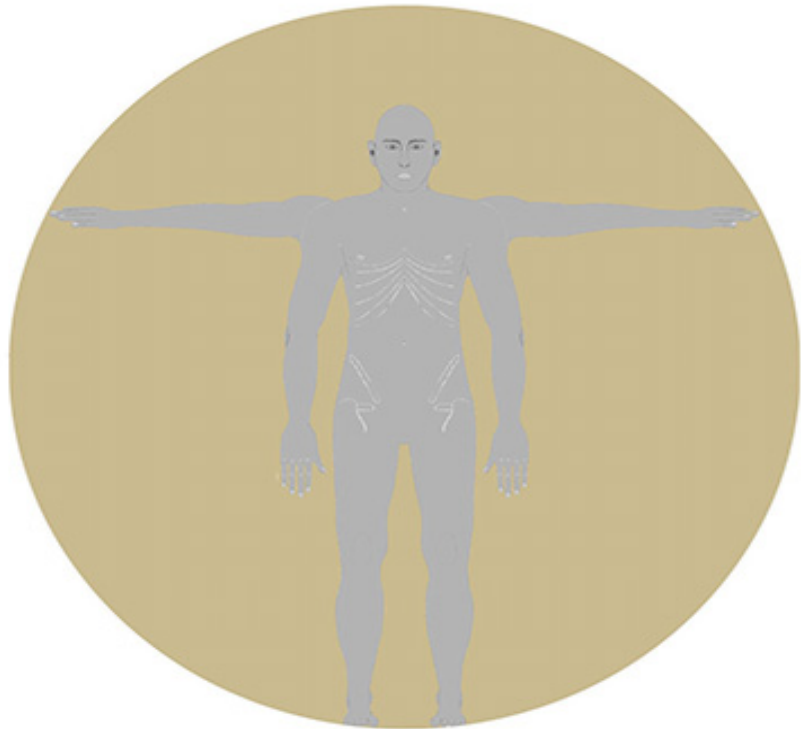


# "The book" 2022



a life guide

Mark Hood 14

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## **Preface:**

Dear reader,

This book should contribute to a better life through orientation and optimization - a better "code" leads to an emotional gain in society ...

The meaning of life is (basically) to live, whereby feelings (the soul of the person, which you can hear in their voice) are most important. Feelings represent something at the moment in an infinite universe of space and time. Proper nutrition („fuel“) is crucial for feelings (salad and pasta are recommended and 1 x meat or fish per week), as well as always doing the right thing in the moment.

The right action in the current moment is the philosophical way to get to the goal - the equilibrium - which is a state of complete balance and satisfaction - quasi a central zero point in which everything is taken into account and also done - which leads to that one then currently free head can use for the next thing that comes. Establishing a balance (equilibrium) is a wise path that leads to the benefit of equilibrium ...

The focus is on “man and woman” - both act together (balanced, harmonious and complementary), are healthy and have offspring - you can't do it alone, nature has done that (through specialization). For this everyone has to find the right partner, come to an agreement and go together on the way to the goal (the equilibrium), whereby “the way is the goal” (Confucius) - the framework is determined by the

majority. Give and take should be the same so that everyone is satisfied ...

Basically all people are the same (at least the dog), but in particular they are not. Rules should give all people the same (action) framework, but who wants to judge that when there are huge differences between people. The fact that people look and are different leads to many different groups that can hardly be brought together, as they are sometimes controversial, but as a whole are very rich due to their colorful diversity, which is advantageous for a common goal of people: That Survival of the species. Democracy means that the current majority determines, but not necessarily, that this is better for everyone (especially for special people). An improvement of this democracy is presented here in the book as "relative democracy", so that the quality of the choice continues to improve. This might make the rules even more intelligent, diverse and special. But I would like to point out that this idea contains certain risks (classification, outing, etc.) and should only be tested in a longer pilot project (with data protection) ... perhaps one could start with a neutral institute giving a score to politicians.

It should also be taken into account that not all people have the same opportunities in life and that they are "forced" to go the "wrong path" from the start - for example, they lack education, family and work. Here, richer people could give poor children the chance of education, health and a job at the beginning with the help of a development program ...

In addition, it should be said that "it doesn't work out in the end" if the destruction of human, vegetable, animal and other (environmental) resources on the planet costs more "capital" than it currently brings in profit for some

industrialists , because their own properties are ultimately worthless if everything (globally) is "broken" ...

A further development of life can mean that the resulting better work makes interstellar space flights and the colonization of other planets possible at some point in the future.

It is certainly wise to ensure that the descendants survive in the long term ...

Mark

## **Think:**

The way people think is very different and goes from the individual to the general thinking collective, from simple to complicated / complex matter ...

“Thinking includes all processes that result from an inner preoccupation with imaginations, memories and understood / understanding try to shape. ”(Wikipedia). If one compares thinking with a computer process, one could imagine that a program with its instructions is used to logically process the relevant data (from main and permanent memory) in a processor in order to determine a result - but one would have to with people also involve feelings (in a relevant strength).

With the approach of mathematics, thinking becomes correct, and with the help of technology, action becomes logical. However, one should consider everything, ie know everything. What is important for your own life at the moment, “is told by your feelings”.

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Intuition (intuitio = immediate perception) is the ability to gain insight into facts, points of view, laws or the subjective coherence of decisions without discursive use of the mind, without any conscious conclusions. Intuition is partmore creative developments. The one accompanying the development intellect(the ability to grasp something spiritually, and the authority in humans that is responsible for knowing and think is responsible) only carries out or consciously checks the results that come from the unconscious. It is critical to see here that if a - initially not



justifiable - decision has a positive effect, one likes to speak of intuition, while in the case of failure one has simply "made a mistake", whereby there is no mechanism to check which mental processes lead to respective decision. Alcohol, drugs and meat all have an effect. "Some scientists suspect that the information exchange between the "enteric "nervous system and the brain also has a role to play in making intuitive decisions ("good decisions"). "(Wikipedia). For many, the action is then a habit, depending on what they eat or have eaten ...

## **Philosophy:**

1. The meaning of life is to live
2. Life is made up of feelings
3. The feelings arise through action
4. The plot should fit
5. Life is a life's work of actions and feelings
6. "The way is the goal" (Confucius)

## **Ethics:**

"Is that part of the philosophy which deals with the prerequisites and the evaluation of human action. That is specifically at the center of ethics moral action, especially with regard to its justifiability and reflection". (Wikipedia)

Simple 4-field table for "trading":

TO DO SOME  
THING UNRIGHT  
THAT  
BELONGS  
(is proper)

TO DO SOME  
THING RIGHT  
THAT  
BELONGS  
(is proper)

TO DO SOME  
THING UNRIGHT  
THAT DOESN'T  
BELONGS  
(improper)

TO DO SOME  
THING RIGHT  
THAT DOESN'T  
BELONGS  
(improper)