The background of the cover is a grayscale micrograph. It features a dense field of small, dark, circular particles, likely bacteria or spores, scattered across a lighter, granular matrix. In the upper right corner, there is a large, circular, multi-layered structure that resembles a cross-section of a biological cell or a microorganism. In the lower left and bottom center, there are several larger, dark, irregularly shaped structures that look like spores or specialized cells, some with distinct internal patterns.

LIFE

CHRISTOPHER NUIN

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Title:
Life

Author:
Christopher Nuin

Graphic design:
Christopher Nuin

Editing and proofreading:
Christopher Nuin

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Author's note.

I created this text to gather in one place my personal observations (not all though) regarding me as a person, a living organism and a part of Life.

I tried to avoid, as hard as I could, jumping to conclusions or delusional beliefs — what You will read is basically observing 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 and direct.

Although the text uses the form 'you' it is not directed to You (the reader), it is just me talking to myself, so please, be aware of that.

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 goal as a human being.

If you will find in this publication something that could be of use to You — good for You! If not — oh well, it is not about You after all.

Christopher Nuin

You are only one part of something bigger. 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 entire 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 such an animal! About your basic needs and ways in which they may influence your Life.

I need safety!

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 are as follows:

- being lazy
- hiding and avoiding responsibility
- being or acting like a narrow-minded person
- being or acting like a short-sighted person
- being or acting like a delusional person

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 organism needs to regenerate and acting lazy.

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

Acting lazy steals time from your limited lifetime, it makes you un-productive, it makes you underachieve, it makes you needless.

Hiding and **avoiding responsibility** goes 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 unrecognized and uncontrolled it can bring 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 even want to leave your room and all your activities will circle around using your PC and the Internet.

Healthy approach to hiding looks like this: ‘Take cover 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, it shrinks down the range of your possibilities and opportunities.

Avoiding responsibility is equal to 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 to not 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 a group, consequences of your actions will always take form of a reaction/outcome/lesson that you are supposed to deal with or make use of — it will not be a harmful punishing blow sent with intention to cause you pain.

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

Being narrow-minded person and acting like a narrow-minded person are two slightly different things, but with the same origin.

Being narrow-minded person means that you lack the scope of knowledge that would help your mind to become open to possibilities, opportunities, new solutions and explanations. Acting like a narrow-minded person means that you already have the scope of knowledge that helps your mind to remain open, but you let it to shrink down, you let yourself to act like you would not have it.

The mechanisms which makes you narrow-minded are prejudice and judgment. Prejudice is a preconceived opinion that is not based on reason or experience, it gives you a false conviction that you already know the future unknown. Judging means to form an opinion or conclusion about something or someone, it gives you a false conviction that you know for sure the past and present unknown.

It is important to remember that in both cases prejudice and judging are not equal to understanding. They are the opposite, they prevent you from understanding. Your mind wants to deal with the unknown as fast as possible so it would not remain an open real-time threat to you, and so you would know how to protect yourself from it.

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

Understanding means to have the full knowledge about 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 exclude upcoming danger from the range of possibilities coming your way.

Being or acting like a short-sighted person may seem to you as similar to being narrow-minded, but it is not, in fact it is more similar to avoiding responsibility (avoiding punishment).

Acting short-sighted means that you focus only on your needs and wants but you completely 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 with it 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 down on you 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 has a second feel to it as well: it is supposed to make your 'visible world' very small, because the smaller your 'visible world' is the less 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 about the country, the continents, the planet, the entire scope of Life, as long as it does not remind of 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” posture goes to the next level.

It happens when your prejudice and judging gets hold of you so tightly that they become your faith, your strong beliefs and religion. The below 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 strainer. It’s better to not rely on her. He was stupid 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 will be better for you if you will avoid them, trust me, I know what I’m saying.’*

As you can see delusional thinking is an unhealthy behaviour of your mind which is not willing to understand the reality around you nor to find new knowledge nor to accept the facts — it only wants to fill the empty gaps as fast as possible, and it is doing so by making up its own alternative reality.

The tendency to delusional thinking shows itself the most when you find yourself in a new environment and you stay in it for a long time without having sufficient knowledge to understand its structure, connections, qualities, behaviours etc.

Whenever your mind is trying to fill empty gaps on its own, you need to stop it from doing so. Remember that your mind is a tool (your tool) of understanding, gathering and storing knowledge, it is supposed to be used to find answers, to connect the dots. You can't get the knowledge about the outside world from the inside of your mind, it can only come from the outside sources. Yes, you can plan, you can suspect, you can foresee something thanks to your personal experience and probability but you can't find in your mind new knowledge about the outside world, people, behaviours etc. that you don't know yet.

To avoid delusional thinking learn to recognize it as a threat to you and your well-being. Whenever your thinking process goes in the wrong direction, recognize it for what it is and move it or reshape it into understanding and logic.

I need food and drinks!

Food and water are essential for your survival, there is no doubt about that.

But do you need that extra fat in a world where you can satisfy your hunger whenever you feel like it? No.

Do you need to get drunk, only to dehydrate your organism and lower down its efficiency? No.

Do you need alcohol and narcotics to survive and be healthy? No.

Do you need coffee to stay awake and productive? No.

Do you need all that fast-food products that intoxicate your

organism? No.

Do you need to eat more than you can burn out during the day? No.

Do you need the right doze of food, water, vitamins and nutritious to keep your body and mind healthy? Yes.

Do you need healthy body and mind to be efficient and productive? Yes.

Do you need to stay 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 feel that you are not wasting your lifetime? Yes.

Do you need to feel that you are not wasting your lifetime to be happy with your Life? Yes.

Saying ‘What you eat is what you are’ is far more than true and you should always remember that. What you eat and drink plus your physical activity equals your daily default mood.

If you feel down for a long time for no apparent reason, if your thoughts are lately more destructive, if you fall into hopelessness at least few times per day, if you lack energy, if you feel like everything is irritating — it is a signal sent from your body saying: ‘My charts are out of balance’. Fix it as soon as possible.

I need to mate!

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

You feel the want to mate because you were designed by nature to reproduce. You feel the want to have your own offspring because

you were designed by nature to give Life and sustain it. Your personality and intentions of your mind 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 because of it. Nature controls procreation of every species in ways you may never be able to understand.

I need to sleep!

That is true. In your age (28) 6-8 hours of constant sleep is enough so get up between the 7th and the 8th hour. Avoid sleeping more than 8-9 hours, it only makes you unproductive, dizzy and lazy.

Avoid sleeping during the day.

Avoid taking sleeping helpers, they knock you down and prevent your organism from having the deep sleep during which your body regenerates.

I am. Am I? Who am I? About self-awareness, its origin and use.

I am.

You are a self-aware human being because human organism evolved over thousands of years and with it its intellectual capacity. That intellectual capacity allowed humans to rebuild strict animal action-reaction behaviour into 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 an alive creature you feel the need to exist — that need combined with the introspective ability makes you check if 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 from you your doubts about your existence in 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 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 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. Don't sit feeling bad about yourself. Don't brag 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 would serve you as long as possible. Remember to not let your anger, frustration or irritation to control you, after all, you have the tendency to cause damage to dead objects when it happens.

Remember to take even bigger 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 often you break your items the more trash you produce, and that in turn causes bigger pollution. You don't want that to happen, you don't want to see the planet turning into pile of trash.

Yes, I destroy someone's work.

Do not influence someone's work unless you are allowed to do it, or unless your work is intertwined with the work of others.

Don't damage someone's work and don't destroy it, remember to let it be as long as it does not cause harm or damage to something or someone.

Remember to not cause difficulties to 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 to take care of you, you can do it yourself.

Take good care of your physical and mental health, don't harm yourself. Your organism influences your mind and your mind influences your organism in return. Always aim to contain 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 planes.

Yes, I destroy Life.

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

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

Avoid activities which are supporting needless killing of wildlife, like hunting, fishing or buying natural furs.

The only time you are allowed to end Life is: your survival, survival of endangered species, eradicating pests, etc.

It's time to die! About the concept of time and death and how they work with each other.

Just as it begins, Life also ends. This is the part that you need to accept. Remember to not 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 which can be only understood by self-aware intelligent minds, human minds. Concept of time does not exist to your organism or any other living organism on Earth.

Remember that fear is 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 nor 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 it will help you to get over it faster.

Gods help me! Praise the God! About the phenomenon referred to as ‘god’.

God is not something material that was created by nature. It is not 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 society of human race was not fully grown and developed, people had the tendency to treat things that can 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, Horus, Zeus, Jupiter, whichever you like!

Over the centuries human societies moved forward, people’s lives have changed and with them the need for new gods appeared. Nature was still very important but daily activities rooted in society and humanity became equally important. From that mixture came religion that did not exclude nature yet, but was already leaning towards aspects of human life, needs of the intellect and 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 stayed and developed itself further. Half animal, half man gods with their own lives, schemes, wants, responsibilities and plans turned into gods that looked like man and women. New religion was focused even more on human minds, feelings, daily life, art, innovation, etc. and nature aspect were pushed to the background. Gods still ruled nature but their lives were so similar to lives of people in ancient Greece and Rome, that they were even descending among them. People were seen by some gods as so attractive that they felt an urge to have children with them, the demigods.

Gods were seen as the ones that created people. This concept was underlining human need to find the reason of their origin, as well as their purpose in life. Next religion that was about to come focused entirely on that need.

Praise the God!

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

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

Exist and sustain. Be alive and keep others alive – understand your role as a Life keeper.

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 in it its will and intelligence. You see it as an enormous, sophisticated, cosmic entity that shows itself in billions 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 one perfect method of ensuring its own existence.

Millions of species that ever lived on planet Earth are extinct and with it millions of possibilities to find the perfect tool to sustain Life were already used.

When you look at human kind, 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 as the only species are intelligent enough to ensure its own existence against many odds. They are the only species that can sustain 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.

Life keeper.

Sustain your own life in good condition.

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

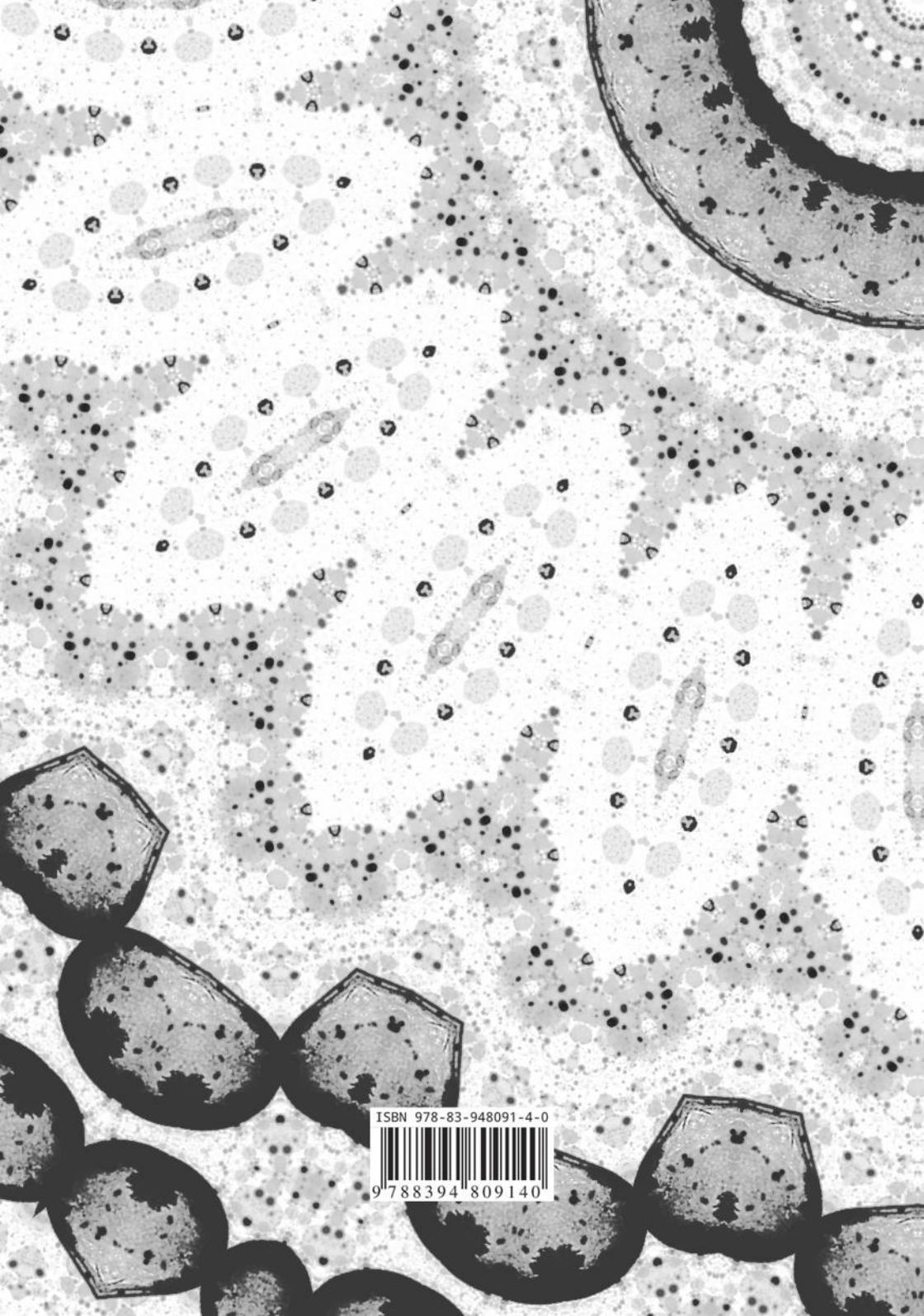
Sustain life of the animals or plants you take under your protection.

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.



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