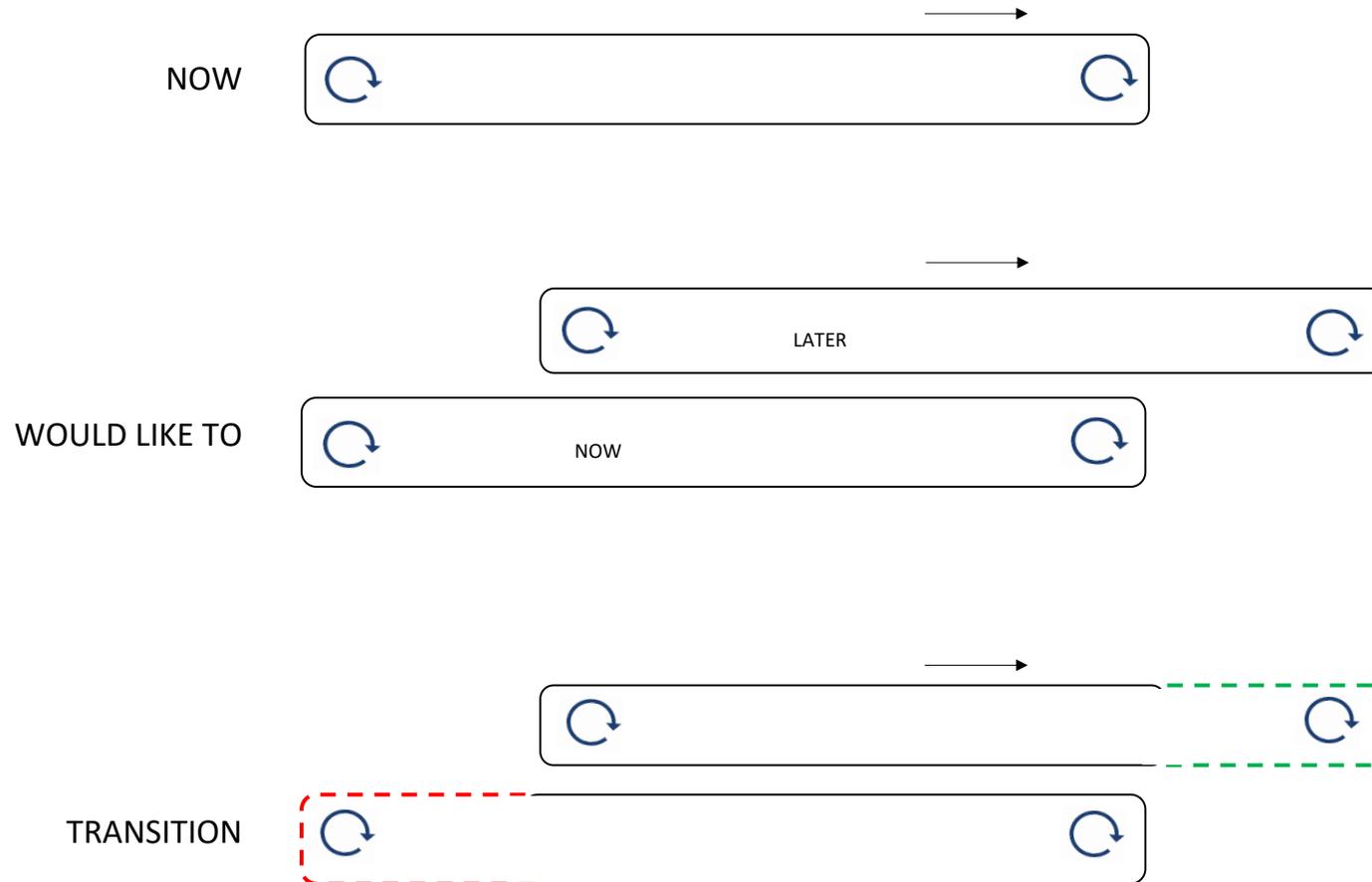


EVOLUTION OF LIFE IS LIKE A ROLLING BELT



①
IN ORDER TO GAIN NEW FRAME OF
EXPERIENCE, ONE PART OF THE OLD
SELF NEEDS TO GO FIRST

②
AFTER THE ABANDONMENT OF ONE
LESS USEFUL PART OF SELF, A NEW
NEEDED SELF IS NATURALLY REPLACING

- Abandonment can be conscious or unconscious
- If conscious, we may choose what is less needed
- The new portion of self is relevant to the new us
- The old portion of self is no longer needed for the new experience of self, we need to let go of it
- Wanting to keep the old and have the new will result in stagnation, the old must go first
- Fear of losing will try to have both as cumulation
- Keeping both happens at the expense of others and eventually a part of self will go (unconsciously)