

This is Water

What is my purpose in reading this text besides earning a grade?

““Learning how to think” really means learning how to exercise some control over how and what you think. It means being conscious and aware enough to choose what you pay attention to and to choose how you construct meaning from experience.”

The overall meaning and message of the text is extremely relevant to me as I believe perception and interpretation can be often used to either learn from experiences or stay lost in them. The ability to be actively conscious is crucial and a difficult task for an individual, however, if mastered, the human experience would be more enjoyable and many would free themselves of the burden of their own mind. I personally am an overthinker therefore advice on how to make a complex experience have a simple meaning is very helpful to me and David Wallace’s idea of obtaining an active consciousness helps me believe that not every interaction is personal. The word that comes to mind for me is the word “sonder” which is the realization that every individual or passerby have a life with vivid experiences as complex as my own. Therefore, I can look at life in a more controlled way because my outlook in life are the ones shaping my reality.