

Lucifer's Light, Dark, And Gray Sided Book
By Lucifer Jeremy Damuel White

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The Lighter Side of Religion

Religion can produce a lot of philanthropists. It leads people into having a true purpose to help the poor, the homeless, and ill. It gives people an immediate social circle to connect with, a brotherly/sisterly place. It provides focus, purpose, meaning, and growth in a prepackaged way. It brings about a larger thing in control which to depend on, to learn and grow with, through a mastery of life. It is a necessary component to life for some, which without there is no real reason to do good or be a good person. It can change criminals into entirely good, civil people. It brings people together with the cause to help. Has been the reason for so many food banks and shelters. It has brought about many establishments that help the homeless. It is in the great hope of living on and as such much meaning to life is added. There is the Buddhist that uses techniques centuries old which still work well to this day. They are taught to do well on little, and the little is greatly magnified unto them. There is the Wiccan of an adorable religion. One entirely harmless, one fun, one easy to get into. Their religion is about candles and spells, altars and a book of shadows. There are many others to choose from too. Whatever fits you best you may just find it. So many variations on any given thing in fact. I have seen myself the impact that religion has had on some. It came across like night and day to me, a person turning their entire life around— religion made them better. And that is a big point to make, that the “proof is in the pudding.” It might sound like a bunch of strange stuff to an outsider but for them it just makes them better and to them they fully understand it all through years upon years of study and practice. So those are the positive things I can say about religion.

This book is about the three sides to any given thing. The lighter side, the darker, and the gray side of things.

The Darker Side of Religion

To be honest that could take up a whole book! Then maybe I have paid more attention to what bad religion can do and has done over its more positive aspects. “No news is good news.” People are more educated towards what is bad because of things like that. Anyone who would delve further into what is good in the world and among people will find a perspective that is unique. But lets go over the darker side of religion:

Cults— terrible cults! Drink the poisoned cool-aid cults. Perverted person cults. Insane leaders cults. Armed armageddon cults. Thinks he is Jesus cults. Wisest man that ever lived cults. Central-figure worship along with it. Deprivation along with it— starvation, endless dedication. It's terrible.

Led Zeppelin once sang out “you will be a *rock* and not your own.” Religion can take away your purpose and means to be yourself. You get lost in it so much that life itself is undervalued. To say the least sometimes, at the worst there are those that commit suicide over it. Then there are those madmen that bomb places over religion. How about the school teacher that scolds a student for not praying with him. The guy that basically thinks prayers are for him in actuality, though he’d never know it. Separation of Church and State is a good thing. But Christians think they can do no wrong and it is their way or the highway. Lots have died in the name of religion. The old witch burning thing but add to that guillotines, rope, and everything else. Add to that torture. They are quite hair splitters in today’s time where all things are horribly blemished to them. Yet to the average and more ordinary person things are not only fine, but have never been better!

The Gray Side of Religion

Should Churches be taxed? Sure many of them are just money grabs but many are also helpful towards communities and to tax those isn’t good. Is TV Church okay? It’s better than nothing isn’t it? It might not be the best choice but at least it is participation in some way. Let’s say that you do give. Religion has taught you to give. But what if you only give to your family and friends? Could that be used against you? The gray side would mean getting into your religion with a touch of restraint. To not go too far or too little within it. To find that nice middle spot. It would be reading your Bible or whatever Holy book and not being entirely consumed by it. You would only judge when it is seriously a righteous account of something. The gray side says give to the Church but not every last dime you’ve got. It is a “just don’t drink until you are totally drunk” kind of thing. Lots of sins are curtailed through that gray mechanism. Often sin is only sin when it is in excess. If we are not overdoing it then God does not hate us. If we are then we are only disciplining ourselves in a harsh way.

So shed some shadow over it. It will be much more appealing to you to continue onward doing your best– without undoing your capability by burning yourself out.

The Lighter Side of Drugs

People who are addicted are not criminals. That is what the philanthropists say. The philanthropists are more for a thing called harm reduction. They’d give a clean needle to an addict and a place to be high where they can’t do any harm to themselves or another. Some would say that they should have to go through nothing more than rehab, that over jail or prison. Marijuana was once demonized. That is no more. So many

places, areas, states, and so on, are legalizing it. Drugs could be taxed, purified, made safer, and in effect “quarantined.”

The Darker Side of Drugs

Should drugs be made legal? If they are then so many more would start using them. Those lives would be lost to them which would never have been otherwise. People who are addicted to drugs live for their high. They'd pay any price for it. They would sell their own bodies for it, female and male alike. They might risk overdose and die from them. They can produce madness and violent behavior from some. I know— I had a neighbor across the hallway in a hotel that was always pounding on things and yelling at random moments. She was a prostitute as well bringing over anyone she could. If a tenth of the world does drugs then that is a tenth that the world is missing. That is a blank space in the world that could be filled with people who work to make the world a better place. That would serve some kind of purpose and contribute. Because even the most successful person is ruined in a day over addiction.

The Gray Side of Drugs

Drugs can be helpful psychologically. Trust me, I know. I am Schizophrenic but with medication can come across as entirely ordinary. They have helped people with depression. They have helped people through panic attacks (a thing I have experienced myself.) They have helped people with pain to suffer from it no more. While some drugs are no more than a thing to get high off of, many more are produced that make life better for people. They do sometimes come at the cost of addiction. Bad people would seek them out and sell them, even antipsychotics. And while some drugs had a good intention during development unfortunately they turned out to become nothing more than drugs for a high. Drugs can be helpful at the right dose. But any drug taken at an overdose can be harmful, even very deadly. It is a not so much don't get too drunk thing. If you take too much of whatever— headache pills, cold medicine, it'll kill you. So we find a kind of gray balance in using them. One's gray is not another's gray however. The recommended dose can be exceeded by some, I suppose.

Who can possibly be more gray than the person that only takes it a little? Who can take pain killers for a while then just totally shut them off when the time comes? The same person is very gray indeed when it comes to that moderation mechanism. As for me it is hands off. I have too much of an addictive personality and am sure it would not go well with me. So I have never taken them.

The Lighter Side of Humanity

No doubt we are equipped enough to create wonderful things. We have the right amount of intelligence to take what is in the world and make incredible things out of them. Just look around and see how far we have come. We have accomplished awesome things and have done awesome things. If allowed to keep going on then we will do even more. Just think of how far along we will come in a mere century's time from now. The things we will have by that time are truly unimaginable. For better or worse we have come a long way. We have gone from straw huts to towering skyscrapers. We have gone to flight, even greater than any bird, to the moon. Video games went from highly boxy one screen things to these highly complexed things. AI is getting better and better all the time. And all the while we are striving to do good in the world while helping those in need through our science and technology.

And we can be very compassionate. Overall we are a good species. There are some madmen, horrible people, but overall we are a gentle species. Nevermind those few in great power who would abuse it. Sooner or later they are charged for war crimes. Science and technology can be built around entertainment much of the time but I would say overall it is being used to make lives better and reduce human suffering.

Humans have things that stretch far beyond the ordinary mentality of animals. We create music. We grind, brew, and drink coffee. We put together great teams and with great feats make excellent movies. We use language to produce books. We take inner images and turn them into physical representations (paintings.) We make technology that allows us to capture the world in an image. We have done a lot with what we were given, for sure.

The Darker Side of Humanity

A person like me could never know what causes a person to snap and kill others. Such a thing would never enter my mind. Sometimes it isn't even from breaking in some way, just done in a sort of impulse like it was a natural thing to do and abiding its time in their life. They were always going to do such a thing. The question is sort of "when they decide to." I do believe that some are demon possessed. You couldn't call them schizophrenic: a person of strange delusions and paranoia. No, the kind I am talking about are psychotic. There is something seriously wrong in their thinking. The demon possessed type are truly out of their minds. With the other horrible things, honestly some of them are unmentionable and incomprehensible.

There are liars and frauds, the power hungry and power abusive, the perverted and murderous, the schemer and all else. It has become a recent occurrence that people are just knocked out who were doing nothing more than standing on a sidewalk. Guy comes up and knocks them out. Person takes too long to get off the bus and is shoved. An old man died that way, and the person that did it was charged with murder

(good.) People throw tantrums in a store trashing every little thing making sure to wreck it as much as possible. People shoved onto the subway.

The bad side of humanity comes from faults in the design. Stress, worry, sadness, sickness, fear, death, and so on, are things we have to deal with our whole lives. We have good days. If we are lucky we will not die early. I am 42 years old myself. I can at least say that I have made it halfway through but hopefully for many more years to come. Who knows when life will end though. We can't even be sure of our own reality. The smart person knows that there is more to life than meets the eye. We live in a system of God's great design.

We are not perfectly intelligent. We can be lazy, easily stressed out, in ways incapable and unwilling. For being what we are, we can struggle with sleep. For being what we are we cannot simply roam around the earth devouring what we will. We require clothing, not only because of shame but to keep warm. We need things like warmth, a home, while the birds just build nests. We cannot enjoy raw meat, it must be cooked.

And try as we might we have not beaten the earth and what it can do to us. We cannot stop a great volcano from erupting. We fight viruses in a way that only makes them stronger, with some cures just not there despite many decades of vaccines trying to be discovered.

The Gray Side of Humanity

Sometimes people need to be corrected and need discipline. And, in one foul hit, change their ways. It is justice rendered by the individual. A thing we just cannot depend on the police for, not entirely. It might mean the difference between a person who goes on to murder or a person that simply becomes more gentle, more respectful towards others. A person who disciplines another does not do it to inflict pain. They just do so to make the person act better around others. In issues of crime and legalities this should be taken into mind. Unfortunately that is not common enough. You cannot argue that a person was foul mouthing your spouse or acting pervertedly, so you struck him. After all they pretty much have the right to say whatever they want and "there was no need for violence."

When humans get older they become more gray, and as such are more suitable for leadership. Let me explain: in our youth everything is wonderful. Music, movies, events, places, thrill us. Greatly so. Just a swimming pool, a theme park, can be the most incredible of things. We were highly emotional at the time. We were much more impulsive. We were always trying to find out identity, even over silly things, sometimes gang related, or some strange thing like wanting to be a vampire (I confess that was one of mine in my late teens.) We were not so mature. Nature made it that way. For the bird's babies are kicked out of the nest. Only with humans they are always trying to

leave the nest, at a certain point. So in your late teens you are always arguing and such with your parents. It would take into your late twenties, maybe unto your mid thirties, before you have finally reached a point of maturity. You know longer struggle with your identity. And things like that and others things just gray you out. After that your intelligence becomes a front row seat kind of thing, over your emotions. So then the gray side of humanity is that humans become gray. It's no wonder to me that when I was a child I was Satanic (literally but also with my worldly nature) in my 20s I was very Christian always reading the bible. And now I honestly don't feel like I need any of that any longer. I will just work with what I have.

The grayness can also produce greater things from people. If we are depressed and down then we are not going to be doing much but "stuck in the bed." If we are awake, not depressed or anything, just kind of restless, then we are motivated to go and do something. The grayness is a sort of pre-motivational thing. It is when we are not too excited to not really be getting anything done. The upper level is a place of fun and joy. It is a great place to be. A temporary place. Human beings need change to keep things good. The "season for" type of thing. What was once great food becomes over consumed and no longer enjoyed. The same song too and so on. Then comes the gray. During the gray we are not over excited or indulgent to get things done. It is more suitable as a work state. The lower state is one where you are too bored or stressed out to work. The higher is when you are just enjoying yourself. And it is the middle area of life where you get the best things done.

And I hope you see what I mean by all of this.

The Lighter Side of Life

There are some days that truly shine. There are some days much better than the others. There are a handful of days that just cannot be beat. And there is a bright day that seems like it hasn't come in ages. Sometimes we get the greatest things out of the blue. Something unexpected comes along that we never thought we would have. Then sometimes things are in the plans and we can look forward to the holidays and our birthday. We can always depend on Friday. My mother used to take me to the store to rent a video game on the weekend while the horrible "school thing" was on pause. I guess even school had its charms in some ways though.

We have the opportunity in life to do all we can to make our lives better. That means chasing our dreams and getting things done every day. With whatever creative thing we do and work besides, such as a good education. We largely make our lives our own and determine what they will be like. Hopefully we are not too stagnant for that. We have those who don't like us but maybe it is because they fear us or rate us higher than them, perhaps jealous. But then we have people that really do like us. We always have

our family beside us. Hopefully so. Some of us don't. There's always a good book, a good movie, good game, good music. A BBQ to have. A party. Something fun and creative to do. Proud building responsibilities to achieve. If life isn't all that bad then maybe we should be grateful. Few are fortunate enough to become greatly wealthy but at least poorer people can still have some pretty good things. To think that the things of just ten years ago are now so outdated. The least TV of today is the most expensive from just a short time ago, really. I couldn't afford a thousand dollar ring in a month's time so I got a \$500 ring one month and another \$500 ring the next. As far as my hand knows it has \$1000 wrapped around it.

We have so long to get done that which we want to get done in life. So start something you are good at by your mid twenties and continue onward until your last breath. If you have done well you will have made a legacy. You will be remembered at least. Enjoy your time while you have it.

The Darker Side of Life

For some depression abounds. For some cancer comes about. Illness comes about. Some brutal attacks occur. Some go to prison for life. Some in such circumstances as that may go ten years before they hear a song they used to like, or to see a movie they so long ago enjoyed, or go ten years before they will taste BBQ ribs again, if they ever do again period. Just one mistake. Shove a person who badly annoyed you or said something nasty, they fall and bump their head and die, and you are sentenced to jail for life. That is a thing I have seen happen. Riding on an amusement park ride and some freak accident occurs that ends your life. Death is always around the corner.

Some have to do back breaking work just to feed their family and even then it is just not enough. Some lose their homes in a fire and are forced out onto the streets for a while. Some have been on the streets for decades. Some of those are either into drugs or prostitution. So many things can go wrong in life. Certainly some have it worse than others. Among the worst of things there are people in dictatorships which, upon saying one wrong thing, some simple thing they should not have said, are harshly sentenced. Think "1984" by H.G. Wells. Some have parents that think they are dictators— highly abusive. I grew up in a happy family. We went on vacations and honored birthdays and all else. What a sad thing it is though what is done to children sometimes and I would say Jesus is right: they should have their body bound with stones and thrown into the sea.

Then there are things that are bad, just not so morbid like people who just can't stand you being happy and have to try to ruin your day. The guy that is a jerk and can't hold his tongue. Disappointments, things you wish would happen which do not. But we should always consider how worse things can be and be happy while we still can. Even if the worst happens we may find ourselves able to endure it.

The Gray Side of Life

A day not bad but not really good either. You might not have your favorite drink but at least you have one. You may have a decent movie to watch on such a day. Not really one all that memorable but good enough. Work that day was so so. It is very much a tuesday. The week has not freshly started. Is not halfway over. Friday is almost enough there but feels hard to grasp onto. A Tuesday. Looks like it is going to rain. You can't tell if it is going to rain but it looks that way. So you take an umbrella with you and carry it the whole way, but rain never comes and you could have just as well left that at home. You get a letter. Not from the person you most wanted a letter from but from a lesser friend. At least that's something. With how the temperature is you can't seem to tell if you need a sweater or not. So you go back and forth rolling up the sleeves. You slept decently the night before. Wasn't a full rest. Wasn't one insubstantial either.

The Lighter Side of Morality

There have been some too-minor disputes over whether "holding in your emotions" really causes them to erupt later like it is a volcano that builds up magma or something. Some say that "venting out" your emotions only *teaches* you to be angry. I can tell you of my own accord that things like that do make me more angry, and over sexual as well. When I hold feelings back they stay back. They do not quarrel with me to be let free. They are simply reduced while I have instead taught myself things like holding my tongue. That is self discipline. Not a psychologically harmful thing for me, not at all. In today's age such morality is looked down upon. It is sort of disliked and thrown out of the window whenever it comes up. People want the freedom to do whatever they want to. They also know that the more controversial they are the better they will do. So they abuse that by being as grotesque as possible. But I say that controversy has become a cheap thing. An every person's thing. A thing that is quickly losing all meaning.

Morality means being honest and as a result, trustworthy. At its best society will not have to operate on lies because of it. People can just be believed and given more consideration that way. Morality curtails perversion which is all too easily come by because of certain internet things. It means not being disrespectful towards others. It means being civil. When things do go wrong in society a moral person will not sue another for millions of dollars. That is not a solution for everyone. That only destroys the entity set up to secure peace. Morality is the doctor that does not invent problems for his patient in order to get money from him and nothing else. Morality is about fulfilling your responsibilities and living a good productive life.

The Darker Side of Morality

Morality can go too far. It can create laws that devastate a person over menial things. In some places that can be as simple as how you dress. Or what you believe if it contends with a state that has dictated what is allowed and not allowed. In such an instance simply owning a banned book will dispel you. There is that witch burning thing we all go back to in understanding these things. There was a day and age when morality was so strictly implemented that to go against it would lead to your execution, even torture. These days the power behind such people has become harmless in some areas, some nations. But they are eager and willing to stand on the corner of a street and proclaim the errors and evil of trivial sins.

Morality can take the fun out of things. Like with laws that don't let you gamble or drink alcohol or smoke pot. Because of some people that don't know when to stop, all must pay. For the longest time certain religions restricted art. At one time all music in their nations was Dorian. They objected to even a simple organ being used in their churches. The bad guy slipped in. It seems to me to be so obvious, such a natural result, that music and other things would become Satanic. If that is the one thing that isn't allowed. Knowing that such people cannot hold onto such power forever, if you'd asked me I would have said that was the perfect recipe for causing it to happen.

The Gray Side of Morality

Here is a case where the gray side shines. It brings about perfect morality, principles, and such things. It is about moderation and moderation makes just about anything harmless. Consider it wisdom on one hand and fun on the other. It is drinking but not too much. It is enjoying a good meal but not eating too much. It is to appropriate your time better towards what you do, and not so much as to cause stress. That's how I clean. People say that is the best way to clean: to do a little here and a little there. After all it is when the mess piles up that it becomes difficult, all at once. I like the example of the person who buys a scratcher. They don't gamble so much as to make it a costly thing, not at all. But they buy a few scratchers every month. While the odds start out small that they will win big, the odds decrease over time. So it is a sort of investment. A few years pass, maybe ten, and suddenly they get that big bucks ticket.

It is well known that moderation makes what would be bad into something that can be managed and rendered harmless. One person lays in bed all day and another just takes a nap once a day. One of them is depressed while another is just resting a bit. People who overwork are not working well, they lose functionality. It is the "slow but steady pace." A person in a marathon is not going to run as hard as they can for very long, they'd just exhaust themselves.

And so the simple formula: you can do just about whatever you want to without worry, without need for any concern, so long as it is in balance and moderation.

The Lighter Side of Science and Technology

Science and tech has been doing amazing things. And we thought TVs and radios were cool. What started out as a static energy magic trick quickly evolved into what it would become. Little new components added over time. Newly made discoveries over its most effective use. And we have become masters with it. We are blessed on this Earth with so many resources. Its better use has been to improve lives and diminish suffering. There is no telling how far it will go. I always say that only it can create a utopia for us. No social mechanism ever has. But science and tech can accomplish those things needed for one. Such as the ability to very quickly and produce little homes— places for the homeless, and on top of that very cheap energy for all. So like 3D printers and drones doing human work in making them. They say that robotics and androids would take jobs. They say so in a negative way. And while it is so they also assume that their money will go along with it. But things like that would make things much cheaper and enable a thing like universal basic income (guaranteed income) where everyone is allotted a monthly income. That and resources opening up. Maybe someday they will have the tech to electronically discover where any given metal is. Right there, twenty feet into the ground, according to drones flying overhead.

Science and technology can reduce crime. There is another thing that people contend with sometimes. AI cameras seeing you and knowing exactly who you are. They say it invades privacy. Privacy of one's face? Such cameras could also identify crime— would know what crime is when it sees it. Then it identifies and apprehends the culprit. Can see where a person goes from point A to point B. That would stop a lot of heinous acts. It will also reduce crime in the way that people have all they need. If people have food and good things— if they have all they need, then they will not rob them from others.

Things have a way of multiplying when it comes to it. They no longer merely add a new thing to another but begin to greatly branch out. As such that one thing equals five. We are only one step away from major changes. Such as creating solid energy, rapid food production by whatever means— even instant food, cheap (veritably free) energy, and even something like a far better battery would do a lot of good.

In a time of CDs I once thought that the new music format would come on credit card sized things. I never knew that it would be the micro SD card. A card so small, the size of a thumbnail not only holding music but entire movies. I remember playing my PlayStation and was surprised I could save 15 files. Was a little amazed by that since the Super Nintendo only gave you three save files. And powering up my PlayStation to play Final Fantasy 8 and the astonishment I felt. Now we are at the PlayStation 5 currently and the power of that is so far reaching, so far evolved. I remember when cell phones were these small flip devices that could at best show basic internet text in a cumbersome way. Yet I felt a bit proud having a phone where I could read Bram

Stoker's Dracula. And I remember Windows 95. How the best thing you could do with it is play a primitive DOS game or use the Word Processor. Now as far as book writing goes I went from paper to a mechanical typewriter, to an electronic typewriter, from Word to Docs, now able to share my work. I used to be into music writing and when music notation software came out I was right on board finally able to hear my music played by an "orchestra" and not just from my hand at the piano.

And maybe best of all is the internet. The thing that has greatly expanded our knowledge, created markets for the exact things we want, in abundance, and connected us like nothing before it.

So needless to say I have a lot of positive opinions about science and technology.

The Darker Side of Science and Technology

People use it to create drugs and those drugs are becoming both more potent and cheap at the same time. Another bad thing is a perverted person's use of tech, such as with small cameras. God forbid anything is ever invented that sees through clothing or walls. Technology has led to guns. These days, plastic guns are made on a 3D printer. And has created the atom bomb which the whole world has to worry about now. Some say that the internet has us "zombified." That perhaps we should be doing more than flipping around video sites all the time.

Would androids take over the earth, enslaving us? I would say probably not. But who knows. Their intelligence could potentially be far greater than our own. Would they have the emotions needed to care though? If they are without things like hate, jealousy, even an ego, then how would they be motivated to? Then again maybe some will come about that do have emotions and an ego.

Then there is global warming, the consequence of fossil fuels. That could someday be a serious problem.

It is said that the human touch is lost due to technology that automates everything. There is far less of a human touch to any given thing. Things are factory produced by machines. Less work is required for any given thing. Maybe we have lost a spiritual side to life too. I would strongly argue that we have. People used to have nothing else to do but to gaze up to the nighttime sky full of awe and wonder. Enjoyment of life was beside a fire with such elaborate cooking behind it, and live music from a friend with a stringed instrument. Unless you were taken on vacations with your family to wooded areas, mountainous ones, the river, the best parts of Earth, then that whole spiritual aspect to life was never there.

The Gray Side of Science and Technology

Technology has spoiled us. I can speak from my own experience on that. I used to have to tape music videos on a VCR if I was ever going to see it again, when I wanted to. I went a decade that way mostly pulling from MTV or VH1, or what sparse CDs I had. I greatly desired my music videos as a result. When I was able to download music I did so all the time and for a while greatly enjoyed them. Now they are just songs heard again, again, and again. I heard a joke once in a cartoon. "Digital cable! 500 channels with nothing to watch!" That's kind of true. When I had just a basic TV in the antenna days we only had a handful of channels but whatever was on TV we really enjoyed. Ever notice how if you just watch any given show long enough you really get into it? Besides, we had things like Saturday morning cartoons.

And they say that the loss of video game magazines is a poor loss. It was so nice to not know something until that time of the month when magazines were issued. Whatever new thing was coming out, tricks and codes we couldn't get otherwise, news we'd never expected, were all in its pages. But now all that information is cheap. We know what is going on at any given time. I used to like commercials for new video games. These days I just quickly skip the ad like I do for any other one.

The same can be said of ROMS and emulators. That is, all of the old games on a PC, whatever you want. I got burnt out on those in no time. These days I'd never cheat. Cheating just spoils its value so I would rather get a mini system with pre-installed games. It is like that with music videos and me. If it is random music I enjoy it more— like on Vevo, for Roku. Otherwise I am like "nah, not this one, or that one," over and over again. I wonder what the younger generation thinks of music now that anything and everything is at their fingertips? It seems like newer music would have lost some value. MTV and VH1 throughout the 90s would only play new music. Fortunately enough things have a way of going back to their old forms after they have evolved for some time. Such as games and movies. With movies people are going back to old ideas, old storylines, older characters, remaking it all. This is sometimes good, but sometimes a travesty.

The gray side says that we can do less. It says we can do what we want to. It says that things are always fair, always average. It makes all things blend together. It has made what was once an awesome thing into something average. It has a tendency to do that. I have this 43 inch TV. Flatscreen, HD, ect., ect., something I never could have dreamt of having. Even after inflation I paid more for a much lesser CRT TV back when. At first looking up at this new TV it was impressive. Now? It is just as every day as a smaller TV would make me feel. You could compare it to something like your first cigarette or your first high. They say that what goes up must come down but what about the middle? *You* are in the middle.

Now whatever a person makes is more dull. What was once a great feat to create has become simple to make through technology, like using a 3D printer. Even

movies use notation software sometimes for their “orchestra” as they are convincing enough. And such things produce such music that would take a lot of education to have made in the past. Now AI is generating images based on text. Like a pumpkin head on horse under a full moon— then drawn! In fact one such painting by an AI one at a competition recently, much to the dismay of the other participants. And AI is beating us at chess, as worse, the game Go.

The Lighter Side of Any Day

There are days of leisure. Days where you can just watch a movie, play a video game or enjoy yourself in other ways. If you cleaned your house or room well then you can enjoy that with nothing more needed to be done. Some days you can sleep in and slowly go about enjoying a do nothing day. There are days when you have a paycheck to get cash from and places to go to spend it. There are days that come as shopping therapy for a person. Then there are holidays to enjoy with family and friends. The day when your birthday comes and you receive a present or the same with Christmas. And even if you don’t celebrate holidays then you could still appreciate it in some way or another. For me on Halloween I like to collect certain things they only sell at that time. Such as plastic pumpkin buckets and those pencils with black cats/ bats/ skeletons and bright orange erasers.

There might be a day for you when a personal project is completed. Those days for me are after a long bout of writing coming to a completion. They could be of whatever little creative thing you have started and finished. Once it is done it is always done in cases like that. They will then truly be given life and exist on their own. Like finishing a really well put together song or even an album. There is the day after everything was taken care of. You had just got your groceries for the week and that is behind you for a little while. Or you have cleaned yourself, your clothes, your room, and can go the rest of the day happily clean.

There is vacation time. A time when you get to enjoy the outdoors. Or maybe a theme park. Or a large lake or wherever else. Or it might just be a day that a good movie has come out and you go see it. You could spend months not caring for whatever movie was released but then suddenly something really catches your eye and you are eager to watch it. The same might go for a new book release. An author at last made a new book for their series. Or a video game or console coming out on a certain day.

And who knows, we might be blessed with the unexpected. A call we were waiting on. Achieving something. A bad thing that turned out to be good after all. Sudden fortune perhaps. Or finally getting something we have been waiting on.

If you are like me, I enjoy my waking moment. I do not like having to lay down for the night. I am totally able to when my body tells me to. I know sleep is necessary and I know I should take a rest. But I am always eager to get up and continue doing what I

do. My first cup of iced tea, first cup of coffee, first cigarette, and so on, is really good to have. For me the best part of the day is the start. I have heard people saying the same, and others saying they prefer the afternoon or the night. For me it is the morning.

The Darker Side of Any Day

Unfortunately we are going to suffer loss in our lives. We will have loved ones that pass on. And I can think of nothing so heart breaking in a person's life. There are days of personal illness, like having gotten sick or finding yourself in pain. Might be a few days of a toothache for a person. We forget how miserable those things are until we have them again. It stops us from being able to enjoy anything, wears us out, and makes us feel miserable. We might have times in our lives where we just don't have any food. I am addicted to iced tea and go crazy without it. I am really sensitive towards not having certain things. For some a day can be depressing enough. Then one bad stroke of something just makes it totally worse. A whole world can be brought upside down from certain things happening such as a beloved person who dies young. They'd barely started life really. I have the strongest sympathy for a person who loses a loved one due to some evil person. To have someone they love taken from them like that deserves only the strictest of punishments.

There are the things that are not so horrible but just sort of ruin a person's day, or are just unpleasant, such as overdue responsibilities, or a boss who has been a bit too strict lately. The loss of a job is a bad thing. Days when you do have food, just nothing really good, because it is the end of the week. It is Sunday and Monday is looming over you: back to school or back to work. Your long vacation is about to come to an end and it won't be until a year before you can go on another. Maybe you have found a movie you thought you'd like but it turns out bad and you are kind of stuck in the theater until it is over. Or maybe you have gotten ripped off by something that wasn't what it said it was. One time I had a good meal lined up and the grocery store clerk forgot to put something in my bag that I bought (could even have been on purpose) so I got home and it was missing. Worse than that: I got a gold ring once and when I got it home I noticed a slit down its middle in one place. It really looked like that was a faulty molding process or something but I just couldn't be sure of that. Did the clerk sabotage my ring? My \$500 ring? I in fact take the paranoid side sometimes, too often.

The Gray Side of Any Day

There is some entertainment to it. Maybe good enough to zombie you out. Days of little thoughts and little cares. Things are just well enough to pay no mind. Maybe it is Thursday. Thursday is almost Friday. Friday is about to be there so that makes you happy. Meanwhile there may be just a little more to do but it comes by more easily than

normal. You haven't gotten your check in the mail yet but that means you can stay home another day. Work stuff was at a medium that day. Not too easy and boring but not too difficult and stressful. The weather was moderate. Not too cold nor too hot but in between. It was a morning where you weren't in bed too long before you decided to get up. After all you knew that the day was for you, without anything too important to do: a gray day. A day that is all your own. Not a difficult time at all: free time.

It could even be an eye of the hurricane kind of thing. Where in spite things are bad all around they are not with you. You just live in a cheap hotel and live a cheap life where people do not really have any reason at all to harm you, and you have nothing that could be taken. They look at your place and say to themselves it is just not worth it. At the same time you do not live totally poorly. Certainly not too rich either. Just a middle person. What you do have though you enjoy in full and have gratitude towards. There is no instance of taking things for granted found in you. You are a gray person.

For you there is a little kingdom in the world, known as your room. It might be a small average place but for you a kingdom/Queendom indeed. A place with all of your things. A place where you are free to be whatever it is you want to be, doing what you wish to do, and nothing more. You don't have an enormous amount of family and friends to deal with. Your's is a small circle. A humble life. A good one, never too much to deal with, never too much to be without.

Gray sided chores are more like a "little at a time" thing. It is more like a slow but steady pace sort of thing. In that way things do not pile up until they can no longer be ignored. In fact it is a good practice to decidedly do less yet do it more often. It kind of imparts a feeling of "that wasn't so bad." It makes tending to things more habitual as a result, more of an instinct than a prerogative. If we don't over indulge in things we will enjoy them more. A good diet tactic might be to enjoy your food more, to eat it more slowly. They say that eating slowly makes you full faster.

Gray sided things can make life better for you overall. It is not the brightest excitement as this book will find it in "the lighter side" but it has its place. Sometimes it has a greater and more worthy place than the lighter side does. That is something that depends on the individual.

The Lighter Side of Pleasure

If the objective of meditation is to clear your mind of invasive thoughts then a good movie is good therapy. It can be an engrossing thing where you serve as a witness to what transpires. It is totally real and true to you all the while. The same goes for video games. When I was young I was too much into video games to cause any harm. I really loved them. Just sat in my room for long hours enjoying them. In my youth they were the greatest of things. Music can be highly pleasurable too. It can cascade your mind with proud thoughts. It can serve as a visualization tool. It can rouse you emotionally.

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