

What I've learned about life

July 2020

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CHAPTER 1

Introductory Remarks

When you grow up as a child, there comes a point when you wonder what to do with this life. You ask yourself the central questions of life. I fear that frighteningly many people leave these questions unanswered and remain disoriented for the rest of their lives. This text should help the reader to find answers to the central questions of life for himself. The text makes no claim to completeness or correctness. It should be only a summary provided after best knowledge and conscience from personal view.

A small warning at the outset: this is not meant to be an easy text to take. If you don't know it yet, you might have something to digest. The text should be precise and direct. Have fun with it! This text should not repeat what has already been discussed in detail in many other texts. It should only represent a possible view on the things, in the hope that this brings the reader further. In the following the most important findings are summarized first. Then, it is reported, how one can arrive at these realizations. Central questions for a human being are:

1 What is life for?

2 What do I do in life?

The answers that I have found for myself to these questions are:

1. You have a task to fulfill. Your task is to lead a happy life. Finding out how to do this is part of the task.

2 Do what makes you happy.

This leads immediately to the next question:

How do I find what makes me happy?

Unfortunately, the answer to this question cannot be summarized in one sentence in such a way that this sentence also helps. How I arrived at the above questions and their answers is what this text is about.

The original version of this text is in German. Versions in other languages, coming directly from the author, were usually translated from German with [deepl.com](https://www.deepl.com) and proofread by a native speaker, if someone was available.

Communication with the author please only in German or English

CHAPTER 2

Winning is in the head

Athletes often report when it comes to how they manage to perform:

Winning is in the head.

In my opinion, this statement can be applied to the whole of one's life. If I want to achieve anything, even if it's just to be happy, then it's a question of what's going on in my head.

On this point it is crucial how I know to take every moment. So it is about how I deal with now. This leads immediately to the question

What is now and how do I deal with it?

This is exactly the point I have been thinking about for a long time and even when I had found my answer, it was not possible for me to formulate my answer for a long time. I was missing a word that I first had to invent. The word is nowpoint. Later I learned that I was not the first to think of this word. One can summarize the relationship between happiness and the present in this way:

The search for happiness is about the handling of the nowpoint.

In order to understand this statement, I must explain what the nowpoint is. If you look at a time axis, it usually has exactly one dimension. Time runs in exactly one direction: always forward. If I want to enter on this time axis now, I have to think about how this should happen. Now I intuitively enter a point on this time axis. I call this point nowpoint. The nowpoint has some special properties. Since time always runs forward, the point constantly moves on the time axis. I also find it difficult to talk about this point, which we all experience all the time. When I formulate a word, the beginning of the word already lies in the past, when I have pronounced the word to the end. I can therefore only talk about the nowpoint, which we are all witnessing, in the form of longer texts, such as this one. Since the individual experience of all things takes place in the mind of each of us, and since we presumably cannot read any thoughts as a rule, the last step, to recognize and handle the nowpoint within ourselves, must be taken by each of us independently without help. It is only possible to provide help through a text like this. The way we consciously or unconsciously deal with the nowpoint in our head determines which character we develop and how we deal with our life. Here we would like to quote Marius Müller-Westernhagen in a conversation with Lena Meyer-Landrut:

Don't do anything you don't want to do. All you have to do in life is die and pay taxes.

I would want to convert this quote into:

Don't do anything you don't want to do. You only have to die in life and become aware of your nowpoint.

How one becomes aware of one's nowpoint is, in my opinion, a very decisive point for every human being as to how his own life as a

whole is going. It has turned out that this awareness is obviously very difficult. And even if you have managed that, you still have to learn to cope well with the nowpoint you have discovered in yourself. This is usually a process that takes years. I can only say: only courage! The more you start, the less pain you have to suffer, the better you can cope with the unevenness of life and the greater the happiness you will be given. You can summarize the path you can take in the following points. In the further passages of the text I would like to explain the points in more detail:

1. To become aware of the nowpoint.
2. Learning to protect one's own nowpoint from external influences, thus finding inner peace and quiet and resisting manipulation attempts and defending oneself against attacks of all kinds that life inevitably brings with it.
3. Learn to experience and handle the nowpoint in everyday life.

If one has managed this, a deep feeling of happiness and satisfaction is given to one all by itself. There is a saying that aptly characterizes this strategy:

Happiness comes to those who can wait.

You should have some faith in nature here. The three points described above are full of prejudices. Many people naturally want to be good people and share everything with their partner and friends, especially in their private lives. It is often regarded as unseemly and reprehensibly egoistic to build up a protection against external influences in the innermost private sphere around the nowpoint. In my opinion, this protection of the human mind is necessary due to the system. Unconditional openness to people who are close to you or should be close to you makes you sick and does not really lead to happiness but leads you to spend your life with an illusion and a lie. That doesn't mean that you can't talk and discuss about everything and share everything with each other. As long as we can't read thoughts, unfortunately there is no way around the fact that in the last step everyone gets along with his own nowpoint himself. One can and should get help here, as for example through this text, but the last step has to be taken by each person on his own. This is called existential loneliness.

The existential loneliness is inevitably a firm component of the life of each humans.

For me this is a fundamental truth. It is especially true in this context:

Nobody can get past the truth.

CHAPTER 3

How do I become aware of my nowpoint?

This is the most difficult and crucial point in the whole thing. It applies here:

If someone claims that he is aware of his nowpoint, or that he is really happy, he will never know if it is true or not, as long as we cannot read thoughts, because this statement can always arise from the fact that one has not yet understood this fact, or that the statement is simply a lie.

...but....

If you are aware of your nowpoint, or are really happy, you know it for yourself.

Here the terms trust and faith come into play. If I don't know something and possibly can never know it, like for example the truth of the above statement, then I can develop trust in it and belief that it is so. I.e. I simply assume that it is so, knowing that I cannot know it. Usually it takes a long time to develop trust and faith in this sense. Probably you can never be completely sure that this trust and this faith will not be shaken again. One must simply never let up in paying attention to oneself in these points. That is probably life.

But now more concretely about how I am becoming aware of my nowpoint. I have had many discussions about this point where people have tried to put it in other words. Unfortunately, that is nonsense and does not lead to the goal. If I stop to think words and pictures, which is perhaps already quite difficult, if one is not used to it, then in what one then still perceives from himself, the nowpoint is. The nowpoint is where the words, images and feelings begin. If you relax completely and stop thinking words, pictures and feelings consciously, then you can discover the nowpoint in what you still perceive of yourself. Unfortunately, I can't think of any way to describe this more precisely. If one has difficulties with this point, I recommend to meditate. You can also choose an Indian meditation master to learn meditation. I would like to emphasize here that I do not support all statements of such masters. This should only serve as an example and starting point. Another starting point might be, for example, to deal with the religions that make you feel that they are helping you. This should not be a call to piety. Also not all statements of the respective religion are to be supported here, this is to be only an example and a reference point. It can also be that one gets along completely without such aids and one day, if one does not count on it, suddenly becomes clear: halt, this must be the nowpoint in me.

If you have become aware of your nowpoint for a moment, you have already managed the most difficult thing. But then the next question immediately arises: how do I remain conscious of my nowpoint? This is a longer process, a learning and practice phase that you have to go through. In the beginning you often have difficulties in becoming and remaining aware of this point, especially in everyday life. But I have made the experience that one learns this like riding a bicycle. This place challenges you to develop prejudices. You could now object: that's programming and brainwashing. I would want to answer that: The whole life is a single programming and brainwashing. It's just the question of which programming to choose. Since this text is about how to become happy, we will also describe

here how to achieve this. Of course, there is no law and no obligation here. You are not forced to do it that way. You can also spend your life in any other way. Perhaps there are other solutions for the problems addressed in this text. This is a possible variant.

CHAPTER 4

How do I protect my nowpoint from external influences?

Once you have reached the point where you can easily become conscious of your nowpoint at any time and remain conscious if you want to, you may find that you also have difficulty maintaining this state because you are subject to external influences. A danger at this point is that you become particularly manipulable, because you feel the nowpoint clearly, but you are not clear how its reactions come about. Other people may notice this quickly and then have the opportunity to bring about planned reactions by influencing the nowpoint through what they say and do. As an increase of this situation it can then happen that one becomes aware of the influences and everyone is clear that manipulation takes place here, but that then the manipulations simply go on aggressively anyway and it is difficult to compete with being a slave of the others. This can be very exhausting and unpleasant. You then enter the phase where you have to learn to separate yourself from others. This demarcation has to be learned and practiced again.

In the end, everyone has a garden fence around a personality, so also around the present. This garden fence is often ignored and climbed over in everyday life.

It may be difficult to learn how to defend the fence. The best thing to do as a child is to learn it naturally when interacting with other children. It is quite possible that for various reasons, which you cannot influence all of them, you have difficulties defending the fence and will never learn it completely without help. You shouldn't be ashamed if you need professional help in such a case. It is much more common to seek such help than one might think possible. Unfortunately, it is still taboo in our society to talk too openly about it. My experience has been that it takes years to learn this defence, even if you have clearly recognised the problem. It is above all a question of practice. If you practice it long enough, you get better at it. I have also made the experience that nature then begins to help itself and everything in your head comes into balance and you can always rest better in yourself. In this way you can stimulate the self-healing powers of your own mind.

In a nutshell, defending the fence is about not accepting anything that makes you feel uncomfortable and, as the saying goes, turns you on. By this I mean things that influence the nowpoint from outside against one's own will and counteract the action of the nowpoint from within. Of course, this may be easier said than done, especially when the situations in which you find yourself are so tricky that you can hardly avoid these appealing things. The only way I can think of is to consistently sort these things out and remove them from one's life, even if it takes longer and is complicated, or to change one's attitude so that it no longer turns you on. Here you probably realize more often that the attitude cannot be changed at will and that only the sorting out remains. I don't want to call for a general riot now. If someone has good,

practicable ideas for this: always out with it!
Once you've finally reached the point where you can defend the nowpoint, the rest of life is about experiencing and enjoying the nowpoint.

CHAPTER 5

Carry the now point outwards

With "Recognize Nowpoint" and "Defend Nowpoint" it is not quite done yet. Maybe you don't just want to sit around passively and stand out, but also actively shape your life.

Once you have learned to defend the nowpoint, you realize that it unfolds a life of its own. It may be difficult to always interpret which impulses emanate from the nowpoint. Creativity is needed here.

Reduced to simple points, I have arrived at the following view:

One wants to love and be loved by living beings. You want to love things and activities. You want to build instead of destroy.

This now sounds very naive and softly washed. In this clarity, this statement is sometimes difficult to keep up with and the subject of great discussion. The point is to lead a happy life. One makes possibly experiences, which makes you happy and which not. To pursue the above points probably makes you happy. How these simple points can be developed concretely, everyone must find out for himself. The nowpoint tells you what to do. Here one feels possibly resistances and must learn to find the correct measure thereby to overcome these resistances. When you move the fence around your nowpoint in time, you find its borders at the fences of the others. Here it is necessary to negotiate on an equal footing how the fences are set up. This negotiation will probably lead to lengthy discussions. Have fun! For example, what about games that destroy? If really something vital were to be destroyed, the fun would surely have an end immediately. Since it's only a game, you can let your aggression run free, although for some it's quite a dubious pleasure.

CHAPTER 6

The Now and the Politics

For me, politics is always about searching for and handling the truth. This is not easy for anyone. Bismarck said:

Politics is nothing else than the study of horse feet.

Helmut Schmidt said:

If you have visions, you should see a doctor.

My answer to that is: you gave up too quickly. Visions are what pushes us forward. Visions keep us alive and give us a goal. Everything I am writing here about the nowpoint is also politics in this sense. My vision is that one day all people, as they grow up, will learn to consciously perceive their nowpoint and to shape life with it.

CHAPTER 7

The Nowpoint and Religion

I beg your pardon if this chapter seems presumptuous. This is not

intended. I understand that religion is about dealing with life as a whole. I have recognized for myself God actually exists, even if one is constantly tempted to develop an idea of him and has difficulties with it.

God also exists for those who do not believe in him. Everyone has the possibility to recognize God at any time. If you want to have a definition of what God is, then my answer would be God is the line you get when you string together all the points that were or will be nowpoints. The nowpoints of EVERYTHING (everything, everything, everything, not just this universe...). From this follows immediately: every human being is a part of God and can help shape which way God goes. In this way one can understand how the name of God's Son for Jesus comes about. We are all God's children.

CHAPTER 8

Savvy

There is the question of what constitutes intelligence in everyday life. In my experience, there is the mere speed of calculation, sensitivity and memory, which is largely inherited, but can also be learned in part. In the case of a computer, one would speak of clock frequency and memory space. However, these characteristics alone are not sufficient. Outstanding intelligence achievements in the occupation and in other areas of life require also a suitable personality structure. With a computer one would speak here of a good program.

A decisive point in being successful in dealing with other people is the right social competence. Calculation speed, sensitivity, retentiveness and a suitable personality structure are useless when dealing with other people, if one is overstrained with dealing with people. Therefore, the right basic skills and the right personality structure also include the right social competence, without which the other skills cannot develop to their full bloom.

CHAPTER 9

Generally understandable advice

For some, the term "nowpoint" may be a bit exhausting to understand and implement. Therefore, here are a few simple, generally understandable pieces of advice, which I have derived over time from the Nowpoint theory. Some have already appeared in the text.

1. Nobody can avoid the truth.
2. God's mills grind slowly but excellently.
3. One must never lie to oneself.
4. You only have to die in life and become aware of your nowpoint.
5. You live because you have a task to fulfill. Your task is to lead a happy life. Finding out how to do this is part of the task.
6. Indian proverb: When children are small, give them firm roots. When children are big, give them wings.

7. Life is often all about getting each other off each other's rocker. You must never let yourself be disturbed, but must rest relaxed in yourself for the rest of your life. This is of central importance for life. You must never want to force anything at any price. You break it. You must take life as it comes and make your contribution to shaping life. You will meet people who will try to get you out of your quietness. You must not let that happen to you. Despite all efforts, despite all training there will be moments in your life in which you are brought out of peace. If you become aware of this, you must immediately try to become calm again. That is very important! You can't force yourself to calm down or shake off your sleeve in five minutes. You have to practice that. It is about the handling of the current moment, the now. You have people around you who support you. But the last step to get along with your thoughts is to do it all by yourself without help. With the last step here each person is completely alone lifelong. This is called existential loneliness. To become calm one can influence one's own feelings within a certain framework, not at will and one cannot force anything, but one can influence them to a limited extent. You have to do a kind of egg dance with them. You have to accept that you are out of your mind, because you can't push it away. You have to wish and concentrate on becoming calm without wanting to force it. If you maintain this tension long enough, you will become calmer by yourself over time. Unfortunately, I also don't know how to describe this in more detail. You have to practice it and find your own way...

8. Love is long-suffering, love is kind. It does not get excited, it does not boast, it does not inflate. It does not seek its advantage, does not let itself be provoked to anger. It does not rejoice in injustice, but rejoices in truth. It endures everything, believes everything, hopes everything, resists everything. Love never ceases. (Based on the Bible, 1. Letter to the Corinthians, chapter 13; slightly revised; a comparison with the version from the Bible and conclusions from it does not do justice to the matter; this image of love is slightly different from the image from the Bible; in my experience the image presented here does justice to life better; the revisions should not be an invitation to do the unseemly or to add to the evil; love should not, in my opinion, be pressed into too tight a corset, but should have air to breathe, because it does not help anyone to prepare oneself for the purpose of love, or to put love on such a high pedestal that nobody can touch it anymore.)

9. To love also means to let go what one loves when the time has come.

CHAPTER 10

Mistakes often made

In this chapter, I will collect examples of how, according to my findings, one deals incorrectly with nowpoints. The examples are simplified, if necessary, in order to make the core statement as easily recognizable as possible. In everyday life the examples appear in many variations and gradations.

- Targeted lying is used to systematically gain advantages in life. Result: It becomes impossible to become happy, which is then often simply compensated by another lie: you simply decide that you are happy.
- One justifies some behavior with the fact that everyone else does it the same way. Result: It becomes impossible to become happy because you are constantly striving to fulfill external requirements. (This is not to say that it is automatically better to always do something different. You have to be able to justify it honestly for yourself.)
- My child should be able to assert himself in life. Therefore I must make it hard and get used to hardness from the beginning. Result: The child is made so humanly ready that it is overstrained with it and is not able to lead a happy self-determined life.
- The parents actively interfere in the children's love relationships because, in their opinion, other things are more important for a variety of reasons. Result: The children are mentally no longer able to build up a love relationship and remain lifelong without a partner.
- Parents systematically cross the border around their children's nowpoint as a method of education. Result: The children do not learn to defend the border fence and thus have no opportunity to live a happy life because they constantly suffer from their fellow human beings.
- Collection of further examples constantly in progress...

CHAPTER 11

The Now and the Death

At the latest, when you have grown older and some people who were close to you and whom you have known closely all your life have died, you deal with your own mortality. For everyone who reads these lines, this life will come to an end at some newbornpoint. You might ask yourself: What will it be like? One does not know, but I have come to the following conclusion: What we experience as I, everything we perceive, e.g. colors and tones, is purely abstract. It is constructed by our brain. That is, what I perceive as myself can be seen as part of a hierarchically superior abstract construction - without any magic - to better understand it, one can simply imagine it as a non-physically existing idea. Each ego in this sense is part of that construction. Also the ego of a newborn human being is abstract again and part of that construction. The fascinating thing about it is, on the one hand it is abstract and remains abstract, but we perceive it in our lives as real existing. So when I die, my I no longer has any physical representation in the form of my brain, but it nevertheless remains forever part of the abstract construction mentioned above, as well as the I of every new human being. Seen this way, my ego will live on in new people. So if I die, I can not take anything into that abstract construction, but

I will live on by each newborn human being, by some more, by some less. So my goal in this life must be to make life good for all people born in the future. When I die my existence immediately continues seamlessly through newborn people, through some more and through some less.

How will I experience death? Nobody knows that. But I have the firm hope that after my death in the next life as a baby without memory in the belly of my next mother I will come to consciousness and a new life lies before me.

...as long as I live the next version of this text is already in work...

...it is my concern that this text be passed on to others...

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...I call upon you to translate this text into as many different languages as possible...

...I would be happy to hear about the translations or uses of this text...

...you may find me under my name in the search engine of your choice, but be careful, there are at least two people with the name Holger Burbach, who studied computer science in Germany...