

**BUSY.** Most of us are busy most of the time. We are too busy to read books; too busy to meditate; too busy to spend time alone, in stillness and contemplation; too busy to relax; too busy for the important things in life ... we are too busy to live well. **O**ur lives are filled with work and with the exploits we deem necessary for survival; we mis-interpret the maxim 'to live well' as we succumb to the pressure to own a big house, a fancy car, the right accessories that prove to the world we are successful. **A**ll along we 'have no time'. However, we seek escape and an-aesthesia; that search keeps us busy watching tv for two to three hours every day. But all that busyness prevents us from pursuing the things that may give us peace of mind ... and to live well. **W**e should prioritize and not give those pursuits 'left-over time'.

*After The Daily Stoic by Ryan Holiday, October 25, 30*  
*see also ALONE, COMPLEXITY, Q&A 2, STILLNESS*

*To be busy with philosophy is a hobby of mine;  
to that end I may forgo many trivial pursuits,  
even company and conversation with friends.*

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**CELESTIAL TEAPOT.** With his analogy of the Celestial Teapot the philosopher and atheist Bertrand Russell refuted the idea that the burden of proof lies with the sceptic to disprove claims of religions that cannot be proven to be false. **R**ussell wrote: "If I implied there is a teapot revolving around the sun, nobody could disprove my claim. But if I were then to say since my assertion cannot be disproved, it is intolerable to doubt it - I rightly would be accused of talking nonsense. **H**owever, if the existence of such a teapot were affirmed in ancient books, taught as the sacred truth every Sunday and instilled into the minds of children at school, hesitation to believe in its existence would become a mark of eccentricity." **I**n his book *The God Delusion* Richard Dawkins elaborates: "The reason organized religion merits outright hostility is that, unlike belief in Russell's teapot, religion is powerful and systematically passed on to children too young to defend themselves. **C**hildren are not compelled to spend their formative years memorizing loony books about teapots. Schools don't exclude children whose parents prefer the wrong shape of teapot. People who put milk in first don't knee-cap those who put tea in first. **T**eapot-believers don't stone teapot-unbelievers to death."