

system eats and digests. In this sense we are simply enlivened by our environments and circumstances. We live with food and drink; moreover, with clothes, house, cars, televisions, telephones, computers. We live with parents, siblings, grandparents, cousins, second cousins, uncles and aunts and all other sorts of relatives. We live with friends, neighbors, co-workers, clients, and customers. We live with teachers, students, and all sorts of persons in the community, society, country, and world.

Of course for our survival we have to support ourselves getting all prerequisite materials through labor -- jobs and careers, professions and positions, titles and degrees, qualifications and certificates. For these purposes we have to learn, discipline, train, study, research, and practice to make our knowledge and skill deeper and deeper to the extent that we can apply ourselves to the needs and true requirements of life. We have to know what we need, why we need and how we need.

First of all, what we need? We need energy to sustain our life, which we call our body. The source of our life and body is glucose and that is produced by plants. Plants are called autotrophic organisms, because they are self-sufficient and self-sustaining organisms that can sustain themselves by means of their photosynthetic sustenance mechanism. Photosynthesis can convert the light energy of the sunlight into chemical energy that is the life-energy. Plants have a particular ability with which they convert the light energy into chemical energy. The substance is chlorophyll. If we do not have chlorophyll, we cannot produce the life-sustaining energy by ourselves. We have to get it from others that is a plant. Herewith we have to confront a tough and nervous question – how can we get it. There are two different ways of obtaining it. One is by robbery and another is by beggary. There might be also the third way that is by acceptance. Simultaneously, we can speculate on the extra way that is transforming.

Those three modes of obtain depend upon the motivation of the gainer. If the motivation of the gainer is intent and relentless, he will employ any harsh and hostile methods even killing and destroying the owner of the property. He might be desperate, ignorant, savage, and bigoted. In the worst cases, he might be proud and devoted to destroy some persons or

communities even countries. The killers are generally called predators or carnivorous.

Beggary is the milder; he may either have not so much strong urge or that he is weak and cowardice being unable to confront or fight. He might be small and insignificant without any huge body, strong weapons, or skills to threaten others. He might be herbivorous.

The third category is receivers or acceptors who only accept what is offered or given to them.

The fourth group is the acceptors who can transform the givers and the given matter into bliss and comfort. Giving, sharing, offering, dedication, devotion become meritorious and sacred, transforming the mundane transaction of eating and being eaten into spiritual realm of enlightenment and universal.

When an apple ripens, it smells so beautiful and aromatic that it attracts all kinds of insects, and animals. If nobody takes it, it naturally falls on the ground. Anybody is free to pick it up and eat it. If nobody cares it, or it is not sweet enough to entice any eaters, it will decay to disseminate seeds and germinate them to reproduce the next generation. Every body is happy with the natural process of a fruit tree to bear a fruit and ripen and distribute it to the eaters. There is no harm or sadness, turmoil or disaster in the process. Every condition and phenomena are so natural, meritorious, and graceful. Every procedure is so truthful and meaningful giving everyone joy, beauty, and good health. Fruit trees are always fair and equal, they have no favoritism or preferences, no liking or disliking, no hate or love, no enemy or friends. If we could wait till the apples are ripen, there would be no problems at all in the world, for the trees and for any animals either. However, if here are many animals or birds, even insects that cannot wait till the fruits are ripe, so they pluck the unripe fruits, they will create problems on the both sides.

These four categories of sustaining oneself are respectively called: parasitism, commensalism, symbiosis, and the ultimate livelihood.

Parasitism is seen with many macrobiotic animals like bacteria and viruses. They live inside the tissues and organs of bigger animals and plants. They gain their requisite nutrients from the hosts. They are the major causes of illnesses of the animals and plants. Great number of lives die of this parasitism. When the hosts die the parasite bacteria and viruses move on to other hosts

creating real disaster among the lives. They are relentless; they are mechanical considering no situation or circumstances. They might have no organic mechanism to consider of the longer and better consequences of their manner of livelihood. In this sense they are simple and lowly ranked; they are still primitive, undeveloped, and unevolved in the ladder of pursuit along the ultimate comfort and purpose of life, if life is defined as the vehicle for pursuit of happiness. They threaten others' life and in turn they risk their own life by destroying benefactor of their life. They have no knowledge, memory, gratitude, appreciation, tranquility, and comfort. Their life is instantaneous, reactionary, and mechanical that much they are vicious, hostile, and indiscriminate.

Commensalism is more mild and tender in terms of considering others' life. The commensality does not harm their co-livers. They share the same habitat but different area or the different food; therefore they do not compete one another. Their neighbors do not disturb them and in turn they do not encroach on their neighbors life. Also they do not gain any specific benefit or convenience from their neighbors. In this sense they are quite independent living their own life. In the broader context; however, they are more constrained by their living manner in terms of their choice of their habitats. They live close to one another, because their niche are limited, sometimes even living on one tree one is upper branches and another is in the lower branches.

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Enliven

We do not live, but we are enlivened. By what are we enlivened? Traditionally many believers believed that they are created and enlivened by god or creator. However, this notion or belief is difficult for those who do not believe any of god or creator. Especially one who thinks and understands all phenomena in the universe rationally and logically. He does believe neither god nor creator. There are no physical evidence or scientific proof about the existence of god or creator. Then, are we solely living by ourselves? This is also embarrassing question for all scientists and atheists. We do not know how we are born or how we are reproduced. Only sure thing is that we have gradually become aware of our existence and life when we are more conscious of us. Also we know that physiologically, we do not control all or life organs with our mind or volition. Especially the most crucial organs such as respiratory system or circulatory system, even digestive system or excretory system – almost all key systems are out of our intentional control. Certainly, we are enlivened by our body. More drastically speaking, we are not enlivened by our organs, but we are enlivened by the air that our respiratory respires and by the food that our digestive