

چرا نوشتن؟ * اینجا شرح داستان یک سفر معنوی است برای کسانی که با هم همسفریم.
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Define yourself

May 12, 2025

دسته‌ها: English, لینک‌ها

برچسب‌ها: پول, کار

زمان خواندن 2 دقیقه.

Today, I met a relatively new friend, someone I got to know through conversations about spirituality, religion, and Jesus. He has been a senior leader and long-time member of the community I immigrated to, and he genuinely offered his support. I promised to define myself so he would know how to help me integrate and, hopefully, how I might give back to the community. So, here I am, introducing myself in the context of work and business

Common Job Titles	Relevant Experience	Industry
Commercial Real Estate – Agent – Real Estate Development Analyst – Land Acquisition Manager – Development Project Manager – Leasing Manager – Real Estate Investment Analyst	Licensed real estate agent with experience in commercial real estate and land development	Real Estate & Land Development
Civil Engineer – Project – Engineer – Construction Manager – Infrastructure Consultant – Utility Coordinator – Municipal Engineer – Transportation Planner – Site Development Engineer	Civil engineering degree + experience in infrastructure, utilities, and consulting engineering	Civil Engineering & Construction

<p>Business Analyst – IT – Project Manager – Operations Analyst – Product Manager – Data Analyst – Tech Implementation Specialist – Digital Transformation Consultant</p>	<p>Degree in management & economics + strong IT and computer skills</p>	<p>Technology & Business Management</p>
<p>Wellness Coach – Life – Coach – Mindfulness Coach – Yoga Instructor – Holistic Health Consultant – Writing Coach – Creativity Consultant – Personal Development Coach</p>	<p>Writing and yoga experience, offering services as a coach or consultant</p>	<p>Health, Wellness & Coaching</p>

.Below are some links that provide more background and details about me

.A 15 minute podcast about my resume and personal life

<https://creators.spotify.com/pod/show/russellhearttalk/episodes/Rasool-Shahrad-Bejestani-Resume-Introduction-A-Multifaceted-Life-AI-Assisted-e2up2uv/a-abpd13u>

My real resume

[My Real Resume](#)

My 7 key skills (Google translate button available on page)

[هفت مهارت کلیدی!](#)

Defining myself in a speech transcript (For English scrol to the buttum of the page)

[خودت را معرفی کن](#)

My 15 passions and skills (Google translate button available on page)

[عشق ها](#)

A wrting about my education

[بست سال تحصیل!](#)

My writings on the topic of work, money and economy. (oroginally not written in Eng. but could be Persian )

Writings about money

[پول/https://www.unwritable.name/tag](https://www.unwritable.name/tag/پول)

Writings about work

[کار/https://www.unwritable.name/tag](https://www.unwritable.name/tag/کار)

Writings about economy

[اقتصاد/https://www.unwritable.name/tag](https://www.unwritable.name/tag/اقتصاد)

My business

November 20, 2024

دسته‌ها: English, کوتاه, وقایع

برچسب‌ها: مسوولیت

زمان خواندن > 1 دقیقه.

زمان خواندن 0 دقیقه ***

!Respectfully

When you write “your business is not my business”

If my business is not your business!

Then how can

your business be my business?

Let’s communicate better!

We are human beings!

Not email sending machines!

AI can send better emails!

Lets be better than AI !!!

We all are human and need to talk with each other!

I understand that you are under life pressure and I am willing to help!

Your business is my business!



<https://www.unwritable.net/search?q=مسوولیت&m>

My Real Resume – Rasool Shahrad Bejestani

[:My contact links can be found here](#)

<https://linktr.ee/Rshahrad>

(Translation from Persian aided by ChatGPT)

The word “résumé” or “CV” did not exist in our culture, and it’s a relatively new concept. In the modern world, the term “résumé” is mainly used when seeking jobs within organizations

.In this document, I intend to write a genuine, not imitative or fake, résumé for myself

The purpose of a résumé is to let the reader know what roles or functions I can serve in an organization

I believe humans are unique and complex beings, and reducing a person to mere functions is not appropriate. Even condensing a human’s life into a one- or two-page résumé is a kind of reduction

The very assumption that I will continue doing the same tasks I have done before is limiting and contrary to the idea of freedom. The notion that, for instance, I have been doing a particular job for twenty years and will continue doing the same for the next twenty year, is very discouraging. However, given the specialization of work and the diversity of talents, there is some place for a résumé

Work Experience and Education in 2024

.In the next three years in Canada, I have been engaged in spiritual and self-awareness paths

Persian 

.Self-awareness is a broader concept than anthropology, which also encompasses psychology

So, I have worked on psychology, deeply studying works by individuals such as Irvin Yalom,
.Osho, Krishnamurti, and particularly Eckhart Tolle and Sadhguru

I possess a good knowledge of meditation, mindfulness, and yoga, so much so that I can teach
.others about them

The result of these three years is hundreds of writings, along with videos and audio files
.available on the internet

I have traveled to Isha Yoga centers and Vipassana meditation centers in Canada, the U.S.,
.India, and the Middle East

I created and manage the “Nanveshtani” website which means writing the unwritable, where
more than a thousand posts have been written over the past twenty years. In addition, I have
:a podcast and a YouTube channel. Some of the topics covered in unwritable.net include

Spirituality, Mind, meditation, God, writing, the present moment, love, travel, money,
consciousness, Iran, relationships, family, marriage, economics, yoga, Rumi, “Who am I?”,
work, guru, silence, future, nature, fear, Persian literature, mystical poetry, Islamic literature,
my daughter Tara, music, ego, birth, English writings, loneliness, happiness, freedom, gender,
Vipassana, gratitude and gratefulness, responsibility, ethics, femininity, justice, humor,
.religion, time, Earth and Environment, forgiveness

I have skills and experience in counseling and coaching. I am capable of engaging in deep
.conversations and have effective listening skills

Before this, for several years in Canada, I was involved in the real estate industry and real
estate investments in Vancouver, Canada. I have been involved in the purchase and sale of
residential and commercial properties. I have a fair understanding of this business. I have
run my own business and am familiar with customer databases and real estate databases. I
have experience in construction, building projects, the stages of obtaining permits, sales,
development, economic analysis of projects, and investments in industrial and commercial
.real estate

Before that, for several years in Canada, I worked for consulting and construction companies. I have experience in software sales companies and sales of engineering services, specifically for power transmission networks and asbestos remediation in facilities, and working with databases for water and electricity companies in British Columbia. I also have experience with companies that build steel and wooden structures. I have project management experience, particularly in energy management (LEED) for buildings and PMP project .management training

In France and Iran, before that, I worked for several years in oil and energy companies. I have knowledge of energy geopolitics and global oil and gas trade. I worked in French and .Iranian oil companies

Prior to that, I earned a Master's degree in Energy Economics with a full scholarship at a joint university between Iran and France. I have a good understanding of oil trade, global micro- and macro-economics, and monetary and fiscal policies. I also possess knowledge of national .economic foundations and global trade

I have experience managing residential and commercial properties, lease contracts, and small businesses in Iran. I have experience in managing businesses in industrial and .traditional bread production and food preparation

Before that, I completed courses for guiding eco-tourism tours, offered by the Ministry of Tourism. I have good knowledge of nature, various species, and comprehensive management .of tourism tours

Before that, I worked on civil and construction projects in Iran, where I gained experience in building concrete structures up to seven stories. I hold a supervision license from the .Engineering Organization of Iran

Persian 

Before that, I earned a Master's degree in Environmental Science at Sharif University. I have experience in environmental pollution, modeling pollution in soil, water, air, rivers, and .reservoirs, and researching pollution spread and remediation in rivers

Before that, I earned a Bachelor's degree in Civil Engineering and Construction from Sharif University. I studied urban planning, road construction, foundations, steel and concrete structures, geotechnics, hydrology, designing water and wastewater facilities, project management, and dam construction. I achieved a high two-digit rank among hundreds of .thousands of applicants in Iranian universities

My General Skills

Each person's abilities are unique. However, in a résumé and within an organization, everyone is compared to others. Depending on the comparison target, these abilities can be .assessed differently

From my perspective, I am a creative individual and can view and analyze matters from .various angles. I believe I have higher-than-average creative, analytical, and logical abilities

In my opinion, I have above-average knowledge and skills in IT, computers, the internet, and technology. I have extensive abilities in using various software and operating systems, .including Microsoft and Apple

I have a strong understanding of human psychology, deep interpersonal relationships, .listening skills, and the ability to form meaningful human connections

.I have ternet, social networks, online advertising, and Google

.I am skilled in managing big data, data analysis, and working with spreadsheets

I possess above-average knowledge of both hardware and software, and I have taught these .subjects, particularly to older individuals

.I have a respectable understanding of coding and the general use of artificial intelligence

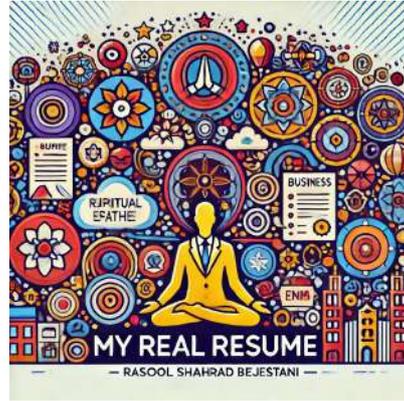
I have sufficient experience in photography, videography, video and audio editing, and using .drones and 360-degree cameras

I am proficient in English and a native speaker of Persian, with some knowledge of Arabic .and French. I hold high TOEFL and IELTS scores

I am capable of public speaking in both Persian and English, and I have participated in .Toastmasters classes

I have a deep interest, knowledge, and experience in human rights, religions, and philosophy. .I am also active in Iranian calligraphy (Nasta'liq script)

I have a special passion and love for Persian language and literature. I founded and manage the “Persian Language Revival” group on the internet, which has thousands of members and .volunteers, making significant contributions to this cause



(Translation from Persian aided by Gemini)

My Real Resume – Rasool Shahrad Bejestani

[:My contact links can be found here](#)

<https://linktr.ee/Rshahrad>

Note: This translation aims to capture the essence of the original text as a personal narrative, rather than adhering to a strict resume format. It focuses on conveying the author's experiences, thoughts, and feelings

Over the past three years in Canada, I've embarked on a journey of spiritual exploration and self-discovery. This has led me to delve into the realms of psychology and philosophy, drawing inspiration from authors like Irvin Yalom, Osho, Krishnamurti, Eckhart Tolle, and .Sadhguru

My exploration has deepened my understanding of meditation, mindfulness, and yoga. I've even become capable of teaching these practices to others. The fruits of this journey are .evident in the hundreds of written works, videos, and audio files I've shared online

I've also had the privilege of visiting renowned yoga centers like Isha and Vipassana in .Canada, the United States, India, and the Middle East

In addition to my spiritual pursuits, I've been actively involved in creating and managing the 'Naneshtahni' website, which has featured over a thousand articles and essays over the past .two decades. I've also established a podcast and a YouTube channel

Some of the topics I've explored on these platforms include: the mind, meditation, God writing, the present moment, love, travel, money, consciousness, Iran, relationships, fā 7,

Persian 

marriage, economics, yoga, Rumi, identity, work, gurus, silence, the future, nature, fear, Persian literature, poetry, Islamic literature, my daughter Tara, music, ego, birth, English, loneliness, happiness, freedom, gender, Vipassana, gratitude, responsibility, ethics, .womanhood, justice, humor, religion, spirituality, time, the earth, forgiveness

I've also gained experience in counseling and coaching, developing a deep understanding of human psychology and the ability to engage in meaningful conversations and active .listening

Prior to my spiritual journey, I spent several years in Vancouver, Canada, working in real estate and investments. I've been involved in buying and selling residential and commercial properties, and I'm familiar with the intricacies of real estate business. I've also owned my own business, gaining experience in marketing, customer databases, and real estate property databases. Additionally, I've worked on construction projects, including obtaining permits, sales, development, financial analysis, and investments in industrial and commercial real .estate

Before that, I worked for several consulting and construction companies in Canada. My experience includes working for software sales companies, engineering services companies specializing in power transmission networks and asbestos removal, and companies involved in water and electricity services, steel and wooden building construction, energy .management, and project management

In France and Iran, I've worked in the oil and energy industry. I have knowledge of energy geopolitics, international trade in oil and gas products, and have worked for French and .Iranian oil companies

I hold a master's degree in energy economics from a joint Iranian-French oil university. My studies have equipped me with a strong understanding of the oil trade, micro and macroeconomics, global monetary and financial policies, national economic fundamentals, .and international trade

In Iran, I've gained experience in managing residential and commercial properties, rental contracts, and small businesses. I'm also knowledgeable about the business of producing .industrial and traditional bread and food

I've participated in nature guide training programs offered by the Iranian Ministry of Tourism. This has given me a deep understanding of nature, different species, and the .management of tourism tours

In Iran, I've worked on civil engineering and construction projects, including the construction of concrete buildings up to seven stories. I hold a supervisory license from the Iranian .Engineering Organization

I also hold a master's degree in environmental science from Sharif University. My research has focused on environmental pollution, simulation of soil, water, air, river, and dam .reservoir pollution, and modeling the expansion and purification of pollution in rivers

Prior to my master's degree, I obtained a bachelor's degree in civil engineering and construction from Sharif University. My undergraduate studies covered urban planning, road construction, foundation, metal and concrete structures, geotechnics, hydrology, water and sewage facilities design, project management, and dam construction. I achieved a high .ranking among hundreds of thousands of applicants to Iranian universities

My abilities and skills are unique to me. However, in professional settings, individuals are often compared to others. Depending on the comparison group, these abilities can be .evaluated differently

Personally, I believe I am a creative individual capable of viewing and analyzing matters .from different perspectives. I possess above-average creative, analytical, and logical abilities

I also have above-average knowledge and skills in IT, computers, the internet, and technology. I am proficient in using various software and operating systems, including Microsoft and .Apple

I believe I have a deep understanding of human psychology, the ability to connect deeply .with others, and the ability to listen effectively and build meaningful relationships

I have a good understanding of the internet, social media, online advertising, and Google. I .am skilled in managing large data sets, databases, and spreadsheets

I have above-average knowledge and skills in hardware and software, and I have taught .these subjects to others, especially older individuals

.I have a decent understanding of coding and the general use of artificial intelligence

I have sufficient experience in photography, videography, video and audio editing, using .drones and 360-degree cameras

I am proficient in English and Persian, and have basic knowledge of Arabic and French. I hold TOEFL and IELTS certificates with relatively high scores

I am capable of giving speeches in Persian and English and have participated in Toastmasters classes

I have an interest in human rights, religions, philosophy, and have engaged in translations and experiences in these areas. I am also active in Iranian Nasta'liq calligraphy

I have a particular interest and passion for promoting the Persian language and literature. I founded and managed the 'Persian Language Revival Group' online, which has several thousand members and volunteers and has made a positive impact in this area

How to change the world with your everyday food

August 29, 2024

دسته‌ها: English, کوتاه, لینک‌ها

برچسب‌ها: طبیعت و زمین

زمان خواندن 1 دقیقه.

زمان خواندن 1 دقیقه ***

! How to change the world with your everyday food

Video available here

<https://youtu.be/SgXAvCTbeI8>

این ویدیوی یک دقیقه ای پیغام بسیار ساده ای داره برای تغییر تغذیه جهت گسترش کشاورزی مبتنی بر درختان. با دانش کم من در کار ادیت ویدیو ساخته شده ولی به نظرم میتونه پیام موثری باشه.

لطفا اگر فکر میکنید پیغامش خوبه حمایت و بازنشر کنید.

If you eat this



You help this



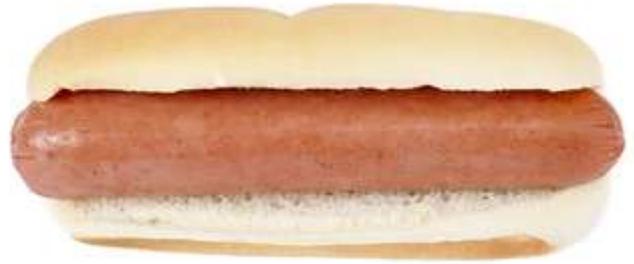
If you eat this



You promote this



If you eat this



shutterstock.com · 123718456

You cooperate in this



If you eat this

You vote for this



If you eat this



You promote this



Please change the world

!You can help global warming and soil health just by the choice of your food everyday

!You and mother earth will be more healthy

زمان خواندن 11 دقیقه.

زمان خواندن 4 دقیقه ***

خدای روی زمین

هر روز صبح که بیدار می‌شوم روز جدیدی است. یک روز جدید، فرصت جدیدی است برای خدا شدن روی زمین. تمام آدمها همین کار را میکنند. تمام آدمها برای خدا شدن بیدار میشوند و تلاش میکنند و بالاخره خدا میشوند! حالا با هم ببینیم خدا شدن چیست؟

هر کسی درکی از خدا دارد. حتی یک آتئیست. آتئیست‌ها معمولاً حس بدی از خدای ادیان دارند. آنها خدای ادیان را انکار میکنند. اما به هر حال هر کسی خدایی دارد. با هم ببینیم هر کسی در این دنیا دنبال چه خدایی است.

جهانشمول‌ترین خدا، خدای بخشنده است. خدای فراوانی یا خدایی که غذا میدهد. خدایی که ما را از فقر نجات میدهد. خدای روزی دهنده. این خدا تقریباً خدای تمام آدمهاست. برای یک نوزاد این خدا سینه‌های مادرش است و شاید درآمد پدرش. برای یک آدم عادی جامعه، این خدا سرمایه داران هستند و کسانی که زمین‌ها را مال خود کرده‌اند. به آنها میگویند خدای زمین یا لند لورد. خیلی‌ها به دنبال خدای روزی دهنده هستند و سعی میکنند خودشان خدای روزی دهنده بشوند. برای یک کارمند این خدا، مدیر کمپانی است یا شاید دولت سوسیالیست.

بعد از خدای روزی دهنده، نوبت به خدای آرامش بخش است. همان خدایی که یادش ما را از ترس‌ها رها میکند. همان خدایی که ما را از ترس مرگ رها میکند. از قدیم الایام ما از حیوانات درنده و بیماری و مرگ می‌ترسیدیم و فقط خدای آرامش بخش به ما کمک میکند. خدایی که ما را دوست دارد و حتی بعد از مرگ به آغوش خودش دعوت میکند. نقش این خدا را روحانیون بازی میکردند و در دنیای مدرن روانشناسان. اگر این دو نتوانند کار خدای آرامش بخش را انجام بدهند نوبت به خدای شیمی میرسد. همان ساقی قدیمی. ساقی‌ای که دوایی دارد برای آرامش. برای فراموشی مرگ. نقش این خدا را یا دکترها با داروهای آرام بخش انجام میدهند. یا مشروب فروش‌ها یا مواد پخش‌کن‌ها. این‌ها موادی دارند برای آرام کردن آدمها. انواع قارچ‌ها و علف‌ها و روانگردان‌ها و آیوواسکا و غیره مخلوق این خداهای آرامش بخش هستند.

برای خیلی آدمها خدای عادل مورد نیاز هست. اینها آدمهایی هستند که احساس قربانی بودن میکنند. اینها عدم برابری را تاب نمی‌آورند. اینها فکر میکنند دنیا جایی ظالمانه است. بعضی‌ها عصبانی هستند. خدای اینها اسلحه سازان هستند. آنها اسلحه بر میدارند و خودشان خشمشان را خالی میکنند اما آنها در جستجوی خدای عادل هستند. بعضی‌ها دادگرا و قانون درست میکنند. اینها هم از راه دیگری در جستجوی خدا عادل هستند. گروهی حقوق بشر درست میکنند. حقوقی برابر و مساوی برای تمام انبای بشر! حقوق برابر برای زنان و مردان!

برای خیلی ها خدایشان خدای زیبایی و جمال و تجمل است. خدای این دوستان زیباست. البته زیبایی درونی نه. زیبایی ظاهری. این دوستان برای خدا شدن به آرایشگران و طراحان لباس و جراحان زیبایی و ژل و بوتاکس روی می‌آورند. این دوستان می‌خواهند از خود طبیعت هم زیباتر شوند. غافل از اینکه طبیعت زیباترین چیز است! همانطور وحشی و خام و خالص! هر مویی که طبیعت رویانده یا دماغی که طراحی کرده یا زانوی شتر یا پر طاووس دقیقاً همانی هست که باید باشد! این دوستان زیبایی را تعریف می‌خواهند بکنند اما زیبایی در ذات خداست نه در تعریف ذهن ما!

برای عده ی دیگری خدا خدای عاشق است. خدایی که عاشقشان است. و آنها عاشق او هستند. خدای مولانا و حافظ. اینها دیدگاه شاعرانه ای به جهان دارند. اینها عاشق همه چیز هستند حتی یک سنگ. اینها خدا را در همه چیز میبینند. اینها خدای واحد را پیدا کرده اند. همان وحدت وجود و یوگا. اینها قطره هایی هستند که دریا را دیده. اینها مثل یک عاشق مدام در جستجوی معشوقشان هستند.

برای عده ای، خدا خدای سکوت است. مثل بودا. بودا در سکوت و مراقبه خدای سکوت را پیدا کرد. خدایی که حرف نمیزند. مثل خدای رامانا ماهارشی. تقریباً خدای تمام حیوانات. چون حیوانات هم حرف نمیزنند. این خدا خدای مراقبه گران است. خدایی که به غایت شنواست و بینا. اما خودش حرفی نمیزند.

خلاصه هر کسی خدایی را میپرستد چه خودش بداند چه نداند. آتئیست ها خدای منطق را میپرستند. خدای استدلال. خدایی که قانون های فیزیک و شیمی و کوانتوم را خلق کرده. آنها هم به روش خودشان خدایی را جستجو میکنند.

اینجا قصدم ساختن خداهای ذهنی برای شما نیست.
اینجا قصه آدمها را میگویم. قصه کثرت را.
قصه خدا داستان وحدت است.
در وحدت نه نویسنده ای هست و نه خواننده ای.
در وحدت نه سیاهی هست نه سفیدی.
در وحدت کلمه شکل نمیگیرد.
در وحدت زبان ساخته نمیشود.
در وحدت گذشته و آینده ای ساخته نمیشود.
در وحدت خداهای مختلف نیست.

خدای من خدای نانوشتنی است.
خدای نزدیک.
خدایی که غیر قابل تعریف است.
غیر قابل طبقه بندی.
خدایی که هیچ صفتی به او نمی چسبد.
خدایی که نمیشود نوشتنش.
خدایی که من هستم.
خدایی که شما هستی.
و من هم شمایم که وجود نداریم.
خدا؛ نگان. پرندگان. حشرات. گیاهان.

خدای من نزدیک خدای عاشقان است و ساکتان.
خدایی که هر چه از او بگویی و بنویسی راه به خطا رفته ای.
خدایی که نباید از او نوشت.
خدایی نانوشتنی!

Translation by Gemini Google

The Unwritten God: A Story of Humanity's Many Deities

Every day brings a new dawn, a fresh opportunity to become a god on Earth. This isn't unique; everyone strives for godhood in their own way, ultimately achieving it. But what does it mean to be a god?

The concept of God is universal, even for atheists. While they may reject religious deities, they still hold a certain image of a god in their minds. Let's delve into the various gods people seek.

The Provider God: The most common is the benevolent god of abundance, the one who offers sustenance and security. This can be a mother's breast for an infant, a company manager for an employee, or a wealthy landowner. Many people dedicate their lives to becoming this provider god themselves.

The God of Tranquility: Next comes the god who frees us from anxieties, especially the fear of death. This role has been filled by priests, psychologists, and even drug dealers offering escape through chemicals and substances.

The God of Justice: For those who feel wronged, a just god is paramount. They see the world as unfair and seek to rectify it. This manifests in various ways, from activists fighting for human rights to lawyers seeking justice through legal systems. Some, fueled by anger, turn to violence, seeking vengeance through weapons.

The God of Love: For some, god is found in love, a reciprocal connection with a higher power like Rumi or Hafez described. They see god in everything, experiencing a oneness with existence. These are the lovers constantly seeking their beloved.

The God of Silence: Just like Buddha in meditation, some find god in silence, a state of wordless observation and presence. This is similar to the experience of animals, who exist without language.

The Unwritten God: Ultimately, everyone worships a god, even atheists who revere logic and reason, the god behind the laws of science.

My purpose here isn't to establish new mental idols. This is a story about humanity's inherent multiplicity. The concept of god, however, represents unity. In unity, there are no divisions, no writer or reader, no black or white. Words vanish, language ceases to exist, and time becomes irrelevant. In this unity, there are no separate gods.

My god is an indescribable, unclassifiable being, one to whom no label can adhere. It's a god that cannot be written about, a god that is both me and you, yet transcends our individual existence. It's the god of the mad, the birds, the insects, the plants. It's close to the god of lovers and the silent ones.

Any attempt to describe or define this god is a misstep. It's the unwritten god, one that should remain unspoken.

Translation by ChatGPT

****God on Earth****

Every morning when I wake up, it's a new day. A new day, a new opportunity to become a god on earth. Everyone does this. Everyone wakes up and strives to become a god, and eventually, they become one

.Now, let's see together what becoming a god means

Everyone has an understanding of God. Even an atheist. Atheists usually have a negative feeling towards the gods of religions. They deny the gods of religions. But in any case,

.everyone has a god. Let's see together what kind of god everyone in this world is seeking

The most universal god is the benevolent god. The god of abundance or the god who provides food. The god who saves us from poverty. The provider god. This god is almost everyone's

god. For an infant, this god is their mother's breasts, and perhaps their father's income. For an ordinary person in society, this god is the capitalists and those who own the lands. They

are called the gods of the earth or landlords. Many seek the provider god and try to become the provider god themselves. For an employee, this god is the company's manager or perhaps

.the socialist government

After the provider god, comes the god of tranquility. The same god whose memory frees us from fears. The same god who frees us from the fear of death. Since ancient times, we have

feared wild animals, diseases, and death, and only the god of tranquility helps us. The god who loves us and even invites us to their embrace after death. The role of this god has been

played by clerics, and in the modern world, psychologists. If these two cannot perform role of the god of tranquility, it's time for the god of chemistry. The same old dealer. The

Persian 

dealer who has a remedy for peace. For forgetting death. The role of these gods is played either by doctors with tranquilizing drugs or by alcohol sellers or drug dealers. They have substances to calm people. Various mushrooms, herbs, psychedelics, and Ayahuasca are .creations of these tranquil gods

For many people, a just god is needed. These are people who feel victimized. They cannot tolerate inequality. They think the world is a cruel place. Some are angry. Their gods are the arms manufacturers. They pick up weapons and vent their anger, but they are in search of a just god. Some create courts and lawyers and laws. These too, in another way, are in search

!of a just god. Some establish human rights. Equal and fair rights for all human beings
For some people, god is the god of love. The god who loves them. And they love this god. The god of Rumi and Hafez. These people have a poetic view of the world. They love everything, even a stone. They see god in everything. They have found the one god. The same unity of existence and yoga. They are drops that have seen the ocean. They are like a lover constantly .seeking their beloved

For some, god is the god of silence. Like Buddha. Buddha found the god of silence in silence and meditation. The god who doesn't speak. Like the god of Ramana Maharshi. Almost the god of all animals. Because animals don't speak either. This god is the god of meditators. A .god who is extremely attentive and observant. But doesn't speak

In summary, everyone worships a god whether they know it or not. Atheists worship the god of logic. The god of reasoning. The god who created the laws of physics, chemistry, and .quantum mechanics. They too, in their own way, are searching for a god

.Here, my intention is not to create mental gods for you

.Here, I tell the story of people. The story of multiplicity

.The story of god is a tale of unity

.In unity, there is neither a writer nor a reader

.In unity, there is neither black nor white

.In unity, words do not form

.In unity, language is not created

.In unity, there is no past or future

.In unity, there are no different gods

.My god is the unwritable god

.The close god

.A god that is indescribable

.Unclassifiable

.A god that no attribute sticks to

.A god that cannot be written

.A god that is me

.A god that is you

.And a me and you that do not exist

.The god of madmen. Birds. Insects. Plants

.My god is close to the god of lovers and the silent ones

.A god that whatever you say or write about, you have gone astray

.A god that should not be written about

!An unwritable god

دسته‌ها: English, بعد از من, بلند, شعرطور
برچسب‌ها: آینده, ادب پارسی, خانواده, ازدواج, خدا, ذهن, زمان, زندگی, سکوت, عشق, گورو, مرگ, من کیستم?, نوشتن
زمان خواندن 10 دقیقه.

زمان خواندن 5 دقیقه ***

میراث من!

میراث من چیست؟

سوالی که خیلی از آدمها سعی کردند به آن جواب بدهند. حالا من برای خودم سعی میکنم این سوال را جواب بدهم.

این هم یکی از سوالهای اساسی است که با شناخت بهتر خود بدست می آید. اگر بدن و ذهن را در نظر بگیریم. در ساحت بدن همه چیز تقریبا نابود میشود. غیر از یک ژن. ژنی که به دختر بیولوژیکی ام تارا داده ام. پنجاه درصد. و این ژن مدتی در زمین میماند. نهایتا شاید چند تکه استخوان یا یک سنگ قبر یا یک قوطی خاکستر باقی بماند!

از مایملک و دارایی ها هم شاید چند حساب بانکی ریز و درشت و تعدادی کاغذ که اسم من روی آن هست به نام اسناد و شاید ماشین و لباس و وسایل شخصی باقی بماند. مثلا از قدیم شمشیر و سبیل و کلاه و خرقة یا کشکولشان باقی میمانده و تا چند سالی باقی میمانده. بزرگترین مثال آن هم اهرام است. اهرامی که از فراغنه مصر باقی مانده.

در ساحت ذهن داستان جالب تر است. ذهن هم با همان سرعتی که بوجود می آید نابود میشود. اما چیزهایی باقی میماند.

مثلا داستان هایی در ذهن بعضی از آدمها مثل چند خاطره. حس هایی که در دیگران بوجود آورده ام. داستان دوستی و دشمنی ها. آن ها هم شاید چند سالی بماند ولی به مرور محو میشود.

مرحله ی بعد، نوشته ها است. نوشته هایی که مثلا در متون سنگی یا کتابهایی شبیه کتاب های خطی باقی میماند. شعر های حافظ یا مثنوی مولانا. یا حتی همین نانوشته ها.

از روی نوشته ها بعدا میتوان حدس هایی زد. مثلا فهمید که حافظ عاشق بوده یا سعدی قله های سخن را فتح کرده یا محمد قرآن را به صورت تاثیر گذاری میخوانده. در دوران اخیر هم کتابهایی میماند. مثلا کتاب اکهارت در خصوص لحظه و غیره میتواند نشانه ای باشد از شناخت ذهن آن شخص.

با پیشرفت تکنولوژی عکس ها هم گاهی میماند. مثلا چند پرتره از مظفرالدین شاه قاجار یا نقاشی از فتحعلی شاه و غیره.

نوع دیگر آن صوت است و موسیقی یا سخنرانی هایی که از گذشته مانده. مثلا نوارهای سخنرانی شریعتی! نوع ن و ویدیو است. که کامل ترین نوع ماندن است. یعنی ترکیب صدا و تصویر متحرک. ویدیوهایی که از کریشنا مورتی هست و یا فیلم های سخنرانی های سادگورو.

من هم چیزهایی از این دست تولید کرده ام.
تعدادی خاطره با آدمها.
یک فرزند بیولوژیکی.
مقادیری نوشته، صدا و عکس و ویدیو.

خاطره ها در ذهن انسانهاست. نوشته ها در سرور اپل و گوگل و روی چند هارد و دستگاه هست. عکس ها و ویدیوها و ویس ها هم همینطور.
تعدادی در سرور اپل و گوگل و فیسبوک به صورت فایل و پروفایل و پست و غیره و تعدادی در هاردها و دستگاههای خودم.
مقادیری دارایی های خودم و آنهایی که از پدرم به ارث رسیده.

از بعضی ها یک جمله باقی مانده و چند داستان. مثلا جمله ی «لا احب الا فلین» از ابراهیم باقی مانده.
و تقریبا تمام چیزهای مربوط به ابراهیم افول کرده الا این جمله. این جمله از دل قرون باقی مانده. چرا؟ این جمله آفل و نابود شدنی نبوده. چرا؟ چون از جایی آمده بی زمان. این جمله از چیزی شبیه وحی آمده. چیزی شبیه خدا. چیزی غیر آفل.
حال با همین مثلا اگر پیش برویم هر چیزی که از وجود اصلی نابود نشونده ی جهان باشد نابود نمیشود.
اگر کسی بتواند با اتصال به مبدا بی زمان جهان چیزی به جهان مادی بیاورد آن چیز مانا خواهد بود.
مثلا شعرهایی که حافظ آورده. موسیقی هایی که بزرگان موسیقی آوردند. نقاشی های لئوناردو داوینچی. فرمول های انیشتین. سخنرانی های سادگورو. کتابهای اکهارت.
این جور چیزها بویی از ساحت بی زمان در خود دارند. جوهری نابود نشدنی.

اینها باقی میمانند.

مثلا سوره ی حمد محمد یا سوره ی قل هو الله احد. الله الصمد. لم یلد و لم یولد و لم یکن له کفوا احد.
این کلمات چیزی را نشانه میرود که یگانه است.
چیزی که بی نیاز است.
چیزی که زاده نشده و چیزی نزائیده.
چیزی که کسی هم تراز او نیست.

اینها به چیزی نانوشتنی اشاره دارد. به موجودی فرای این کلمات و ذهن من یا تو! چیزی غیر قابل توضیح توسط ذهن.
و چون به آنجا اشاره دارد در طول هزاران سال باقی مانده.
همان الله احد، این کلمات را از ذهنی به ذهن دیگر انتقال میدهد تا میرسد به این ذهن و این نوشته و ذهن تو.
و تو در ذهنت دوباره یاد آن الله صمد میافتی.
این اتصال چیزی است که من و تو را یکی میکند. همه را به او وصل میکند. همه میشویم فرزندان او.

هر چیزی که از آنجا بیاید نابود نشدنی و از جنس عشق است.
مابقی نابود و میراست.
فقط عشة، میماند و لحظه.

همیر یعنی جایی که دور از پرده ی ذهن میتوانی حضور را درک کنی.
حضور نانوشتنی را.

حضور عشق را.
حضور چیزی نامیرا را.

همین لحظه چیزی است که خلقت در آن اتفاق افتاده.
خلقت من.
خلقت تو.
خلقت کلمه.
خلقت معنا.
خلقت هر آنچه که هست و نیست.
سکوت و صدا.
وجود و پرده ی بزرگ عدم.
فضای منفی جهان بین ستارگان و خود ستارگان.
صفحه ی سفید شیشه و حروف سیاه روی آن.

هر چه در لحظه باشی نامیرایی.
هرچه از لحظه بیرون باشی میرایی.

ذهن مساوی است با مرگ.
بی ذهنی یعنی زندگی.

ذهنی که ابزار بی ذهنی بشود، چیزی تولید میکند نامیرا.
ذهنی که خودپرست باشد در خود نابود میشود.

وجودی که قبل از مرگ میمیرد میشود مولانا.
شخصی که قبل از مرگ بدن، مرگِ نفس را درک نمیکند، با مرگ تمام میشود.

و همه چیز تمام میشود؛
الوجه ربک ذوالجلال و الاکرام.

و این لحظه و این نفس و این اشک.
و سکوت فراگیر عالم.

تصویر مرتبط با متن، تولید شده توسط هوش مصنوعی



خلاصه‌ی متن، تولید شده توسط هوش مصنوعی

My Legacy

?What is my legacy

A question that many people have tried to answer. Now I will try to answer this question for myself.

This is also one of the fundamental questions that comes with knowing oneself better. If we consider the body and mind, everything in the body is almost destroyed, except for one gene. The gene I have given to my biological daughter, Tara. Fifty percent. And this gene will remain on Earth for a while. Ultimately, maybe a few bones, a tombstone, or a can of ashes will remain!

From belongings and assets, perhaps a few small and large bank accounts, a number of papers with my name on them as documents, and perhaps a car, clothes, and personal belongings will remain. For example, in the past, swords, mustaches, hats, and cloaks or their dervish bowls remained and lasted for a few years. The greatest example of this is the pyramids. The pyramids that remain from the pharaohs of Egypt

The story in the realm of the mind is more interesting. The mind is also destroyed at the same speed that it comes into existence. But some things remain

For example, stories in the minds of some people like a few memories. The feelings I have created in others. The story of friendships and enmities. They too may remain for a few years but will gradually fade away

The next step is writing. Writings that, for example, remain in stone texts or books similar to those of Rumi. Or even these unwritten things *مثنوی* manuscripts. The poems of Hafez or the

Later, guesses can be made from the writings. For example, to understand that Hafez was in love or that Saadi conquered the peaks of speech or that Muhammad recited the Quran in an impressive way. In recent times, books have also remained. For example, Eckhart's book on .the moment, etc., can be a sign of knowing the mind of that person

With the advancement of technology, sometimes photos also remain. For example, a few .portraits of Mozaffar al-Din Shah Qajar or a painting of Fath Ali Shah, etc

Another type is sound and music or speeches that have remained from the past. For !example, Shariati's speech tapes

The last type is video, which is the most complete way to stay. That is, a combination of sound .and moving images. Videos of Krishnamurti or speeches of Sadhguru

.I have also produced some things like this

.A number of memories with people

.A biological child

.A quantity of writing, sound, photos and videos

Memories are in people's minds. The writings are on Apple and Google servers and on a few .hard drives and devices. Photos, videos, and voices are the same

.A number of my own assets and those inherited from my father

A sentence remains from some and a few stories. For example, the sentence "La ahbab al- .falin" remains from Ibrahim

And almost all the things related to Ibrahim have declined except this sentence. This sentence has remained from the depths of the centuries. Why? This sentence has not been destroyed. Why? Because it came from a timeless place. This sentence came from something .like revelation. Something like God. Something non-perishable

Now, with this example, if we go ahead, anything that has not been destroyed from the .original existence of the universe will not be destroyed

If someone can bring something to the material world by connecting to the timeless origin of .the universe, that thing will be permanent

For example, the poems that Hafez brought. The music that the great musicians brought. Leonardo da Vinci's paintings. Einstein's formulas. Sadhguru's speeches. Eckhart's books

.These kinds of things have a scent of the timeless realm in them. An indestructible essence

.These remain

For example, Muhammad's Surah Hamd or Surah Qul Hu Allah Ahad. Allah as-Samad. Lam .yalid wa lam yulad wa lam yakun lahu kufuwan ahad

.These words point to something that is unique

.Something that is self-sufficient

.Something that has not been born and has not given birth

.Something that has no equal

This refers to something unwritten. To a being beyond these words and my or your .mind! Something inexplicable by the mind

.And because it refers there, it has remained for thousands of years

The same Allah Ahad, transmits these words from one mind to another until it reaches this .mind and this writing and your mind

.And in your mind you again remember that Allah as-Samad

This connection is what makes you and me one. Connects everyone to him. We all become his .children

.Anything that comes from there is indestructible and of the nature of love

.The rest is perishable and mortal

Only love and the moment remain. This very moment, where you can perceive presence beyond the veil of the mind. The unwritable presence. The presence of love. The presence of .something immortal

This moment is where creation happens. My creation. Your creation. The creation of the word. The creation of meaning. The creation of everything that is and is not. Silence and sound. Existence and the grand veil of non-existence. The negative space of the universe between the stars and the stars themselves. The white page of glass and the black letters .upon it

Whatever you are in the moment, you are immortal. Whatever you are outside the .moment, you are mortal

.The mind equals death. Mindlessness is life

The mind that becomes a tool for mindlessness produces something immortal. The mind that .is egotistical is destroyed within itself

A being who dies before death becomes Rumi. Someone who does not understand the death .of the ego before the death of the body, is finished with death

.And everything ends except the Face of your Lord, the Possessor of Majesty and Bounty

And this moment, and this breath, and this tear. And the all-encompassing silence of the .world

مهمترین کار - ۲

April 2, 2024

دسته‌ها: English, بلند

برچسب‌ها: آینده, ایگویانفس, ذهن, کار, لحظه, نوشتن

زمان خواندن 4 دقیقه.

زمان خواندن 4 دقیقه ***

مهمترین کار

مهمترین کار چیست؟

این سوال دائمی ذهن من است. تقریباً در هر لحظه. این سوال ساخته ذهن است. ذهنی که همیشه بیمار است. همیشه در حال اهم و مهم کردن است.

مثلاً می‌گویند مهمترین کار پول در آوردن است چون با پول به آینده بهتر می‌رسی.

یا می‌گویند مهمترین کار ایجاد روابط است چون با ایجاد روابط عشق را در روابط پیدا می‌کنی و به عشق میرسی.

یا می‌گویند مهمترین کار ورزش است چون با ورزش بدنت سالم میشود و حس بهتری پیدا می‌کنی.

یا می‌گویند مهمترین کار خوابیدن است چون از شر سوالهای دائمی ذهن خلاص می‌شوی.

یا می‌گویند مهمترین کار خوردن است چون لذت نقد است.

یا می‌گویند مهمترین کار برنامه ریزی برای آینده است چون این رمز کنترل آینده است.

یا می‌گویند مهمترین کار تمیز کردن و تغییر دادن محیط است چون وقتی بیرون و خانه را مرتب کنی ذهن تو هم مرتب میشود.

تمام این راه حل‌ها بیراهه است!

چون خود ذهن هرگز نمی‌تواند پاسخی برای مشکل خود ذهن پیدا کند. شبیه پلیسی است که خودش دزد است. او

هرگز خودش را دستگیر نمی‌کند. پلیسی که خودش دزد باشد هیچگاه نمی‌تواند دزد را پیدا کند!

ذهن هم همینطور است.

مشکل، خود ذهن است. خود ذهن باید کنار برود. خود سوال باید کنار برود. سوال کننده باید کنار برود.

گاهی می‌گویند مهمترین کار ایجاد عدالت است چون دنیا ناعادلانه است.

ذهن به تمام راهها متوسل می‌شود.

مثل همان پلیس تمام کلک‌ها را میزند تا دیگران را گمراه کند. همشه دزدی می‌کند ولی در نقش پلیس ظاهر میشود.

ذهن هم همینطور است.

ذهن سوال ایجاد می‌کند چون می‌خواهد باشد!

ذهن ، ایجاد می‌کند چون با بودن سوال موجودیت خودش را تقویت میکند.

مثل همان پلیس داستان است. این پلیس خودش دزدی می کند تا شغلی برای خودش دست و پا کند! اگر دزدی نکند
موجودیت پلیس هم دیگر زیر سوال میرود چون نیازی به او نیست.
ذهن هم همینطور است.
ذهن آینده را می سازد تا خودش را تقویت کند.
ذهن مساله و سوال را می سازد تا خودش را تقویت کند.
ذهن اهم و مهم را می سازد تا برای خودش کاری دست و پا کند!

درگیر این بازی نشو!
تو نه ماموریت مهمی داری نه کار مهمی که انجام بدهی!
اهم تو هم، مهم نیست!
اصلا اهم و مهمی در کار نیست!
این بازی ذهن را ببین. فقط ببین.
درگیر نشو!

حتی نوشتن هم مهم نیست!
این که دیگران تو را بفهمند یا نه هم مهم نیست!
این که کسی بخواند یا نه هم مهم نیست!

تو فقط ذهن را مشاهده کن!
این وظیفهء توست.
تو وظیفه نداری مهمترین کار را پیدا کنی!

فقط باش!
مشاهده گر دائم.
مشاهده گر نانوشتنی!

Translation by Gemini:

The Most Important Task

Introduction

The text you provided is a reflection on the nature of the mind and its role in creating our reality. The author argues that the mind is constantly creating problems and questions, which it then tries to solve. However, the author believes that the mind can never truly solve its own problems, because it is the source of the problems in the first place.

Key Points

- The author begins by asking the question, “What is the most important task?” They note that this question is always on their mind, and that it is a product of the mind’s constant worrying and prioritizing.
- The author then lists a number of possible answers to the question, such as making money, building relationships, exercising, sleeping, eating, and planning for the future.
- However, the author argues that all of these answers are ultimately futile, because they are based on the assumption that the mind can solve its own problems.
- The author argues that the real problem is the mind itself, and that the only way to solve the problem is to let go of the mind and its questions.
- The author compares the mind to a thief who is also a police officer. The thief is constantly stealing, but the police officer can never catch him because he is the thief himself.
- In the same way, the mind is constantly creating problems and questions, but it can never solve them because it is the source of the problems in the first place.
- The author urges the reader to stop trying to find answers to the mind’s questions and to simply observe the mind itself.
- They argue that this is the only way to truly be free from the mind’s endless cycle of problems and solutions.

Conclusion

I hope that this translation is helpful. I believe that the author’s message is a valuable one. The mind is a powerful tool, but it can also be a source of suffering. By observing the mind and letting go of its attachments, we can free ourselves from its grip and experience true peace and happiness.

خلق کردن و ساختن دنیا

March 29, 2024

دسته‌ها: English, بلند, تمرین عملی

برچسب‌ها: ذهن, مراقبه, نوشتن

زمان خواندن 4 دقیقه.

زمان خواندن 4 دقیقه ***

خلق کردن و ساختن دنیا

در طول روز به طور مداوم ذهن را مشاهده می‌کنم. ذهن هم به احساسات و بدن متصل است. این دو را هم مشاهده می‌کنم. نوعی کیفیت در هر لحظه هست. این کیفیت را هم مشاهده می‌کنم. بهترین کار همین است. مشاهده کردن ذهن و داستان هایش. مشاهده بدن و حس هایش. کم کم این فکرها را تصفیه می‌کنم. فکرها را پاکسازی می‌کنم و شاید مقداری را اینجا بگذارم. هم زمان اکهارت هم گوش می‌دهم. همیشه عالی است. اکهارت و سادگورو معمولاً همیشه عالی اند. آوردن اسم معلم هایم کمترین کاری است که می‌توانم برای تشکر بکنم. گاهی این فکرها تکراری می‌شوند.

گاهی این داستانهای ذهن آن قدر تکرار می‌شوند که باورش می‌کنیم. هر ذهنی و هر گروهی و هر کشوری تعدادی از این داستانها را باور می‌کند و با آنها زندگی می‌کند. زمانی متوجه می‌شوی که ذهن در حال داستان ساختن است که در حالت سکوت باشی. در حالت بدون داستان. گاهی ذهن به آینده می‌رود. کارهای آینده، احتمالات آینده و یا تخیل آینده. گاهی ذهن به آدمها فکر می‌کند. به روابط و به حرفها. اتفاقات گذشته.

برای خلق کردن و ساختن دنیا باید ابتدا بتوانی داستانهای قبلی را کنار بگذاری. آنگاه می‌توانی داستان را دوباره بنویسی. داستان خودت را بنویسی. ابتدا باید در حالت سکوت باشی. وقتی در سکوت کاملاً بمانی داستانهای تو هم محو می‌شود. آنگاه داستان خلقت از درون تو جاری می‌شود.

اگر در عجله باشی یا در داستانی غرق شده باشی سخت بتوانی داستان خودت را بنویسی. اگر نگران آینده باشی یا بارهای گذشته را بر دوش بکشی سخت بتوانی داستان خودت را بنویسی.

قدم اول تغییر دنیا مشاهدهی خود است. مشاهدهی دقیق و کامل خودت و ذهنت. افکارت و احساساتت. و این کار در سکوت انجام می‌شود. و در مراقبه.

Introduction

The text you provided is a reflection on the nature of the mind and its role in creating our reality. The author describes how through observing the mind, we can become aware of the stories it tells us about ourselves and the world. These stories, which are often repeated and reinforced by others, can shape our beliefs and actions.

Key Points

- The author begins by stating that they spend their days observing their mind, as well as their emotions and body. They note that there is a certain quality to each moment, and they observe this quality as well.
- They believe that the best thing to do is to observe the mind and its stories, as well as the body and its sensations.
- Gradually, they filter these thoughts, purifying them and perhaps sharing some of them here.
- At the same time, they are listening to Eckhart Tolle, who they find to be always excellent. They mention that Eckhart and Sadhguru are usually always excellent, and that mentioning their teachers is the least they can do to show their gratitude.
- The author then discusses how these thoughts can become repetitive.
- Sometimes, the stories of the mind are repeated so often that we begin to believe them.
- Each mind, each group, and each country believes and lives with a number of these stories.
- We become aware that the mind is creating stories when we are in a state of silence, a state without stories.
- Sometimes the mind goes to the future, thinking about future tasks, possibilities, or imagining the future.
- Sometimes the mind thinks about people, relationships, conversations, and past events.

Creating and Building the World

In order to create and build the world, we must first be able to put aside the old stories. Then we can rewrite the story, write our own story.

First, we must be in a state of silence. When we remain completely silent, our stories also fade away. Then the story of creation flows from within us.

If we are in a hurry or immersed in a story, it is difficult to write our own story.

If we are worried about the future or carrying the burdens of the past, it is difficult to write our own story.

The First Step

The first step in changing the world is to observe ourselves. To observe ourselves and our minds with precision and completeness. Our thoughts and feelings.

And this is done in silence.

And in meditation.

Conclusion

I hope that this translation is helpful. I believe that the author's message is a valuable one. By observing our minds and becoming aware of the stories they tell us, we can begin to liberate ourselves from their grip and create a more authentic and fulfilling reality for ourselves.

بردن لاتاری

March 26, 2024

دسته‌ها: English, بلند

برچسب‌ها: آینده, لحظه

زمان خواندن 7 دقیقه.

زمان خواندن 7 دقیقه ***

بردن لاتاری (بلیت بخت آزمایی)

در جمع دوستان بودم که گفتند اگر لاتاری برنده شوی چه می‌کنی. مثلاً ۱۰۰ میلیون دلار. یکی گفت ریسورت می‌خرم یا خانه می‌خرم یا پرواز بیزینس کلاس می‌گیرم و پنت هاوس می‌روم. نوبت به من رسید!

گفتم دقت کنید تمام این چیزهایی که شما می‌خواهید، در واقع یک تجربه است. یک تجربه ای که قبلاً داشتید و حالا در آینده تصور می‌کنید. یک حسی که قبلاً تجربه کردید و حالا میخواهید در آینده دوباره آن حس را بدست بیاورید.

تمام این فرآیند، حرکت از حافظه به تخیل است. و حافظه و تخیل دو تا از فرآیندهای ذهن است. تمام تجربه های ما، در درون ایجاد میشود و در درون درک می‌شود. حتی وقتی در پنت هاوس یا بیزینس کلاس نشسته ای، آن حسی که تجربه می‌کنی در درون تو ایجاد می‌شود.

اگر قدرت کنترل تجربه های درونی را با مراقبه بدست بیاوری دیگر از بیرون بی نیاز می‌شوی. بیرون برای تو بی ربط میشود. حس و حال تو در درون تو و توسط خود تو تعیین میشود. وقتی این را بدانی، دیگر دنبال ۱۰۰ میلیون دلار در آینده و حس های آینده نیستی!

اصرار کردند که بگو چه کار میکنی!

جواب این بود!

تمام این پول را خرج همین موضوع می‌کنم.

این که به آدمها بگویم تجربه های شما در درون شما ایجاد میشود. پس زیاد دنبال بیرون نباشید!

این که بگویم همه چیز در حال و در لحظه تولید و تجربه می‌شود. پس زیاد دنبال آینده نباشید!

آینده هیچ وقت نمی‌رسد. وقتی این مکانیزم ذهنی را متوجه شوی دیگر نه کل عمر دنبال آینده میروی و نه دنبال تجربه ای در آینده.

کم کم دیدم همین الان هم تقریباً وقت و انرژی و پول خودم را دارم برای همین موضوع میگذارم. و این بهترین کار است. مفیدترین کار است. لذت بخشترین کار است. عاشقانه ترین کار است.

چه لاتاری برنده بشوم با ۱۰۰ میلیون دلار و چه برنده نشوم با همین ۱۰۰ دلار همین کار را انجام میدهم! چون لاتاری اصلی، در لحظه است.

و من - تمامم هر لحظه برنده باشم. چون لحظه را دارم.

و همه این لاتاری برنده اند.

Translation by Gemini

Winning the Lottery of the Present Moment

Introduction

The text you provided is a philosophical reflection on the nature of experience and the pursuit of happiness. The author argues that true happiness lies not in external possessions or future experiences, but in the present moment and in our ability to control our internal experiences.

Key Points

- The author begins by describing a conversation with friends about what they would do if they won the lottery. Their responses all focus on acquiring material possessions or having luxurious experiences.
- The author then argues that these experiences are ultimately unsatisfying because they are based on external factors. Instead, he suggests that we should focus on cultivating our inner experiences through mindfulness and meditation.
- The author concludes by stating that the real lottery is the present moment, and that we can all win by learning to appreciate it.

Translation

Here is my translation of the text:

Winning the Lottery

I was with some friends the other day, and we were talking about what we would do if we won the lottery. For example, \$100 million. One said he would buy a resort, another said he would buy a house, and another said he would fly business class and stay in a penthouse.

When it was my turn, I said, "Notice that all of the things you want are actually just experiences."

"An experience that you have already had, and now you are imagining it in the future. A feeling that you have already experienced, and now you want to experience that feeling again in the future."

“This whole process is just moving from memory to imagination. And memory and imagination are two processes of the mind.”

“All of our experiences are created and perceived within us. Even when you are sitting in a penthouse or flying business class, the feeling you experience is created within you.”

“If you gain the power to control your inner experiences through meditation, you will no longer need anything from the outside.”

“The outside will become irrelevant to you. Your feelings and emotions will be determined by you, within you.”

“When you know this, you will no longer be chasing after \$100 million and future feelings!”

They insisted that I tell them what I would do!

This was my answer!

“I would spend all of that money on this very thing.”

“To tell people that their experiences are created within them. So don't look too much to the outside!”

“To tell people that everything is produced and experienced in the present moment. So don't look too much to the future!”

“The future never arrives. When you understand this mental mechanism, you will no longer spend your entire life chasing the future or an experience in the future.”

I gradually realized that even now, I am spending my time, energy, and money on this very thing. And this is the best thing to do. It is the most useful thing to do. It is the most enjoyable thing to do. It is the most loving thing to do.

Whether I win the lottery with \$100 million or not, I will do the same thing with \$100!

Because the real lottery is in the present moment.

And I can win every moment. Because I have the moment.

And everyone wins this lottery.

Conclusion

I believe that the author's message is a valuable one. In a world that is constantly telling us to buy more, do more, and be more, it is important to remember that true happiness lies within ourselves. By learning to appreciate the present moment and cultivate our inner experiences, we can find true fulfillment.

Translation by Claude

Winning the Lottery

I was with my friends, and they asked, "If you win the lottery, what would you do? Say, \$100 million." One said they would buy a resort or a house or take a business class flight and go to a penthouse. Then it was my turn

I said, "Notice that all the things you want are actually an experience. An experience you've had before and now imagine having in the future. A feeling you've experienced before and now want to experience again. This whole process is a movement from memory to imagination. And memory and imagination are two processes of the mind. All our experiences are created within and perceived within. Even when you're sitting in a penthouse or business class, the feeling you experience is created within you. If you gain the power to control your inner experiences through meditation, you become free from the outer world. The outer becomes irrelevant to you. Your state is determined within you, by you."
"Once you know this, you're no longer chasing \$100 million in the future and future feelings

They insisted I say what I would do. My answer was, "I would spend all that money on this very thing – telling people that your experiences are created within you, so don't chase the outer so much! Telling them that everything is produced and experienced in the present moment, so don't chase the future so much! The future never arrives. Once you understand this mechanism of the mind, you no longer spend your whole life chasing the future or an
".experience in the future

Gradually, I realized that I'm already spending my time, energy, and money on this very thing. And this is the best work, the most beneficial, the most joyful, the most loving work. Whether I win \$100 million or not with my current \$100, I'll do this work! Because the real lottery is in the present moment. And I can win that lottery every moment, because I have
.the present. And we all win this lottery

تعریفِ مراقبه

March 26, 2024

دسته‌ها: English, بلند

برچسب‌ها: خدا, ذهن, روابط, لحظه, مراقبه

زمان خواندن 4 دقیقه.

زمان خواندن 5 دقیقه ***

تعریفِ مراقبه

دوستی پرسید اگر یک هفته وقت داشته باشی برای زندگی کردن چه می‌کنی؟

یکی گفت مسافرت میکنم و یکی گفت میمانم پیش فرزندم و غیره.

من گفتم مراقبه میکنم!

کل یک هفته را مراقبه می‌کنم.

گفت مراقبه یعنی چی؟

گفتم واقعا می‌خواهی بدانی؟

گفتم قدم اول یعنی به خودت و به افکارت و به بدنت توجه کنی!

او می‌خواست مراقبه را از طریق ذهن بفهمد! می‌خواست یک موضوع جدید ذهنی پیدا کند! می‌خواست برای چند ثانیه

ذهن خودش را با یک چیز جذاب جدید پر کند!

خود این کار درست خلاف مراقبه است!

گفت به کجای بدنم توجه کنم؟

گفتم به وزن خودت! وزنت که روی صندلی است!

گفت از کجا بدانم وزنم ده کیلو است یا پنجاه کیلو!

گفتم مهم نیست. هر چه هست نگاهش کن. حس اش کن.

دوست ما دیگر پیگیری نکرد! اما ذهن من هنوز دارد به مفهوم مراقبه و این که چقدر ساده و چقدر لازم و چقدر کم

فهمیده شده است فکر میکند.

راستش را بخواهید مراقبه چیزی نانوشتنی است!

برای فهمیدن مراقبه باید انجامش بدهی!

وقتی بدون ذهن شدی میفهمی اش!

اما با ذهن نه! با ذهن نمیتوانی بر آن غلبه کنی!

شبیه مفهوم خداست. یا مفهوم لحظه.

مراقبه حالتی از بودن بدون ذهن است.

حالتی که بدون زمان هم هست.

چون ذهن می‌سازد و وقتی ذهن را کنار بگذاری، زمان را هم کنار می‌گذاری.

وقتی ذهن را کنار بگذاری قضاوت را هم کنار می گذاری. سوال را هم کنار می گذاری.
شاید حتی نوشتن را هم کنار بگذاری!
گفتن را هم.
مراقبه حالت سکوت است.
حالت خدا گونگی.
حالتی نانوشتنی!

Translation by Gemini

The Definition of Meditation

Introduction

The text you provided is a reflection on the nature of meditation and its importance in our lives. The author argues that meditation is a simple yet powerful practice that can help us to live more present, aware, and peaceful lives.

Key Points

- The author begins by describing a conversation with a friend about what they would do if they had one week left to live. The friend's responses all focus on external activities, such as traveling or spending time with loved ones.
- The author then suggests that meditation is a more meaningful way to spend our time, as it allows us to connect with our inner selves and experience true peace and happiness.
- The author goes on to describe the practice of meditation, emphasizing the importance of attention, awareness, and non-judgment.
- The author concludes by stating that meditation is a state of being beyond the mind and time. It is a state of silence, peace, and oneness with the divine.

Translation

Here is my translation of the text:

The Definition of Meditation

A friend asked me, "If you had one week left to live, what would you do?"

One said, "I would travel," and another said, "I would stay with my child."

I said, "I would meditate!"

Persian 

I would meditate for the whole week.

He asked, "What is meditation?"

I said, "Do you really want to know?"

I said, "The first step is to pay attention to yourself, your thoughts, and your body!"

He wanted to understand meditation through his mind! He wanted to find a new mental subject! He wanted to fill his mind with a new and exciting thing for a few seconds!

This act itself is the opposite of meditation!

I said, "Where should I pay attention to my body?"

I said, "To your weight! Your weight that is on the chair!"

He said, "How do I know if my weight is ten kilograms or fifty kilograms?"

I said, "It doesn't matter. Whatever it is, look at it. Feel it."

Our friend didn't follow up! But my mind is still thinking about the concept of meditation and how simple, necessary, and misunderstood it is.

To be honest, meditation is something that cannot be written!

To understand meditation, you have to do it!

When you become without mind, you understand it!

But not with the mind! You cannot overcome it with the mind!

It is like the concept of God. Or the concept of the moment.

Meditation is a state of being without mind.

It is a state that is also without time.

Because the mind creates time, and when you put the mind aside, you also put time aside.

When you put the mind aside, you also put aside judgment. You also put aside the question.

Maybe you even put aside writing!

Saying it too.

Meditation is a state of silence.

A state of God-likeness.

A state that cannot be written!

Conclusion

I hope that this translation is helpful. I believe that the author's message is a valuable one. In a world that is constantly telling us to do more, be more, and have more, it is important to remember that true peace and happiness can be found within ourselves. Through the practice of meditation, we can learn to let go of our attachments, quiet our minds, and experience the present moment in all its fullness.

جدا شدن از ذهن

March 26, 2024

دسته‌ها: English, بلند

برچسب‌ها: ذهن, لحظه

زمان خواندن 5 دقیقه.

زمان خواندن 6 دقیقه ***

جدا شدن از ذهن

در یک جایی از مسیر معنوی در زندگی، تو به طور کامل از ذهن جدا می‌شوی. غیر از جدا شدن‌های لحظه‌ای، اولین بار جدا شدن از ذهن، در ۴۲ سالگی برای من اتفاق افتاد. آن هم در ویپاسانا بود.

بعدها این جدا شدن کم و زیاد می‌شود تا جایی که مدام مقدار جدا بودن‌ها بیشتر می‌شود. کم کم در قسمت عمده روز، تو از ذهن جدا هستی. ذهن، کار خودش را می‌کند ولی تو دنبالش نمی‌روی. ذهن مدام حرف می‌زند ولی تو باورش نمی‌کنی. تو ذهن پر حرف و عجول و پرسه زننده خودت را می‌بینی و به صورت تقریباً مداوم از آن آگاه هستی. اینجا کاملاً ذهن دیوانه خودت را می‌بینی. ذهنی که مدام از تو می‌خواهد درگیرش بشوی. ذهنی که مدام تو را به آینده می‌برد. ذهنی که همیشه گرسنه است. ذهنی که همیشه کمبود دارد. ذهنی که از لحظه هراسان است.

تو در این کلنجار دائم بین ذهن و لحظه هستی.

ذهن می‌خواهد تو را از لحظه ببرد بیرون.

ولی تو در لحظه می‌مانی!

ذهن می‌خواهد تو را از آینده بترساند.

ولی تو در لحظه می‌مانی!

ذهن می‌خواهد زندگی تو را قضاوت کند.

ولی تو در لحظه می‌مانی!

ذهن می‌خواهد تو را با دیگران مقایسه کند!

ولی تو در لحظه می‌مانی!

ذهن می‌گوید تو رسماً دیوانه شده‌ای! کارت تمام است!

ولی تو در لحظه می‌مانی!

ذهن می‌گوید مرگ و آینده‌ای تاریک در انتظارت است!

ولی تو در لحظه می‌مانی!

ذهن می گوید هم‌رنگ جماعت شو.

ولی تو در لحظه می‌مانی!

درست مثل ماری که خودش را می‌خورد! تو از ذهن برای بی ارزش کردن ذهن استفاده می‌کنی!

مثل پست‌هایی در شبکه‌های اجتماعی در نقد شبکه‌های اجتماعی!

نوشتن و حرف زدن من هم همین است!

این نوشتن‌ها خروجی ذهن است ولی در رد ذهن می‌گوید.

این نوشتن‌ها از سکوت می‌گوید.

از نگفتن!

ننوشتن!

ناننوشتنی!

:Gemini translation

Separation from the Mind

Introduction

The text you provided is a description of the process of separating from the mind, a key stage on the spiritual path. The author describes how this separation occurs gradually, beginning with brief moments of detachment and culminating in a state of almost constant awareness of the mind's activity.

Key Points

- The author begins by stating that at a certain point on the spiritual path, one begins to experience a separation from the mind.
- This separation is not permanent at first, but occurs in brief moments. The author's first experience of this kind happened at the age of 42, during a Vipassana meditation retreat.
- Over time, these moments of separation become more frequent and longer in duration. Eventually, one reaches a state where they are almost constantly separate from the mind.
- The author describes what this state is like. The mind continues to function, but one no longer follows its thoughts or gives them credence. One becomes aware of the mind's constant chatter and its tendency to dwell on the past, future, and negative thoughts.
- The author then describes the struggle that arises between the mind and the present moment. The mind constantly tries to pull one away from the present, but one learns to remain present despite its efforts.

- The author concludes by stating that the process of separation from the mind is a paradox. One uses the mind to transcend the mind, just as one might use social media to criticize social media. This writing is itself a product of the mind, but it speaks to the importance of silence, of not speaking or writing, and of the ultimate ineffability of the experience of separation from the mind.

Translation

Here is my translation of the text:

Separation from the Mind

At a certain point on the spiritual path, you experience a complete separation from the mind.

Apart from brief moments of detachment, the first time I separated from the mind was at the age of 42. It happened during a Vipassana meditation retreat.

Later, this separation comes and goes, until the amount of time you spend separated from the mind gradually increases.

Little by little, you spend most of the day separated from the mind.

The mind continues to do its work, but you no longer follow it.

The mind constantly talks, but you no longer believe it.

You see your own mind, full of chatter, rushing and wandering, and you are almost constantly aware of it.

Here you see your own crazy mind. A mind that constantly wants you to get involved with it.

A mind that constantly takes you to the future.

A mind that is always hungry.

A mind that is always lacking.

A mind that is afraid of the moment.

You are in this constant struggle between the mind and the moment.

The mind wants to take you out of the moment.

But you stay in the moment!

The mind wants to scare you about the future.

But you stay in the moment!

The mind wants to judge your life.

But you stay in the moment!

The mind wants to compare you to others.

But you stay in the moment!

The mind says you've officially gone crazy! You're finished!

But you stay in the moment!

The mind says death and a dark future await you!

But you stay in the moment!

The mind says conform to the crowd.

But you stay in the moment!

It's like a snake eating itself! You use the mind to devalue the mind!

Like posts on social media criticizing social media!

My writing and speaking is the same.

This writing is a product of the mind, but it speaks to the rejection of the mind.

This writing speaks of silence.

Of not saying!

Of not writing!

Of the unwritable!

Conclusion

I hope that this translation is helpful. I believe that the author's message is a valuable one. The mind is a powerful tool, but it can also be a source of suffering. By learning to separate from the mind, we can find true peace and freedom.

معجزه روشن بینی

March 18, 2024

دسته‌ها: English, بلند

برچسب‌ها: ذهن, مراقبه

زمان خواندن 5 دقیقه.

زمان خواندن 6 دقیقه ***

مراقبه امروز-معجزه روشن بینی

گاهی وقتها تنها راه **مراقبه** برایم نوشتن است. می‌خواستم به صورت ویدیو بگویم ولی ذهنم آنقدر آرام نیست که در طول ویدیو منحرف نشود! شاید بعداً همین را تبدیل به ویدیو کردم. اگر توجه را در نظر بگیریم دو جهت کلی دارد.

۱- توجه به بیرون

۲- توجه به درون

حواس پنجگانه ما معطوف بیرون است. و طراحی شده برای انجام پروسه بقاء. از بدو تولد کار این حواس شروع می‌شود و تا تقریباً آخر عمر ادامه دارد. اکثر آدم‌ها توجه‌شان عموماً به بیرون است. اشکالی هم ندارد. ما با توجه کردن به بیرون، دنیای بیرون را برای بقاء تغییر می‌دهیم. با توجه به بیرون فیزیک و شیمی را کشف می‌کنیم و با آن هواپیما و بمب اتم می‌سازیم.

بعضی از آدم‌ها اما، در جایی از زندگی در یک چرخش عجیب و معجزه‌گون، توجه‌شان به درون باز می‌گردد. این البته برای همه کم و بیش هست ولی بعضی‌ها می‌توانند به طور کامل به درون بنگرند. این توجه به درون از توجه به بدن شروع می‌شود. از دیدن بدن. دیدن بدن از بیرون و از درون. دیدن نفس‌ها.

ورزش کردن و فعالیت مناسب و تغذیه سالم نتیجه توجه کافی به بدن است.

مرحله بعدی، توجه به ذهن است.

یعنی باز در یک حرکت معجزه وار، آگاهی معطوف به خود ذهن می‌شود.

یعنی آگاهی ای که تا قبل از آن زیرمجموعه ذهن تصور می‌شد بزرگ می‌شود و از ذهن فراتر می‌رود و شروع می‌کند به دیدن خود ذهن!

به این پروسه یا جهش، روشن بینی گفته می‌شود!

وقتی بتوانی ذهن را خوب ببینی اتفاقات عجیبی می‌افتد!

تو ناگهان از ذهن جدا می‌شوی!

این همان هدف یوگاست!

چون برای بقاء بود و تو را جدا می‌کرد، حال به محض جدا شدن از ذهن، تو با آگاهی جهان یگانه می‌شوی.

این **یوگا**، یا همان تجربه یگانگی است.

وقتی بتوانی توجه خودت را به درون بیاوری، از درون، همه چیز عوض می‌شود.
تو دیگر آن آدم قبلی نیستی.
واقعیت تو عوض می‌شود.

بیرون، تا قبل از این اتفاق برای تو واقعیت بود و درون، توهم و خیال!
ناگهان، بیرون برایت توهم می‌شود و درون واقعیت!
میزان وابستگی تو به شرایط بیرونی کم می‌شود.
جهان درون ابتدا ترسناک است ولی بعد، آنقدر جذاب می‌شود که مدام دوست داری به آن بازگردی.

کل جهان بیرون، برای تو بازی می‌شود.
تو دیگر دنیای بیرون را جدی نمی‌گیری. از دست دادن‌ها برایت بی‌معنی می‌شوند. حتی از دست دادن بدن!
چون همین بدن هم دیگر برایت بیرون حساب می‌شود. بدن تو از درون به چیزی متصل است. به دنیای درون متصل است. بدن تو از وقتی یک سلول بودی به مبدأ حیات متصل بود و این اتصال همیشه هست!

Translated by Gemini

Today's Meditation: The Miracle of Insight

Introduction

The text you provided is a reflection on the practice of meditation and the importance of directing our attention inwards. The author describes how this process of inner توجه leads to a shift in our perception of reality and a greater sense of connection with the divine.

Key Points

- The author begins by stating that sometimes the only way they can meditate is by writing. They wanted to make a video, but their mind was too restless to stay focused.
- The author then discusses the two directions of attention: outward and inward.
- Our five senses are directed outward, designed for the process of survival. From birth, these senses are constantly working, helping us to navigate the world and stay safe.
- Most people's attention is primarily focused on the external world. This is not necessarily a bad thing, as it allows us to interact with and change our environment.
- However, at some point in their lives, some people experience a shift in their attention, and it begins to turn inwards.
- This process of inner توجه begins with توجه to the body. We start to notice our physical sensations, both from within and without.

- We become more aware of our breath, and we may start to take better care of our bodies through exercise, healthy eating, and other practices.
- The next stage of inner توجه is توجه to the mind.
- In a miraculous shift, awareness becomes directed towards the mind itself.
- Awareness, which was previously thought to be a part of the mind, expands and transcends it, becoming capable of observing the mind as an object.
- This process is known as insight.
- When we are able to see the mind clearly, something amazing happens: we become separated from it.
- This is the goal of yoga.
- The mind, which was previously focused on survival and separation, now becomes a tool for liberation.
- When we are separated from the mind, we experience union with the universal consciousness.
- This is yoga, or the experience of oneness.
- When we are able to bring our attention inwards, everything changes.
- We are no longer the same person we were before.
- Our reality is transformed.
- Before, the external world was real and the internal world was an illusion.
- Now, the internal world becomes real and the external world becomes an illusion.
- Our attachment to external conditions decreases.
- The inner world is initially frightening, but it soon becomes so fascinating that we want to return to it again and again.
- The entire external world becomes a play.
- We no longer take the external world seriously. Loss becomes meaningless, even the loss of the body.
- This is because the body is now seen as part of the external world.
- The body is connected to something within, to the inner world.
- From the moment we were a single cell, our body has been connected to the source of life, and this connection will always exist.

Conclusion

I hope that this translation is helpful. I believe that the author's message is a valuable one. The practice of meditation can help us to turn our attention inwards, connect with our inner selves, and experience a greater sense of peace and well-being.



بیزینس امروز

امروز می‌خواهم در مبحث کار و بیزینس بنویسم. کار و بیزینس خودم و بقیه. نقطه‌ء شروع این جریان با گذاشتن پستی در لینکدین بود. لینکداین یک شبکه اجتماعی مبتنی بر کار هست که هر کسی توانایی‌ها و موفقیت‌های کاری خودش رو اونجا می‌گذارد. من هم خواستم کارهای خودم رو که در این چند سال اخیر بیشتر از نوع نوشته هست اونجا بگذارم. دیدم مقدار زیادی فاصله بین ذهن آدمها و ذهن من هست و این شد که تصمیم گرفتم در موردش بنویسم.

سوال! اصلا ما برای چه کار می‌کنیم؟

جواب کلیشه‌ای هم هست مثل «کار جوهر مرد هست» و اینها ولی فعلا به اونها کاری نداریم.

جواب نسبتا بدیهی هست. یعنی ما کار می‌کنیم برای بقا! چرا شیر شکار می‌کنه و پرند دانه جمع می‌کنه؟ برای بقا! خیلی هم عالی!

پروسه‌ی بقاء یعنی فراهم کردن غذا و سرپناه برای انسان به یمن پیشرفت تکنولوژی خیلی سریع و موثر شده و میشه بقا رو برای تمام مردم دنیا به راحتی فراهم کرد. فرض می‌کنیم که می‌نیمم غذا و سرپناه رو داریم.

حالا برای چی کار می‌کنیم؟

بعضی‌ها برای اعتیاد به کار، کار میکنند. چون نمی‌توانند کار نکنند! چون از بی‌حوصلگی زجر می‌کشند! چون نمی‌توانند حتی یک ساعت هم شده کاری نکنند! طبق آزمایش انجام شده درصد زیادی از آدمها حاضرند که به خودشون شوک برقی بدهند ولی بیکار نشینند.

اگر این اعتیاد رو هم نداشتیم برای چی کار می‌کنیم؟

بعضی‌ها برای رسیدن به نوعی اعتبار اجتماعی کار می‌کنند. یعنی بی‌کاری رو یک ننگ و عار می‌دونند. کار به اونها هویت و شخصیت اجتماعی میده. خودشون رو با کارشون تعریف می‌کنند. گرفتن هویت با فعالیت و کار موضوع بسیار جالبی هست. «هم هویت شدگی با کار». خواندن این نوشته شاید به باز شدن موضوع کمک بکنه.

https://www.unwritable.net/2024/01/blog-post_10.html

حال فرض کنیم نیازی به اعتبار و هویت کاری-اجتماعی نداشتیم، حالا برای چی کار می‌کنیم؟ بعضی یک سری آرزوهایی دارند برای آینده. مثلا خریدن فلان شیء. خریدن فلان ماشین. خریدن فلان خانه. رفتن به فلان سفر. به دست آوردن فلان زن. و خیلی از آرزوهای مشابه.

تمام این آرزوها برای بدست آوردن چیزی در آینده هست.

دقت کنید، تمام این بدست آوردن ها، در واقع برای بدست آوردن حسی در آینده هست.

مثلا حس فراوانی. یا حس دارندگی. یا حس غرور. یا حس افتخار. یا حس دوست داشته شدن. یا حس تایید شدن. یا حس موفق بودن. یا حس برنده شدن.

خیلی ها خودشون رو در یک مقایسه یا مسابقه می بینند. اونها طبق جریان عمومی باید شبیه دیگران باشند. از اونجایی که انسان موجودی گله ای است این برای ما آدمها کاملا طبیعی هست که بخواهیم خودمون رو شبیه جامعه ای کنیم که در اون هستیم. این موضوع در حد بقاء مهم هست. در موجودات گله ای اگر یک نفر از گله جدا بیافته قطعا مرگ منتظرش خواهد بود. پس ما به هر قیمتی دنبال جریان گله می رویم. مثلا اگر همه فلان لباس و فلان ماشین رو دارند ما هم دنبال خریدش میریم. یا اگر همه فلان کار رو انجام میدهند ما هم تکرار و تقلید می کنیم. اگر همه یک نفر رو فالو می کنند ما هم فالو می کنیم. و غیره.

حال فرض کنیم یک نفر در لحظه، اونقدر حالش خوبه که کاملا احساس بی نیازی به آینده می کنه. این حالت برای کسی که تجربه نکرده، تقریبا غیر قابل درک هست. ولی اگر چنین تجربه ای نداشتید فعلا می تونید فرض کنید. فرض کنید یک نفر وقتی می نشینه و فقط نفس می کشه اونقدر حالش خوبه که نه نیازی به مقایسه داره، نه نیازی به تایید، نه نیازی به بدست آوردن چیزی در آینده.

چنین فردی اونقدر غرق لذت هست که محیط براش کم اهمیت میشه.

چنین فردی نگاهش به درونش هست.

چنین فردی چنان حسی از فراوانی و سیری و اطمینان داره که کاملا در استغنا هست.

چنین فردی فقط از بودن راضیه.

نیازی به انجام دادن نداره.

نیازی به شدن نداره.

چنین فردی ترسی از آینده نداره.

چنین فردی چرا باید کار کنه؟

برای چنین فردی، باید وجود نداره. وقتی در اون حالت باشی انتخاب گر هستی. حالتی که فقط از طریق مراقبه و مشاهده میشه بهش رسید.

در چنین حالتی نه برای آینده کار می کنی نه برای رسیدن به نتیجه ای خاص.

چنین حالتی، حالت بودن در عشق هست.

چون هیچ ترسی از آینده وجود ندارد، پس ترسی از گرسنگی، ترسی از مردن، ترسی از طرد شدن، در کار نیست.

در چنین حالتی، تنها لذت و عشق انگیزه کار هست.

به عبارتی خدمت! به عبارتی پخش عشق!

حتی این خدمت و پخش عشق هم، بدون اراده انجام میشه.

به صورت ناخودآگاه! بدون حضور نفس یا شخصیت اجتماعی اون فرد!

درست مثل یک گل!

گل خاصیتش زیبا بودن هست. خاصیت گل، عطر پخش کردن است.

گل به نلش، زیبایی و عطر پخش میکند.

گل برای رسیدن به چیزی یا برای نتیجه ای یا آینده ی خاصی کار نمی کند.

گل فقط هست و از بودن او، اطرافیانش استفاده می کنند.

برگردیم به موضوع بیزینس. بیزینس هم می تواند این طور باشد.

در این حالت این بیزینس برای پخش شادی و سرور کار می کند. هدف چنین بنگاه اقتصادی پخش آگاهی و نور است. چنین بنگاهی جنگ درست نمی کند. طبیعت را نابود نمی کند. اضطراب و صدمه به انسانها نمی زند. رقابت زیادی نمی کند.

تنها کسانی می توانند چنین بیزینس هایی درست کنند که به حالت حضور رسیده باشند و درکی از مراقبه داشته باشند و اگر نه وارد همان چرخه ی ناشادی، نابودی طبیعت و مقایسه و رقابت می شوند. هدف این بیزینس، بزرگ و جهانی است. هدف این بیزینس، بهبود زندگی کل بشر است و حتی کل زمین. با این فرض که از بقاء عبور کرده باشیم این بیزینس حتما یک بیزینس معنوی هم هست. تعریف معنویت را در لینک زیر بخوانید.

<https://www.unwritable.net/search?q=معنویت>

یعنی تعریف انسان برای این بیزینس، فقط بدن نیست. یعنی بعد از پاسخگویی به نیازهای بدن، انسان می تواند به معنویت پردازد. چنین بیزینس هایی مستقیما به بهبود حال انسانها کمک می کنند.

شاید هنوز چنین بیزینس هایی کم باشند ولی هر یک نفری که به مرحله خدمت رسانی برسد کمک بزرگی است. پس هر فردی میتواند مؤثر باشد. هر لحظه می تواند مؤثر باشد. هر نوشته. هر کلمه.

من هم اگر چه هنوز چنین بیزینسی ندارم ولی با این نوشتن ها مسیر را برای خودم و دیگران کمی روشن می کنم. این نوشتن ها از نانوشتنی را، مهم ترین و مؤثرترین بیزینس یافتم. و این هم بیزینس امروز ما!

:Gemini translation

Today's Business

Introduction

The text you provided is a reflection on the nature of work and business. The author explores the different reasons why people work, and argues that the ultimate goal of business should be to spread happiness and enlightenment.

Key Points

- The a Persian  ing the question: why do we work?

- The obvious answer is for survival. We need to work to provide ourselves with food and shelter.
- However, the author argues that this is not the only reason why we work.
- Some people work because they are addicted to it. They cannot bear to be idle.
- Others work to gain social status. They see work as a way to define themselves and their place in society.
- Still others work to achieve their goals and dreams. They want to buy a new car, travel the world, or find love.
- The author then asks us to imagine someone who is so content in the present moment that they have no need for anything in the future.
- Such a person would not need to work in the traditional sense.
- They would be free to choose what they do, and they would do it out of love and joy, not necessity.
- The author then draws a parallel between this state of being and the nature of a flower.
- A flower does not work to achieve anything. It simply blooms and spreads its fragrance naturally.
- The author argues that businesses can be like flowers too.
- They can operate from a place of love and service, rather than greed and competition.
- Such businesses would focus on improving the lives of their customers and employees, and they would have a positive impact on the world.
- The author concludes by stating that while such businesses may still be rare, they are becoming more common.
- He believes that each of us can play a role in creating a more compassionate and sustainable world, and he encourages us to use our unique talents and abilities to make a difference.

Translation

Here is my translation of the text:

Today's Business

Today I want to write about work and business. My own work and the work of others. The starting point for this stream of thought was a post I made on LinkedIn. LinkedIn is a work-based social network where people share their skills and career successes. I wanted to share my own work, which in recent years has been mostly writing. I realized that there is a big gap between my mind and the minds of others, and so I decided to write about it.

Question! Why do we work at all?

Persian 

There is the clichéd answer, like “Work is the essence of man” and so on, but we don’t care about that for now.

The answer is relatively obvious. We work to survive! Why does a lion hunt and a bird gather seeds? For survival! Very good!

The process of survival, i.e. providing food and shelter for humans, has become very fast and effective thanks to technological advances, and it is possible to easily provide survival for all people in the world.

Let’s assume that we have the minimum of food and shelter.

So why do we work now?

Some people work because they are addicted to work. Because they can’t not work! Because they suffer from boredom! Because they can’t even do nothing for an hour! According to a study, a large percentage of people would rather give themselves electric shocks than sit idle.

If we didn’t have this addiction either, why would we work?

Some people work to achieve a kind of social status. They mean that unemployment is a shame and disgrace. Work gives them identity and social character. They define themselves by their work. Getting identity with activity and work is a very interesting topic. “Becoming one with work”. Reading this article may help to open up the topic.

https://www.unwritable.net/2024/01/blog-post_10.html

Now let’s assume we didn’t need any work-related social identity, so why do we work now?

Some people have some aspirations for the future. For example, buying such a thing. Buying such a car. Buying such a house. Going to such a trip. To get such a woman. And many similar wishes.

All these wishes are for getting something in the future.

Note that all of these acquisitions are actually for getting a feeling in the future.

For example, a sense of abundance. Or a sense of ownership. Or a sense of pride. Or a sense of honor. Or a sense of being loved. Or a sense of being validated. Or a sense of being successful. Or a sense of winning.

Many people see themselves in a comparison or competition. According to the general id, they should be like others. Since humans are herd animals, it is quite natural for us to want

Persian 

to make ourselves ...similar to the society we are in. This is important for survival. In herd animals, if one separates from the herd, death certainly awaits them. So we follow the herd at all costs.

For example, if everyone has a certain type of clothing and a certain type of car, we also go out and buy them. Or if everyone does a certain job, we also repeat and imitate. If everyone follows someone, we follow them too. And so on.

Now let's suppose someone is so good in the moment that they feel completely independent of the future. This state is almost incomprehensible for someone who has not experienced it. But if you haven't had such an experience, you can imagine it for now. Imagine someone who feels so good just sitting and breathing that they have no need for comparison, no need for approval, no need to achieve anything in the future.

Such a person is so immersed in لذت (لذت = pleasure) that the environment becomes unimportant to them.

Such a person looks inward.

Such a person has such a sense of abundance, fullness, and security that they are completely content.

Such a person is simply satisfied with being.

They don't need to do anything.

They don't need to become anything.

Such a person has no fear of the future.

Why would such a person work?

For such a person, "should" doesn't exist. When you are in that state, you are the chooser. A state that can only be reached through meditation and observation.

In such a state, you don't work for the future or to achieve a specific outcome.

This state is the state of being in love.

Because there is no fear of the future, then there is no fear of hunger, fear of death, fear of rejection, in work.

In such a state, only pleasure and love are the motivation for work.

In other words, service! In other words, spreading love!

Even this service and spreading of love is done without will.

Unconsciously! Without the presence of the ego or social personality of that person!

Just like a flower!

A flower's purpose is to be beautiful. A flower's purpose is to spread fragrance.

A flower spreads beauty and fragrance effortlessly.

A flower does not work to achieve something or for a specific result or future.

The flower just exists, and those around it benefit from its existence.

Back to business. Business can also be like this.

In this state, this business works to spread joy and happiness. The goal of such an economic entity is to spread awareness and light.

Such a business does not create war. It does not destroy nature. It does not cause anxiety and harm to humans. It doesn't compete much.

Only those who have reached a state of presence and have an understanding of meditation can create such businesses, otherwise they enter the same cycle of unhappiness, destruction of nature, comparison, and competition.

The goal of this business is big and global. The goal of this business is to improve the lives of all humanity and even the entire Earth. Assuming we have moved beyond survival, this business is definitely also a spiritual business.

You can read the definition of spirituality in the link below.

] ملاذویت %

This means that for this business, the definition of a human is not just the body. That is, after fulfilling the needs of the body, humans can devote themselves to spirituality. Such businesses directly contribute to improving the lives of people.

There may still be few such businesses, but every person who reaches the stage of service is a big help. So everyone can be effective.

Every moment can be effective.

Persian 

Every writing.

Every word.

Even though I don't have such a business yet, with this writing I am clearing the path a little for myself and others.

I find this writing of the unwritable to be the most important and effective business.

And this is our business today!

مسئولیت اصلی

March 14, 2024

دسته‌ها: English, بلند, وقایع

برچسب‌ها: بخشش, خدا, ذهن, روابط, گورو, مذهب, مسوولیت

زمان خواندن 7 دقیقه.

زمان خواندن 7 دقیقه ***

مسوولیت اصلی

به مرور که خودم و اطرافیانم را مشاهده میکنم کد هایی برایم باز میشود. یکی از آن کد هایی که طبق مشاهدات من تقریبا اکثر آدمها از آن آگاه نیستند کد مسوولیت هست.

قبلا در نوشته‌ی پنج اصل درونی در مورد اصل اول نوشته بودم.

https://www.unwritable.net/2022/12/blog-post_23.html

اصل اول این بود.

من فرمانروا و مسؤل خودم هستم.

این جمله بسیار عمیق و پر معنی است. یکبار دیگر از آن نوشته اینجا می‌آورم:

-1 All the rules in the existence are my rules

تمام قوانین در دنیای خودم را خود من تعیین می‌کنم. در دنیای درونم من ناخدای کشتی خودم هستم. تعیین کننده‌ی تمام حالات من؛ خودم هستم. من وضعیت روحی و جسمی ام را خودم تعیین می‌کنم. بنابراین هیچگاه قربانی نخواهم بود. هیچ چیزی از بیرون توان تغییر وضعیت درونی من را ندارد. من قربانی نیستم.

درک این اصل و فهمیدن آن را مدیون معلم بزرگ یوگا جناب سادگورو هستم. همینطور جناب اکهارت.

در ج کهارت می‌گفت هر کسی به اندازه‌ی آگاهی خودش عمل می‌کند. هیچ کسی بیشتر از آگاهی خودش کاری

Persian 

نمی‌تواند انجام بدهد. پس ضمن پذیرفتن ناآگاهی دیگران مسوولیت حال خودت را

حال برویم سراغ داستان.

ببینید در زندگی اتفاقی برای ما می افتد. معمولا این اتفاق ها از سمت دیگران یعنی آدمهای اطراف ماست. و آدمها معمولا بر اساس آگاهی شان دست به حرف ها و کارهایی میزنند.

آدمها یا کودک هستند و مسئولیت ناپذیر و یا بالغ هستند یعنی مسئولیت پذیر. البته سن مهم نیست. خیلی ها حتی تا بزرگسالی مسئولیت ناپذیر هستند. با مشاهده ی بچه ها و آدم بزرگ ها به سادگی میتوان این را مشاهده کرد.

بزرگترین مسئولیت هر کسی پذیرفتن مسئولیت خودش است! یعنی مسئولیت افکار و احساسات خودش!
طبق مشاهدات من ۱۰۰ درصد بچه ها و شاید بیش از ۹۵ درصد آدم بزرگها چنین مسئولیتی را نمی پذیرند.

نپذیرفتن این مسئولیت یعنی رفتن در فاز قربانی.

حتما تا به حال شنیده اید که کسی میگوید «تو من را ناراحت کردی»

این جمله یعنی من مسئول ناراحتی خودم نیستم!

من مسئول حال درونی خودم نیستم!

یعنی دنیا جای عادلانه ای نیست!

یعنی توجیه این که دست به هر عمل ظالمانه ای بزنم!

به عبارت دیگر یعنی:

این که من ناراحت و عصبانی هستم و حالم خوب نیست مسببی دارد در بیرون از من!

همیشه انگشت اتهام ما به سمت بیرون است.

همیشه یب کسی در آن بیرون مقصر است.

هیچ وقت من مسئول نیستم!

یا یک شخص در بیرون مقصر است، یا یک گروه مقصر است، یا یک حکومت مقصر است، یا موجودی مثل شیطان یا یک خدای ذهنی!

این مشکل، در بعد بزرگتر تبدیل به مذهب میشود. یک انسان مذهبی متعصب مسئولیت نمی پذیرد. یک انسان مذهبی مسئولیت خودش را گردن موجودی ذهنی به نام خدا می اندازد!

این بازی ذهن و نفس بسیار خطرناک است. وقتی کسی مسئولیت نمی پذیرد و دیگری را متهم میکند این شروع توجیه هر عمل دیگری است.

انسان های بی مسئولیت معمولا تمام ظلم ها را مرتکب میشوند. انسانهایی که حالشان خوب نیست و مسئولیت حال بدشان را نمی پذیرند!

اگر کسی مسوولیت حال خودش را بپذیرد برای اولین بار بالغ میشود و میتواند حال خودش را خوب نگه دارد. او در برابر هر رویداد بیرونی موضع درستی اتخاذ میکند.

این موضع ولی موضع قربانی نیست. موضع مسئول است!

موضع قربانی خودش را ناتوان و ضعیف و سطح پایین می بیند.

اولین قدم برای رشد معنوی و فکر در انسان همین است.

لطفا بیایید به این کلمه بیشتر فکر کنیم. مسئولیت یک مفهوم عمیق درونی است. شاید با کلمات نتوان خوب توضیح داد. شاید باید خودتان درونتان دنبال مسوول بگردید و ببینید اگر که حالتان خوب نیست مسئولش کیست!

تعاریف قدیمی و ذهنی مسئولیت را کنار بگذارید.

این اعتیاد درونی به قربانی بودن که همان مسئول نبودن است را فقط با آگاهی عمیق میتوان کنار گذاشت.

مهم نیست دیگران چه میکنند!

دیگران بر اساس آگاهی خودشان عمل میکنند.

تو مسئول بمان!

تو در شکرگزاری بمان!

تو عاشق بمان!

درست مثل عیسی پیامبر که وقتی آن انسانهای ناآگاه هر گونه ظلمی بر او روا داشتند او مسئول ماند.

عاشق ماند.

آگاه ماند.

عیسی اسطوره شد چون قربانی نشد.

مسیحیان هر چقدر تلاش کنند از او یک قربانی بسازند نخواهند توانست.

جمله ی عیسی بزرگ همچنان در قلب جهانیان طنین دارد که:

خدایا این ظالمان را ببخش، اینها نمی دانند چه می کنند!

Two other men, both criminals, were also led out with him to be executed. **33** When they **32** came to the place called the Skull, they crucified him there, along with the criminals—one on his right, the other on his left. **34** Jesus said, “Father, forgive them, for they do not know what .they are doing.” And they divided up his clothes by casting lots

<https://www.unwritable.net/search?q=%D9%85%D8%B3%D9%88%D9%88%D9%84&m=1>

<https://www.unwritable.net/search?q=%D9%85%D8%B3%D8%A6%D9%88%D9%84%DB%8C%D8%AA&updated-max=2024-02-24T17:32:00-08:00&max-results=20&start=10&by-date=false&m=1>

Translation by Gemini

The Primary Responsibility

Introduction

The text you provided is a reflection on the importance of taking responsibility for our own thoughts and feelings. The author argues that this is the first step towards personal growth and spiritual development.

Key Points

- The author begins by stating that as they observe themselves and others, they have come to realize that most people are unaware of the concept of responsibility.
- They then refer to a previous article they wrote about the five inner principles, the first of which is:

I am the ruler and responsible for myself.

- The author explains that this principle means that we are the captains of our own ships, and that we are responsible for our own mental and physical states.
- They credit the yoga teacher Sadhguru and the spiritual teacher Eckhart Tolle for helping them to understand this principle.
- The author then discusses the idea that people act according to their level of awareness.
- They argue that we should accept the ignorance of others, but that we should also take responsibility for our own state of being.

The Story

- The author then tells a story about how we often blame others for our own unhappiness.
- They give the example of someone who says “You made me feel bad.”
- The author argues that this statement implies that we are not responsible for our own feelings, and that the world is not a fair place.
- They then discuss how this attitude can lead to victim mentality and justification for harmful behavior.

The Danger of Victim Mentality

- The author argues that victim mentality is dangerous because it can lead to people blaming others for their problems and justifying their own bad behavior.
- They state that irresponsible people are often the ones who commit the most acts of cruelty.
- The author then discusses how taking responsibility for our own state of being is the first step towards becoming a mature adult.

The First Step to Spiritual Growth

- The author argues that taking responsibility for our own thoughts and feelings is the first step towards spiritual growth.
- They state that we should stop blaming others and start focusing on our own inner development.
- The author concludes by calling on us to reflect on the concept of responsibility and to strive to be more responsible individuals.

Related Writings on Responsibility

- The author provides links to two previous articles they have written on the topic of responsibility.

Conclusion

Persian 

I hope that this translation is helpful. I believe that the author's message is a valuable one. By taking responsibility for our own thoughts and feelings, we can empower ourselves to create a more positive and fulfilling life for ourselves and for others.

"Poem "The beyond

March 7, 2024

دسته‌ها: English, شعرطور, کوتاه

زمان خواندن > 1 دقیقه.

زمان خواندن 0 دقیقه ***

"Poem "The beyond

;Beyond thoughts and emotions

!There's something

!Something that's a no thing

!Sometimes it seems like nothing

!But that no-thing is everything

!Nothing or everything

!This is the most amazing no thing

!Swim beyond the ocean of thoughts and emotions

!Then you yourself become nothing

!Definitely then; you feel the Everything

آینده با هوش مصنوعی

March 5, 2024

دسته‌ها: English, بلند

برچسب‌ها: آینده

زمان خواندن 4 دقیقه.

زمان خواندن 5 دقیقه ***

آینده با هوش مصنوعی

قبلاً گفتیم ذهن چهار قسمت دارد. در نوشته هوش «مصنوعی و یوگا» کمی مقدمات داستان را توضیح دادم.

https://www.unwritable.net/2023/12/blog-post_79.html

در نوشته و ویدیوی زیر هم چهار قسمت ذهن توضیح داده شده است.

https://www.unwritable.net/2022/04/blog-post_24.html

چهار قسمت ذهن عبارتند از

- هویت یا خود
- حافظه یا انبار اطلاعات قدیمی
- منطق یا تحلیل
- چیتا یا لحظه

حال با دانستن این موضوع می‌خواهم کمی با هم آینده نگری کنیم. اولین هوش مصنوعی ساخته‌ی ذهن بشر، همین زبان است. یعنی تعدادی حروف و کلمه را که هریک نشانه‌ای برای یک مفهوم هستند را با چینش‌های مختلف می‌چیند و زبان را می‌سازد. حال به مدد قدرت پردازش بالای کامپیوترها این امکان برای تمام زبان‌ها و حتی تصاویر و صداها و ویدیوها هم ایجاد شده.

کامپیوتر می‌تواند هزاران تصویر را بگیرد و از ترکیب آنها تصویر جدیدی بسازد. همینطور برای صدا و ویدئو. کل این فرآیند هیچ خلاقیتی ندارد بلکه بازترکیب همان اطلاعات قدیمی است. انسان هم سالها فکر می‌کرد بازترکیب اطلاعات قدیمی نوعی خلاقیت است که البته اینطور نیست. روش scamper سازوکاری برای بازترکیب می‌داد و به اشتباه خلاقیت نامیده می‌شد. در آینده‌ای نه چندان دور، بشر به این موضوع پی می‌برد، چرا که نرم‌افزار با سرعت بالایی می‌تواند متن و صدا و تصویر و وی بست کند.

اینترنت پر می‌شود از تصاویر و موسیقی‌های ساخته شده توسط هوش مصنوعی و با عرضه‌ی بالا دیگر ارزش آنها پایین می‌رود. ویدیوهای مصنوعی آنقدر زیاد می‌شود که تفاوت ویدیوی اصلی با مصنوعی از بین می‌رود. هیچ ویدیویی دیگر قابل اتکا و استناد نیست. هر آنچه ذهن تصور کند را کامپیوتر می‌سازد. به هیچ ویدیویی نمی‌توان اعتماد کرد. در این زمان یک چیز اما هنوز ارزش دارد و آن خلاقیت واقعی است. خلاقیت واقعی که در حوزه‌ی چیتا یا ذهن بدون زمان است.

در آینده، ارزش داستان و ایده بیشتر می‌شود. ایده‌های خالص و ناب بیشتر از شکل و فرم و تصاویر مهم می‌شوند. وقتی انفجار مجدد تولیدات ذهنی و مولتی مدیا را داشته باشیم ارتباط عمیق انسانی و تماس فیزیکی و چشمی مهمتر می‌شود.

رانندگان، کارگران، عکاسان، گرافیست‌ها، فیلمبرداران، سازندگان موسیقی، کد نویسان، نویسندگان، کارهای حسابداری و محاسباتی، وکلا، پزشکان و تمام کارهایی که ماهیت تکراری و بازترکیب اطلاعات دارند، کمرنگ می‌شوند. کارهای انسانی مثل مربیان یوگا، مشاوران، کوچ‌ها، روحانیون و تمام کارهایی که مستقیم با روان و روح انسانهاست و نیاز به خلاقیت و حضور در لحظه دارند مهمتر می‌شوند.

Translation by Gemini:

The Future with Artificial Intelligence

Introduction

The text you provided is a reflection on the future of artificial intelligence (AI) and its impact on human society. The author argues that AI will eventually surpass human capabilities in many areas, including language, image generation, and video production. However, the author believes that human creativity and connection will remain essential in a world dominated by AI.

Key Points

- The author begins by stating that the human mind can be divided into four parts: identity, memory, logic, and the present moment.
- They then discuss how AI has already surpassed human capabilities in language generation, image generation, and video production.
- The author argues that AI will eventually become so advanced that it will be able to mind can imagine.

- However, the author believes that human creativity will remain essential in a world dominated by AI.
- They argue that AI will never be able to replicate the human ability to think outside the box and come up with truly original ideas.
- The author also believes that human connection will become increasingly important in a world where people are constantly interacting with AI.
- They argue that humans will need to rely on each other for emotional support and guidance.

The Impact of AI on Jobs

- The author predicts that AI will eventually replace many jobs that are currently performed by humans.
- They list a number of jobs that are at risk of being automated, including drivers, laborers, photographers, graphic designers, videographers, musicians, coders, writers, accountants, lawyers, and doctors.
- However, the author also believes that new jobs will be created as a result of AI.
- They list a number of jobs that are likely to become more important in a world dominated by AI, including yoga instructors, counselors, coaches, spiritual leaders, and other jobs that require human creativity and connection.

Conclusion

I hope that this translation is helpful. I believe that the author's message is a valuable one. While AI is likely to have a significant impact on human society, it is important to remember that humans will always have something unique to offer. Our creativity and ability to connect with each other will remain essential in a world dominated by AI.

Persian new year or Spring

March 26, 2023

دسته‌ها: English, احیای زبان و فرهنگ فارسی

برچسب‌ها: ادب پارسی

زمان خواندن 2 دقیقه.

زمان خواندن 2 دقیقه ***

Persian new year or Spring

.Persian year coincides with start of Spring

!In Persian language we literally call it new day

'New" is Persian is pronounced like 'no"

'Day" in Persian is pronounced like 'rooz"

نوروز In Persian it is written like

If you want to say New Day you combine the two words and it will be Norooz! But when you
!write Persian in English script in slang it's called Pinglish

Pinglish has no standard and here are the other options with the number of results by
:Google

Nowroz 376,000 results

Nowruz 25,000,000 results Also suggested by Google (The Winner)

Nowrooz 328,000 results

Now-rooz 1,420,000 results

Nowrouz 171,000 results

Now-rouz 586,000 results

Nawroz 1,640,000 results Also suggested by Google

Nawruz 619,000 results Also suggested by Google

Naw-ruz 706,000 results

Nawrooz 112,000 results

Nawrouz 21,800 results

Naw-rooz 135,000 results

Naw-rouz 39,300 results

Noroz 331,000 results

Noruz 653,000 results

Norooz 1,870,000 results Also suggested by Google

Norouz 1,090,000 results

No-rooz 3,940,000 results

No-rouz 2,490,000 results

😊 !No-roux 69,300,000 results This one is an ingredient fo Mac and cheese

...

Persian new year or Spring

.Persian year coincides with start of Spring

!In Persian language we literally call it new day

'New" is Persian is pronounced like 'no“

'Day" in Persian is pronounced like ۱روز“

If you want to say New Day you combine the two words and it will be Norooz! But when you
!write Persian in English script in slang it's called Penglish

Penglish has no standard and here are the other options with the number of results by
:Google

Nowroz 376,000 results

Nowruz 25,000,000 results Also suggested by Google (The Winner)

Nowrooz 328,000 results

Now-rooz 1,420,000 results

Nowrouz 171,000 results

Now-rouz 586,000 results

Nawroz 1,640,000 results Also suggested by Google

Nawruz 619,000 results Also suggested by Google

Naw-ruz 706,000 results

Nawrooz 112,000 results

Nawrouz 21,800 results

Naw-rooz 135,000 results

Naw-rouz 39,300 results

Noroz 331,000 results

Noruz 653,000 results

Norooz 1,870,000 results Also suggested by Google

Norouz 1,090,000 results

No-rooz 3,940,000 results

😊 !No-roux 69,300,000 results This one is an ingredient fo Mac and cheese

...





! Introduction by AI

March 7, 2023

دسته‌ها: English, کوتاه

برچسب‌ها: نوشتن

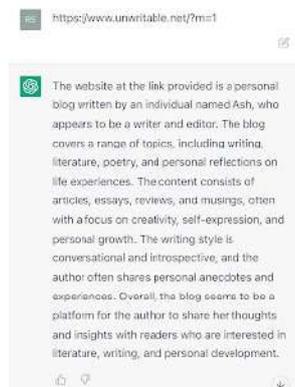
زمان خواندن 1 دقیقه.

زمان خواندن 1 دقیقه ***

!This is how AI sees me

😊😏 !My name is not Ash by the way

The website at the link provided is a personal blog written by an individual named Ash, who appears to be a writer and editor. The blog covers a range of topics, including writing, literature, poetry, and personal reflections on life experiences. The content consists of articles, essays, reviews, and musings, often with a focus on creativity, self-expression, and personal growth. The writing style is conversational and introspective, and the author often shares personal anecdotes and experiences. Overall, the blog seems to be a platform for the author to share her thoughts and insights with readers who are interested in literature, writing, and personal development.



معرفی به زبان فارسی

این یک وبسایت است که به صورت شخصی توسط نویسنده اش اداره می شود. در
درباره زندگی، مسافرت، فیلم و سریال، موسیقی، کتاب و بسیاری موضوعات دیگر
شامل مقالات مختلفی با زاویه های مختلف است و ممکن است برای خوانندگان علا
مختلف جذاب باشد.

February 25, 2023

دسته‌ها: English, کوتاه

برچسب‌ها: گورو, یوگا

زمان خواندن > 1 دقیقه.

زمان خواندن 1 دقیقه ***

.There is something mysterious about volunteering in Isha

!There's no Isha vs Us

!There's no them vs Us

!We are all responsible for everything

!Like Sadhguru

!He definitely feels responsible for every being

.That's the love we all feel

!So we should be like him

!No matter where we are

!No matter what label we have

.We learn from him

!We are responsible for everything

!Everything on earth and beyond

!Everything inside Isha or Outside it

!We all are one

!We all are life

!We all are Yoga

Almost the Heaven!!! (iii)

January 16, 2023

دسته‌ها: English

برچسب‌ها: یوگا

زمان خواندن 1 دقیقه.

*** زمان خواندن 1 دقیقه ***

Almost the Heaven!!! (iii)

Sitting on the cliffs

;Listening to a far stream

Sun is shinning on my right side

Trees standing in silence

I almost found the heaven on earth

Here I can travel inward

I can do yoga

I can chant

I can sit

I can be still

Here there are food from earth

Made with love everyday

Offered with love everday

Here there is a presence

Presence of a man

!Almost one with the God

A man with knowledge

A man with clarity

A man with limitless love

Here is run by lovers

Run by the power of willing

Run by the power of love

Run by selfless people

From around the world

Africa, Europe,Asia! Anywhere

Each one trapped in the energy

Trapped by one guru

Intoxicated by him

By his bliss

The more I stay here

The lighter I get

The happier I am

Here the goal is joy

Here people are joyful

Respecting all life

Persian 

Animals and humans

Trees and cows

Here we are making the heaven

Here we are manifesting a dream

A dream to make a heaven on earth

!And here we are

We are in the heaven on earth

?What can I ask for

?Better forest or better food

?Better people or better yoga

Everything is perfect

As beautiful as it could be

This is spreading

Throughout the whole earth

Heart to heart

Glances to glances

Energy is spreading

Consciousness is arising

Breath by breath

Moment by moment

I found my heaven

Persian 

The heaven on earth

I am here by the grace

You are here by the grace

Better be grateful of the grace

!That's all I can do



!Poop! How east and west deal with it

!Today we want to compare east vs west when it comes to solving an issue called poop

Poop in nature not only an issue but it is a great food for all the plants, trees, insects, and .eventually other animals

.Poop is a food; a half digested food that belongs to the earth. It's enriches the soil

?Eastern people notice that and they put it back to the earth

The best way is to spread the poop all over the nature so all the insects and other plants can use it . humans tend to live together and don't want to walk long distances., so we can .directly put it into the earth but it's just kind of scary

.So the Easterns came with the solution slightly offside hole, and it runs directly to the earth

But let's see what is the Westerners solution. westerners make a nice white big bowl! fill it up .half with water and put all the poop on the show

Then you have to use a flush and consume a lot of water just to get rid of that and a lot of !people don't have time to even push the lever

.And you guessed tge scenery

Some people claim that western solution is more hygienic. Guess what; when you seat in squad only the soul of your feet food touches the ground and then you have a shoe or a .sandal

but on a western solution, you have to sit on a surface that don't know what happened .before. Is there poop or urine on that you don't know

some smart people came with a solution, which is put a paper and guess what! See that thin ?paper when it comes to some moisture what happens

In the eastern solution, we use water to wash our butt on the western solution you use

!paper t

Persian 

Some use wet paper! And it clogs! Then they come up with flushable wet paper! And it
!doesn't work! And pipe clogs and flood happens! More money you spend

.I don't need to debate which one cleans better

.In order to make paper, you have to cut the trees and make the earth into a desert

!And all you get is a smelly butt and no jungle

In the eastern solution, you have access to the area to wipe it, or better, wash it clean as clean
!as your face! and guess what? In the western solution you have no access

?which one is the natural position to sit and get rid of all that shit

Guess what nature has already had dissolution look at our nearest relatives, and there is a
.muscle that blocks the shit highway when we sit or stand

This highway opens up when we are in squads. If you use western solution I'm sorry to tell
!.you; you are always full of shit

!Sorry that's nature! Nature rules

Some people come up with expensive solution and contraption and sell it for hundreds of
dollars but there is one simple solution

!A hose! and a hole in the ground

!Then you will have a healthy body that can squat

And we always lie things flush! not coming out (compare with the switches)

!Living in love! Living in community

!It's been about a week

!More or less! Time flys here

!Because we live in love

!Here is a community

!We spread love! To the whole world

!We don't claim our territory

!We don't work for money

!We don't ruin the earth

!We save soil

!We save earth

!We spread love to the whole world

!We are limitless

!We don't limit our responsibility

!This community runs by love

!It doesn't run by greed! It's just love

!We think bigger than ourselves

!We think bigger than our family

!We are as big as the whole world

!Here, there is no hierarchy

!There is no credit system

!Everyone competes to spread more love

!Starting from within

!We make the world; starting from our own

!We all focus inward, generate love and become love

!We make the world, breath by breath

!We make our body

!We make our mind

!Then the world

!We start from within

!We have no boundary

!We have no limit

!We are yoga

!We are one

!We are love

! We are called iii

Persian or Farsi (Dari, Tajiki)

June 3, 2022

دسته‌ها: English, احیای زبان و فرهنگ فارسی, کوتاه

برچسب‌ها: ادب پارسی

زمان خواندن 1 دقیقه.

زمان خواندن 1 دقیقه ***

Persian or Farsi (Dari, Tajiki)

,To my English Speaking friends

These four names refer to one language spoken by more than 100 million people in more than 3 countries and all over the world. This language has a rich cultural and literature background like Rumi, Hafiz, Khayyam, Sadi and hundreds of other books which is still readable and amazing.

Unfortunately because of political or some other mistakes People call Persian language different names like Farsi, Dari or Tajiki.

Calling Persian, Farsi is like to call French language “Fransais” when you speak in English. We all know that when people speak in French they call their language Fransias but when you speak English you call it French, just like this example when we speak In Persian we call our language “Farsi” and it doesn’t mean when you speak in English you call it Farsi.

This is a common mistake which I hope people understand and call this beautiful and rich language one word and it’s PERSIAN and not FARSI or DARI or TAJIKI.

.Please join my campaign by sharing this to your Persian or English speaking friends

چهارشنبه‌سوری Celebration of Wednesday

March 16, 2022

دسته‌ها: English, احیای زبان و فرهنگ فارسی, کوتاه, وقایع

زمان خواندن > 1 دقیقه.

زمان خواندن 0 دقیقه ***

چهارشنبه‌سوری Celebration of Wednesday

One week before Spring equinox which is equal to Persian New Year people in West Asia including Iranians along with many other historical cultures celebrate with fire. By jumping or being close to fire we symbolically burn the bad energies and gain health and energy from fire element in nature. This happens on the last Wednesday of the year before spring; hence its called Wednesday celebration in Persian Language.

!!! ... The story of Rasool, Russell, Russ, Ross

August 23, 2021

دسته‌ها: English, بلند

برچسب‌ها: من کیستم؟

زمان خواندن 5 دقیقه.

زمان خواندن 6 دقیقه ***

!!! ... The story of Rasool, Russell, Russ, Ross

There is an issue with typing English in a blog that the default language is set to Persian,) (sorry if formatting is not correct

When I was born, my family decided to put Rasool as my name, a semi-religious and mostly Arabic (and less Persian) name meaning The messenger (from God or someone else like a .king, etc!)

Since a teenager, I didn't like the religious taste of my name but changing names was not an .option in my culture so I accepted it

Immigrated to Canada after 33 years of living and quickly noticed that my name is very important here. When people want to know and communicate with you they start with your first name, back in Iran with a less individualistic society family name was more important .and the first name was just for close friends and family

Soon noticed some research and statistics also proves that name is a key factor in getting a job and survive here. The research stated that resumes with English first names get .significantly more responses back from employers

Some people change their names to English names and also put English names on their kids .hoping they can integrate easier

Some people totally gave up their original name pronunciation and pronounce their names .as English speakers pronounce it, and they pronounce it incorrectly obviously

:I was not an exception

The first time I wrote my name as "Rasool" was to get my passport, it was the time I should dictate my name in the English alphabet. There were two options Rasool or Rasoul which I .chose the first one because it looked better and simpler

Strangely, I still don't know what's the correct dictation of my name in English. It seems in English an "A" sound is slightly different from the "A" sound in Persian. Also having an "oo" ?or "ou" sound right after "A" sound seems very odd for English speakers. Right

?Try saying "A" and then "OU" is it strange for you

Persian 

Teaching the English language was not the priority of the revolutionary government at the time I was in school, so I was thought a very distorted and sometimes wrong English. Just one funny example was that when we first started learning English at 13 years age in school the teacher was pronouncing the word “an” like “en”. As a kid, I used to say en instead of an for some time until I noticed the reason he was pronouncing it en was because in the Persian language “AN” means Poop! Trying to control the classroom from laughing and going out of .Control he decided to change the pronunciation totally

!Long story short, I came to Canada and started surviving like other immigrants
The closest name to Rasool was Russell so I decided to write my name as Russell! Now the chances I get a response for my resume is higher and also I prevent people to pronounce it
”like “Rezuul
I thought that this solves my problem until I was repeatedly asked “What?” Or “Please repeat”
:when I called myself Russell! Don’t know why but I have two theories
I don’t know how to pronounce Russell correctly in English which I think is true. (It -1 reminds me of immigrants who put an English name on their kids and they don’t pronounce it correctly until the kid learns correct pronunciation in school and asks his/her parents to pronounce it correctly)

People don’t expect an English name when they see me and ask for my name and look for -2 my real name! Also noticed some people with good intention want us to say our original .name. They may feel more intimate or close or caring doing so

.”To resolve it I decided to go with “Russ
It worked for a while until when I said my name is Russ and the lady at the seminar
:registration desk asked me
Russ or Russ? (this is what I heard)
Later on, I thought She might have asked me “Ross or Russ”? But obviously, I didn’t know the difference and I couldn’t distinguish this small difference in English pronunciation. So I
!looked at her and said, Russ! And I don’t know what she wrote
Time passed and I googled and noticed that “Ross” is more popular and sounds better. So I
.went with Ross for a while and changed my online profiles etc
Again it didn’t work, I noticed Russell is more close to my original name “Rasool” so when my manager asked me what name I want to go with for my advertising and branding I said
!Russell
For a while, I used to say “my name is Rasool or Russell” which is funny I think! It seems like I
!haven’t decided on my name yet

For a while I used to say “my name is Rasool like Russell” this was to prevent people from
”looking at me confused! Also to prevent people pronouncing it like “Rezuul

Years past and thankfully I survived and didn’t end up not having a job and becoming
homeless. I think the fear is gone now. After all the frustrations in years, I decided to call
myself Rasool. I don’t think the problem is totally resolved but I go with my exact spelling
.and pronunciation

A similar story exists for my last name: pronunciation and also the fact that I don’t have a
!middle name! My last name has two parts separated with a space
Still, people use it as a middle name or sometimes add a “-” to it. That’s another story by
.itself

I know similar stories exist for all immigrants, sometimes maybe much worse. I don’t know
.the story of east Asian people or many other cultures and languages
.As English is my third language I am definitely not perfect in writing and pronunciation
There is no final solution. Until then we would better try to eliminate any sort of
.discrimination and racism inside ourselves

Not all ethnicities can pronounce each other’s names correctly. Including myself, I may not be
able to pronounce your name correctly but it doesn’t mean that I don’t care about you or we
.should have unequal rights

After all, we are all humans, and names were put on us when we were born. Life is bigger
.than names and also bigger than us

Days after Vipassana (Observing the reality of truth as it is) 12

((: English is my second language, so please excuse my mistakes and help me improve them)

I learned about Vipassana about seven years ago and during these seven years, I tried one or two times to register to the waitlist but it didn't go through. I wasn't always sure about spending 10 days of my life just doing meditation. My internal conversation was like: how can I leave my life for 10 days? Is it required to spend 10 days just to meditate? Is it normal to do that? I will do it myself just maybe 10 minutes a day I don't need to do these radical trips, after all, I want to be normal. But the reality was I was so immersed in the distractions of life .that I couldn't do it myself

Years past and I started doing some online meditation with a very nice lady who had passed a 10-day course and she was offering online meditations. After each 10-minute meditation online I felt so relaxed and good that I thought with myself that all of my questions and concerns will be answered in meditation. Knowing that I registered for three centers at the same time and right on the day of my 42nd birthday one of the centers accepted my .application

Having all sorts of anxiety problems and relationship problems in life and in my business, I was so excited that finally I can escape from all my anxiety and do meditation; something in the bottom of my heart was telling me that the answers to my problems are found in my meditation. I was so excited that I started to pack almost 5 days before, bought new towels and blankets and sheets and I started writing about my experience and I went to the center one day before, just to see the location. I camped in my car the night before the start of the .course and showed up at the Centre very early, I remember I was the first person

For me, it was so hard to say bye to my 3-years old daughter and also giving off my phone and laptop. I was kind of addicted to my phone and computers, some days my screen .was up to 14 hours, basically all of my waking hours

After finishing that journey which was a long long journey inside, now I can say that this .journey was one of the best journeys of my life a long journey inside my own world

It wasn't all roses and good though, there were a few times during the course that I felt sick, I felt miserable and at least two times I decided to leave. With the help of some people in the .center and just being a little bit more patient, I stayed there

Long hours of sitting had some pain showing up in my back and my legs and digging through my unconscious mind, my past and my relationships made me see nightmares and feel a lot of discomforts. I had enough calmness and time to review my bad dreams at night and learned from them, most of the dreams I still remember and they all had clues for what I did in the past wrongly and pointed me to the right path. I was talking to myself that I have no responsibility here, my sleeping bed and my food are ready, so all problems that I have are !from inside! So I had no excuse to be unhappy

Growing up in Iran with some cultural similarity to East and to India and Berma where these teachings originated, I could understand the teachings from a different perspective, I could relate to most of the ideas taught in Vipassana and what is deviation from that original .teaching which is said is pure form of what Buddha taught almost 2500 years ago

But all the patients paid off, I can't describe what was my experience on the 10th day fully using words, I was a different person. I felt like a super-man driving out of the center my driving was totally different from before. My mind was working differently, I was a different person. All the problems and anxieties that I have been struggling with for decades seemed to .have been vanished. The reason for that was because I was living in the moment

The course is designed in a way that puts your attention toward yourself, there is not a lot of outside things for you to direct your attention so naturally, you go inside, naturally, you direct your attention to yourself, and naturally, you start living moment by moment; breath by .breath

In summary, I got my soul back, my mind was so distracted and so stressed for long years ,that I could not sit still and did not have concentration, this was resolved completely Depression and anxiety disappeared completely, it worked like hundreds of hours of consultation for me. Before that I could not read or write long texts, my mind had lost its sharpness and concentration, this alone could be a good result if you look for something in .return from gaining from sitting for 10 days

From a logical mind and from the outside it just doesn't make sense that you sit for 3 to 4 .hours a day and do nothing. But in reality, the miracle happens when you sit long en 1

After the 10-day course, I discovered that besides the world that we all see around us there is a bigger and better world, the world that is more important than the outside world; that is the world within us. If the world inside us is a mess, no matter what you do outside, no matter how luxurious, how amazing the outside world is you still don't feel good. And the moment your inside world is in order and your mind is in equanimity and you are in that meditative state, no matter how the outside world is like, you feel good and you are happy even if you are in a prison. Honestly that 10-days is like you are in a prison; as you have .nowhere to go but inside

In that 10-days I traveled to my childhood, felt my childhood pains, traveled to the future up to the last breath, and mapped my life and future plans. I had ideas sprouted in my mind. I .learned a new way of living, a better way of living

After two days of finishing the course, I already missed that, Doing one-hour meditation per day as my current commitment to myself, doesn't give me that meditative state that I have gained in the 10-days. I'm kind of addicted to meditation right now, any time I have nothing to do I will sit down, close my eyes, and pay attention to my breath and my body. It's said that .your body is the only really that connects you to the mind-matter world

On the last days of the course, you learn about sharing your merit and love with others. I hope this writing has a little bit of that in it and hopefully it helps people toward getting into .the world of meditation and changing their life and the world for better

And finally, because the world is a world of give-and-take and everything is influenced by capitalism, I just want to analyze this from a businessman's perspective. This is a 10-day vacation! it's totally free. Your accommodation and food are already paid for, all you have to do in return is to work on yourself for 3 to 4 hours a day. Even for a business-minded person, this is a great deal, you just sit and get services from very nice people. The only commitment you have is to sit for 3 to 4 hours and work on your own mind and purify your mind. Do you know better pay or an easier job like this? So even if you are a business-minded person it's a great deal, I recommend you to take this deal. Give it a try yourself, the first lesson of Vipassana is that, you have to experience yourself and give importance to your own experience and do not rely on other people's knowledge, so these were my experience to give .you just an idea, go to www.dhamma.org to experience yourself

ارتباط یعنی

April 9, 2021

دسته‌ها: English, شعرطور, قدیمی, کوتاه

برچسب‌ها: روابط

زمان خواندن > 1 دقیقه.

زمان خواندن 1 دقیقه ***

ارتباط یعنی

يك نگاه تو وسط چشماى همدیگه ...

یعنی يك لبخند ساده ...

یعنی يك آغوش گرم ...

یعنی لرزیدن دل در سکوت ...

یعنی دلهره ی دیدار...

یعنی خیسی آرام چشم‌ها...

یعنی بغض خداحافظی ...

ارتباط هنوز پدیده ای کمیاب و ارزشمند

حتی باوجود همه ی حرف زدن‌ها

حتی با همه ی استاتوس‌ها و اینستاگرام‌ها و تلگرام‌ها...

A Connection is

A simple look right into the eyes

Is a smile

Is a warm hug

Is the heart shaking in silence

Is the apprehension before meeting

Is the wet eyes

Is the silent cry while saying goodbye

Connection still is rare

Despite all talks

Despite all status updates

May 18, 2009

دسته‌ها: English, قدیمی, کوتاه

زمان خواندن 1 دقیقه.

زمان خواندن 1 دقیقه ***

I bought the 12-episode "Planet earth" documentary film made by BBC,
These are summary of result of some of my revelations from watching the film
Where there is a match point (this is a concept from match point film and means that 2 forces
fight and one will win by random or very delicate untraceable differences)
In nature there is an evolution movement
All nature is in equilibrium but the equilibrium point may move due to evolution
Evolution is driven by genes
Better gene eats the other
Or kills weaker in the same species
Species and environment are parts of each other
Sun or the earth warmth can produce energy for life
Each species eats the other matter to be in lower energy level
Just like chemical reactions
Environment makes the characteristics of habitants, Islamic behaviour in deserts
Get material from environment and produce more of it is the principal goal of any substance
These are principals of the life, other like emotions and human affairs are sub affairs of that
Genes try to mate each other to make a better production and kill themselves to allow new
genes to live

This is one my newest explorations:

The area on earth that is arid and full of dessert matches the area which Islam spreads. If you look at the map you will see that Islam is popular only in places where there is low precipitation.

The God of Islam is a merciful God which we should ask him to give us, the arid climates urge people to have such God.

actually every people has his own God,
some people's Gods is a person we can talk to him to feel better
some people's Gods is a person who give them something
some people's Gods is a person who ...

God is a character we make in our mind , a character we need to exist
God is a character we think it should exist

But now I can live without such a character,

I live in nature

I live by my emotions and needs

I now know that I am a chemical complex which starts to work when I was born and ends when I die.

By accepting such a reality you never need any God.

One thing satisfies me in life more than everything else:
that is learning

one of the best feelings for me is when I learned a new thing
or I experience a new thing,

No doubt my life will be full of learning

Life is too short

December 18, 2006

دسته‌ها: English, کوتاه

زمان خواندن > 1 دقیقه.

زمان خواندن 0 دقیقه ***

be careful ! life is very short!

be careful to live it...

many people trap in future!

they live for future every day.

all their life they are waiting for this or that!

our real future is death!

so be careful!

I personally prefer having good feeling on wealth or any plan to achieve!

December 6, 2006

دسته‌ها: English, کوتاه

زمان خواندن > 1 دقیقه.

زمان خواندن 1 دقیقه ***

By watching nature I understood that the two main activities of any live part in nature is looking for food and sex (I write it in reverse in order to not to trap in filters)

First is all our activity in gaining money and second is our desire for having relation with opposite sex.

in all humans including human having sex is in line with a lot of problems ; in animals war between males and in human you see all problems such as strict laws and all problems like jealousies, women right violence etc...

I will write more about this subject in future but now I want to suggest BBC link for all young Iranians

http://www.bbc.co.uk/persian/science/story/2006/08/060823_relationship-education.shtml

I heard many French words that we use them in Persian,
They maybe Persian words in French or common words with English,
I will try to list them here:

Ascenseur

ecran and all words related to art and cinema

saucisse

jambon

filet (of meat)

carton (box)

plastique

sac (bag)

consERVE (canned foods)

ketchup

pipe

salade

puree

le biscuit

le gilet

la blouse

le manteau

les shorts

la casquette

la cravate

le corset (different meaning)

le pyjama

la jaquette

le patio

la pelle (similar to "bil" in persian)

la cadr

la moquette

trancher

le telephone

la television

douche

chauffage

le capot (car part)

le camion

rythme

metro

prise (for electricity)

gendermerie

boutique

magazane

karikator

balon

vitrine

ism”s“

December 4, 2006

دسته‌ها: English, کوتاه

زمان خواندن > 1 دقیقه.

زمان خواندن 0 دقیقه ***

In recent 2,3 years I undestood that some “ism”s are very close to my view to world,
some are: reductionism, utilitarian, pragmatism, naturalism, materialism ...
u can find a lot about them in wikipedia...

November 30, 2006

دسته‌ها: English, کوتاه

زمان خواندن > 1 دقیقه.

زمان خواندن 0 دقیقه ***

I feel in a trip to Syria that music is the common language of all human being no matter what
!is their language
.What music does is that it stops flow of thinking in our brain

I am INTJ, it means:

Introverted

iNtuitive

Thinker

Judger

I passed this test and found it very interesting, and I plan to continue studying about it in future, according to that test that I found it very close to my understanding of myself my personality category is INTJ, and I am good in engineering, research ...

But I do not care about human emotions very much!

I plan to exercise in this aspect.

Here are some explanation about characters:

Extraverted Characteristics

- Act first, think/reflect later
- Feel deprived when cutoff from interaction with the outside world
- Usually open to and motivated by outside world of people and things
- Enjoy wide variety and change in people relationships

Introverted Characteristics

- Think/reflect first, then Act
- Regularly require an amount of “private time” to recharge batteries

- Motivated internally, mind is sometimes so active it is “closed” to outside world
- Prefer one-to-one communication and relationships

Sensing Characteristics

- Mentally live in the Now, attending to present opportunities
- Using common sense and creating practical solutions is automatic-instinctual
- Memory recall is rich in detail of facts and past events
- Best improvise from past experience
- Like clear and concrete information; dislike guessing when facts are “fuzzy”

Intuitive Characteristics

- Mentally live in the Future, attending to future possibilities
- Using imagination and creating/inventing new possibilities is automatic-instinctual
- Memory recall emphasizes patterns, contexts, and connections
- Best improvise from theoretical understanding
- Comfortable with ambiguous, fuzzy data and with guessing its meaning.

Thinking Characteristics

- Instinctively search for facts and logic in a decision situation.
- Naturally notices tasks and work to be accomplished.
- Easily able to provide an objective and critical analysis.
- Accept conflict as a natural, normal part of relationships with people.

Feeling Characteristics

- Instinctively employ personal feelings and impact on people in decision situation

- Naturally sensitive to people needs and reactions.
- Naturally seek consensus and popular opinions.
- Unsettled by conflict; have almost a toxic reaction to disharmony.

Judging Characteristics

- Plan many of the details in advance before moving into action.
- Focus on task-related action; complete meaningful segments before moving on.
- Work best and avoid stress when keep ahead of deadlines.
- Naturally use targets, dates and standard routines to manage life.

Perceiving Characteristics

- Comfortable moving into action without a plan; plan on-the-go.
- Like to multitask, have variety, mix work and play.
- Naturally tolerant of time pressure; work best close to the deadlines.
- Instinctively avoid commitments which interfere with flexibility, freedom and variety

As a child in Iran I was born within the Islamic environment both in my family and in society and school (specially after revolution) , I lived with my questions about Islam and religion till second year of my first master,

But after a very hard and long period of thinking and studying I got to the point that I can learn from nature,

I plan to share with you my very controversial ideas here, and in Iran's Islamic environment 'powered by government and traditional society' it maybe be dangerous for my position, but I will do it gradually ...

I thought how current religions (Islam, Christianity, and Buddhism, Jewish...) created:

From several thousand years ago When the population of human increased gradually, the resources were limited and on the other hand they were weak enough to need to live together so the need to have a system to manage society was urgent.

There are also some harsh and unsolvable problems in human life: dying, diseases, starvation ...

Religion can answer these big problems,

Religion helps intelligent people to govern society and helped weak people to put some cure on their wounds.

In my religion the word GOD equals Nature,

In any religious sentence I can substitute the word GOD with the word Nature:

You should obey GOD/Nature

GOD/Nature does not die

We are part of GOD/Nature

Every where you look there is GOD/Nature

GOD/Nature gives and takes lives

This is one of my newest fields of interest,

I like the idea of free market:

I think this concept comes from some fundamental rules:

Rule1: human beings are different.

Rule2: every one who is better should gain more money.

And money is very important; actually it is the credit of society on you.

The more you make value to your outer world the more credit they give u.

The free market idea in my opinion is the most likely idea to nature.

In nature there is a very fundamental rule for progress.

That's how an atom will result a human being, I believe in evolution,

every thing happens during years and years by evolution.

The rule is that there is a continuous war to be better, if u r not better u die, the winner will remain and make new generation, this is just like free market.

Every day there is a competition between players,

Every day from the result of this war the weak will wipe out and the powerful will remain.

That is the reason why historically socialism did not last. They ignored these two fundamental rules.

This competition is also good for individuals ...

Satisfaction does not come from money,love,etc...

The most satisfaction happens when we use our talents in our life, when we try hard, when we explore our capabilities and use them, when we experience, when we learn.

And all this happens in free market societies.

November 30, 2006

دسته‌ها: English, کوتاه

زمان خواندن > 1 دقیقه.

زمان خواندن 0 دقیقه ***

I had the question of security from the time I decided to upload this website,
We use to have different personalities but here I introduce one unique personality to every
one: friends, colleagues, family, girls, strangers ...whoever reads!
That may be dangerous but I am fearless enough!
I am going to see what happens.

?Why I write

November 30, 2006

دسته‌ها: English, کوتاه

زمان خواندن > 1 دقیقه.

زمان خواندن 0 دقیقه ***

why I write here?

Answer:

Actually it is a gateway for communication, a way for others to get familiar with me or maybe finding new friends.

Very frankly, I want to express myself! like all human beings

I want others to know me, know my different personality aspects.

I want to change their view on me to be better than before...

This information at last results to better understanding and may result in some economical activities...