

The self vs. the state system / You and your actions triggered by the environment



The human being will in almost every situation, and moment, do what they think is the best for themselves. Actions taken regarding the consciousness level of enlightenment of the ego. It can be a pleasure in our choices towards future achievements, maybe also resulting in situations not wanted. The wise person will know.

To live in the now:

By this meaning you are living a life where the moment creates a greater understanding of life, than thought itself. You are mostly driven by experiencing feelings, so are we all. But what is pain within? And what is pain without? With experience you can manage to tolerate the negative, and if you are skilled, turn it into an ok. But never a positive. The positive mindset regarding the negative situations is a result of not thinking of the negative.

It's getting more and more difficult to live in the moment for people. We have bills to pay, responsibilities for others, a story creating the self which has to always regulate when it comes to the state regulatory system and so fourth. So to be able to live in the now in every moment if that is something which can make you live a better life:

An example: Get your act together and give the moment a chance. It is strictly an environmentally driven part of yourself and your life worth living as an adult aware of responsibilities.

The example can be explained further:

Focus vs. Memory // Experience vs. Perception // Responsibilities vs. Amygdala

The ego centric part plays a huge role when it comes to the art of living in the now. It is easy for certain moments of your life, and difficult other times of your life. You are only a human being, and you have done nothing wrong, unless you do wrong on others. Or breaking the law. Most people who are outlaws have either learned that this is gaining their life in a positive way, or they are in need of primary needs for a living. Resulting in 'crime'.

To live in the moment is an art of understanding the self, and the environment as part of the state regulatory system.

