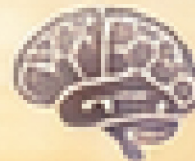


FREE DETERMINISM

LESSON 1

WHY DID YOU MAKE YOUR LAST CHOICE?



The first lesson begins before the entire map.
It begins with one ordinary moment in your own life.

PAST → PRESENT CONDITIONS → DECISION → CHOICE

BEFORE WE BUILD THE MAP

WHY START HERE?

Free Determinism eventually opens into conditions, possibility, perception, attention, desire, belief, temperament, emotion, decision, choice, chance, consequence, experience, memory and the changed observer. Later it can reach learning, habit, society, biology, consciousness and much more.

But if all of that is placed in front of a new reader at once, the map can hide the thing it is supposed to explain.

So Lesson 1 begins with something every person already has: a recent choice.

The question is not yet whether Free Determinism is true. The first task is simply to look closely enough at one choice to see that it has a history.



THE QUESTION

THE IDEA

Think about the last thing you chose to do.

Maybe you opened this book. Maybe you picked up your phone. Maybe you drank coffee. Maybe you answered somebody, ignored somebody, turned left instead of right, bought something, waited, left, stayed, spoke or remained silent.

Now ask one question:

WHY DID YOU MAKE YOUR LAST CHOICE?



DO NOT STOP AT THE FIRST ANSWER

GO ONE LEVEL DEEPER

Suppose your answer is: I drank coffee because I wanted coffee.
That is an answer, but it is not the end of the explanation.



Why did you want coffee? You may like the taste. You may be tired. You may drink it every morning. You may associate it with starting work. It may have been the easiest thing available.

THE COFFEE TEST

A SIMPLE EXAMPLE

Yesterday you chose coffee. Today you chose tea.

The choice changed because something changed before the choice.

Your taste, mood, experience, health, information or circumstances can alter what you choose.

YESTERDAY



VS.

TODAY



**THE CHOICE CHANGED BECAUSE
THE CONDITIONS CHANGED.**

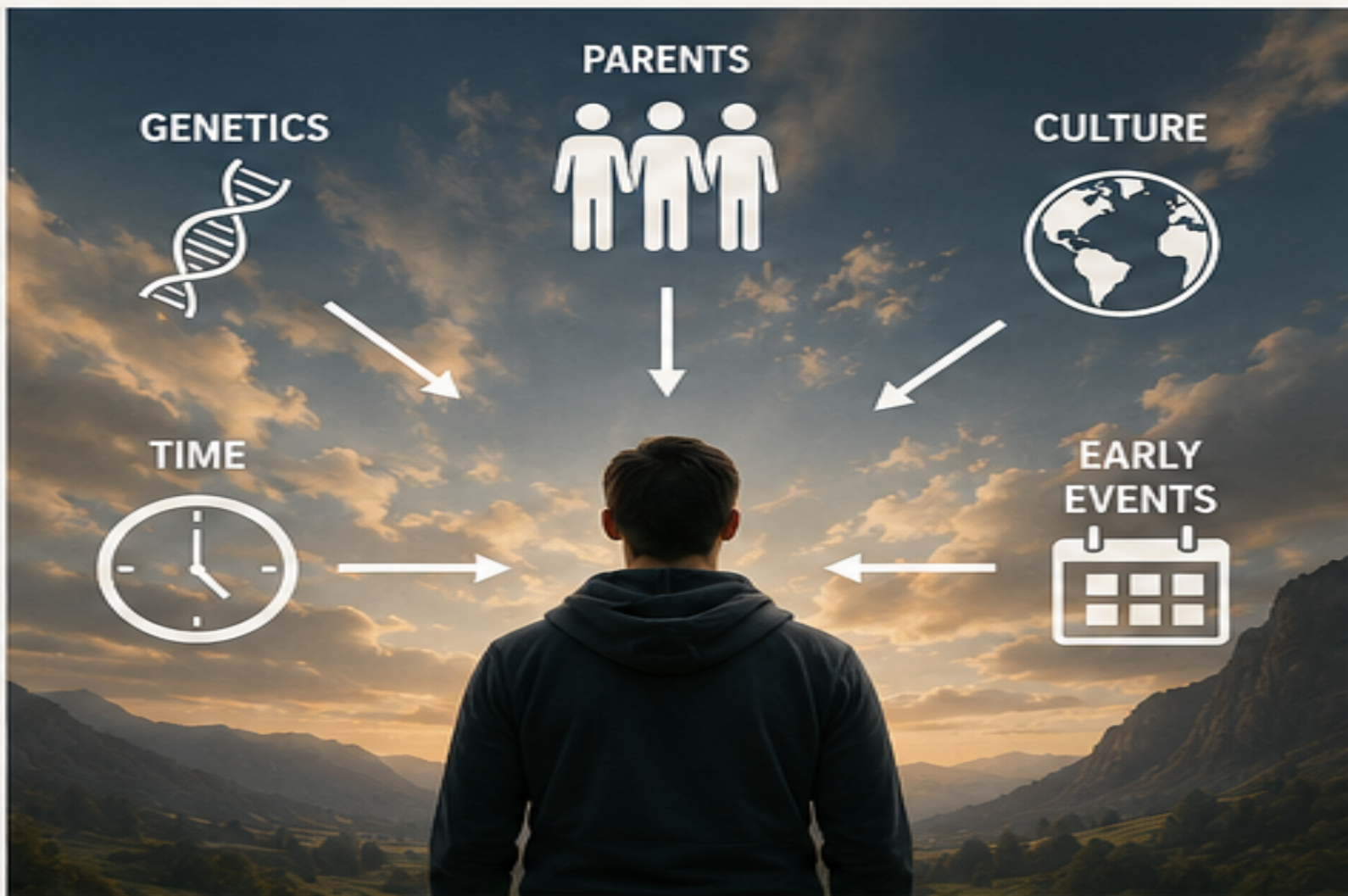
YOU CHOSE – BUT YOU DID NOT CHOOSE EVERYTHING

THE FIRST DISCOVERY

You can be the person who makes a choice without being the author of every ingredient that entered it.

You did not choose your genetics, your parents, the culture you were born into, the time you were born, or every early event that shaped you.

Yet those conditions became part of the person who eventually makes choices.



**YOU CHOOSE FROM CONDITIONS
YOU DID NOT FULLY CHOOSE.**

A CHOICE FROM NOWHERE

TEST THE OPPOSITE

Imagine trying to make a choice with absolutely no influence.

Remove memory. Remove desire. Remove belief.

Remove temperament. Remove emotion.

Remove the body, environment and experience.

What remains that could actually make the choice?

X NO MEMORY

X NO EMOTION

X NO DESIRE

X NO BODY

X NO BELIEF

X NO ENVIRONMENT

X NO TEMPERAMENT

X NO EXPERIENCE



REMOVE EVERY CONDITION →
WHAT IS LEFT TO CHOOSE?

CHOOSING FROM SOMEWHERE

THE FREE DETERMINISM MOVE

Free Determinism does not require freedom to mean being uncaused or untouched by reality.

The simpler claim is that a living person navigates from a position.



That position contains a body, history, current environment, knowledge, relationships, resources, memories and present state.

Some conditions were inherited. Some were accumulated.
Some were created by previous choices.

CONDITIONS EXIST → NAVIGATION STILL OCCURS

THE ROAD MAP

SEEING IT

Picture a driver looking at a road map.



The driver did not create the mountains, every road, the location of every city, the amount of fuel in the tank or every traffic condition. Still, the driver can study the map, predict outcomes and choose a route.

The world offers possibilities. You navigate.

**REMOVE THE CHOOSER'S CONDITIONS →
WHAT MAKES THE CHOICE THEIRS?**

SMALL CHOICES SHAPE HOW WE FEEL

BUILDING POSITIVE HABITS

Emotions influence our choices, but our choices can also influence what we feel next.



TAKE A
MOMENT TO
THINK



NOTICE HOW
YOU FEEL



LEARN FROM
THE MOMENT



CHOOSE
KINDNESS



LOOK FOR
THE POSITIVE



TRY AGAIN
TOMORROW

You feel. You think. You choose. You experience.

A positive choice can create a positive experience.

Repeated choices can become habits—and those habits can help shape the person you become.

EMOTION → CHOICE → EXPERIENCE → POSITIVE HABIT



A MOMENT THAT BECOMES A MEMORY

EXPERIENCE IS RECORDED

After the choice is made, reality answers.

That answer becomes experience.

The experience is stored as memory.

The memory joins every other memory
and changes the next choice.

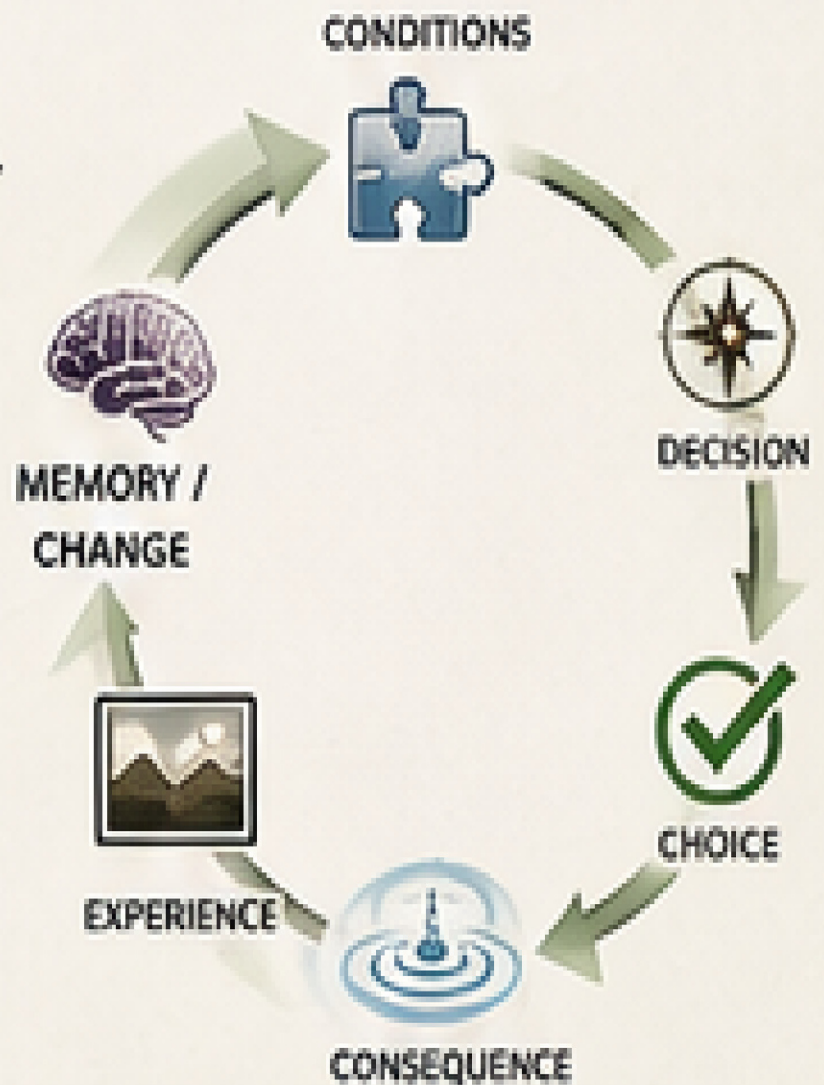


EXPERIENCE → MEMORY → CHANGED OBSERVER

THE FIRST LOOP

PUTTING IT TOGETHER

You did not create every condition.
You did not choose every past event.
But from the position you are in,
you navigated, decided and chose.
Reality responded.
You experienced it.
You learned or confirmed.
You changed.
You stepped into the next moment
as a slightly different you.
The loop continues.



LOOP CONTINUES → NEW MOMENT → NEW CHOICE