## REELING THE WAYS OF LIFE — LITTLE WANDERER IN THE PINE FOREST (PK001)

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Translated from Finnish source material. On the forest trail, I and the dog reel up the stuff of life. First of all for a summary of tales shared in English.

Major themes have featured consciousness and cognition. First biting



into ethics. Sour stuff. Beyond the belly-button. We've pondered psychology and the ways of conditioned awareness.

Along with mental concentration and tuning of our inner frameworks.

Finally we've investigated metacognition, cognition of cognition itself. Where from the orbit we observe the contents and workings of awareness. Instincts, emotions, thoughtforms, identity. As if being an outsider. Lest we become mesmerized by it all, entangled in our own knots.

We've also reeled across the primary phases of life and evolution. Along with the four foundational elements with a more abstract view. Windows into awareness — gates into consciousness that covers all but depends on nothing.

That's the measure of what fits into the first four minutes. Wondering if anyone will grasp any of this in any language. If these are fit for you for anything — that you alone will know. That's the measure of that. Stay well and in your best awareness. Howdy.

#PieniKulkija #LittleWanderer #ForestPath #LifeReels

#Overview #Consciousness #Cognition #MetaCognition

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**Terve! (Greetings!)** Today I will speak in the Finnish language, so my mother will also understand. For all my

international friends and fans, I have made subtitle, in case you like to know what I am saying today. So I still speak fluent Sanskrit and Rally English.

Nowadays I live on the island of Java by a pine forest, and here we walk in the woods with the Siberian dog, and I am pondering the ways of the world. All sorts of content have I dumped from down the forest trail, but our general themes have been consciousness and cognition.

If in English you seek the same topics, then "avöörness" and "koknisön", those are the keywords. So for today's theme we'll take a summary of all that has been handled. The whole soup I will surely not translate for you into Finnish.

As the appetizer we discussed vinegar (etikka). Ethics is a certain sour substance that says, your belly button isn't the center of the whole world. You have to look around, the environment, the society, take everything into account and adapt to that, so all will be well for everyone, not just for you by yourself.

Then we've had for example psychology on the list, profound sort of self-contemplation and examination,

what are you made of, how does your cognition move. We have also discussed meditation or the centering of the mind, methods and exercises by which your life's pattern comes to a clearer frame of reference, thoughts under control, inner peace, and so on.

And all of this on the basis of a concept called metacognition, or cognition of cognition itself, where we look at our contents, our functions. Instincts, emotions, thoughts, and identity. All of this we examine like an outsider, lest we be mesmerized by them, entangled in our own knots.

Along these lines, we've examined the primary phases of life and evolution. In the beginnin we simply are, then we see, we feel, we wish, we will, we work, we weave together, we actualize. We've also discussed the elements – earth, water, fire, air that in the abstract are – the base structure of all things, their adaptivity, interactivity, and significance or the big picture.

These are all foundational windows to cognition and gates into consciousness that comprehends all, but depends upon nothing. So that sort of stuff has been reeling in recent musings, and if these are worth anything for you, that you decide for yourself.

I just record this and that while walking the dog and toss the material to the fields. Whether it ever grows into anything, I know not, but not that it matters, whichever way it goes. Just telling my tales. Alright, that's all folks. Stay healthy and in your best awareness.

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