

Understanding Living Life, Intro and Index

We live on a natural world, planet Earth. Its nature is defined by processes and systems governing life and the environment. They are complex, sophisticated, self-adapting and self-perpetuating. History suggests the nature of the natural world is absolute and prevails. We are each unique with different wherewithal, that is, inherent physical and intellectual capabilities and circumstantially acquired knowledge and skills and a sense of self. The human reproduction process is random within a context aptly characterized by "let's try this and see what happens". History suggests we exist to evolve. Evolution is predicated upon one striving to be the best they can be. Only those adults who are able to live self-sustainably are intended to survive to procreate the next generation. An adult is expected to live in community self-sustainably, harmoniously and responsibly. Parents are expected to prepare their children to do so and to help them learn how to learn and to guide them in developing their sense of self. We are not responsible for others who have insufficient wherewithal, whose best is not good enough or whose parents did not prepare them adequately. One cannot be responsible for something over which they have no control.

We have natural, unalienable rights: One can believe, choose and do what they will to their body and life and do to another what the other has given their consent. One can terminate their life, ingest what they will, and, if a woman pregnant, can terminate her pregnancy. Man-made laws exist to address the situation when one does to another without their consent. Some hold beliefs that are inconsistent with the natural world. When one imposes inconsistent beliefs upon others, they create social entropic disorder, the consequence of which is social and political chaos.

To create new life, one needs a healthy woman and a healthy sperm or embryo. While a man contributes the sperm, he is not needed to be present or participate or to be alive. Man, though, has a role. Man is expected to provide an environment conducive to procreation including preparing the child and enabling those who demonstrate sufficient wherewithal, to be the best they can be. Man has yet to do so fully. Technologies empower women. In time, there will be a sufficient number of women in positions of power and influence to make it so.

Our species enjoy sexual intimacies for their pleasures alone. Men experience sexual pleasure when he ejaculates. They seek opportunities to do so. Women, when ovulating, are open to copulate. Most women do not experience sexual pleasure when copulating. The clitoral nerve endings that give them pleasure are not involved. No man knows what a woman feels when he does what he does and how. Only another woman knows. It suggests that women are innately bisexual. When a man is sufficiently aroused he ejaculates. It is followed by a recovery period before he can do so again. When a woman is sufficiently aroused she enters an orgasmic state in which she can experience sexual pleasure repeatedly. As women are empowered, they will seek to enjoy the sexual pleasures unique to their sex.

One's gender is a consequence of their experiences during their early formative years as they develop their sense of self and not necessarily of their sex unless they are so conditioned.

Current history suggests that there is a limit in the size of the population that the planet can support. No acceptable way has been found to legislatively manage population growth. There is a natural way.

*The more we learn, the more we learn that there is more to learn.
Some seek out opportunities to learn that lead to more learning opportunities.
Some believe that they have learned all that they need to know.
Some "climb mountains" to see the forest from the trees and to see beyond.
Some stay in the shadow of the trees.
Change is inevitable.*

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In 2014, at 78, I began a quest to understand living life. I feel that I have gained sufficient objectivity to share my understandings with others. My understandings are driven by observations and inductive reasoning and not by how some believe things should be. I have come to recognize truths in living in the natural world. I publish my writings as PDF documents. By doing so, I can readily adopt an axiomatic approach to my writing style. The truths, axioms or proven theorems, are set forth in italicized font style, centered on the page. They are followed by a discussion set forth in regular font style, left justified on the page. I limit a topical writing to 1-2 pages, one sheet of paper. To the extent possible, I've attempted to make each writing self-contained.

The following is a list of my writings with a brief description of each. The titles are linked to their current PDF hosting location. These are living documents subject to change as I gain deeper and broader understanding. Double-click on the document title to display it from its latest location.

We are born with conscious and subconscious memory, the ability to think deeply, to reason inductively and to have feelings of pleasure and pain. We learn quickly to recognize differences, that A is different than B, and causality, that D happens after C occurs. A newborn begins learning the first time it is brought to its mother's nipple. It recognizes it as a pleasant experience. It remembers everything about it for the next time. It learns that woman (mother) is different than man (father). It learns that if it fusses, it gets attention.

If you like what you read, please tell 2 friends.

Stu Sanfield

<livinglife@fastmail.com> I invite discussion.

Thanks, Tim. I would not have found my way to my understandings without our early discussions. I met Tim together with his wife on the boardwalk at Yellowstone National Park in September, 2014. He is a minister. He holds a very special relationship with his God that enabled me to be very open in my communications with him. He was very patient with me and forgiving of my ignorance.

----- Change History -----

9/27/2025:

Articulated Truths, axioms and theorems, upon which my understanding of living life is built.
Updated previous writings to be consistent with the wording contained in Truths.

8/27/2025:

Initial posting using a PDF hosting site. Expanded the scope of my writings.

----- Ordered List of Writings -----

The writings are listed in an ordered sequence that presents my thinking in an ever widening context.

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Truths (9/26/2025)

When I began my quest, I approached it from a social standpoint, seeking to understand the consequences of causality driven by social beliefs. I found social beliefs to reflect the interests of their source. I floundered until I recognized that we have natural, unalienable rights and that some hold beliefs that are inconsistent with them. That led me to recognize the natural world, planet Earth, together with the processes and systems that define it. The natural world is absolute and prevails. Driven by observations and inductive reasoning I began to articulate assertions about living life in the natural world. I found that I could support those assertions with earlier ones. I recognized the similarity to axioms and theorem of axiomatic systems. These are the truths I've identified so far. They fit on one piece of paper filling both sides.

The Natural World (9/25/2025)

We live on planet Earth, a natural world, the nature of which is defined by the processes and systems governing life and the environment and described by laws of science and its life forms. History suggests that the nature of the natural world is absolute and prevails over time. We are each unique with different wherewithal. History suggests that we exist to evolve. Evolution is predicated upon one striving to be the best that they can be. Only adults who are capable of living self-sustainably are intended to survive to procreate the next generation. Most of what we know of the natural world we have learned since the 1700s. Change is inevitable.

Natural Rights and Social Entropic Disorder (9/25/2025)

We have natural, unalienable rights. By them, one can terminate their life, ingest what they will, and, if a woman pregnant, can terminate her pregnancy. Some believe that one should be limited in their exercise of their natural rights. They impose man-made laws to deter one from exercising them. They cannot prevent one from doing so, though. Such beliefs are inconsistent with the natural world. In imposing them, they create social entropic disorder, the consequence of which is social and political chaos.

Self-Sustainability (9/25/2025)

An adult is expected to live in community self-sustainably, harmoniously and responsibly. Parents are expected to prepare their children to do so, to help them learn how to learn and to guide them in developing their sense of self. We are all unique with different wherewithal. Some have more than others, some, not enough. One is expected to be the best that they can be. Only adults capable of living self-sufficiently are intended to survive to procreate. For some, their best is not good enough.

Civilizations (9/25/2025)

In every civilization there are explorers, pioneers and settlers. There are those to whom others defer and those in positions of power or influence, change agents, practitioners, providers of goods and services, workers laborers, soldiers, artisans, clergy and thieves. Governments enable commerce, education and security from external forces. Governments are not responsible for those who are unable to live self-sustainably. Those in positions of power and influence strive to influence governments in their personal best interest. It is natural. Some are more greedy than others. Some recognize those who make their position possible.

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Population Management (9/25/2025)

Current history suggests that there is a limit to the number of people that planet Earth can support. Unconstrained reproduction is natural. We all are different with different wherewithal. Some have more than others, some, not enough. Reproduction is a random in context process. Civilizations seek the best to do the work before them. No acceptable approach has been found to legislatively manage population growth. Only a natural approach is acceptable.

Gender and Sex (9/25/2025)

One's sex is genetically defined. One's gender is circumstantially defined. One's gender does not follow from one's sex. One's gender identity is a consequence of their development of their sense of self. The first several years of a child's life are their formative years. At 2-3 years of age a child experience self-recognition after which they begin developing their sense of self. A newborn begins learning the first time it is brought to its mother's nipple to nurse. It experiences pleasure and develops expectations. It quickly learns to distinguish differences, namely, woman (mother) and man (father), and causality (if it fusses, it gets attention).

Woman and Man (9/25/2025)

From what we know now, it would suggest that Man came from Woman. History suggests that we exist to evolve. Man was created through asexual reproduction. Having two sources of genetic material enable more diversity. Man's body is designed to create sperm and deliver it to a woman's ova. Man finds pleasure in ejaculating his sperm. He seeks opportunities to do so. Woman's body is designed to create ova, ovulate and conceive or menstruate if she does not conceive. She is open to copulate when she ovulates. The clitoral nerve endings that lead to woman's sexual pleasure are not stimulated during copulation.

The Wonder of Woman (9/25/2505)

Looked at objectively, a woman's body is a wondrous thing. It creates new life. It creates ova; it ovulates; if it conceives, it creates a zygote which develops into an embryo from which all body parts of the new life develop, first as a fetus and subsequently birthed as the newborn. The process can terminate naturally at any time. Not all newborns are born alive nor with the inherent physical and intellectual capabilities to live self-sustainably as an adult. During ovulation a woman is open to copulate. During copulation her vagina expands to accept a man's penis and then closes around it to encourage it's owner to ejaculate his sperm onto her ova. Upon birthing, her vagina expands to allow the passing of the newborn's head, shoulders and body, after which it closes to its dormant state. The entrance to the vagina is hidden and protected by the lips of the woman's vulva. To conceive requires a sperm created by man. Man, though, need not to be present, participate or be alive. Men are expected to provide an environment conducive to procreation and enabling those who later demonstrate sufficient wherewithal to be the best that they can be.