



Sophia da Costa

Breakfast

5 Ingredients For Your Life



For you

Dance it, sing it, let it live.

Write down your message.

Was it written about before?

Good. Write about it again.

Say it in your way. Tell your side of the story.

Act, as lives did depend on it, because they do.

Do it for God's sake.

Foreword

„There was never a night or a problem that could defeat sunrise or hope.” (Bernard Williams)

Mornings. We finally accept that we won't remember what we dreamt. We focus on putting on our shirt right side around and start from scratch. Every morning is a new chance. But what for?

When did this all start? And what happens next? No one has *the* answers. We're all the same substance. Something I've learned. All knowledge, all skills, lose complete meaning if we don't live in the present. If we miss greeting others kindly or oversee a child's smile. When did this all start? Are we trying to define a line in eternity? That could take a bit. And afterwards? Who cares.. stay in this moment, choose your current step wisely and what comes next might only then be given a meaning and be worth the wait! Until then: Some philosophy and breakfast!

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1. Ease
2. Reflect
3. Your compass
4. Beauty
5. Time and Love

1. ingredient

Ease

Cheers to “ready-to-bake frozen bread rolls”. (The translation from the German version might be quite a challenge) Pyjamas stay on, hair up. The only ones working for now are the oven and my beloved coffee machine.

If I just knew before. To understand. To be okay with.. not fitting in. In whatsoever. Is it just me, or is this all just a goddamn made-up theatre? An utter chaos wherever we look! We’re trying so hard on the outside. How about being honest for a change? Well, this seems to be such a day. Quite a grump I am before breakfast. Coffee is ready, laptop on ...

Through our lives we're likely to follow certain patterns to get our business done. Actually we're quite addicted to them. Let's say I usually read the daily newspaper with its most dramatic reports: Even, if I skip one day, I'm going to find my portion of drama that day, too. Within the summary of events, the news can obviously report only a tiny percentage of what happens in our surroundings. It therefore isn't representable for the entire world's situation. Words might be correct. Yet poor context misleads our perception. If our spoken or written words are mostly negative, so are we. Our brain is working with the sort of information we're feeding it. Either consciously or unconsciously we choose a reality and our brain seeks very intensely to confirm it. We've trained ourselves to deal with certain stimuli and we literally urge to deal with them again. This goes both ways. Our algorithm is self-determinable. I can decide to be someone who's well-informed about the latest achievements in science, and will automatically act upon it. Or I want to have more laughter and instantly look for reasons to. In order to be constructive, we need light and optimism. Positive thinking doesn't mean that life is a 100% positive. It, in fact, means that we know that it's not. That's the whole point, by the way. We want to have a positive impact, because there are

problems to be solved. Even if we can't always see the light, where there's a will, there's a way. If we decide to keep an eye on the bright side of life, this brightness becomes our building blocks and we learn to dance in the rain. A positive mindset empowers us to target the root of a problem, be results-orientated and create solutions together.

Lately I've had an interesting conversation with a neurologist: "What has moved you the most in your career?", I asked him. He replied: "What I've always been seized by, is this one question: Why is there such evil in this world?" I was surprised how easily I found myself speechless. It is so fundamental and yet entirely unsolved. What is the reason for the existence of hatred, and why does nature awaken it, often through we humans, and thereby, more specifically, through itself? Big one for philosophy. To understand this, I'd have to understand the root of love, I thought to myself. To get me to hate, I had to start with love. Romantic love drives us into tunnel vision. All we see is this one person. It seems that we're not meant to fall in love with each and everyone around us. We love that one before us. Maybe in order to stay protected and not overpopulate as a species. (That didn't quite work,

but let's pretend it did.) To the rest of the world we stay neutral. So far so good. Now, if there wasn't an opposite emotion to love, neutrality would be a pole, which it isn't. It is neutral. Following the rules of physics, we feel attracted to that one person, it drives us insane, while others don't only have a single effect on us - we don't even want to be near them, for no rational reason objectively. Is it nature holding on to her own balance? The more beings in one room, the more tension there is, in the fight for food, health and reproduction.

Yet we have no answer to the existence of the devilish. Every time there was hate, there was insecurity and fear. Without fear though, we couldn't survive. Couldn't we therefore fear, as long as it serves us, and as soon as it doesn't, which is so often the case, simply not fear? If we assign the attribute "intelligent" to ourselves, doesn't that same, or a higher intelligence, live within all nature? Either the universal intelligence isn't that intelligent, or it's not so universal. Observing our magical planet, both interpretations seem easily disproved. Are we perhaps not capable of defining what one or the other means, nor of understanding the relevance of one life to

all of existence? Is there a higher purpose beyond our capacities?

Is it only through the evil, that the Earth's keeping its balance? Why is there pain and suffering, then? How could we gain such immense power enabling us to destroy huge landscapes within seconds with nowhere to go. Is it all just coincidence? The longer I talked to the neurologist, Thomas Winker, the more I knew how little I knew. Until we're done here, we may all contribute in our own little way to coexist peacefully. Even if we don't understand each other. Even though we don't always care for each other, we can let one another be, with a pinch of trust, understanding and support. While we're not supposed to be close to all kinds, and can't always control who we get to deal with, there is some good news: It is always up to us, how we perceive the world. We can transform negative energy into positive action towards others. Light and lightness gets us through it all. There's this one quote. Yes, I'm talking about Aldous Huxley (1894-1963).

"It's dark because you are trying too hard. Lightly child lightly even though you're feeling deeply. Just lightly let things happen and lightly cope with them. I was so preposterously serious in those days, such a humourless little prig

Lightly, lightly – it's the best advice ever given me. When it comes to dying even. (...) no theology, no metaphysics. Just the fact of dying, the fact of the clear light. So throw away your baggage and go forward. There are quicksands all about you, sucking at your feet. Trying to suck you down into fear and self-pity and despair. That's why you must walk so lightly. Lightly my darling, on tiptoes and no luggage, not even a sponge bag, completely unencumbered.”

(“Island”)

Take it lightly. Your path figures itself out. Feel how you flourish, as you let yourself be. The fog passes. Wherever you *see* happiness there it is. Light(ness) straightens us out.

The Earth rotates around itself. The Moon around the Earth. All members of our solar system around our sun, and along several hundred billion other solar systems in our galaxy, the Milky Way, alone, we rotate as star dust in endless distances towards a black hole. *Purpose of life?* Everything that we can perceive, we can break down to atoms; the human body counts 7.000.000.000.000.000.000.000.000. You didn't just

try to pronounce this number did you? What do we feel so heavy for?

Studies have shown, that 85% of scenarios we fear, never happen, and the other 15% are either solvable or we learn from them. While we pursue our path, boldly and with good will, the physical and logical consequence is, that this path continues.

We plant seeds. If we stand on one foot and fixate on one point, it is nearly impossible to lose balance.

Every person can bring about significant changes. The stage is free. The roles in the everyday-life-drama are constantly being reassigned. About as often as we change clothes, the hierarchy of global issues is being restored with great diligence, and the human omnipresent fiasco dresses up for the future era. Problems are solved and equivalently replaced with new ones - what a drama!

If our media-driven “reality” was performed, I would imagine it as something like:

It's a long line in front of a political debate event. The security service is letting everyone in who doesn't stand out. A few troublemakers manage to sneak in. Everyone's getting seated amidst loud, cheerful chatter like 'Oh, hey

Julie, so good to see you.' The exuberant crowd is barely manageable. Behind the stage, it sounds as though elephants have flown in. Through the speakers at the podium "everything is under control". Before the moderated discussion starts, the crowd is now being entertained in a circus-like manner: The tightrope artist Nancy can walk on a straight line. Oh, that's it. She's done. What was the event about again? Due to some unknown disagreements, the debate is seemingly postponed. The opposition hasn't shown up. A proper mess in the board's circle. Finally some music saves us all and Nancy returns to the stage ...

In other words: We throw ourselves equally into hysteria and distraction, as if there was nothing else. In the midst of absurdity, we only manage to keep a cool head through our focus and sufficient abstraction.

If we're not careful, countless issues take up space on our shoulders without anyone being helped in the mean time. Ease means shedding unnecessary baggage to focus on what truly matters, on what we can control.

To separate what's important, from what really isn't. Solving problems without creating more. Anyone, any

generation is confronted with new tasks. They must be taken seriously, yet still be felt lightly. In doing so, we don't ignore them. We simply don't carry around additional counterproductive weight but focus on finding a solution. We shall be mindful of what serves peaceful coexistence and proactively stick to it. In the hustle and bustle of everyday life, we can occasionally observe which emotions play a greater role in our decisions - fear and uncertainty, or courage and optimism. A positive outlook on life enriches ourselves and, in turn, everyone around us. The steadfast, forward-facing belief in the good is vital to survival. It might be all we have.

“ “ Social” media can serve us. The algorithm that directs any specific feed is deliberately based on previous searches, which has both pros and cons. It suggests content we're already interested in, and over time, this tool can surely radicalise our mindset. That also has its pros and cons. Just like the reticular activating system in our brain, which we can influence. (I'll come back to that later.) In that search bar, we choose our reality, by choosing the sort of information we consume. We choose the people, we're guided by and choose the content we share.

Topics we speak about with someone in real life, mysteriously appear on our phones. Precautionary, and with a sometimes forced, cheerful expression, I loudly proclaim things like, 'Funny videos!' 'Haha, lol, optimism,' or 'Puppies!' - it seems to work. Digital networking can intensify any mood. In any case, it's a form of detachment from reality.

While our basic goal is to be constructive and foster a positive mindset, we must also accept flaws as part of nature and darkness as a part of life. There are tides by which our worth or character isn't defined. We aren't just our thoughts; our brain may play tricks on us. When we're sad, we feel it fully. Yet, knowing that we control our reaction, seeing things from a distance empowers us to take charge of our own reality. And to do so, we must be fully conscious, we must be fully present in the now, where there's no fear. Staying in the present moment, focusing on our breathing, feeling fully how life lives us, is the only way to truly be. The closer we stay here, the more we'll feel our divinity within. On the meta level, we move as part of something bigger.

We've dedicated the first chapter to the importance of a good, light heart in life. With relaxed muscles, we can see better, expand our perspective, and remain clear in this dramaturgy. In the next chapter, we will reflect on our behaviour and adopt a more observational stance.

Speaking of observation, damn it the ready-to-bake frozen...