

THOUSANDFOLD  
INTELLIGENCE AND  
SKILL,  
EASILY!

By Hannele Tervola



**GET ALONG WITH JUST ABOUT ALL  
AND DESERVE WELL THE SOCIAL POSITION  
THAT YOU HAVE:**

***"I love good life!***

***So I take good life as my value in the  
world at large."***

**If you can agree with this, without ever neglecting badly  
this point of view, that's it!**

**LEARN TO BE RESPONSIBLE IN AN EASY  
EFFORTLESS NATURAL WAY:**

**Think of the ages old healthy natural way to live according to the human nature, to our instructions of usage, to our soul on all areas of life.**

***Like a wolf howling at the moon!***

**Think of this also in what comes to your relationship to the world: world wide moral, meaningful things to do, for healthier ways of living etc.**

**Then just live by your feelings toward this right way to live!**

LEARN

**AVERAGE UNIVERSITY PROFESSOR LEVEL**

**OBJECTIVE RATIONALITY**

IN A HALF AN HOUR:

# Learn The Basics Of HOLISTIC OBJECTIVE **THINKING EASILY!**

PART I

MAKING PERCEPTIONS, ARRANGING THE MEMORY  
AND GOING THROUGH WHAT ONE THUS HAS  
MEMORIZED

**1.**

**Thinking consists of noticing things, so objective thinking is very much like using the senses.**

**What is thinking? Thinking means forming a correct picture of the world. Thinking is based on undisturbed**

**perceptions: “This is like this and that is like that.”**

Thinking is not based on words, terms or concepts. Instead objective thinking is based on ordinary sensory perceptions and on memories of sensory perceptions.

Based on our experience of life we form a picture of our living environment with its human relationships. So the base, the starting point for all thinking, are one’s perceptions, one’s memories of what the world is like, of what our everyday life is like.

**2.**

**Gardening mode: think in practical ways as if you were sensing the things in your memory or imagination.**

The best way for making perceptions for the purposes of objective thinking, is to do like one who enjoys gardening does: a concretionally clearly sensed nearest environment, where you can use all of your senses to feel the things in it, maybe touch them and try them; plus an awareness of the whole landscape that one is working in: the garden and the wider landscape.

Similarly it is very good in thinking if you can from your memory imagine the things to think about as a very concretionally clear picture in front of you, where you can best watch it and try it, at the same time as you are aware of the place of those things in the world.

You have kind of zoomed yourself to the environment of that subject in your picture of the world so that you can make as clear perceptions as ever: “This thing I see clearly, but about that thing I cannot know because it isn’t in my picture.”

**3.**

**A holistic view of the world: here I live, there is the shop,**

**and so on; future rising to the air and one's experiences of life as a trail on that map: here was I at each moment.**

Arrange your experiences of life with the help of the sense of sight to form a map of the whole world. Some parts of the map you know well – they are described by your experience of life – and some you do not know at all: those are left blank.

“Here I am sitting, there is a stool below me, a table in front, the window over there and the door over there, behind the door a corridor via which I came here,...

Outside there is the street. Via it, so and so, I can reach home. My home I know likewise but more detailedly. The shop nearest my home is on another street around a corner, the homes of the friends of my kids there near by and the park close by...” **Build this way a map of the whole world. Place all things that you know at their right places in that map, like you via your experiences know them to be.**

**Add to this the official map** of the nearest environment, of the whole district, up to the level of the whole globe. This way you have all the world in the same picture!

The past you can place underground, the lower the further away in time it is, and future up into the air. This way you can see the track of your experiences find its way in the landscape, rising upwards all the way to the ground level, while the future is left up into the air.

**4.**

**You can think of anything in your picture of the world, if you zoom into it and its environment.**

You can see any place in your picture of the world if you zoom to that place in your map, and you can see the whole world at the same time when you zoom out to the large scale

map of the whole globe.

**This way you have one single correct picture of the world, with sizes and proportions right**, which is a very good starting point for your objective thinking and in itself already much of what objective thinking aims at: **an objective picture of the whole world!**

**5.**

**If you want to think about a certain thing in the whole, colour it momentarily so that it rises to meet the eye and is so easy to notice without losing sight of its place in the whole.**

When you then need to, or you want to think about something, colour it momentarily with some colour that you find easy enough to notice, and take a look at it as if you were gardening, like I advised you before. This way you see both the thing in question and its place in the world, which is very good for your understanding.

**6.**

**A gliding glance and forming a holistic view: do not let your glance jump at all!**

In these instructions it is the idea to handle all thoughts at the same time, so that you can get everything handled at once and do not need to get stuck in some endless mosaic of things for example as if you were thinking by words.

One who has been highly educated thinking advances slowly and carefully from one piece of information to the next, kind of lets one's glance glide along the regularities of the thought subject and takes care to not to let one's glance ever jump – not even if the one that one talks with would be prone to thought jumps. This is so because with every jump one



easily loses the thread, the idea of one's thoughts and so the trustworthiness of one's thoughts is lost too.

So let the focus of your eyes glide along the subject that you think about, **at the same time as you form a holistic view of the subject and about its role in the world – just like you would do if you met the things in the life in the living, visited some place** or whatever.

This is one of the basic skills in objective thinking, one of its basic rules. From the thus formed holistic landscape like view of the things that you think about, you will later see clearly how things are.

## PART II HANDLING THE HOLISTIC VIEW

### 7.

**A nature view at the background helps you to conceive complex things.**

Sometimes things get too complicated. At those times it is good if you can imagine a seen nature landscape or even a single detailed tree at the background of your thoughts, so that you can compare the thought to the much much much more complex nature view which is still easy to conceive. In other words, you place each detail of your thought next to some detail of the nature landscape, look first at the nature view and then as if there was nothing special to it, you look at the nature view's style at the thought as if the thought were simple too – and it has thus become simple!

**8.**

**Concretical fact associations are an easy organised way to change from one subject to another and a way to arrange your picture of the whole.**

You get **your picture of the whole world** arranged in practical ways if you use concretical fact **associations to move about** in it: our farm -> our tractor -> its repairwork laterly and in the near future -> the maney that the repair works cost -> the farming equipment shop -> what our neighbour bought last time from there -> his tractor -> their family altogether -> what we have like them and what different -> how each person lives in one's own way -> the rainbow of life -> what is important in life -> happiness, and avoiding catastrophes -> understanding helping in reaching for one's goals in life.

PART III

DEDUCTION, IN OTHER WORDS: MAKING PERCEPTIONS BASED ON YOUR EXPERIENCE OF LIFE ABOUT THINGS THAT YOU HAVE NOT EXPERIENCED:

**9.**

**Make generalisations and find things from your memory as if you were finding all spots of a certain colour or form from your environment:**

**all such things in your vocabulary**

**(-> finding words)**

**or in your objective picture of the world**

**(-> putting things to an objective form)  
or in what is available to build from  
(-> finding solutions).**

Once you have mastered  
all the other pieces of advice here  
and reached very rational holistic objectivity, this is where  
you can  
develop in intelligence and creativity.

**10.**

**Check where do things apply.**

If you want to know things that you have no experience of,  
you will have to make generalisations and see where they  
apply, where they at least do not apply – and what would  
apply there?!

**You generalise something by taking some single  
characteristics of it and by paying attention only to them.**

For example: cats see well in dark -> seeing well in dark ->  
Well, if you see well in dark, you notice in darkness things  
that others with poorer eyesight cannot notice. -> Usefulness  
in hunting and in survival.

Now compare your generalisation to all the cases that you  
can find from your picture of the world: were your  
generalisation right? If not, you have typically forgotten to  
mention some important detail (“all animals whole eyes are  
healthy”). Fix it.

**It is easiest to generalise very sure common sense truths,  
since the basic things of life are essential also in the world  
at large. Like: I need food. -> All people need food in  
order to stay alive. -> So arranging food for all is one of  
the most important questions in the whole world.**

## PART IV PROBLEM SOLVING:

### 11.

**From a holistic view to details: what you need for a solution, where you could build it from, do you have those blocks, build it!**

Many people try to solve problems by trying what they could build from a certain set of available building blocks. If they do not succeed, they give up. An easier and more efficient way to solve problems is to solve them solution centeredly: Think what you would need for the solution, what kind of structures – you can lift them up from your memory by associations – and what you could build them from – that too you can do by lifting the possible types of building blocks from your memory. Then just build it! This way you know what you need and how you can get it and so you are not wasting your time!

### 12.

**One cannot reach one's thinking ability or objectivity by copying school like looks.**

Humans have via the natural evolution adapted to a life in a close contact with the nature. So also our thinking ability gets support from doing practical work (-> gardening mode), using our senses (-> accurate perceptions) and our natural sense of place (-> a map). So objectivity cannot be reached by copying the looks of schooled thinkers or of the town

environment. It has to be reached by living in harmony with our sensing nature which builds so a picture of the environment.

**School likedness has gotten its main characteristics from the written text**, not from thinking. And the written word is just a means of marking things up. It is not a means of thinking!

### 13.

**Do not think by words. Think instead by the memories of experiencies and by holistic pictures!**

Words are just a tool for communication. Words are not a way of thinking. Instead all our observations are made by the senses, by the feelings and sensations.

Words break things to an endless mosaic that one gets lost to. It looks complicated but it is not good for thinking.

One who thinks by words is like one who has an extremely narrow tunnel like eyesight: For example take a cartoon cylinder from which you can see through one thing at a time, like as if described by a word. It makes an enormous mosaic of even simple things, like your own room. But if you look wirthout such tunnel sight, without the cartoon cylinder, you can see everything at once and so understand much more via using such holistic pictures in your thinking instead of the tiny words.

### 14.

**Relax!**

Sometimes one's head is dizzy and it is difficult to think. That is often connected to tensing the middle part of your body, especially the neck, the shoulders, the back and the stomach area. So just relax in an alive way: exercise, stretch

or whatever. Try to make your social relationships friendlier and less formal because that relaxes you profoundly, making you happier, more intelligent and wiser. Do not consider thinking hard work but think with enthusiasm!

You will remember things easier if you can empathize with the point of view that you were using when you memorized the things. Empathy too works better with a relaxed body and makes also your social skills better.

You can remember things better if you are sincerely interested in the subject.

## 15.

### **Remember to carry responsibility!**

A sense of direction or a **compass** is for a traveller more important than speed. So pay attention especially to your choice of goals and values that you follow. That affects your life much more than intelligence (**speed**) in itself!

*MOTTO FROM FINLAND: "I love Life in happiness, like You too! So I take happy Life as my value in the world at large..."*

## PART V

### A MAP OF THE WORLD & DIRECTIONS

**Thinking** forms a picture of the world for you. That is a map of the world.

**Feelings** mark what things in it mean to life: strong negative

feelings mark things to avoid, while strong positive *feelings mark things to reach for. (Be fair!)*

*An atmosphere* is a landscape with feelings connected to the phenomena in it: “There is a huge storm cloud coming, let’s run for shelter!” Look separately at each cause of feelings to see what that phenomenon or that class of phenomena mean to life. The seen landscape in the atmosphere gives objective sizes and objective structure to the (relationships of) the phenomena in the landscape.

**Atmospheres offer a natural quick and accurate way to think objectively.**

### **EXTRA:**

**LEARNING THE BASICS OF SOCIAL SKILLS AND OF ANY OTHER SKILL:**

You can of course learn them in the ordinary way: by memorizing the advices of others, but there is also another way: **you can observe things yourself**. That means keeping your eyes open, paying attention to what stays constant, what changes and how, according to which factors and in which ways: **just sense, let your sensations form a landscape from which you see by your eyes how things are**, you should be engulfed by the experience, so you will know what is what and how things are. The deeper your attention, the better you will notice things. **Do not make school like forms out of what you have noticed but let it stay as a pleasant experience instead!**

You get **BUILDING BLOCKS**: a stone, sea, sun, a bird flying,... **and STRUCTURES**:

there is a huge stone by the sea side and a bird flying in the sun above the

water... **Those are your understanding of the thing in question**, those are your thinking. Similarly, if it is a question of your own action, **you can conceive parts: thinking, feelings, moving, social side of things, the sense of sight,... and their relationships, structures that they form: If I use my sense of sight in thinking this way, I can think very clearly!** Similarly you can conceive both your own action and the landscape that you act in: “Here am I using my muscles and a strong motivation to lift the stone by the sea side...”

## ***Our loves in life are useful:***

*Composing and playing, even just listening to music, and sports: all kinds of enjoyable things which open your attention to natural undisturbed not-word-like perceptions of yourself and of the world that we live in, ought to help in school work - and in almost all kinds of other work too: in skills and in objectivity especially!*

*Since true accurate perceptions are what our thinking and action is based on. They are the ground for hitting the right chord. School work and all kinds of work training just teaches us to notice certain central things among many others but that does not mean needing to neglect any of the other things in life!*

*The above EASY QUICK guide to this type of thinking*



*which is very good for academical work and entirely based on your own observational abilities. Not on memorizing and being like a robot, but on noticing things of importance by yourself!*

*Natural observations are often in the form of atmospheres. If you bother to read my guide through, you will learn some basics of the use of atmospheres in thinking. Thus you can across time arrive at a way of thinking which is mostly based on atmospheres together with the sense of sight, backed up by some handiworks and wandering in the nature. This kind of thinking is, as far as I understand and I understand a lot about this subject, the natural best way for humans to think. And this best way to think gets practice from those natural atmospheric perceptions that we naturally value because of their enjoyability - that are among other things a base for the ability to compose music, which you can learn here too, likewise easily and quickly. I hope that you will spread this view on objectivity and working ability at large being grounded on doing pleasant enjoyable things!!!*

*Hannele Tervola*

*P.S. You can read more about the use of feelings and atmospheres in thinking in my book "Theory of Sexuality; in the light of evolution" or in the collection "Year 2030: Technologized Nature Paradise".*

## HOLISTIC PROBLEM SOLVING

From a holistic view of the ideal/needed solution to a picture of the needed structures in it.

And from those structures to the building blocks from which one can well build them.

This way all the parts come into the picture as already fitted into the whole and lots of extra work drops away as needless. Also the solution is as ideal as is possible to build from the available building blocks.

This is in contrast with the usual method of engineering where one starts with the building blocks and tries them in different combinations to see what one can thus build.

*Here are the same advices in a more leisurely but also more intensive way: You will have to try your very best like you do in your free time.*

***A CHRISTMAS SCHOOL FOR ALL:  
Learn in a quarter of an hour  
to think objectively as well as the  
average university professors***

*Thinking means noticing things: noticing what the world is like. In that it is very near sensing and feeling: we notice with our senses and feelings what the world is like.*

*It is good to arrange your sensed impressions to a landscape like picture: "My own room looks like this and outside the window it is like that." To this landscape it is easy to add all your knowledge about the nearest district. And if you move to a bird view, where you can see things from near or from far up above as a landscape just like your wish, you can get all your life experience to one single map: this is what it is like at each place where you have been. This wide wide landscape of your experiences you can unify with maps of those districts, and so get the sizes and proportions right in your landscape like picture of the world. This way you can get a picture of the whole globe, where everything is at its right place in the picture and is just like it is in the reality, for example is of right size and in its right role in the world which too is important. In other words: you have an*

*objective holistic picture of the world. Forming that is the most important goal of objective thinking. But time is still lacking: the trail of your experience of life on this landscape like map may be a mess but if you place the past underground and let the trail of your experiences rise up to the level of the present, while the future is left up to the air, you can get a very clear picture of what was/is/will be where. You make things easier if you mark the present moment with a strong colour, just like it is in your memories of the present moment, let the past be of milder colours than the present moment and leave the future foggy like unsure things and imagination are. This way your picture of the world is a landscape like map and your experience of life is a rising trail on that map. This way you can mark up everything that you have experienced (Do not lie to yourself even if you lie to others!): “Here I sensed and felt this way, and on that other moment somewhat differently...” You can mark the thoughts of each person as a bubble over the head of that person like in cartoons or like you observe them as the other one thinks, and the words of others as different kind of spoken bubbles. This way you have all your knowledge and all your experience of life in one and the same picture, where everything, including sizes, is right, just like in the reality.*

*Still there remains the task of finding things from this landscape like picture: You can with your eyes lift to the spotlight from a seen landscape for example all spots of a certain colour, all electrical devices, all humans, all plants etc. You can do the same in this landscape like picture of the world of yours. This way you can find from your memory whatever you want to find, and you can even at once see the right place of those things in the world. YOU WILL FIND*

**SOLUTION ATTEMPTS TO PROBLEMS, IF YOU FIRST TAKE A LOOK AT WHAT CHARACTERISTICS THE SOLUTION OUGHT TO HAVE, AND THE LIFT WITH YOUR EYES TO LIGHT ALL THE SHAPES AND STRUCTURES IN YOUR PICTURE OF THE WORLD WHICH FULFILL THOSE CRITERIA.**

*Association are typically connected to some single feature and typically lift to front some other thing in your memory which you feel to be important and which has the same characteristic. So associations are a way to move from place to place in that huge landscape like view of yours.*

*There are both positive and negative feelings. One ought to reach for the causes of positive feelings and avoid the causes of negative feelings. In the light of the theory of evolution, feelings are a force in life which helps to safeguard full survival ability, in other words full health. The feelings refer to the level of practical action in your life and thus they emphasize just the things at hand each moment. If one follows feelings, one's feelings do not overrule one's understanding. An objective landscape like holistic view of the world and of what you feel about each thing (DO NOT LIE TO YOURSELF ABOUT WHICH FACTOR IN FACT CAUSES EACH FEELING!) help you to react correctly with your feelings to each phenomenon.*

*The most natural form of human perception: atmospheres, includes both a picture of the phenomenon and an emotional reaction to the same phenomenon. Each atmosphere impression can be divided to its different sides which cause feelings. Those sides are like landscapes: this is what this phenomenon means to life, that is why I feel like this about it. This way a feeling is a philosophical view to the thing in*

*question and as such an excellent guideline in what course of action to take in your actions – as long as you manage to keep up your holistic picture of the whole world and to keep proportions right in it so that minor matters do not overrule big matters. Questions involving the way of living, like for example valuing the senses which is very important for objective thinking, are of extreme importance to the whole!*

*The most usual error to avoid is putting things to a word like form. One who thinks by words is like one who looks at them through a cartoon cylinder, seeing only one thing at a time, as if described by a word: one loses sight of the rest of the world and so one's picture of the whole depends on associations and is just a messy tangle. In contrast to this: one who looks at a landscape in the ordinary way sees right away everything clearly, at its correct place, size and role in the whole.*

*One typical form of the error of putting things to a word like form is building edges to thoughts or even to parts of thoughts. It is a huge error which is probably caused by copying the looks of the build environment. If you bother to drop this bad habit away, you can easily develop enormously in thinking ability: just leave things to their correct places that they are in your perceptions of the world.*

*Good way to look is like that of one who wanders in the nature. Its focus glides - without any jumps! – along the landscape, at the same time having a holistic view of the main features of the landscape and of the place of the things in focus in the landscape. Nature is the natural living environment of humans. Compare the picture of a modern building to a tree: how much more there is to look at in the tree! Likewise one who wanders in the nature and values just*

*the nature develops into many times more intelligent than likewise who attaches oneself into the man-made artificialities.*

*A typical problem involving social life, the whole society or way of life gets solved by comparing a healthy natural whole to a broken one. A healthy one is fully functioning and optimized to many purposes at the same time. This way the concept of health enlargens to apply also to the man-made artificialities. Here you must require the condition that the relationship of a part to the whole is healthy (no cancer!) before you allow the part to flourish. This way health gets spread and not illnesses. For example you must require that the part's role is according to true justice in the whole. Justice, market economy, holistic objectivity and carrying responsibility about all the consequences of one's actions are closely related: in each of them the idea is to treat each thing according to what it is like. Add to this the value of full functioning, in other words health, and you get human values, the development of technology and caring for the future health of the world. Here justice must be valued higher than human values – justice is a rule to follow in order to gain good living conditions in the world at large. This way one gets a rationally grounded moral based on selfishness, which is so simple and mechanical that it can be taught to computers too. Thus it is our inevitable future!*

*With these advices you can reach very far: the further the more thoroughly you follow them!*





If you can imagine a skill lively yet realistically, you can learn it!

### Fullfilling dreams and developing in skill

Form an as lively yet realistical picture of your goal, your dream, as you can. Think then from where in your life you know those phenomena that are the components of your dream, and how do those phenomena get transformed to this skill. You will have to train these components separately and train also their adaptation to the new use in your skill to be. Practice only a short while at a time: first form a lively ideal picture of the goal in what comes to each component and try it out just once. Make then in your mind those corrections to your performance that the reaching of your ideal demands, and let that just formed piece of advice rest without trying it out first. This way you can avoid the error of boredom and instead each time try your very best with the enthusiasm of a new beginning! Repetition would have lowered the spirit of your actions, made your perception ability poor and also your skills worse. You will get practice via finding the most lively form in which you meet each component of the skill, for example in a favourite hobby of yours, and by practicing that component just in that most meaningful context, instead of where you eventually

are gonna use it. When you like this across time have gathered the component of your ideal, it is time to unify them to that dream skill of yours which is like your ideal. Like before, first form a lively picture of the goal, which is first just a dream, then a goal and finally the reality.

## Making Dreams Come True

Form a good realistical picture of your dreams. If that makes the goals really high, it does not matter. Use the biological picture of humans to figure out what you need in order to reach those goals. Healthy natural life in the nature, life according to emotions and your best understanding makes you achieve the best that you can on any scale. The better you reach the natural way to live according to the soul of humans, the better you will do in any task. This applies also to social life, attractivity, work achievement, happiness, theoretical and social intelligence,... A holistic view according to your best understanding is an important part of this natural way to live. And so is good world wide moral. The natural use of attention born out of meditation or prayer is very important. So is your contact with the nature: with the natural living environment of humans. The health and lovingness of your social life is important. So it is important to follow feelings fully and value intuition, instincts and insight. Most of all: trust your intuition in what is the soul of things in life and make that soul your road to your dreams.

## MIRACLES

Miracles are connected to finding the pure true chord in life, that means that we have to give up sins and live a completely pure life according to what our soul says. Here a part of the soul is soul in the atheistical sense of the word: our heart's voice in a positive sense and other parts are moral, religious sensitivity and the wideness of one's view. It is essential to follow one's heart's voice instead of being dogmatic and to let the things get their emphasis from their own weight, compassion lifting the happiness of others to be as important as our own and the fate of all of an enormous importance compared to our own. So, by following the right way of life we get increased strength, understanding, wisdom, cleansed social relationships and we reach a true joy of life.

# Learn The Basics Of Composing Music EASILY!

1.

***RELAX IN A LIVELY WAY***

*So that Your sensitivity to atmospheres  
increases.*

*This is easiest to do when You are in a  
good pleasant mood  
and in a close contact with the nature.*

2.

*Some sides of Your experience of Life*

*are dark in atmosphere,  
maybe even greyish black.  
Some other sides of Your Life feel  
light, hopeful,  
have a light atmosphere.*

**3.**

*The dark atmosphere tones are low  
notes.  
The light atmosphere tones are high  
notes.*

**4.**

*As the atmosphere tones vary in the  
rhythm of Your attention,  
in the rhythm of Your Life and of each  
situation,  
they create melodies out of the notes,  
from which You can pick a song!*

AND THAT'S IT!

\* \* \*

*First You can sing Your tunes.  
Then You can play them on an instrument.  
From the instrument You can write the melodies  
down,  
If You so wish!*

\* \* \*

FINALLY ANOTHER GIFT,  
BUT THIS ONE REQUIRES PRACTICE:

***You can learn to experience  
Life as huge music panorama:***

*This is, in other words,  
an exercise to increase  
the richness of atmospheres in Your  
Life:*

*Do not program Yourself to anything:*

*Do not force Yourself to do anything,*

*Do not force Yourself to avoid doing anything either.*

***Relax in a lively way!***

I SINCERELY HOPE THAT YOU ENJOYED  
THESE ADVICES!

*Yours, Hannele Tervola*



# Build A Perfect Relationship

How to get along

Let go, live freely, love life and enjoy the company of your partner. (If you are stuck with a strategy that does not work in a situation, you must first let go of it in order to be able to see the situation with new eyes. Take distance and take yourself care of your own needs so that you do not need to throw them upon the other one, this you achieve best by living in a liberating way. Think, experience, feel, which side of your spouse or pal you like, and enjoy the social contact at those parts, otherwise keep a bigger distance so that you get enough room to live like you wish to live.)

Do not put your thoughts and feelings about these things to words, do not make rigid plans. (Human relationships grow like a tree: slowly one situation grows to another one just the way that feels right then. It is a big error to make one's way to see humans structured like the build environment, like often happens when one thinks about social situations. One trick that helps to this is to look at an ordinary healthy tree always when one thinks about social things.)

Just let yourself grow toward light and give the other one the same freedom too. (When you aim directly to your goals in life, there isn't much else that you could wish from life! And it is of course the same for the other one and his/her goals: a sincere harmony is born!)

One who grows toward light is no obstacle to others, it is the dark thoughts that you should let go of, you should let your spouse be what she/he is without manipulating him/her, without putting to words what she/he is like, without making your needs thoughts in your mind. (Just repeating with a slightly different wording so as to make it easier to apply. Often social situations seen with feelings and experienced strongly are easier to react to than intellectualized situations, since feelings touch our instinct nature, they touch how our social relationships naturally work, while thoughts are clumsy in this and too distant.)

Just plant seeds of love, love toward yourself, love toward life, love toward your spouse and love toward others and the world at large. (Just in this order: take care of yourself, answer your own needs, take care that life will be worth living. Only what is left over can you use to caring about others, for example your spouse - but of course the biggest needs of others too have to be met, it is just so that the daily life swings better if both are spirited and happy. Take also care of all the others and of the world at large, since if you don't those outside factors will be an amazingly huge burden upon your life and your relationship.)

In harmony we coexist, such a harmony is in our nature, it grows from us giving room to our real self and to the real selves of all the others, just let them enjoy life without being obstacles to the happiness of others, and you will all find fulfillment in life, a natural harmony that feels like the only obviously right way to live – wide and varied like the human nature... (We are pack animals, so if we do not do anything completely unnatural, we will all fit well together, regardless

of how widely different we may be. One just needs to take care that these differences have enough room, so that each and everyone can oneself answer one's own needs. Just that's why we are all individuals: so that we could all best take care of ourselves. And we are social in order to get support from others, which makes the group and us strong.)

### *How to get along*

*Let go, live freely, love life and enjoy the company of your partner. Do not put your thoughts and feelings about these things to words, do not make rigid plans. Just let yourself grow toward light and give the other one the same freedom too. One who grows toward light is no obstacle to others, it is the dark thoughts that you should let go of, you should let your spouse be what she/he is without manipulating him/her, without putting to words what she/he is like, without making your needs thoughts in your mind. Just plant seeds of love, love toward yourself, love toward life, love toward your spouse and love toward others and the world at large. In harmony we coexist, such a harmony is in our nature, it grows from us giving room to our real self and to the real selves of all the others, just let them enjoy life without being obstacles to the happiness of others, and you will all find fulfillment in life, a natural harmony that feels like the only obviously right way to live – wide and varied like the human nature...*



# Advice for dating and finding new friends

Dress according to your ideals, so people who share the same ideals will find you interesting and start a conversation with you. Avoid pretending to be really like a role that is forced upon you by some custom or for some other reason that is none of your doing, since if you do, you will attract the same kind of bull shit pourn upon you by those who are for that shit.

Likewise, take the first steps on the road toward living totally according to what you consider the ideal way to live. That way you go to places where people are interested in just those things that you consider to be of major importance in life – and avoid going to the opposite kind of meetings which support th things that you wanna get rid of. That way you can have something to talk about your values to others, and so they are much more likely to introduce you to other people that they know who share the same values. Besides, that gives you a much more fulfilling life even a long time before you meet anyone of interest to you. And when you meet such people, you know that you share the same values because you have done something in practice to cultivat them. You are not just a liar claiming to love something, you are one who has actually taken the first steps to dedicate

one's life to the way of living that just you love and admire. Living against your own opinion of what real life is based on drains you, makes you weak, uninspired, unmotivated, exhausted, makes you uninteresting in the eyes of others – makes you lean on others for fulfillment because you cannot follow your own values yourself but need others to overdo them for you. You can be just thrilled to just say hello to a friend with a soul like yours, while even deep friendship with a wrong type of person for your taste leaves you bored and uninterested.

Do not believe that opposites attract. Those with opposite values in how life ought to be lived typically get classified as enemies. It is the person who shares your goals in life and can help you on the way, that is a good choice for you. That person often has different strengths than you but enjoys your company especially much, like you hers/his. There are people with all kinds of views to life in the both sexes. Just those different views together with our different strengths and different social environments and situations of life make our characters different. So please do not try to compete with anyone else, since they are all looking for a different kind of mate. Just follow your own taste and build a rewarding social relationship, a sincere friendship mixed with love.

# Advice on creating charm

You are irresistible just when you find life irresistible to you, when you love each and everyone and are thrilled with life's challenges. That attitude gets reflected from others too, you kind of drag them along to a good way of living. But how to come about this? You must let go of rigid patterns of life and open yourself to new possibilities like most do when they are about to go for a holiday. Catch that mood and let it be your guide to how to live your life, how to approach the things in life and how to be social. But be quick witted in this and pay especially much attention to when it works well and at which moment it has ceased to be effective and when it goes totally astray. Since if you are too slow, you start the right way but then continue along some old habit of yours and end up pouring your good will upon others who are stuck on their own habits without you getting anything in return. You ought to keep the thrilled mindset all the time. It isn't anything fixed, it is like being born anew each moment: "Oh, it is like this... And that! And there is! And there!..." Each new thing which catches your attention gives you strength, each enjoyable experience is kind of fuel that keep you going. And in that it is important that you do not overdo anything, just go with the flow of the situation without "putting it to a box" to repeat, to continue or to give to others – just let go and enjoy life, that way you can endure forever! In social relationships you have to see what is a good way to live for both of you, kind of seduce the other one to the right

kind of good times and then just enjoy the thus found  
entertaining life together.



## SOLVING BIG PROBLEMS OF THE WORLD

### **Build in your mind a picture of what an ideally healthy world would be like.**

Then just compare each problem that you wanna solve to the possibility of full health in those respects: healthy works better than broken, so tough power benefit calculations support the solution to the problem while you picture of the whole world puts the thus found answer to its right context and gives answers to many problems in application.

The healthy world consists of the healthy biosphere, with humans by their nature a part of it, and of optimized technology. Justice is a must, so is holistic objectivity...

Please see my book “Year 2030: Technologized Nature Paradise” for a much more detailed model of the healthy world and for explanations of how optimization grounds support it.

## ***LOVE IS AT THE CORE OF LIFE***

Each one loves only one's own nature, what is inevitable and at the same time a part of the positive ground for life, of the base for everything, of its strong current. In the end it is our ages old nature, a wolf howling at the moon, the basic material of reality, that upon which everything even nowadays is built upon, that which I cannot avoid recognizing as my deepest most real self and of which I cannot let go in the world because it is the blood that I live by. We are all still by our very structure parts of Gaia, parts of the Mother Earth.