

Explore New Ways of Living

Any inherited rules for how to live are a personal mental prison. You will continue to carry them until you discover life's many alternatives. So long as you do anything because you think it is what you ought to do, you are not living your own life. You are living as a manifestation of another mind. You are not true to yourself because you have not discovered what that even means.

When you do things because they connect to your desires, you are designing your lifestyle in your own image. In this state, specific actions no longer matter. The impact of whatever you do will be profound because you are acting for the right reasons. You no longer do things because other people have told you to. You do them because you can see the effect in your life. You do them because you have continually reformed the premises in your head to create something valid.

Eat healthier because it makes your body feel better, which in turn allows you to do the things you want to do with greater impact. Breathe more deeply so you can live with better oxygenation. Keep your space tidy, so your life will be organized. Study to learn, because learning empowers you to follow your greatest happiness. Each of these is experiments you can take on or abandon at any time, keeping them only so long as they serve you. Do what you love because you love it.

The limits to what you can love will surpass your present expectations. You may be surprised to discover what invokes your curiosity when you open your awareness and expose your senses to new things. You need only be willing to clear space for what could be. Sometimes this means doing less of the things you usually fill your time with, even if you thought they defined you and were necessary to your identity. You'll soon find a new variety of activities that perform the same function in your life. You may simply need to interrupt redundant thoughts that recur in your mindspace and currently hog the spotlight. Then you will be free to grow your thinking.

It's only when you know enough of what can be done that you can build your lifestyle from various distinct components. You won't have to conform to any single pattern of elements, as ordinary people do. You pick up influences wherever you like, and arrange them ideally to complement who you are. Synergies from culturally distinct influences emerge. Technology magnifies the possibilities even further. You only have to stop seeking permission to arrange life in the way that makes sense to you. Nothing is forbidden. Only the laws of nature are compulsory. Become an explorer who discovers his own limits for himself.

Your new experiences, including the unpleasant ones, will teach you valuable things about

yourself. The more you learn, the more you will know what to do next. You cannot possibly predict it all ahead of time, as everything you plan right now is confined to the limits of your present awareness. As awareness grows, so do possibilities. This growth is why exploration must happen in stages. You can only see so far down the curving road ahead before it bends away into total mystery. You do not yet know what you will become when you allow yourself the freedom to find out. That's the whole point.

Keep an open mind when you see that things do not work the way you expect them to. Keep yourself flexible when you drift in directions that seem unfamiliar. You will find what really drives you beyond what those around you have told you to value since the time that you could first think.