

## 12 knots of will.

1. Attend to your addictions and depressions, however these manifest.
2. Learn how to enjoy your existence. Bring beauty, curiosity and healing into it.
3. Grow your own garden of thoughts and imagination.
4. Cultivate your agency and that of others - question those who limit it.
5. Read everything, especially what you do not agree with.
6. Listen to everyone. Censor no one. Even tyrants sometimes tell the truth. Speak yours in turn.
7. Pray your hypothesis is wrong. Let perspective and wisdom arrive by degrees.
8. Ignore advertising and its products: political messages and social media. Participate lovingly. Never conduct warfare by text.
9. Abandon fame, wealth, consumer goods, the pursuit of immortality and other contemporary markers of success. None stand up to time.
10. Do not fear death, neither ignore it. It is a reality before you. Let it be your inspiration to be truly alive.
11. Try to limit your impact on the world.
12. Have courage. Love easily.

Graeme Walker, 30th November 2020

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