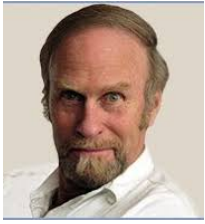


The Voluptuousness of Living



By Frosty Wooldridge

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You face multiple challenges in your life. Thank goodness for that opportunity. Utopian worlds only exist in novels by the likes of Aldous Huxley in *Brave New World*. If you recall that brilliant story, a couple enjoyed unlimited physical and emotional perfection. They worked faultless jobs for their intellectual inclinations. Did they love it? As time wore on, no, they didn't enjoy their lives. Instead, they escaped out of the "bubble city of perfection" by running off into the wilderness. They wanted to "feel" their lives and explore their limits.

They chose to search for their food, their shelter and their well-being by being connected to the natural world.

The same applies today in our mechanized world of concrete and glass. As long as you live in America, you can do something with your life.

To be alive—is the first miracle and mystery. Next, you may choose to adapt, grow and renew yourself during your entire stay on this planet.

True, you may travel far and you may travel deep. You may travel in both dimensions—your mind or your body. In any case, you sometimes find that you did not know what you were looking for in your quest. That is the true sack of gold that awaits you, the far-traveler.



You possess such power within you. Publish it to your friends in your enthusiasm toward life. Search for a deeper well in your existence and drink beyond the confusion. That deeper well, is, simply, your inner spirit, a well that commonly endures noise, computer din, meaningless work, TV, and the fog of your own necessity to survive in this high speed world.

But you can access that well of expression by your letters, - not by lamplight, but by key board and computer screen. You may pursue a craft, painting, macramé, fly making or anything creative that you share with others.

Your ongoing message passionately expresses the "Voluptuousness of living." That means NOT to be so comfortable that living becomes too easy. That means not going from an air- conditioned house to a climate-controlled car to an office complex where everyone wears the same suits and thinks the same way as they claw their way up the corporate ladder with accompanying stress levels and ulcers. Too much comfort and success kill your spirit. You need to know the differences—because in the opposites, come perspectives and appreciation. You may avoid being a spectator. You can live at

a vibrating tingle. Like a soaring eagle. Like a leaping gazelle. Like a grizzly grabbing a fish from the river. Like a north wind blowing. The results of that decision will become more apparent to you each succeeding year.

A bicycle parked on the side of a road next to a lake
Description automatically generated



(Notice the couple canoeing across Lake Tenaya in the High Sierra of Yosemite National Park.)

Life sweeps along swiftly enough without spending precious - hours and days on useless routine and inactivity—especially watching television. Whatever turns you on, chase it with a vengeance. No life-crisis for men and women who chase their passions. You enjoy seventy odd years to fulfill your life and you want to fill them with the voluptuousness of living. That particularly! Be aware of pain, of joy, of potential within yourself—become excited for every leaf on a tree as it flutters in the wind or watching a hawk rip down from the sky to grab a mouse or the delight of discovering a lady bug on your shoulder in early spring or gazing upon a starlit sky.

It leads you to a kind of rage, too, which is the blood sister of love—because the people of this world make it a charming, - insane, exciting and confusing place. You must maintain the ability to deal with everyone, with your mind and spirit—at full bore. To see is to know and to know is to fall in love with living, breathing, throbbing life.

It's out there for you to pursue as a man or woman and as a human being. May God bless your journey.

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