

The Rhythm of Life

Life should not be complicated and properly addressed it should flow like a gentle stream, unabated, undisturbed with a contented rhythm. Achieving that contentment is a difficult challenge and like the stream, rocks are often thrown in your way to interrupt the flow. It is often said, “*youth is wasted on the young*” and it is old men who make that statement. There is no doubt that when you are young you do not possess an experienced mind and it takes time for that experience to be gained. In those early years your mind is open to others; many seek to mould it into their way of thinking.

Those who preach religion will strive to indoctrinate you into a way of life as defined by their belief in their God and those who teach and debate philosophy will do likewise by leading you down the path of the great philosophers and their ‘historical’ ideals; philosophy is no different to a religion. School teachers will teach you via a government political agenda which seeks to control you, and very often, your teachers will have their own political agenda in which they attempt to convert you.

Socrates, the great philosopher paid a terrible price for his ‘alleged’ corruption of the youth of Athens and was sentenced to drink hemlock poison. He crossed a dangerous line in going against the conventional government indoctrination of the time by seeking to open the minds of the young through his philosophy. The same can be said of religion and throughout the ages, the young have been drafted to fight wars for the beliefs of opposing religions which continue to this day. However, the morality and the love for humanity in religion and philosophy have a great deal to offer and the lessons to be learned are not so complicated.

First and foremost, man in simple terms, is just an animal; like every other animal on the planet. He eats, drinks, copulates to reproduce and sleeps at night. Many philosophers will claim that he is exceptional and stands above all other animals on the planet. This is because he is more intelligent and because he socialises with other human beings, and by doing so, he has developed intelligence and wisdom beyond his natural base instincts. If a man is to be exceptional and above all other animals then he must continually prove his own exceptionalism in relation to nature. He can only achieve this by first recognising that he has a duty to respect all wildlife, flora and fauna but it is a personal duty, he does not have to become a wildlife or environmental activist to demonstrate his commitment.

Very few young men realise that when they reach old age, the transgressions they have made during their lifetime can come back to haunt them. It is wise to remember that when starting out in life, a young man should **never** abandon his morality, integrity and virtue to deceit, avarice and decadence. His social interaction and a love for humanity are key but in choosing to complicate his life by overthinking his existence, he will never find a meaningful life and lasting contentment. Unfortunately, there are no easy answers in finding contentment in life, whereby it flows smoothly with very little

obstruction. The more responsibilities we take onboard, the more rocks will be thrown in the river, and the less contentment we will find.

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