

Daily Practices

Post by “Elayne” of April 5, 2019 at 12:53 PM

But I can get on with things this way because I have already dealt with the major issues that give people anxiety. I was raised atheist, so I never had to worry about the whole afterlife/punishment thing. I am 55 and have already learned that certain things like status are not worth the aggravation. I was raised by scientists-- a physicist and a mathematician-- who taught me the importance of evidence (the senses), and I learned to seek pleasure and to notice feelings of pleasure and pain on my own from life experiences, trial and error. I never did go with the popular modern idea that pain was just an interpretation of events-- from medical training, I know it is actually a critical signal of damage or impending damage and not to ignore it-- it is a message about reality!

I think my somewhat hard-headed nature about all this, not going with popular opinion but trusting my own analysis, has been an advantage.