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A human life can be perceived as continuation or existence. Of course, there are numerous nuances between these two poles. Which option will prevail in our life depends on our attitude towards the material and spiritual background.

Continuation implies the idea of eternity, while existence implies just squandering of time. Continuation demands understanding of material and spiritual background, while human beings can last without trying to understand basic existential questions of their material and spiritual background. Mere existence is not what humans should strive for, because it simply lacks dignity. It is even less dignified to prevent others from fulfilment of their own potentials and therefore force them to mere existence. It is what happens too often in the contemporary world, and it has been happening throughout human history.

The notion of existence prevails in today’s world as a growing number people is pushed into poverty and deprived of their intellectual and physical development. When a person doesn’t have an access to education in order to develop his intellectual potential, when there is no substantial health care regardless of one’s material status, when someone is exposed to unacceptable work conditions or low wages, living conditions which do not fulfill the criteria of privacy and comfort – his life is mere existence. And then it frequently sinks into meaninglessness and dullness of reality.

Existence is sometimes a free choice of people completely lacking interest for purification of their material and spiritual environment. In the contemporary world there are many individuals with all the preconditions to develop their potentials, but they rather opt for pragmatic egotism and self-centred attitude towards environment. They are completely uninterested in the problems of people who are not their nearest and dearest. They take their consciousness as a redundant phrase that should be avoided if we want to simplify our speech. Their goal is a pleasant existence, not a meaningful continuation. Their decision has to be respected, but their lack of interest for higher purpose of life must not be imposed on other people as the only way of reasoning and acting.

Continuation implies the preconditions and will to develop our personality as well as the ability to express our unique identities and the sense of unity with nature while enjoying the opportunity to participate in the creation of a better world. The holistic approach to environment aims to provide the opportunity for every human being to experience full life, having the notions of continuation and existence as a personal choice.

A human being participates both in the material world as a body and as a spiritual being in the spiritual world. The material world is composed of matter, nature in all of its diversity and meaningful beauty. Spiritual environment, the world around us, creates both interpersonal relations in the private and public environment as well as relations towards other beings on the planet.

benevolent approach towards other humans, animals, the whole world and its
nature. Therefore we should explore all possibilities and create the models of amicable cohabitation of all beings on the planet. At this point it is very important to distinguish between the paradigms of being well-meant and amicable.

Being well-meant is not enough, especially at today's level of destruction of material and spiritual environment, with bewildered egotists hoarding their material prey in a subtle manner not caring for other people, animals, plants and other life forms. Well-meaning does not imply combating evil, and without the non-violent fight against evil there will be no real changes. Therefore benevolence is insufficient. Hodie bona voluntas non sufficit.