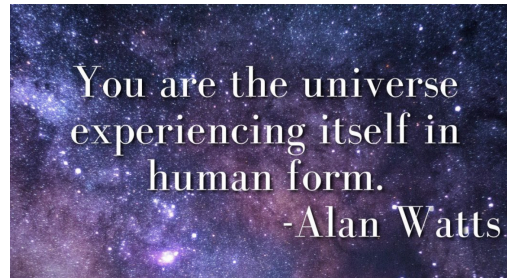


Thoughts I Have Today

1.10.26 - From my kitchen table



I read I really cool passage in my *Zhuangzi* book today, which spurred a long and whimsical (underrated word) train of thought that ties into a lot of what I've been reading about and watching lately. Before I get to the passage, I'll preface by saying that recently I have read/watched/listened/talked to chat gpt about copious (bag work) amounts of information on consciousness. What consciousness is, why it is special, its pros and its cons, why consciousness means even more in an era of developing / rapidly advancing ai, and how to our knowledge we are the only living creatures who have achieved this level of consciousness. Now I'll spare you shitty paraphrasing on what I learned about consciousness you can go talk to chat gpt about consciousness yourself (or you can read the attached link at the bottom of this paper that directs you to the convo I had with ChatGPT about consciousness which is long started with talking about fungi and is all over the place but very interesting). But one cool thing I will say that I went fully in depth on is that the universe optimized and evolved to the point of consciousness. **Our bodies, AND our consciousness are a product of the very universe we live in itself.** Hence the Alan Watts' (did i use that apostrophe right? I often feel like I was sick or smthg the day we went over apostrophe use in like third grade or whatever) quote to begin this piece of writing. Now, this is going to tie into the passage from *Zhuangzi* I want to share, which goes as follows:

Shang asked Chen, "Can the Dao be acquired and retained?"

Cheng replied, "You don't even possess your own body, how can you retain the Dao?"

Shun asked, "If my body is not something I can retain, then who does?"

Cheng replied, "This is the form entrusted to you by Heaven and Earth. Life is not something you can retain; it is the vital breath entrusted to you by Heaven and Earth."

Ok now I promise I'm not gonna go down a super daoist path with this post but I just want to say one thing that I think is so cool is that all the shit these scientists are figuring out today Daoists knew thousands of years ago. This daoist passage is essentially saying we are the universe experiencing itself, if you replace "the dao" with "the universe" this would read as a very scientific text which I think is super cool and shows how ahead of their time a lot of these daoist thinkers were.

This excerpt led me to have a whimsical train of thought like I said, which started with (after reading this passage) the realization / awareness that my body and physical form is not *mine* at all, but rather a rental from the universe. This made me step back and realize well shit, if

my body is a rental, which rises from the cosmos into being before slowly decomposing back into the cosmos (much like a wave in the ocean breaking out of the masses of water, rising, cresting, and then becoming indiscernible from the rest of the ocean) I gotta get my bang for my buck out of this thing. My mind immediately made the comparison of my body being loaned to me being similar to renting a car. If I was going to rent a car for a day, I wouldn't leave it sitting in the driveway, I would fucking rip that shit and drive it all day (knowing how chiseled and smoking hot my body is, this car in question would probably be something bouje and sleek like a ferrari or something). The same applies to my body. I have effectively been "loaned" this physical form, and what a tragedy and a waste it would be for me to sit on my ass everyday and not use it. Going forward, this passage has spurred me to be a much more active person, not in a performative way or a goal-oriented way like working out, but rather just going on walks+runs+bike rides for the vibes because I can and because I have been lent such a beautiful, functional, working body that deserves to be milked for every use it has as opposed to letting it rot away on the couch or in my bed. I found this an incredibly motivating framing of life and my physical capabilities.

Anyways, I was going to go on here because my brain is like this needs to be longer to "count" but the beautiful thing about this site is it can be whatever tf I want and I can upload a book or one sentence and the world will just keep on spinning. So with that said until next time baby.

Talking Consciousness with Chat GPT:

<https://chatgpt.com/share/695a6411-80e4-800e-b15c-eabfac4bee63>