

Time is a mortal thing



Luc Sala 65

13 december 2014

65 years of age: another marker in life

As life goes on, the inevitable is happening, I will turn 65 years old on december 13, 2014. Time to look back, and also a time to chart the course of my life for the coming years. I am writing this little essay mostly for myself, but maybe it's nice for my friends, lovers, kids and grandchildren and for whoever cares to read it.

I remember my 60th birthday, with a great dinner party at Myster, full of great plans then, ready to create a new life in the then new villa-center Myster. Five years later, I have to admit that it didn't work out as I was hoping for. The idea of a community failed, we did have many workshops but eventually the neediness of the crowd became too apparent and incompatible with my focus and energy, An-Jes decided to move to her Kampen house. Even as we travel a lot together, in the various worlds, I am basically living alone in the Myster Villa. When I realized, some years back, that

my life has been (too) much about producing a Luc Sala mausoleum of achievements and An-Jes realized she had a different program in mind, we put the place up for sale. But I am in limbo now, not really sure that I don't want to live here or what the future brings, so let's see what the universe has in store. Maybe I will sell the place (for a good price) but I am not in a hurry, and there is space for house-mates.



Cinthe, Berthu, Vincent, Luc

The garden requires much work, but it beats going to a gym and keeps me a bit in shape; the luxury of the space and the freedom to have guests, parties and peace is there too. I get older, a somewhat disturbing experience. It's not only my body, but my mind that changes. Sometimes I think for the better, for I can do things now with more depth and focus than before, sometimes I fear for the worse, as memory, multitasking, grasp of practicality and orientation are clearly less than before and there is stiffness in the morning. You can't fight ageing, or maybe you can and I have, the body is still basically ok apart from my rheumatism, but accepting the process is the only option one has. But I don't do biking, jogging, yoga, etc. I eat basically what I like with some caution for MSG taste-enhancer and trying to keep my weight within limits, but the garden and the house are my exercise, and there is a lot of it.

Growing older, less flexible, with nasty bouts of rheumatism, I have to admit that in the past 5 years my mind is catching up

with my body, the 20 year old boy in me is aging too.

Anyway, life is good, even as the

body ages and becomes less flexible, and I sense fear, depression and loneliness for the first time in my life, but these are just the next challenges on the road to wisdom. Accept what is, or is left, don't fight but flow, something which has lots to do with my illness. I am increasingly sensitive to emotions of other people, even at a distance, but realize that I am basically sensing their reaction to what I do or did send out. Increasing awareness has a price and I am not very good at shielding myself, fearing to shut down the otherworld connection that brings me so much in other



Fam Sala in 1955 with oma Sala



Jan Sala, Luc, Berthu, Cinthe 1954 Leiden



60 jaar verjaardagsfeest Breyell 2009



2010

ways. Making decisions based on feeling rather than thinking, and being able to translate that back into rational actions or language has been my talent and curse, so it's hard to give it up, even as I see it defines my personality/ego to some extent.

The interesting question is of course, what have I learned?

To trust the universe more, at times feeling the perfection of the cosmos and the grace of sensing and understanding that there is so much out there beyond the rational mind. Living alone - and with many guests, skype, email and friends not very lonely - helps to find the true center, the real 'I' inside all the me of action, needs, karma. I can be, also thanks to the somewhat isolated house, in my 'inner child' mode more, feel rather than think, and maybe becoming a little wiser.

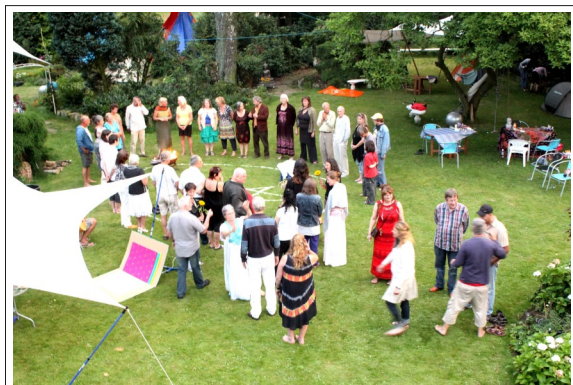
The freedom to abstain, the option not to engage, just to be, is slowly beginning to get hold of me. Not easy, as I am the producing, the manifesting type and always want to do something, often not sensing the real needs or messages. This quality of Wu-wei, of respecting non-ac-

tion is something I really didn't see and recognized in others. I have been pushing for change, for self reflection, for healing, growth, self realization, but ignored the contentment that comes with accepting what is, also in oneself.

I have to learn to embrace, or at least honor the possibility, that choosing not to go along with the pressure of rational progress is the wisest of all. Change, causation, action, karma, the quintessential Taoist, the choice not to act is the ultimate freedom. He or she, who realizes that all manifestation arises from emotional needs like fear (anger, love, connection) and chooses to stay outside the carousel of becoming, may make the only choice that makes one free, and that is not to follow impulses and material needs, but to be. This attitude is in itself the essence of contentment, of happiness beyond the urge to change things. The right to abstain means the right, and maybe the only sustainable one, to enjoy what is, in oneself and in the world. Enjoying the world, friends, the city, life, starts not with kicking the system, as I tend to do, but by looking at what it has to offer, enjoying what others created from their need to manifest, from their fears, angers or love, without the need to judge or vote. My need to be different, better, richer, it is a never ending illusion. To enjoy the differences offered to us by the universe and appreciate their true meaning is what matters, not that we can change things around.



As An-Jes remarked: The stars above carry a message beyond being a target for scientific exploration and explanation, they remind us forever that we are not alone!! What would the sky look like if all the stars were visible?



Zomerfeest in MySter

Pushing for change and progress (whatever that means) has marked my life, but maybe all I did was creating karma, which will come back to me one way or another?

The great lesson is, as before but forever coming down in new incarnations and experiences :

I am only different as I have not yet learned to be the same



Kathmandu 2014

It feels I have to find this truth over and over again, and usually by totally changing my frame of mind.

My daily life, apart from the trips and festivals and lectures, is mostly taking care of house and garden and writing. Of course I have written all my life, but things are more flowing now. While my activities as editor and publisher of Dealer-Info magazine www.dealerinfo.nl are slowly evaporating and there is more time for travel (and article about a recent Egypt trip with An-Jes is at www.lucsala.nl/egypte.pdf and we will do a cruise after Xmas) I am mostly writing books these days. Long essays, that is and I put them on the website or produce digital online books and found fairly cheap ways to even have them printed. The magnus opus the past few years was the ritual book

www.lucsala.nl/ritual eventually printed in India and presented in Kathmandu in spring 2014. But this was just the beginning of a whole series of books. I put them all for free on the internet,

I love to write books, it goes very easy and as there are many books in my mind this will probably keep me busy for some time. I feel like having access to some greater level of knowledge and wisdom, as whatever subject I tackle starts to resonate and new insight emerge, it's like a flow thing. I do realize that much of my work will not be understood by many or even few in the near future, but so what? I write and produce books in small quantities, get ISBN numbers and make sure they get into some libraries, I just don't like the marketing part, and luckily I don't really need any income from my books. May a joint marketing effort with the Onderstroom-Boven Collective will help, but if not, that's fine too.

The 2014 summer campus experience with some students resulting in www.myster.nl/campus/cyberrecon.pdf was fun, I hope to have a new team next summer; suggestions for bright kids for the summer campus project are welcome. See www.myster.nl/campus.

Isn't it funny, I am becoming a kind of scientist after all, although much beyond the materialist limitations.



Mindlift 5.5

I am working on many new books, I am trying to find a big time publisher for the Cyberspace one at www.lucsala.nl/cyberspace I just finished, and now a remake of the 25 year old book on Virtual Reality (www.lucsala.vr.html) is under way, and probably the paddo/magic mushroom books I did years ago with Kyra are next.

The old ones are still online, also now some 15 years old. See for Dutch www.lucsala.nl/paddo/paddo.htm and www.lucsala.nl/paddo/paddous.pdf in English but new book projects are about games, about fire-ritual, about diversity and maybe even a management book about innovation. The ritual book at 820 pages contains so much and is so condensed that I can easily turn chapters into new books.

A new project and somewhat political and more Amsterdam related project is the connected city, first in Dutch at www.lucsala.nl/verbondenstad with some



Schaatsen met An-Jes



Egypt Nov 2014



Luc, Lotte, Isabelle

learned friends; it's a study/essay about what lies beyond the smart city, concentrating on Amsterdam. There is much interest in this, it's a hot subject and fits well with my value/diversity curve notions, re-physicalisation of the city and respecting diversity is one of the main themes. Coming from the ICT-world, I see the effort to create smart cities and bring in more and more technology, but to what effect? Will it make us more happy, content, will comfort brings us closer to each other or will we socially isolate ourselves with the help of tweets and Facebook escapism?

I am fascinated by the way one assumes safety can be traded for freedom, and use Plato's horses in the Phaedrus www.lucsala.nl/phaedrus.pdf as an alternative model. These themes show up in all of my books and I love to draw graphs and illustrations to clarify my ideas.

In www.lucsala.nl/piketty.pdf you can see how I took income diversity as a stepping stone to look into diversity as a broader theme.

Being a writer, now more than ever it seems fit to extend, in the coming months, the book www.lucsala.nl/boekje60jaar.pdf which I made with the help of my daughter Kathelijne when I turned 60. Not as an update, but as a new layer over what then seemed relevant and now reads as a limited bio. So much more needs to be said, explained and recorded in some form, not so much for the outside, but because the inside in me needs to feel where I am, needs structure and a sense of completion of the past.



Lotte

I sense the need for integration, cohesion and maybe even conclusion and why not write it down. The process of writing for me has become like a meditation, a feeling I also had when I was making and editing those television programs every day in my Kleurnet years (at www.lucsala.nl/video.htm you will find the list and at www.mindlift.tv and on Youtube some samples of that video archive material.



60 jaar, met Kathelijne

Writing every day is not a duty and yet a practice, something that structures my life, allows me to imagine deadlines and production targets, it gives meaning to my life. Even as I admit there is a lot of ego involved in publishing books and it nicely fits in with my need to produce tangible things, there is another side to it. It allows me to get in



Tomas



Lotte, Mack, Abel, Michiel, Isabelle

touch with some deeper layers in myself and from there experience some access to what is out there. Love, wisdom, God, the Akashic records, archetypical memes, I don't care how to name it, but it is and I drink from it, sometimes slowly, sometimes I am drowning in a flood of new insights. In writing and with the help of the books (I still buy and read many, and keep them around as friends) and cyberspace my connection with the totality deepens, expands. I warm myself and fight the lurking loneliness as I enjoy the connection with the fire inside me.

non-identity, connectedness and non self that I have been hiding from myself and others for so long. I call it an abyss and not a heaven, as it comes with a heavy burden; what I see and take from there becomes my responsibility. The ethics of wandering into the otherworld, as I have done in ritual, in psychedelic tripping, with the fast-probe of my pendulum, and now in writing and using books and cyberspace as companions and tools are a main issue for me. Magic, and bringing back notions and insights from the otherworld is a magical endeavor, doesn't come cheap. And yet, for the past 25 years magic, as a way to reach and honor the otherworld (and the divine that is the all) has been my passion, at the expense of much I now see. So far it has been an interesting ride, but my painful limbs at times remind me that there are other worlds too.



Time is a mortal thing, but I live in time. More than when I was 60 the notion of death is around, not because I am afraid to die, but the process of dying is not an easy road, as I see around me with so many people suffering from nasty diseases and slowly terminal illnesses. It's the slow decline towards the end that I fear. And yet, as I grow older I have found new joys, new friends, new hobbies and new fascinations, so I have little ground for grudging (yet).

As I grow older I spend more time in what I like to call my inner child state. It happens when working in the garden, when writing, often in the car and it makes me happy, contemplative, connected but it also has some side-effects. I think my inner child is more sensitive, more emotional and more open, but is also less intelligent, has a more limited memory for words and is easily disturbed. I can be in my inner child only with some people, and not all the time. Being with others and in more public places I will usually be in my 'normal' personality, a somewhat obnoxious, hyper-intelligent ego-driven alpha male. Sometimes I will even get into yet another subpersonality. Realizing this all has also led to the development of my ideas about the psyche and the Lucidity approach to identify subpersonalities, again quite a subject see www.lucsala.nl/lucidity.htm Anyway, that's what I am and probably what I had to be to learn the lessons of life. And it's not over yet, although going for a Xmas cruise on the Med does sound like finally becoming a middle of the road willing consumer, doesn't it?



In general, as I have to accept I am a kind of pensioner now, the certainties of life are evaporating, the safety of family, partner, a business, health and status is slowly going and the grim reaper winks, and beyond writing there are no grand visions or specific plans, except some travel and maybe even visit the USofA, if I am allowed in, which has been doubtful so far. I hope to enjoy what my children do, see the grandchildren grow up, more and more becoming the father of, rather than them being kids of.



Luc Sala