or a plant. No matter how unimportant they may seem to you, know that they serve a greater purpose.

Avoid activities that support needless killing of wildlife, such as hunting, fishing or buying natural furs.

The only time you are allowed to end life is for your survival.

It is time to **DIE.**

About the concepts of death and **TIME.**

Just as it begins, Life also ends. This is the part that you need to accept. Remember not to torment yourself with worries about the things you can't influence.

Whenever you feel frightened or on the verge of panic caused by thoughts about dying; whenever you feel scared when the thought of future inevitable death appears in your head; whenever you lose your breath, whenever you shiver because of fear of dying — know that it is normal.

Time and timeline are the concepts that can be understood only by self-aware intelligent minds, human minds. The concept of time does not exist for your organism or any other living organism on Earth.

Remember that fear is a natural animal reaction to danger. Also remember that your mind is a powerful tool that can influence your organism in many inconvenient ways. So whenever you feel scared when you think about future death, know that your organism treats such thoughts as real-time danger. When your mind thinks 'I will die one day', your organism understands such thought as 'I am going to die now', because for your body there is no past or future, there is only present. Your organism can be hungry only now, it can eat only now, it can sleep only now, it can feel only now and it can die only now.

Next time when the fear of future death will invade you, remember where it comes from, and that knowledge should help you to get over it faster.

Praise the **GOD**.

About the divine **PHENOMENON**.

God is not something material that was created by nature. Nor is God something that created nature and the universe. Gods were created by people's minds, and they exist only in them, nowhere else.

Praise Mother Nature.

When the society of the human race was not fully grown and developed, people had the tendency to treat things that could give or sustain life as sacred and godlike. Praising mothers who were giving birth to children; praising warriors who were able to deliver food; praising nature that was providing them with water, food and shelter, so they could survive — these were the most natural subjects to be granted the status of gods.

Praise Osiris, Zeus, Jupiter, whichever you like.

Over the centuries, as human societies evolved, people's lives changed and with them the need for new gods appeared. Nature was still very important, but daily activities rooted in society and humanism became equally important. From that mixture came a religion that did not exclude nature yet, but was already leaning towards aspects of daily life, needs of the intellect and human mind.

Gods became separated from the living world, they couldn't be touched and witnessed anymore. Only their priests and men chosen by gods were there to be witnessed.

Gods were pictured as half human and half animal in those times which perfectly shown the mindset of ancient people like Egyptians.

The trend to humanize the gods persisted and developed further. Half-animal, half-human gods with their own lives, schemes, wants, responsibilities and plans turned into gods that looked like men and women. The new religion was focused even more on human minds,

feelings, daily life, art, innovation, etc. and the aspects of nature were pushed to the background. Gods still ruled nature but their lives were so similar to those of people in ancient Greece and Rome that they even descended among them. Some gods found people so attractive that they felt an urge to have children with them, the demigods.

Gods were seen as the ones who created people. This concept underscored the human need to find the reason for their origin, as well as their purpose in life. The next religion that was about to emerge focused entirely on that need.

Praise the God.

Christianity entirely removed the aspect of nature from its scope. The new god, the one and only, almighty, immaterial, eternal and all-knowing, was a perfect mirror of the human mindset. Human-kind became the most important, the ones who were chosen by God to be his children; the ones who were made in God's image; the ones who were given the entire planet, made specially for them, so they could use it as they pleased; the only ones who were supposed to deserve eternal life in paradise.

The need to feel very important and special, and the need to be sure that there was a grander purpose for oneself, that one would be rewarded after death, that it was not all in vain, became the only focus of modern religions.

Exist and SUSTAIN.

Understand your role as the Keeper of LIFE.

Life has its own goal and its own intelligence.

Its goal is to exist and be alive as long as possible.

Its intelligence is the way Life achieves that goal.

Life.

You look at Life as one global phenomenon and you recognize its will and intelligence in it. You see it as an enormous, sophisticated, cosmic entity that manifests itself in billions of forms.

You look at the history of Life on Earth and you recognize the ways in which it always tries to adapt, to extend its boundaries, to survive and to exist. You can see how much it wants to live and how hard it tries to find the perfect method of ensuring its own existence.

Millions of species that ever lived on planet Earth are extinct and with them millions of possibilities to find the perfect tool to sustain Life were already used. When you look at humankind, when you close your eyes on what it has become and you look at what it should be, you see the real purpose Life prepared for it.

Humans are the only species that are intelligent enough to ensure their own existence against many odds. They are the only species that can sustain the lives of other species. They are the only species that can breed animals and restore forests. They are the only species that can clone plants and even animals.

At this moment, only people can be the Life keepers.

Keeper of Life.

Sustain your own life in good condition.

Make sure the lives of people close to you are not threatened.

Sustain life of animals or plants under your care.

Help to sustain life of animals and plants you meet on your way whenever you can.

Give new life whenever you can in as many ways as you can; be it by planting trees, creating your own garden or breeding your pets.

Spread awareness about Life.

Be alive, engage and don't falter.

