

THE LESSONS OF A LIFE:

A Synopsis of Insights

At age 1:

Ice cream tastes good.

At age 9:

Alcohol tastes bad.

At age 11:

Altered states of consciousness exist.

At age 18:

Humans are hardly the most powerful beings around.

At age 20:

The FBI indirectly caused my father's death.

Ah, how far Big Brother extends!

At age 23:

Love contains a healing alchemy.

At age 25:

Observing a dead corpse closely is an excellent chance
to reflect on our fate.

At age 27:

One of the most precious gifts is trust.

At age 28:

Falling in love is easy;
staying in love requires disciplined work.

At age 32:

For brief moments, we can be like gods.
However, sometimes we are utterly blind and petty.

At age 38:
Shopping is a form of voting:
by purchasing things you help them manifest.

At age 40:
All people are storytellers
and after they are convinced their story is "right,"
generally, they're locked into that narrative.

At age 44:
The whole notion of "self" is an invention:
a useful myth, but fiction nonetheless.

At age 48:
No human is infallible;
to worship another as "enlightened" amounts to idolatry.

At age 49:
We have negotiate with many selves on many levels,
a task that's often difficult to do smoothly.

At age 51:
Even after a person passes away,
part of them is still with you when you remember them.

At age 52:
It's better to understand your enemies than to condemn them.

At age 55:
Too much intellectualization
cuts us off from direct experience.

At age 58:
The wheel of life moves in mysterious circles.

At age 66:
There's still much to learn . . .

- **T Newfields**

Begun: 1971 in Newtown, PA ☆ Finished: 2021 in Yokohama, Japan

