

A MEANDERING MIND..... and saving souls.....

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DEAR

SORRY.....IT MUST BE THAT 'THREE MONTH ITCH' TIME AGAIN, WHEN ANOTHER LETTER SEEMS TO POP ITSELF OUT OF THE SYSTEM.....MANY YEARS AGO, WHEN I WAS HALF WAY YOUNG, A WISE OLD 'ANCIENT' AT MY GOLF CLUB TOOK ME ASIDE AND GAVE ME A BIT OF ADVICE. MAYBE HE HAD SEEN ME LOOKING LONGINGLY AT A COUPLE OF OUR PRETTY YOUNG LADY GOLFERS. PHILIP, HE SAID, YOU WOULD BE WISE TO REMEMBER THIS WEE RHYME....." ..HE IS NOT OLD WHO'S HAIR TURNS GREY, HE IS NOT OLD WHO'S TEETH DECAY, BUT HE IS CLOSE TO HIS LAST LONG SLEEP WHO'S MIND MAKES AN APPOINTMENT THAT HIS BODY CAN'T KEEP.."....AND NOW, AS A TRUE 'ANCIENT' MYSELF, PERHAPS IT IS TIME FOR ME TO PASS THE SAME ADVICE TO ALL YOU HALF WAY YOUNG BISHOPS. ONLY, OF COURSE, ON THE FICTITIOUS BASIS OF ALL THOSE 'HAIRY DOG' JOKES ABOUT..."WHAT THE BISHOP SAID TO THE ACTRESS..."..

IF YOU MANAGE TO READ ON, YOU WILL SEE EXAMPLES OF OTHER DISCONNECTS BETWEEN THE MIND AND BODY THAT HAD MUCH MORE SERIOUS CONSEQUENCES.

LET'S START WITH HAVING A LOOK AT WHAT THE BODY ACTUALLY WANTS. I RECENTLY HAD SOME FUN WORKING OUT A SIMPLE EQUATION THAT WILL MEASURE OR QUANTIFY 'ELATION' OR 'INVISIBLE (INNER) WEALTH'.....OR SIMPLY, WHAT MAKES US HAPPY.. LET'S START WITH SOMETHING EASY....**F + E = EL**....THE MORE FEAR YOU HAVE TO OVERCOME IN ORDER TO DO SOMETHING, AND THE GREATER THE AMOUNT OF EFFORT OR ENERGY REQUIRED TO ACHIEVE YOUR GOAL, SO GREATER IS THE REWARD OF ELATION OR INNER SATISFACTION. POR XEMPLO...FOR EXAMPLE, FOR ME GOING FOR A WALK IN THE PARK, WHICH I KNOW IS A GOOD DISCIPLINE FOR KEEPING HEALTHY, BUT DOES TAKE SOME EFFORT, I EARN ONLY A SMALL AMOUNT, IE, NOTHING FOR FEAR, BUT A SMALL AMOUNT FOR EFFORT.....**F(0) + E(10) = EL.(10)**.....ONLY 10 POINTS EARNED.

BUT WAIT A MINUTE. AS YOU GET OLDER, WALKING DOES BECOME A BIT PAINFUL, SO YOU HAVE TO OVERCOME PAIN AS WELL. SO THE NEW EQUATION BECOMES...**F + E + P = EL**....AND YOU EARN A FEW MORE POINTS FOR GETTING OUT OF THE ARMCHAIR, OVERCOMING A SMALL PAIN BARRIER, AND DOING SOMETHING WHICH IN LATER LIFE IS NOT PARTICULARLY PLEASURABLE, BUT SOMETHING YOU KNOW IS GOOD FOR YOU TO DO.

.....HOLD ON AGAIN...WHAT ABOUT KNOWLEDGE AND CREATIVITY, WHICH RELATES TO THE MIND, AND ABILITY WHICH RELATES TO THE BODY. WE WILL LUMP THESE TOGETHER UNDER **S** FOR SKILL. WALKING IN THE PARK DOESN'T TAKE ANY SKILL, BUT PAINTING A PICTURE, WRITING A POEM, COOKING EFFICIENTLY, AND SCORING GOALS ON A SOCCER FIELD DOES TAKE SKILL. 'A GOOD DAY AT THE OFFICE', WHERE YOU EXERCISE YOUR PARTICULAR PROFESSION OR CRAFT, ALSO TAKES SKILL. AND THAT SKILL HAS TAKEN A LONG TIME TO LEARN, AND IF YOU USE THAT SKILL WELL YOU ALWAYS GET A LOT OF INNER SATISFACTION, ESPECIALLY IF YOU USE THAT SKILL WELL TO SURVIVE IN A FIGHT FOR LIFE. SO, '**S**' DEFINITELY EARNS A BIG SPACE IN THE EQUATION, WHICH NOW BECOMES...**F + E + P + S = EL**.....

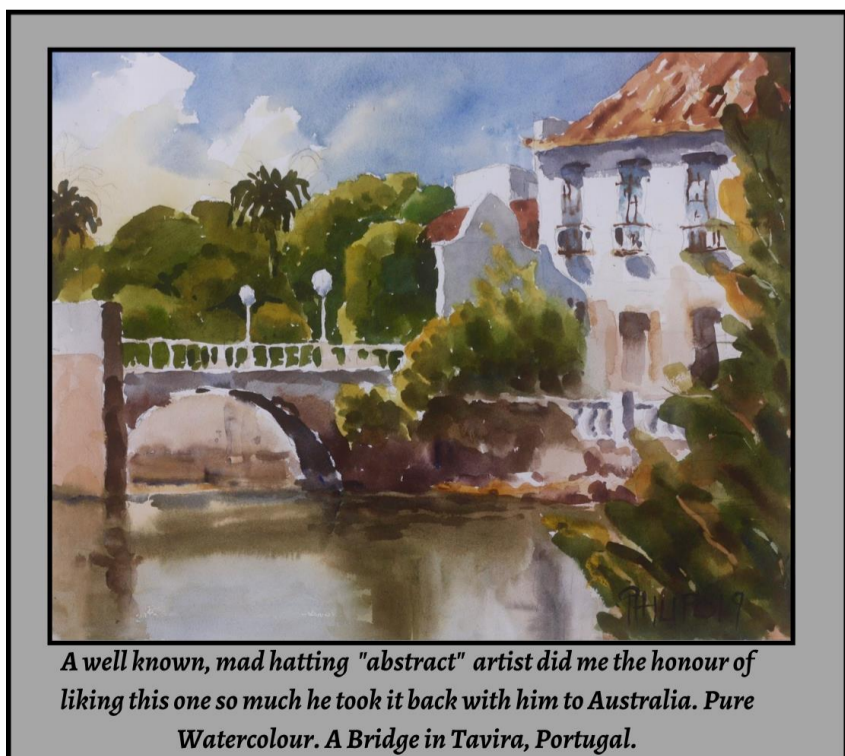
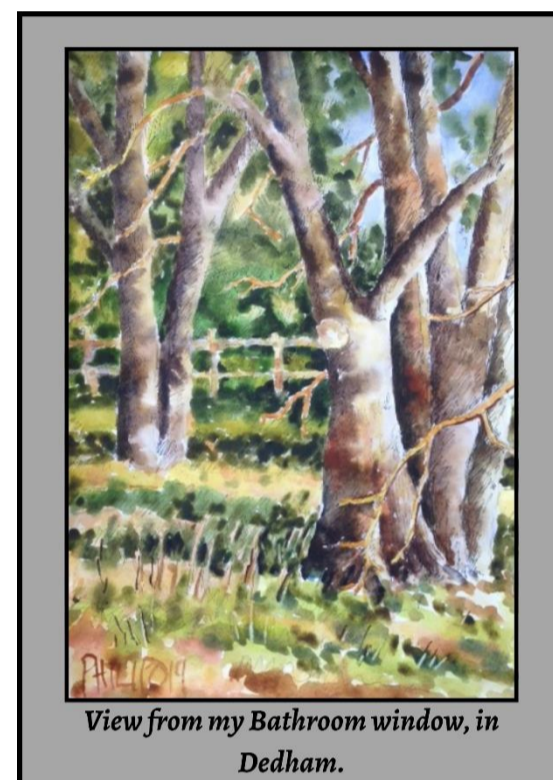
.....NOW HOLD ON YET AGAIN, FOR THE EQUATION, HOWEVER BIG WE HAVE MADE IT, STILL ONLY RELATES TO 'THE SELF'. WHAT ABOUT IF YOU PUT ALL THE ABOVE 'ITEMS' ON THE LINE '**FOR THE SAKE OF OTHERS**'??.....OR FOR A 'TEAM' ...?.....I THINK WE ALL KNOW THAT THE POINTS JUST ABOUT DOUBLE, SO WE WILL PUT **O** (FOR 'OTHERS') IN BRACKETS, JUST TO MAKE SURE, BECAUSE DOING POSITIVE THINGS (IE, THE 'GIVING OF YOURSELF') FOR 'OTHERS' ALWAYS BRINGS WITH IT THE ADDITIVE OF 'HONOUR' AND INNER WEALTH.....SO NOW, WE END UP WITH.....**F + E + P + S + (O) = EL**.....

.....WELL, LETS HOLD ON YET AGAIN, BECAUSE THERE IS ONE MORE VITAL THING TO CONSIDER IF YOU WANT CIVILISED SOCIETY (AND THE ENVIRONMENT) TO REMAIN HEALTHY....ALL YOUR ACTIONS MUST BE "WITHIN THE RULES"THEY MUST NOT BE UNNECESSARILY DESTRUCTIVE TOWARDS YOUR FELLOW HUMAN BEINGS, UNLESS YOU ARE AT WAR, AND YOUR ACTIONS, IN FUTURE MUST NOT BE UNNECESSARILY

DESTRUCTIVE TO NATURE/ENVIRONMENT. WE WILL CALL THESE ACTIONS '**R**' FOR RESTRAINT, AND AGAIN, WE WILL PUT **R** IN BRACKETS, **BECAUSE THESE ACTIONS AGAIN INVOLVE 'HONOUR' WHICH ALWAYS COMES WITH RESTRAINT OF YOURSELF FOR THE SAKE OF 'OTHERS'**. SO, WE NOW HAVE **F + E + P + S + (O) + (R) = EL + H + FF**.

IF, BY ANY CHANCE, YOU ARE STILL READING, YOU WILL NOTE I HAVE ADDED TWO LETTERS TO THE 'RESULTANT' SIDE OF THE EQUATION. **H** FOR 'HOPE', WHICH CAN ONLY EXIST 'WITH TRUE MEANING' AS THE EQUAL AND OPPOSITE OF REAL **F** FOR FEAR, AND ALSO A DOUBLE **FF** WHICH STANDS FOR FULFILLMENT. (You can also add 'self respect' to this side of the equation, but we will take this for granted, otherwise the equation becomes unmanageable !).

THE RHS OF THE EQUATION IS WHAT WE ALL 'GET OUT OF BED' OR LIVE FOR, NAMELY ANY ACTION THAT WILL HELP US TO SURVIVE, LIKE "WINNING YOUR MATE", AND 'GAINING YOUR FOOD AND SECURITY', OR PROFITING OURSELVES IN GENERAL. OUR NATURAL INSTINCTS POINT US ALL IN THIS DIRECTION. ALL THESE THINGS ARE PLEASURABLE. NATURE MADE IT SO TO POINT US IN THE RIGHT DIRECTION ALONG THE LONG





Fruit Market in Olhao, Portugal. Charcoal + Watercolour.

ROAD OF THE SURVIVAL OF THE FITTEST.

ACHIEVING THESE AIMS GIVES US TRUE FULFILMENT OUT OF LIFE. THE LHS OF THE EQUATION SHOWS ALL THE DIFFERENT PARTS OF THE GAME THAT YOU HAVE TO ENTER, DO YOUR BEST AT, AND OVERCOME, IN ORDER TO ACHIEVE THE REWARDS SHOWN ON THE RHS OF THE EQUATION. **THAT IS THE NATURAL BALANCE.** THAT IS THE EQUATION. THE REWARDS ON THE RHS WOULD MEAN NOTHING IF YOU DIDN'T HAVE TO WORK HARD AT THE LEFT HAND SIDE OF THE EQUATION TO ACHIEVE THEM. THAT IS THE ZEST OF LIFE. THE **H** FOR HOPE ON THE RIGHT WOULD HAVE NO MEANING WITHOUT THE **F** FOR FEAR ON THE LEFT.

SITTING ON THE BENCH WILL NOT GET YOU THERE.

OK...OK...A NICE LONG MEANDER AND A BIT OF FUN WORKING OUT THE EQUATION, HOWEVER IMPERFECT IT IS....BUT WE DO KNOW THE BASIS OF THE EQUATION IS TRUE BECAUSE OF OTHER SIMPLER AND MORE TIME HONOURED WAYS OF EXPRESSING THE SAME THING.....

....."..THE MORE YOU GIVE, THE MORE YOU GET..." ..

....."..YOU REAP WHAT YOU SOW..." ..ETC....

IF WE ARE ALL AGREED, THAT'S FINE, **BECAUSE AT LEAST WE HAVE ROUGHLY WORKED OUT THE TYPE OF GAME OR 'EQUATION' THAT WILL FIT THE NATURAL MAKE UP OF MAN.....**LET US NOW SEE SOME OF THE OTHER 'TYPES OF GAMES' THAT THE SUPPOSED 'CLEVER "MIND" OF MAN HAS COME UP WITH.

1. Probably the best system was one of the earliest ones, coming from who else but The Ancient Greeks, who encouraged the idyl of 'Arête' which believed that each person should use the abilities he had been born with to the maximum and thereby achieve total fulfilment out of why he was born. Man should be measured by his achievements and virtue.

This was coupled with the philosophy known as 'Philotimo' which was all to do with honour and virtue, which depended on how well a man acted with his fellow man and even his surroundings. If a man lost his 'honour' he lost everything.

These philosophies were ideal for allowing all parts of the equation to act out it's course, helping Mankind to follow his natural survival instincts, allowing Arête (exploitation) to happen within the civilised bounds of Philotimo ("honour").

Some of these ideas were taken up by various religions that were to follow, and why not, because if people managed to adhere to these principles you would be near to having Heaven on Earth. Unfortunately, human 'original sin' got in the way too often.....as we will see.....

2. Let's take a big jump from the Ancient Greeks right up to the French Revolution, because in the 'between' times, even if Arête and Philotimo existed, it existed only for the very few. Kings, Warlords, Potentates, the Nobility and the Aristocracy, together with The Church, were the main players in the Game of Life, to whom the equation would apply.

The great majority of slaves, serfs, peasants and soldiers formed the 'great downtrodden', because however virtuous or talented they were, there was no infrastructure or pathways available for them to display those virtues and achieve their dreams and upward mobility. There was no equation of life for them to play out. This was the feudal system. The majority lived their lives with no real hope in their hearts.

3. The French Revolution, 18, 19, 20th. Centuries.

The birth of Libertay, Egalitay and Fraternitay. Probably the most exciting time ever in the history of Mankind. The unshackling of the great downtrodden, the industrial revolution, the opening up of new frontiers and the colonisation of the third world. At long last, the natural virtue and talent of the ordinary man had a chance of rising up and fulfilling its potential, ushering in the greatest period of social mobility upwards and downwards ever witnessed on Earth.

The cream was allowed to rise to the top, bringing up living standards with it.

But as with every equation, there was an equal and opposite side. Due to a surfeit of Arête (achieving/exploitation) and a possible lack of Philotimo, (honour), there was still a huge amount of suffering from the majority who were being exploited to near extinction to pay for the upward movement of the winners...

The equation of life was playing itself out in spades, but (R) for restraint and honour was missing.....human suffering was beginning to be flagged up.....and this led to....



Pin Mill Boat Yard.....everything included....

4. The Birth of Socialism.....Socialism was born on the back of Christian charity and the huge wealth created by the winners of the industrial revolution, the colonisation of the third world and the opening frontiers of America. So much wealth had been created that for the first time ever, 'stronger man' felt in a safe enough position to transfer some of that wealth to 'weaker man', without having to ask for it to be paid back.

This was the first 'system' that practised and preached 'man looking after man' as well as asking for a level playing field so that everybody's virtue and talent had an equal chance of rising to the top.

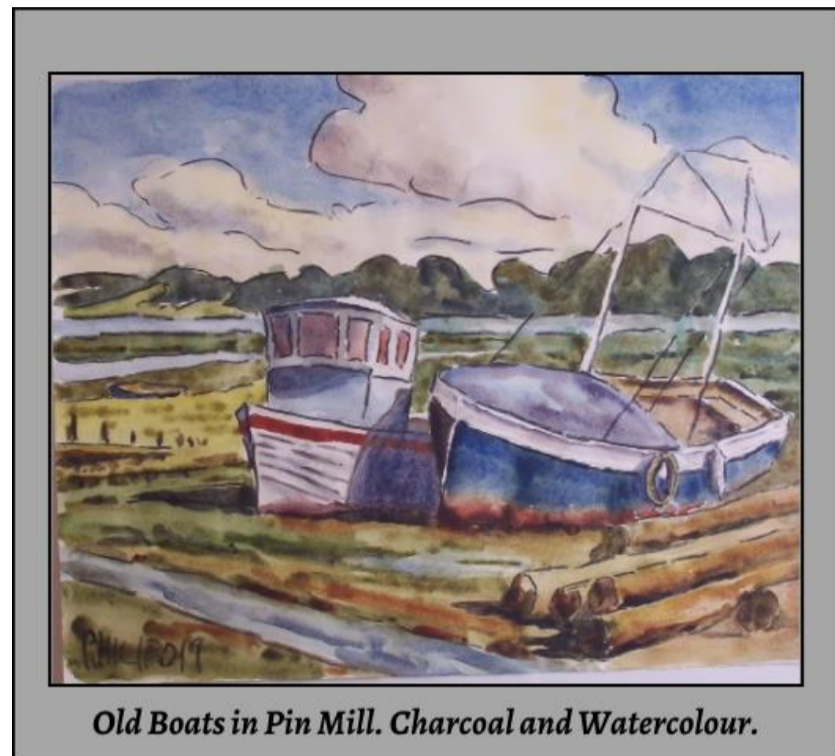
Although this seemed a fair, almost utopian philosophy, **in the business of man looking after man, unsuspecting Socialism had laid the first suspect brick in the foundations of Mankind's future.** Because, however good the theory was, man's natural animal instincts would abuse the kindness of the system. Unknowingly, the birth of the Welfare State would eventually lead to the death of the one thing that civilisation needed most. Individual responsibility.

Socialism had caused the first "unnatural spanner" to be thrown into the natural workings of the Equation of Life.

5. Latter day Socialism. This is turning into an era where life is beginning to lose it's meaning. Outlines are getting blurred and we are losing our

focus. The differences between right and wrong, and winning and losing are being eroded as Man falls over himself to be constantly good to Man. We want to protect the losers from losing and we are even beginning to taint the winners with some kind of nasty stain simply because they are winning. The 'no hurt' society has arrived, and that will never work, because everything in life has to be balanced, and today's equation is hopelessly one sided. Man is being encouraged to go through life on 2 cylinders, instead of maximising the 4 that he was born with. Much lower scores available for Arête (achieving), and for Philotimo (honour) **and therefore a lot less chance of fulfilment from life on Earth.**

6. Democracy and Freedom.....the current high fashion upon which The West is claiming moral leadership of the Planet. But in truth, Democracy is nothing more than a moral laundering system for Mankind. What selfish Mankind wants, Mankind gets, with no conscience, as long he has an 'oh so fair' majority of the "human" votes. And what the voters want is an easier life, so Democracy is there to allow us all to happily, willingly and knowingly vote ourselves down to lower levels of virtue and talent, let alone Honour.



Old Boats in Pin Mill. Charcoal and Watercolour.

7. Hard Socialism, Communism, Totalitarianism.....I will not waste words with these systems. The Game of Life was shut down in one fell swoop and those millions of innocent people with virtue and talent who were winning their games and bringing others up with them were brutally murdered. There was no avenue for any kind of talent to grow. There was no point in being born. It was the worst disconnect ever between man made theory and natural law, yet still millions of intelligent people in the free West saw it as some kind of utopia.

8. The New China Variant...(of Communism...!!)...well, I quite like this new variant. Despite the West doing its best to portray China as 'the bad boy' of the planet, it could just be that China is the one (possibly along with Russia) 'big power' that is beginning to put a system together that relates to the human body. **Anybody who thinks that you can successfully control 1.5 billion Human Animal Beings with a system based on a surfeit of freedom and democracy must be bonkers.** It would be equal on the scale of stupidity to that of Hard Communism, in the business of mind/body disconnect. Instead

of The State killing off the equation of life, the equation of life would obliterate itself in a maelstrom of anarchy.

China is correct in setting out a firm set of rules that its people have to live by. As long as the people don't try and destabilise The State, (and I don't see how religious tolerance is a threat to that) they are all free to act out the full equation of life amongst themselves and achieve their hopes and fulfilment.

This is a young system and the main framework of rules still need adjusting. China must forget 'expansionism' of all kinds and join up with the other big responsible powers on the road to a 'one world governance' focusing on the environment above all else.

OK...LET US STOP. THAT IS ENOUGH LOOKING BACKWARDS.

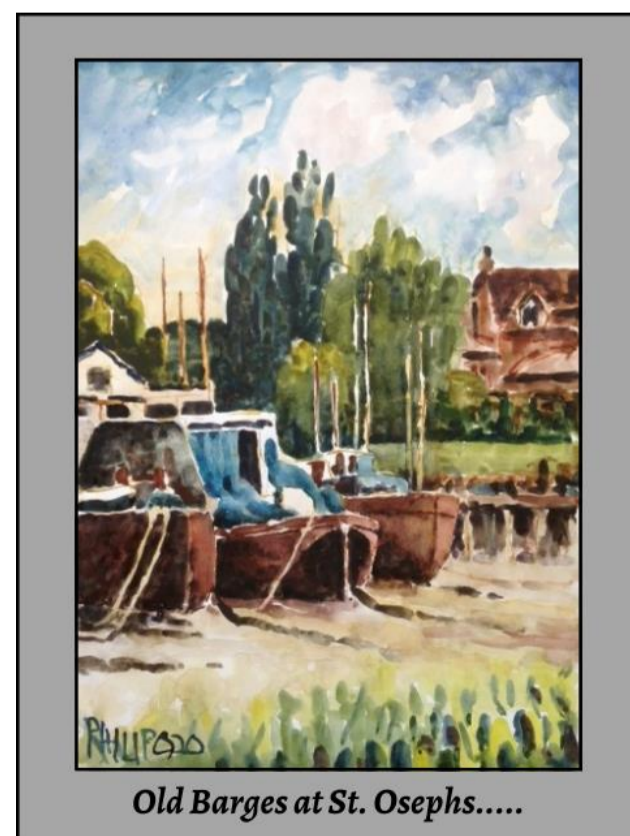
WE START AGAIN...WHAT IS THIS LETTER 7 ALL ABOUT.?

SAME AS ALL THE OTHER LETTERS. IT IS ABOUT GETTING THE CHURCH TO CHANGE GEAR AND GET INTO A BIGGER BATTLE. AND JUST TO SPUR YOU ON IN THAT DIRECTION, I QUOTE FROM A RECENT ARTICLE IN A NATIONAL NEWSPAPER....."THAT A CASTE OF MEN AND WOMEN EXIST IN OUR SOCIETY FOR THE PURPOSE OF SAYING THE RIGHT THING AT THE RIGHT TIME (BEREAVEMENT) IS INVALUABLE. BRITAIN NEEDS ITS CLERICS..". I AM SURE THAT MOST OF YOU WOULD WANT TO SHOW YOU ARE DOING A LOT MORE THAN THAT. ESPECIALLY THE YOUNG IN THE CHURCH WITH MORE FIRE AND ENERGY IN THEIR BELLIES.

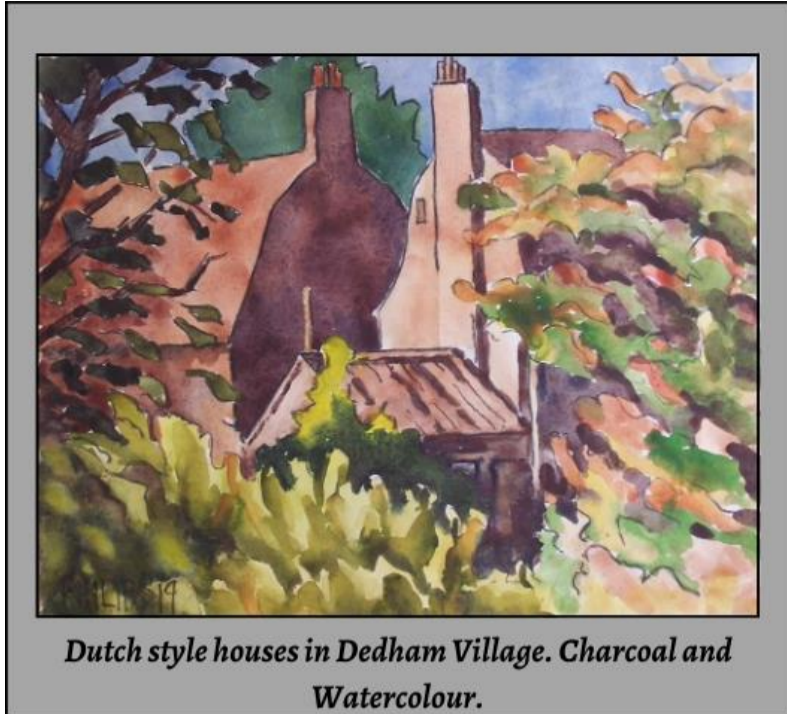
SO AGAIN, THIS TIME, FROM A DIFFERENT ANGLE, I AM SUGGESTING SOME IDEAS AS TO WHERE THE BATTLE LINES SHOULD BE. AND THE SIMPLEST WAY OF DOING THIS IS DIVING STRAIGHT IN TO THE BIGGEST AND OLDEST BATTLEGROUND. SAVING THE SOULS OF MANKIND. BECAUSE WASN'T IT MENTIONED SOMEWHERE BEFORE THAT IF YOU SAVE MAN'S SOUL YOU WILL SAVE CREATION AT THE SAME TIME. AND CREATION IS **"THE"** MATTER OF THE MOMENT.

SO, AFTER A SUITABLE PAUSE TO ALLOW FOR UNCONTROLLED GUFFAWS OF LOUD BELLY LAUGHTER, HERE IS THE SIMPLETON'S APPROACH AS TO HOW IT CAN BE DONE.

1. You cannot save a soul that has not achieved true fulfilment in life.
2. The Old Soul itself, that keeps the score card, also knows it cannot, by itself, hope for salvation, if it's own body wants to sit on the bench and opt out of the Game that we were all 'born to play'. For only by trying our best in this game can we gain fulfilment and justify the miracle of life on Earth.
3. Therefore, leaving aside the obvious "caveats", the 'saving of the soul' and the 'achieving fulfilment' of life on Earth are one and the same thing.
4. Thus, having 'split the atom', the only thing we have to do is to find the "equation" or "game" of life that best allows this to happen. Preferably one where the **'mind of the equation' makes a 'workable' appointment (jells) with the natural 'body of Man'** that is actually playing the game.



Old Barges at St. Osephs.....



Dutch style houses in Dedham Village. Charcoal and Watercolour.

5. And if the first part of this letter is only half way correct, we are encouraged to follow the Ancient Greek model of Arête, for 'achieving' and Philotimo for 'Honour'.

6. ARÊTE...encouraging everyone to maximise the energies and abilities they have been born with to achieve true fulfilment. A person should be measured by his or her achievements. **This is an idyl that allows the winners to win.**

This is fully in line with the basic make up of Man in his quest for survival of the fittest. **This is also the best system for saving Creation, (environment).** For as long as the goal posts are set in their new 'green' position (by State laws (or "the mind" of the equation) and individual market demand) the better players will score more goals faster than the less able players. And the quicker the goals are scored, the quicker Nature will benefit.

Just think of where the big winners of today like Bezos and Buffet would be tomorrow in such a situation. They would probably have their own 'Regiments' 10,000 people strong, of crack troops, fully imbued with the Arête/Philotimo culture, that they could hire out on environmental, teaching and social missions. All aiming to get to the new green winning posts faster than their rivals.

7. PHILOTIMO...honour, how you behave with your fellow Man and surroundings. This is the equal and opposite of (Arête achievement). It is how you restrain yourselves for the benefit of others and the environment. Only if you act with consideration for 'others' will you retain your honour (or save your soul). Without honour you lose everything. These are obvious 'God given' codes of good conduct that make sure Man's 'original sin' does not destroy civilisation or the environment.

8. WHAT ABOUT THE LOSERS..?!?.in this game, the losers don't lose out. Think of The London Marathon. 25,000 runners and only ONE winner. But all of the other 24,999 runners will have overcome F fear, P pain, used up huge amounts of E energy together with all kinds of S skills and abilities. So, as long as they have not cheated with (O) and (R) (...the soul will be the first to know if they have..!) they will all have earned high marks for Elation, Invisible Wealth and FF fulfilment. The marks are handed out each day and the Soul keeps a tally.

9. WHAT ABOUT THE "CAVEATS" ...?..well, one hopes that anyone who dies too young to know evil will have their souls saved, along with others who are not able to partake in the equation of life because of physical or mental disabilities, as well as others whose cultures and beliefs forbid them to join the normal game of life from the outset.

And of course, a very big 'caveat' for all the regular Joes and Judies like you and me who are born well short of being Olympian Champions. Most of us fall well short of maximising our abilities even if we were lucky enough to find them early on in life.

But none of us have any excuse for not trying 'to achieve'.

And even less of an excuse for not trying for high marks for (R) and (O), both to do with 'Honour', such as loving our neighbour and loving our Creation even more. **We should all know how to do that.**

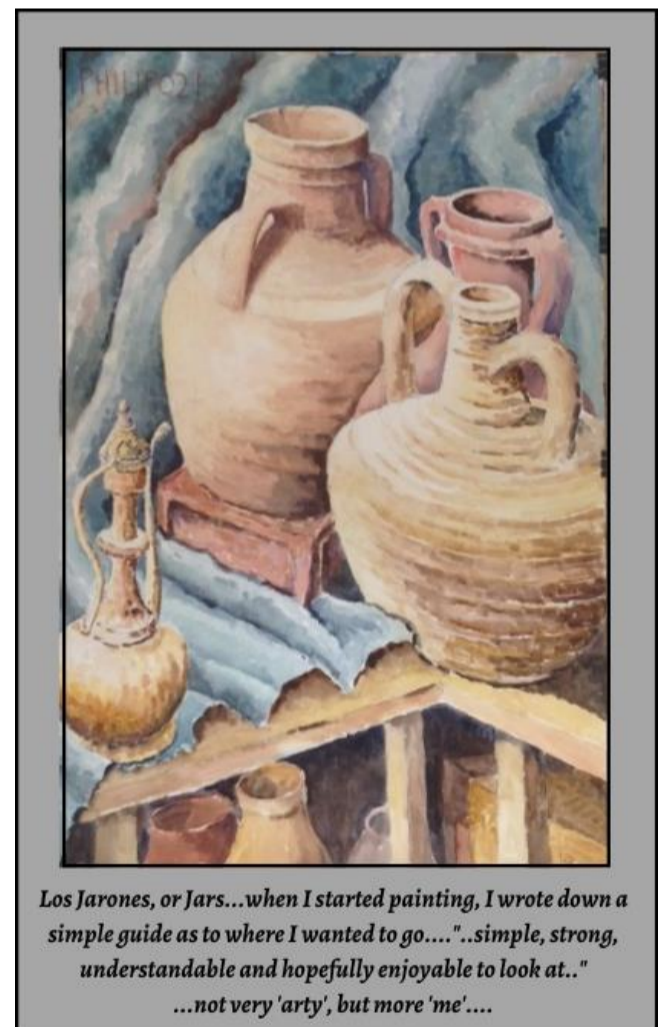
10. Just another wee word about F for fear. This is a word that 'the mind' of the current equation of life has sought to downgrade, because the current thinking of that 'mind' is all about Man being good to Man. But please just think of every other equation in life. Where would sweet be without sour, where would love be without hate, where would good be without bad.? Where would any watercolour painting be without soft edges giving extra accent to hard edges and where would highlights in Van Gogh's paintings appear without the dark backgrounds. Everything needs the opposite to give it value. Yin certainly needs its Yan and even more certainly than that does real H for hope depend on real F for fear. I have to drum this in by reminding you that "an eye for an eye" is very much in line with the natural equation of life. It allows for a real F to dissuade people from seeking 'negative fulfilment' by doing bad things.

For any Soul hoping to be saved, a real F can help keep them on the correct path of 'positive' fulfilment.

11.well, that's enough. Those are the rough battle lines. To save your own souls it might be wise to start saving other people's souls, and the only way to do that is joining the bigger battle on the political and environmental fronts. They are both anyway totally intertwined with religion. I've just put things into simple layman's language. So, to begin with, maybe have another look at the cartoon in letter No. 3 and start rocking the boat of 'the current equation', and fight for a new equation that encourages you to earn higher

marks on your way to true fulfilment in life on Earth.

Gaining high marks means you are using your energies and abilities doing good things, and if you do good things and show restraint to 'others' you will save both your own soul and the environment as well.



Los Jarones, or Jars...when I started painting, I wrote down a simple guide as to where I wanted to go...." ..simple, strong, understandable and hopefully enjoyable to look at.." ...not very 'arty', but more 'me'....



WITH KIND REGARDS. PHILIP ARUNDELL. P.S.

N B....just don't ask me to help. My mind is getting to know my body too well...