

**32**  
**INTELLIGENT**  
**PERSPECTIVES**  
**OF LIFE**

**FARSHAD GHODSI**



32 Intelligent  
Perspectives of Life

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## Introduction

Hello to all dear friends and companions;

At this moment in life, as I approach my 32nd birthday, I decided to write a book and share with you the best experiences, perspectives, and lessons I've learned over these years in the form of "32 Intelligent Life Perspectives". This book is not only a reflection of my life journey but also a sign of the efforts, failures, successes, and important moments that have helped shape my character and worldview.

If you enjoyed reading this book and felt that I managed to convey a bit of my passion and enthusiasm to you, I would be happy if you treated me to a cup of coffee. This small support from you will not only be a motivation for me to continue this path but also shows the value of the time you spent reading this book.

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With gratitude and best wishes,  
**Farshad Ghodsi**

1.

We are only considered alive in the measurement scale of our own ecosystem

Any organism that has the following characteristics is considered a living being;

Reproduction, growth and development, response to stimuli, metabolism (performing chemical processes to produce energy and maintain life), ability to maintain internal balance against environmental changes, and finally cellularity (being formed of one or more cells as the fundamental units of life).

On smaller scales:

Virus - Some scientists argue that viruses should be classified as living organisms because they have all the key characteristics of life, even if they use them differently from other living organisms.

Sperm - Sperm is considered alive on a smaller scale of life and within the framework of the human reproductive ecosystem. However, on a larger scale and as an independent organism, this status is different.

On larger scales:

Galaxy -- The concept of life and being alive may depend on the context and environment in which we are located. For example, what we know as life on Earth may have a different meaning on other planets or ecosystems.

From a philosophical perspective, it can be said that our concept of life depends on the existence of our ecosystem. If the conditions and laws of this ecosystem change, our definition of life may also change.



2.

We are probably not the only self-aware beings in this world

There is still no definitive definition of self-awareness, but we can look at it from different angles;

Self-awareness in plants - This is one of the controversial and interesting topics in biology and philosophy of mind. Although plants lack a central nervous system similar to animals, recent research shows that plants can respond to environmental changes and even achieve a kind of "learning" and "memory". For example, plants respond to light, water, nutrients, and even physical stimuli, and these reactions are sometimes complex and coordinated. These abilities somewhat indicate primitive levels of self-awareness, although different from human or more advanced animal self-awareness. However, there are still many debates about whether these reactions can be considered as real self-awareness or not.

Galactic self-awareness - This is a topic that is more discussed in the field of cosmological philosophy and related theories rather than empirical science. Galaxies are formed from a vast collection of stars, planets, gases, and dust and operate based on physical and gravitational laws. The discussion about the self-awareness of galaxies means whether these large and complex structures can demonstrate a kind of self-awareness or intelligence. Although there is no scientific evidence for the existence of self-awareness in galaxies, this idea can be used as a thinking framework for better understanding the connections and coordinations in the universe. This topic is more related to metaphysical and philosophical discussions about the nature of consciousness and intelligence on scales larger than living organisms.

3.

The most modern achievements of humanity have always been intertwined with the most foolish views

Results in a system, regardless of the characteristics of each member, are determined by cooperation between members. Since the most modern achievements of humanity are the result of a systemic effort, all individual beliefs cannot be considered in measuring its results.

Individual beliefs provide a framework for human thinking and action and can increase or decrease their motivation to participate in collective efforts. Therefore, while the final results of a system are the product of the complex interaction of its components, the role of individual beliefs and values in this process cannot be ignored.

On the other hand, the conflict between the most modern achievements of humanity and some of the most foolish beliefs is somewhat natural. Humans are complex beings with many contradictions. While capable of creating scientific and technical wonders,

they can also be caught up in superstitions, prejudices, and false beliefs.

This contradiction is partly due to human cognitive limitations. The human brain has evolved to live in the complex and often confusing world we live in. To understand this world, humans inevitably use simplifications and approximations. These simplifications can sometimes lead to incorrect and illogical beliefs.

In addition, social and cultural factors also play a role in shaping individual beliefs. Humans are exposed to various messages and information from different sources, and these messages can influence their beliefs.

Therefore, the contradiction between scientific achievements and foolish beliefs is a reflection of the complexity and inherent contradiction of humans and the social and cultural conditions in which they live.

4.

We sometimes learn our best lessons in the worst conditions of life

Sometimes in facing the most stressful events of life, we encounter conditions that we don't expect, because we have tried to avoid them throughout our lives. These very conditions lead to experiences that we gain outside our comfort zone. We pay big prices for these experiences and therefore learn the most important lessons of our lives from them, regardless of their experiential nature which can be of regret, pain, suffering, and longing.

Sometimes life puts us in situations that seem to be unbearable challenges. In these difficult conditions, we are forced to use all our capacities and abilities. These situations cause us to learn things about ourselves, our inner strengths, and the importance of perseverance and hope that we might never have realized under normal circumstances. Because these conditions force us to refer to the depth of our being and grow.

5.

Bad feelings are inevitable, but we can manage them and direct them towards our interests

This sentence means that experiencing negative emotions such as sadness, anger, anxiety, and hopelessness is a natural and unavoidable part of human life. However, we have the power to identify and constructively manage these feelings instead of suppressing or ignoring them. For example, we can use various techniques such as self-awareness, meditation, psychological counseling, and coping strategies to better understand and respond to these feelings. With this approach, negative emotions can help us in personal growth, strengthening relationships, and achieving our goals, as we can benefit from the lessons and insights gained from these feelings to improve our lives.

Just as the feeling of fear is essential for survival and managing fear ensures survival; sadness and grief can be used as an opportunity for learning and growth, sometimes it can be used as a source of inspiration for creating artistic or literary works,

experiencing it allows us to help other people who are in similar situations.

Also, anger can be used as a motivation for positive change, it can be used to defend oneself or others against injustice. Jealousy can also be used as a motivation for progress and self-improvement, or found as a reason for learning and being inspired by others.

6.

We should always strive; but we can only maintain the best sustainable version of ourselves for a short time

Our lifetime is limited and in this short period, the quality of life depends on various criteria. It takes time for us to learn, improve, and constructively benefit from our learnings. While we always strive to get better, the opportunity to stay better is not endless. We might be in the peak period of our life, and later realize it or may not even have the chance to realize it.

We should always strive; but we can only maintain the best sustainable version of ourselves for a short time. This effort and endeavor require patience and perseverance, as growth and progress occur gradually. Sometimes, we become discouraged along this path, but we must remember that every small step forward brings us closer to the ultimate goal. However, we must be aware that there is no guarantee for the permanence of these advancements and we may distance ourselves from our peak at some points in life for various reasons.



Also, we must remember that life is not just about striving for perfection, but also lies in enjoying the journey and its experiences.

7.

## We are more predictable than we think

We will find current signs of ourselves in our childhood, then we will understand that genetics and environment are predominantly dominant.

There are patterns in human behavior that can be somewhat predicted. For example, studies have shown that one can predict with acceptable accuracy the next place of residence of individuals based on data related to their current place of residence, workplace, and behavioral habits.

Also, there are patterns in our decision-making and choices that can be modeled to some extent. For example; studies have shown that one can predict with acceptable accuracy individuals' choices in games or personality tests based on their personality traits.

However, humans are complex beings with diverse thoughts, feelings, and motivations. Sometimes unpredictable factors such as random events, mood changes, and sudden decisions can unexpectedly change the course of our lives. In addition, we are

constantly learning and evolving. New experiences and knowledge can change our perspectives and values and consequently affect our behavior.

Genes play a determining role in personality traits such as extraversion, neuroticism, and openness. These traits can somewhat predict our behavior. They can also affect our sensitivity to environmental factors.

Our environment, including childhood experiences, relationships, and socio-economic conditions, plays an important role in shaping our personality and behavior.

Genetics and environment interact inseparably and both play a role in shaping us. A complete understanding of how these two factors work together is essential for accurately predicting human behavior.

8.

Value is determined in comparison and nothing has value in itself

In a dynamic network, we can assign a value to each member in relation to other members; this statement correctly expresses the concept of relative value in mesh networks. In a dynamic network, values are variable. We humans, as members of an interactive social network, if we gain value, maintaining and upgrading it requires constant efforts.

9.

We remain respected; by virtue of the respect we have for ourselves, not merely because of our approach towards others

Self-respect means having self-esteem, valuing oneself, and treating oneself in a way that demonstrates confidence and worthiness. When an individual respects themselves, this respect is also reflected in their behaviors, decisions, and interactions with others. This type of self-respect can encourage others to respect them.

Self-esteem, worthiness, and the way we treat ourselves become a model for how we interact with others; these cause us to: set healthy boundaries for our behavior, take responsibility for our actions, and cope with constructive criticism.

Valuing oneself means respecting our thoughts, feelings, needs, and desires. This requires that we: take time for ourselves, pay attention to our needs, take care of ourselves, and give importance to our mental health.



10.

Regret is the worst way to think about the past

There are many ways to recall the past; a lesson learned, an experience gained, a regret accumulated. The worst type is the latter mentioned.

Regretting the past means being immersed in thoughts and feelings that are no longer changeable. This type of thinking not only does not help improve the current situation, but also wastes valuable energy and time that could have been used to build a better future. Regret traps us in a loop of remorse and despair and prevents us from moving forward and learning from past experiences. Instead, the best way to face the past is to accept mistakes and failures, learn from them, and focus on improvement and growth in the future.

11.

To climb from the first step to the last, jumping is the hardest way

This statement metaphorically refers to the idea that to achieve big goals and remarkable successes, taking the path gradually and step by step is more effective and reasonable than trying to reach the goal with one big leap. Jumping from the first step to the highest step symbolizes the attempt to achieve success quickly and suddenly, which is often impossible or very difficult. Instead, slow and steady movement from one step to the next symbolizes gradual progress, patience, and perseverance. This method not only increases the likelihood of success but also allows the individual to gain experience, learn, and grow at each stage of the journey. This metaphor can be extended to various aspects of life such as education, work, relationships, and personal growth, where patience and perseverance ultimately lead to more desirable results.



12.

What we know as IQ has lost its concept and functionality

In the past, IQ was used as a simple and fixed measure for measuring people's mental abilities, and many people believed that this number could accurately show a person's intelligence and mental capabilities. But newer research has shown that this subject is much more complex than can be expressed with a fixed and simple number.

Intelligence is a multidimensional concept and cannot be expressed with just a simple test and a number. Various mental abilities such as creativity, emotional intelligence, problem-solving, and social skills are all part of a person's overall intelligence that traditional IQ tests cannot fully measure. Many factors influence the results of IQ tests. These factors can include environment, education, culture, the person's mental and physical state at the time of the test, and many other factors. Therefore, IQ test results may be different for an individual under different conditions and times.

Also, IQ is not a fixed number and can change throughout a person's life. Experiences, education, and mental exercises can increase intelligence. Also, various factors such as diseases or brain injuries can affect mental abilities and consequently IQ.

In general, our understanding of IQ as a simple and fixed measure for measuring intelligence is changing, and now it is more considered as a limited and incomplete tool alongside other tools and methods for assessing intelligence and mental abilities.

13.

Sometimes destruction is part of the building process

If we want to build a new structure in a ruin, the first step is to destroy what remains of that ruin.

In the field of personal and psychological growth, sometimes it is necessary to eliminate negative beliefs, patterns, and habits to make room for personal growth and development and positive thoughts and habits. For example, an individual may need to get rid of destructive behavioral patterns from their past to be able to build a better personality. Destruction and building are two sides of the same coin, and sometimes to create new and improved things, there is a need to destroy or set aside old and ineffective things.

14.

Being the best in one field means (accepting) not being good in some other fields

This is a fact; there are many fields and we cannot be the best in all of them beyond a few.

When a person decides to be the best in a particular field, they need to focus all their attention and resources on that area. This high focus means that they may not have enough time and energy for other areas. In life, choosing a specialty and being the best in a particular field often means reducing diversity in activities and interests. People who try to be good at everything usually cannot reach a high level of expertise in any field. For this reason, accepting that one cannot be good in all fields helps the individual to effectively invest their resources in a particular field.

Also, being the best in one field requires setting priorities and accepting that some things must be sacrificed. For example, a prominent researcher may have to significantly limit their social and family life in order to focus on their research.

In general, this concept can have positive and negative effects. On one hand, focusing on a particular field can lead to great achievements and remarkable successes. On the other hand, the individual may feel that they are lacking in other aspects of life and this can lead to imbalance and dissatisfaction. Ultimately, accepting limitations and inabilities in other fields helps the individual to succeed in the field they have chosen with more focus and optimal use of their resources.

15.

The world is fair or unfair only from our point of view

Our perspective on justice or injustice in the world depends on our personal experiences, views, and expectations. In fact, the concept of justice and injustice is very subjective and relative and can be different for each person.

Our personal experiences play a big role in shaping our perspective on justice and injustice. For example; a person who has faced many problems and challenges in life may see the world as unfair, while a person who has had an easier and more successful life may have a more positive and fair view of the world.

Also, our view of justice depends on our expectations and values. If we have high expectations of the world and the people around us and these expectations are not met, we may see the world as unfair. Also, our values such as importance to fairness, empathy, and solidarity can influence our perspective.

From a broader angle; our view of the world can also be influenced by our personality and psychology. Positive people tend to see the good and fair aspects

of life, while negative people focus more on the negative and unfair aspects.

Justice and injustice are relative concepts and may be defined differently in different cultures, societies, and times. What is considered fair in one culture or society may seem unfair in another culture or society.

This shows that changing the angle of view and trying to see the positive and fairer aspects of life can help improve our attitude towards the world.

16.

We can enjoy a cup of coffee to the fullest by managing our expectations

Pleasure is a subjective and personal feeling that can be influenced by various factors, including expectations, environment, and the individual's mood.

Managing expectations can have a big impact on the experience of pleasure. If you adjust your expectations in a way that you enjoy a simple experience like drinking a cup of coffee more, you can gain more satisfaction from it. This relates to focusing on the present moment, paying attention to details, and appreciating the small experiences of life.

Ultimately, you can enjoy simpler experiences more by managing expectations and focusing on small moments. It is also obvious that as needs are met, our desire to satisfy our needs not only does not decrease but will also increase. This reminder refers to psychological paradoxes and various theories



about human needs and satisfaction that can be addressed from several angles:

**Maslow's theory:** According to Maslow's hierarchy of needs, humans have different needs that are met in order of priority; from basic needs such as food and security to higher needs such as self-actualization. When one need is met, higher needs become important.

**Hedonic treadmill theory:** This theory states that humans quickly adapt to new conditions and after a need is met, their level of expectations and desires increases, so they may constantly be looking for more things.

**Social comparison:** The desire to compare oneself with others and strive to reach a higher level can cause the desire for more satisfaction to exist even after needs are met.

**Psychological and emotional needs:** Some needs such as love, affection, and success may create more desire as they are met more.

17.

Experiencing pain is the first step towards healing and liberation from the source of that pain

Sometimes, accepting pain and confronting it is necessary as part of the healing process. This can include accepting the current situation and starting to search for appropriate solutions.

Many treatment processes, both at the physical and psychological levels, may be accompanied by the experience of pain, but ultimately lead to recovery. At the psychological level, facing emotional and psychological pains can be part of the process of personal growth and evolution. Experiencing pain and overcoming it can help a person become stronger and more resilient.

Overall, it can be said that experiencing pain can be the first step in the process of healing and liberation from illness or the source of pain, as this experience can lead to problem identification, acceptance of the situation, and ultimately taking action for treatment.

18.

You can't change a bad hand dealt in a game, but you can still play well and enjoy it

Life doesn't always go the way we want, and sometimes circumstances and situations arise that are beyond our control. In such times, instead of surrendering and becoming discouraged, we should use everything we have at our disposal to the fullest. The art of living is to present our best selves even in difficult conditions and to get the most out of every moment we have. This approach not only helps us overcome problems but also makes us enjoy the journey of life.

Choosing how to react to unpleasant conditions can make a big difference in our quality of life. If we can approach challenges as opportunities for learning and growth, not only do we suffer less from hardships, but we also become stronger and more resilient people.

With this perspective, any experience, even if it's hard and unpleasant, can become a constructive and valuable stage in our life. Therefore, it doesn't matter how the game started, but it matters how we

continue it and enjoy and benefit from every moment we have to the fullest.

19.

To be the best, it is not necessary to fight the world; it is enough to play our role well.

Success has different meanings for different people. Real success might not lie in intense competition with others but in doing the best possible work in the role and responsibilities we have.

Focusing on our roles and tasks instead of constantly comparing ourselves to others can lead to greater satisfaction. This means that instead of fighting the world and striving for superiority in all areas, we can concentrate on our abilities and responsibilities.

Performing our role to the best of our ability means committing to quality and precision in our work. This can ultimately lead to greater successes, as individuals and organizations seek quality and commitment.

Constantly fighting with others and striving for superiority in every field can lead to stress and anxiety. On the contrary, focusing on our roles and tasks and performing them as best as possible can lead to mental peace and greater satisfaction.

20.

The power of the mind never matches the chemistry of the brain; take its (health) seriously.

This statement highlights the importance of biological and chemical factors on mental and psychological performance. To analyze this, we can consider several key points:

Difference between mind and brain:

The mind generally refers to cognitive abilities, emotions, thoughts, and consciousness. The brain, as a physical organ, includes structures and chemical and electrical processes that make these abilities possible.

Role of brain chemistry:

Neurotransmitters: Chemicals like dopamine, serotonin, and norepinephrine play crucial roles in regulating mood, emotions, motivation, and cognitive abilities.

Hormones: Hormones like cortisol (related to stress) and oxytocin (related to social bonding) also significantly affect mood and behavior.

Limitations of the mind's power:

Even with the strongest willpower and mental focus, chemical changes in the brain can have extensive and

sometimes uncontrollable impacts on a person's mood and behavior. For example, mental disorders like depression and anxiety can result from chemical imbalances in the brain that require medical intervention.

Genetic and biological factors can also significantly affect brain and mind function, which may not be changeable by mental power alone.

Importance of brain health:

Taking care of brain health: Proper nutrition, adequate sleep, exercise, and stress management can help maintain the brain's chemical balance. Additionally, when chemical imbalances lead to mental disorders, consulting a doctor and using appropriate medications can be essential.

21.

Successful people are not judged by their failures.

It is true that every successful person has experienced various forms of failure multiple times; however, in the end, it is their successful aspect that becomes so prominent that it overshadows their mistakes.

A positive attitude means that we should not fear failure; instead, we should welcome it and learn from it. Failures are opportunities for growth and learning, and each time we learn from our failures, we get one step closer to success. Ultimately, this journey leads to success, and our determination in the face of success becomes evident and a source of pride.

When we view failure as a natural and essential part of the path to success, we gain more confidence and continue our efforts with more motivation and energy.

A negative attitude can also mean that sometimes, by imitating successful people and ignoring the hardships and risks they have endured, we do not expect to face difficulties, and we lose our resolve at the slightest slip. This kind of mindset can cause us to feel defeated and give up when we encounter



problems and failures. Therefore, it is important to understand that the path to success is full of challenges and failures, and each failure can be a bridge to success. By accepting this reality, we can continue our efforts with more patience and persistence and use each failure to strengthen and improve ourselves. In this way, success will not only be achieving the final goal but also our ability to face failures and use them for growth and progress.

22.

Committing a big mistake does not justify inaction against smaller mistakes.

There is a proverb that states, "Once water passes over your head, it doesn't matter if it's one span or a hundred spans..." But let's look a little deeper to understand the strategic error of this concept. Sometimes we think that because we have committed a big mistake, trying to prevent its recurrence won't help in making amends. This mindset can lead us to despair and inaction because we believe that after a big mistake, it no longer matters to prevent smaller mistakes. But this way of thinking is wrong. Every mistake, big or small, is an opportunity for learning and growth. Even if we have committed a big mistake, by trying to prevent smaller mistakes, we can correct our path and get closer to success.

Losing a point, opportunity, or position may disappoint us and make us give up on continuing the path. But our world is not black and white, and every point along the path is important. In this broad spectrum of changes, every small effort to improve and prevent the repetition of mistakes is valuable.

We might make a mistake, but the determination to prevent its recurrence shows our growth and progress. By accepting the fact that mistakes are a part of the journey, we can use every opportunity to improve ourselves and ultimately achieve success.

23.

Quick decision-making: the key to success in expanding entropy.

In a world where the rate of entropy increases every moment, time remains constant, but our conditions become more complex, and the range of our choices expands. In such conditions, making the right and timely decisions can make a significant difference in the results. Every moment that passes, new complexities arise, and more choices are presented to us, but the time for analysis and decision-making remains constant and limited. Therefore, our ability to make quick and effective decisions is a crucial skill to get ahead of the ever-increasing challenges. In this situation, our trump card is "the best decision in the shortest possible time," which highlights the importance of rapid and precise reactions in the face of fast and complex changes. If we can make the best decision in the shortest possible time, we can take advantage of the opportunities that arise and prevent potential problems. In this way, quick and precise decision-making is not only a skill but a necessity for survival and success in today's complex and fast-changing world.

24.

Our unintentional mistakes are not obvious; they stem from the depths of our personality.

This statement correctly refers to one of the key concepts of Freud's theory. Freudian slips, also known as "slips of the tongue" or "verbal slips," are errors in speech or writing that, according to Freud, reveal the individual's unconscious thoughts and feelings.

From Sigmund Freud's perspective, these slips are not merely simple or accidental mistakes but represent thoughts, desires, and feelings hidden in the individual's unconscious. These mistakes can give us insight into the tendencies, concerns, and issues that we are unaware of at the conscious level.

Freudian slips can provide a lot of information about an individual's personality and inner life. These slips may reflect inner conflicts, repressed desires, or hidden feelings. For example, if someone repeatedly says the wrong name, it may indicate deeper connections or repressed feelings toward that person.

As a result, Freudian slips are not superficial and simple errors to be ignored but are related to the depths of our personality and unconscious and can offer deeper insights into our mind and psyche.

25.

The role of Kaizen philosophy in the architecture of human life.

What is Kaizen philosophy?

"Kaizen is a Japanese philosophy that emphasizes continuous and gradual improvement in all areas of life. This philosophy is based on small ideas that are continuously and collectively implemented to eventually achieve significant and sustainable results."

The Kaizen philosophy can be applied to all aspects of modern life, including the workplace, home, and personal life.

At work: Kaizen can be used to improve processes, increase efficiency, and reduce waste.

At home: Kaizen can be used to organize the home, arrange items, and create a more efficient space.

Family members can also use this philosophy to develop healthy habits and improve their lifestyle.

In personal life: Kaizen can be used to achieve goals, overcome challenges, and enhance the quality of life. This means that by focusing on small and continuous steps, one can gradually make progress in various areas.

Kaizen helps individuals continuously improve and achieve their goals, leading to an improved quality of life in all areas. This philosophy also helps create a culture of learning and innovation.

It is important to note that Kaizen is a continuous and gradual process that requires patience and commitment. By applying this philosophy in life, one can achieve significant and sustainable results over time.



26.

Many living beings have a level of self-awareness; however, the distinguishing feature of humans is multi-dimensional self-awareness

There are many debates about whether plants and animals are truly self-aware or not. Measuring self-awareness in non-human creatures is difficult. The concept of self-awareness has been widely discussed throughout the history of philosophy and psychology. Various definitions have been presented, but generally, it is considered as awareness of oneself as a unique individual with unique thoughts, feelings, experiences, and motivations.

The question of whether we have self-awareness in multiple dimensions is complex and intriguing. While there is no definitive and absolute answer, there is evidence suggesting that our self-awareness may have different dimensions.

Potential dimensions of self-awareness:

Physical self-awareness: This includes awareness of your body, its position in space, and your physical sensations.

**Emotional self-awareness:** This includes awareness of your feelings and emotional states.

**Cognitive self-awareness:** This includes awareness of your thoughts, beliefs, and mental processes.

**Social self-awareness:** This includes awareness of how others perceive you and how you interact in your relationships with them.

**Arguments in favor of multi-dimensional self-awareness:**

**Mental experiences:** We have a wide range of mental experiences, from physical sensations to complex thoughts and spiritual feelings.

**Neurological studies:** Research shows that different areas of the brain are involved in processing different types of self-related information.

**Individual differences:** Individuals experience different levels and types of self-awareness.

**Growth and evolution:** Our self-awareness evolves over time and with new experiences.

27.

The inverse relationship between self-awareness and momentary intelligence productivity

The relationship between self-awareness and focus and intelligence in a specific context is a complex and debated topic among scientists. While some studies have shown that reducing the level of self-awareness can lead to increased focus on specific tasks, there is also evidence suggesting that this is not always the case.

Potential reasons for increased focus with decreased self-awareness:

Reduced distraction: When we are self-aware, our attention is drawn to our inner thoughts and feelings. This can lead to distraction and reduced focus on external tasks. Decreasing self-awareness can reduce these internal distractions and help increase focus on the task at hand.

"Flow" state: When we are engaged in an activity and our self-awareness is low, we may enter a "flow" state. In this state, we are completely focused on the work and feel immersed in it. This can lead to increased performance and productivity.

Reasons why decreased self-awareness might not reduce focus:

Loss of motivation: If we are not aware of our thoughts and feelings, we may lose our motivation to complete a task. This is especially true for challenging or tedious tasks.

Increased errors: Decreased self-awareness can lead to increased carelessness and mistakes. This is because we may not pay enough attention to details or be fully aware of the consequences of our actions.

Overall, the impact of decreased self-awareness on intelligence is more complex and depends on the type of intelligence and the task at hand. Some studies have shown that decreased self-awareness can lead to improved performance in fluid intelligence tasks, which refers to the ability to adapt and think creatively. However, other research has shown that this is not true for crystallized intelligence tasks, which relate to specific knowledge and skills.

Ultimately, the relationship between self-awareness, focus, and intelligence in a specific context depends

on various factors including the type of task, the individual's personality, and specific conditions. More research is needed to fully understand this relationship and the potential impact of interventions targeting self-awareness levels.

28.

Sometimes ignoring and moving on > staying and fighting

This perspective emphasizes the importance of maintaining calm and avoiding unnecessary conflicts, as in some situations, withdrawing and ignoring can lead to preserving energy and mental health. The energy spent on maintaining health has a higher value than the reward that comes even from winning a stressful battle. In fact, the art of living is knowing when to continue fighting and when to retreat. Choosing the right moments to let go and move on can be a sign of our mental and emotional maturity. Sometimes, letting go means accepting realities and acknowledging that some issues and people are not worth our time and energy. This ability can help us focus on more important and valuable goals and move forward in life with peace and wisdom instead of getting caught up in pointless conflicts and tensions.

29.

## Sometimes fighting and losing > doing nothing

This view emphasizes the value of struggle and effort even in the face of failure, as taking action and experiencing failure can lead to growth and learning, unlike inaction which leads to no achievement. Failures can be life's great teachers, and through them, we learn valuable lessons that prepare us for future successes. Instead of taking no action out of fear of failure, it's better to move forward bravely and use every experience of failure to improve and strengthen ourselves.

Moreover, taking action and striving to reach goals, even in the face of failure, can give us a sense of satisfaction and self-confidence. Knowing that we've at least tried our best and fought with all our might for something we believe in is valuable. These efforts, regardless of the final outcome, demonstrate our will and strength in facing life's challenges and help us develop a stronger and more resilient character. Thus, each failure becomes a step towards victory and personal growth.





30.

Reinventing the wheel is sometimes a trump card in a competition

We are constantly updating a structure that has been built through a social effort. Each new piece added to this structure improves and develops it, so that it can be evaluated based on measurable criteria and compared with similar examples.

If this structure has a flaw, we try to correct and improve it using new technologies. This process may seem efficient and optimal in energy consumption, but it still operates within the framework of the same old structure.

To create a real and distinctive change, perhaps a completely new approach is needed. Reinventing the wheel, not in the sense of recreating the same old wheel, but with more distinctive changes and in the shadow of a new perspective and from a different angle, can create a revolution in the path of progress.

31.

The afterlife is like the world before birth

One can imagine the afterlife as similar to the world before birth. Before birth, we didn't exist and were unaware of the surrounding world. After death, it seems that we return to a similar state; a state in which there is no awareness or experience.

The major difference between these two states is the effects and changes we impose on the world and the universe during our lifetime. Every human being, through their actions and thoughts, plays a role in increasing the entropy of the universe in some way. (Entropy, simply put, is a measure of disorder and chaos in physical systems.)

Our life, with all its activities, decisions, and impacts on the surrounding environment, causes an increase in entropy in the universe. In other words, every human being adds value to this entropy through their life. These impacts may be small and local, like the effect we have on our family and friends, or large and global, like the impact we have on science, art, and culture.

Therefore, the afterlife from this perspective has a major difference from the world before birth: at birth, we had no impact on the universe, but after death, the effects of our life have been transferred as an added value to the entropy of the universe. This added value can take various forms.

32.

## Exploring the philosophy of 'Solipsism' / Isolation of Imagination: A Journey Within the Mind

Imagine that the world around you, with all its beauties and ugliness, is just a shadow of your mind's imagination. All people, places, and events are just images created by your mind. This philosophical view is called 'Solipsism', which evokes a kind of complete isolation in the world of imagination.

In this journey within the mind, you are the only traveler and creator of everything. No one exists except you, and everything is just a reflection of your thoughts and imaginations. Everything, from the grandeur of mountains to the soothing sound of the sea, is just a reflection of your mind looking at itself and talking to itself in this isolation.

In this imaginary world, there is no truth except what you believe. Reality is nothing but a narrative that your mind has created. You are the only creator and the only viewer of this world of isolation, where imagination and reality blend and boundaries blur.

Solipsism, although it may seem dark and lonely, is a poetic view of the endless ability of the human mind to create and edit a world from nothing. In this world of imaginary isolation, you are the only ruler and the only citizen, and everything is under your command, even time and space itself.

Therefore, the isolation of imagination, or solipsism, is an invitation to an inner journey, a place where you can immerse yourself in the endless sea of your imaginations and create an infinitely beautiful and complex world, a world that only you can see and understand.

Positive and Negative Impacts of Solipsism on Life

Positive Impacts:

- **Deeper Self-Awareness:** Solipsism can encourage individuals to delve deeper into their inner selves. By adopting this perspective, one may gain a better understanding of their thoughts, emotions, and experiences, leading to profound self-awareness.
- **Enhanced Creativity:** With the belief that everything stems from the mind's imagination, individuals may experience increased creativity and innovation in their endeavors and artistic

pursuits. This outlook can inspire the creation of unique artwork and literary pieces.

- **Focus on Personal Growth:** Solipsism can motivate individuals to focus more on themselves and personal growth, as everything is, in a sense, a reflection of their own minds. This focus can lead to improved skills, learning, and personal development.
- **Independent Thinking:** This perspective can foster greater independence of thought, as individuals become less reliant on the opinions and judgments of others and rely more on their own understanding and interpretation of reality.

#### Negative Impacts:

- **Isolation and Loneliness:** The belief that others and the external world do not exist can lead to social isolation and feelings of loneliness. Individuals may withdraw from human connections and social interactions.
- **Reduced Accountability:** If individuals believe that others are merely figments of their imagination, they may feel less responsible for their own behaviors and actions, leading to indifference towards others.

- **Excessive Doubt and Skepticism:** Solipsism can induce excessive doubt and skepticism about everything. This skepticism may hinder individuals from making effective decisions and functioning effectively in life.
- **Mental Health Issues:** This perspective may contribute to increased anxiety and despair, as individuals conclude that everything is meaningless and unreal. This can lead to mental health problems like depression.
- **Diminished Social Interaction:** The belief that others are not real can diminish social interactions and detach individuals from society and culture. This issue can lead to a lower quality of life and a sense of detachment.

Solipsism, despite its philosophical allure, can have complex impacts on one's life. These impacts can be both positive and negative, depending on how individuals perceive and utilize this perspective.



Thank you for accompanying me to this concluding point of my book.

**Farshad Ghodsi**

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