

Totality

You say that I should find the golden path between the two extremes; that it is not an issue of “all or nothing”. I am not an extremist, I tend to see the various aspects of issues. But when I reach a conclusion about something, then I *mean* it. It becomes part of the flame that burns in my bones.

Intensity is who I am. This is the name that I was looking for to give this “hidden point in me”.

Taking it from me, constitutes killing the “inside”.

Intensity is the very thing that is meaningful in sharing with whoever I’d ever want to share anything.

Looking back, the very few people with whom I had any meaningful sharing, had at least *some* of this quality. The more they had, the stronger was the connection between me and them.

But living life to the fullest is not all of it. It also engages an acute sense of awareness, of what is going on. It is *not* throwing yourself into the stream of life and just drifting in it, wherever it carries you; but taking it in, and realizing the meaning of it, and making it a part of yourself.

It probably makes life much harder to go through, but eliminating (or even compromising) it takes living out of life. If I am faced with the choice to give it up and make things easier for me, I’d say: **no**.