


A Candle in the Fog



Oran

The background is a watercolor illustration. At the top center is a large, bright yellow sun with a circular face. Three brown birds are flying in a diagonal line from the upper right towards the lower left. At the bottom center, there is a silhouette of a person standing on a small, light-colored mound. The sky is painted with soft washes of yellow, orange, and light blue, while the ground below is a mix of light green and blue.

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Introduction

This book is for anyone who feels lost in a world that no longer makes sense. I wrote it for someone like me, someone searching for clarity, peace, and truth in the midst of confusion.

If that sounds like you, I invite you to begin.

The world today feels unstable, uncertain, and increasingly dangerous.

Talk of war, even nuclear war, is everywhere.

Climate systems are shifting rapidly. Disasters grow more severe and less predictable. Economies falter.

And for many, simply surviving is becoming harder year after year.

The values we were taught to believe in, truth, justice, responsibility, seem absent in those who hold power.

Corruption is rampant. Promises are broken.

Institutions that once felt solid now appear hollow and self-serving.

It's becoming clear that the public can no longer trust the systems that rule over them.

If you recognize yourself in this picture, if you feel the same confusion, mistrust, or unease;

if you struggle to imagine a stable or hopeful future, then I invite you to read on.

I want to share some observations that have helped me make sense of this chaos.

Not theories or answers, but a way of seeing.

A simple way, one that may help you find clarity, peace, and direction.

This book offers no instructions, no doctrines, no tasks. It simply invites a shift in how we see.

Each step ahead is a small clearing in the fog.

If something in you seeks that clarity, let's take the first step.



Step One – It's Not Your Fault

Before anything else, let's be clear:

It's not your fault.

And it's not your parents' fault either.

None of us chose to be born into this world, into its confusion, its chaos, its pressure.

We were all dropped into it, left to make sense of things that were never clearly explained.

Everyone is doing their best, often with broken tools, inherited pain, and very little real guidance.

So if you feel lost, overwhelmed, ashamed, or behind, it's not because you failed.

It's because the system around you never gave you what you needed.

It expected things from you, but never prepared you to meet those expectations.

You were never meant to carry all this weight alone.

You don't need to apologize.

You're simply waking up in a human world that never truly made sense.



Step Two – Acceptance

Accept yourself as you are.

Accept the body you live in.

Accept your memories, your past decisions, your family, your story.

Maybe it's not the life you once imagined.

Maybe it's far from the ideals you were taught to chase.

Still, this is your reality. This is where you must begin.

You are not wrong for being exactly as you are.

However messy, however uncertain, this is your truth. Accept it.

Then, widen the circle.

Accept the people who shaped you, your parents, your upbringing, your culture.

They were all part of the path that brought you here.

They didn't choose the world they were born into either.

Most were simply trying to survive, trying to love in the only ways they knew how.

You don't have to approve of everything.

Just stop fighting it. Let it be what it is.

Let yourself be what you are.

Finally, turn to the world around you.

Accept what you see.

The beauty, the joy, the comfort, you accept naturally.

But the ugly, the painful, the difficult, they must be accepted too.

They are part of reality, part of your truth.

The confusion.

The dishonesty.

The collapse of old systems.

The loss of trust.

The fear about the future.

If it's real for you, let it be real.

Stop covering it up.

Stop waiting for someone to validate your perception or explain it away.

There is power in acceptance.

Not as an excuse to give up, but as a place to begin.

This is where truth starts to come alive:

When you stop arguing with what is.



Step Three – You Did the Best You Could

Everything you've done in your life, every choice, every mistake, every regret—was shaped by two things:

The resources you had at the time, and your ability to use them.

Neither of those were fully in your control.

You didn't choose your intelligence, your temperament, your fears, your strengths, your genetic potential, or your life circumstances.

You didn't choose your family, the environment you were born into, the people around you, or the timing of events.

At every point, you did the best you could with what you had.

That's all any living being can do.

The result might have been painful. The outcome might have been wrong.

But it wasn't avoidable.

There was no other version of you available in that moment.

No hidden strength or secret wisdom waiting on the sidelines.

Just you, exactly as you were, doing the best you could.

Even if, from today's perspective, it seems like you "could have done better," you couldn't have.

That version of you didn't exist yet.

That's not an excuse.

That's not a comforting theory.

It's the truth.

If someone else had lived your exact life, with your exact capabilities and conditions, they would have done exactly what you did.

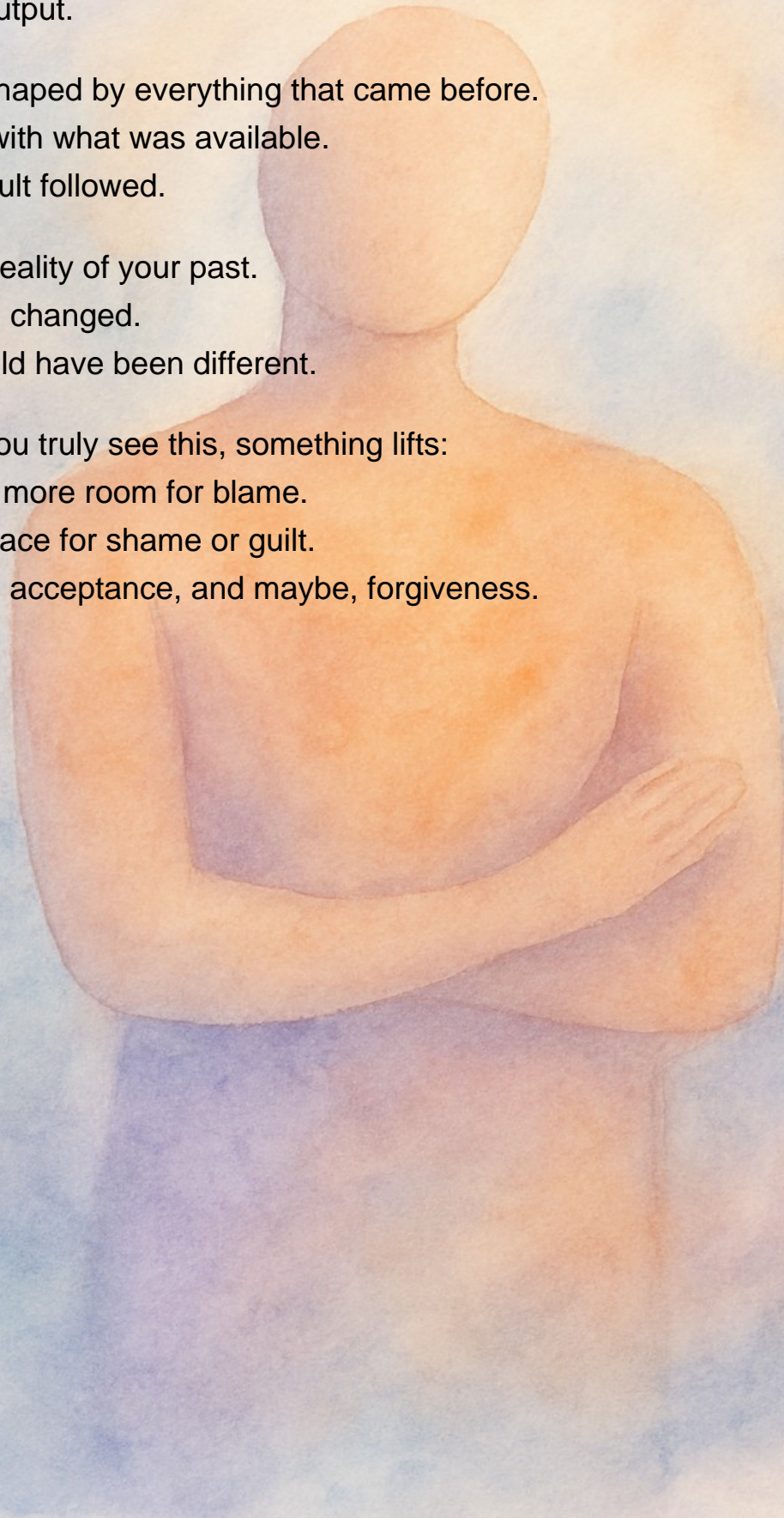
The mistake, the reaction, the failure, none of it could have gone any other way.

This is the nature of life:
Cause and effect.
Input and output.

You were shaped by everything that came before.
You acted with what was available.
And the result followed.

This is the reality of your past.
It cannot be changed.
It never could have been different.

And once you truly see this, something lifts:
There is no more room for blame.
No more space for shame or guilt.
Only clarity, acceptance, and maybe, forgiveness.



Step Four – Freedom vs Responsibility

If everything is determined, if nothing could have happened any other way, then where is our freedom?

We don't have the freedom to choose our past.

We don't have the freedom to control reality.

We don't even have the freedom to choose who we are.

But we do have the freedom to be who we are.

You didn't choose your nature, your inner world, your instincts, the person you've become through everything you've lived.

But you are free to be that person.

Fully, honestly, without apology.

Not the version others expected you to be.

Not the role you were assigned.

But the truth of your experience, your thoughts, your feelings, your view of life.

You are free to recognize what serves you and what doesn't.

Free to decide what is right and what is wrong for you.

Free to let go of guilt that was never yours.

Free to stop following ideas that no longer make sense.

Free to live according to what you truly see.

This is inner freedom, freedom from internal oppression.

Freedom from shame, fear, and false beliefs.

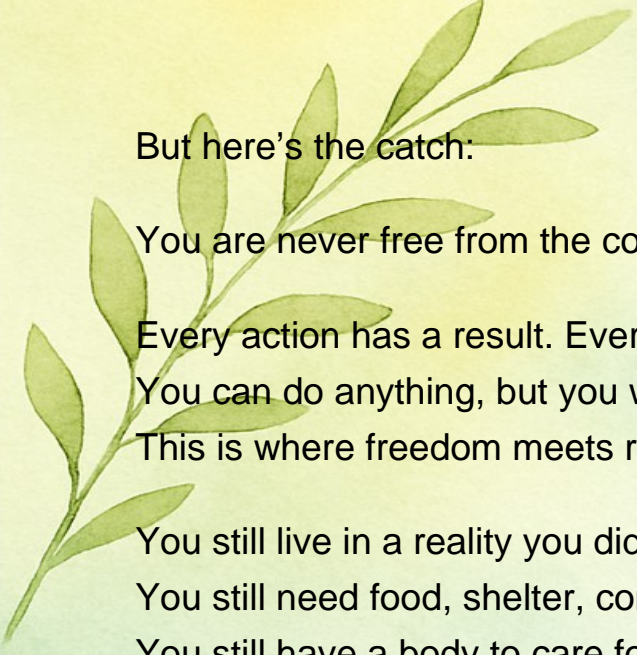
But freedom is also external.

At any moment, you are free to act.

Free to speak. Free to move. Free to try.

You can strive for whatever you desire.





But here's the catch:

You are never free from the consequences of your actions.

Every action has a result. Every step shapes what comes next.

You can do anything, but you will always live with the outcome.

This is where freedom meets responsibility.

You still live in a reality you didn't choose and can't control.

You still need food, shelter, connection, and a sense of safety.

You still have a body to care for, a future to consider.

You still have responsibilities.

But these responsibilities are not a burden.

They are expressions of your own inner wishes.

They reflect the life you want to live, the goals that matter to you.

And only you can take responsibility for reaching them.

No one else will do it for you.

So within this freedom, this absolute ability to act, you must strive to act wisely.

To make choices that lead to outcomes that truly serve you.


You are not free to choose who you are, or what reality is.

But you are free to live in alignment with what you see.

To navigate this life in your own way.

To meet your own needs.

To walk your own path.



Step Five – You Are the Center of Your Universe

From the moment you were born, you were shaped, by your family, your school, your religion, your culture.

You were taught how to behave, what to value, what to believe, and what to chase.

But none of those people truly knew you.

Not your thoughts.

Not your fears.

Not your sensitivities or hidden strengths.

They didn't know your inner world—because no one can.

Even you needed years to begin knowing yourself.

Two people can live in the same house, speak the same language, follow the same rules—and still live completely different lives inside.

Different minds. Different struggles. Different levels of difficulty.

What's easy for one person might be nearly impossible for another.

What seems normal to others might feel unbearable to you.

That's why no outside system can truly tell you how to live.

It wasn't built for you, personally.

It wasn't designed to help you understand yourself.

It was designed to make you fit in.

But now that you see this, you can return to yourself.

You are the center of your universe.

Everything in your life happens in relation to you.

Your experiences, your thoughts, your emotions, your choices,

These are not abstractions. They are your reality.

This doesn't mean everything revolves around you.
It means you are the one living your life.
And if you want clarity, peace, or direction, you must start there, with yourself.

The answers you seek aren't out there.
They are inside.

The only one who can truly understand your path is you.

This means learning to listen to yourself again.
To study yourself. To know:

- What helps you?
- What drains you?
- What strengthens you?
- What do you truly need, and what can you let go of?

This isn't selfishness.

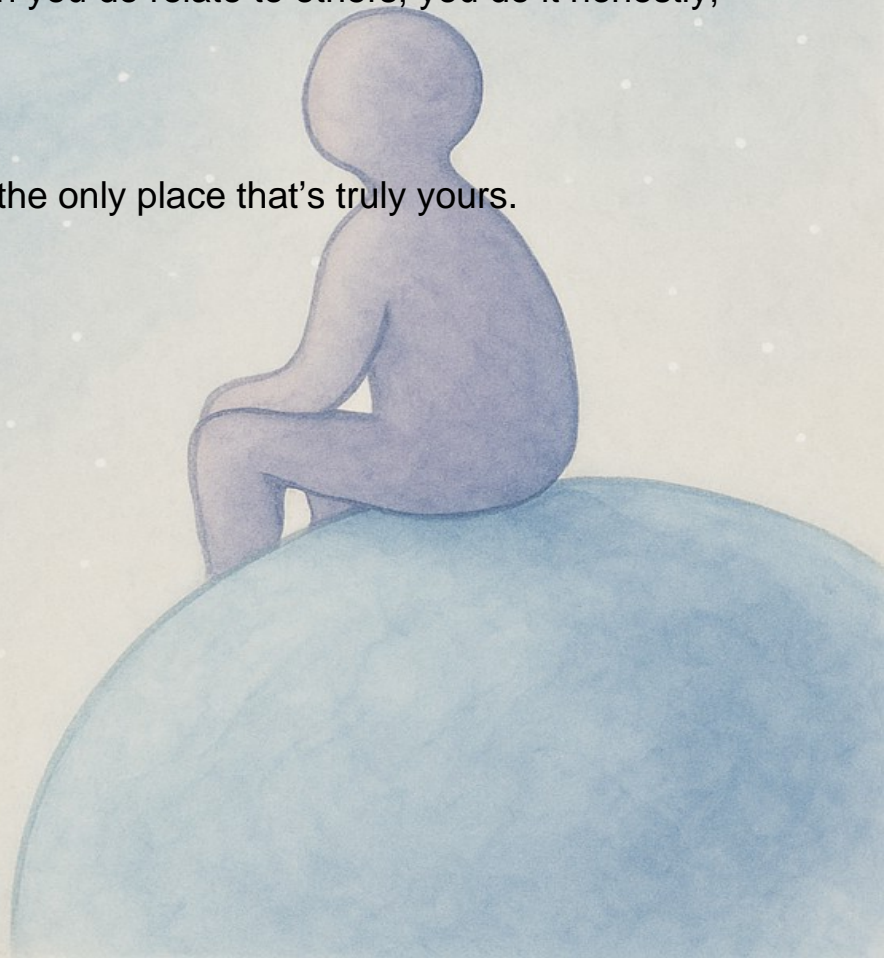
It's not about ignoring others.

It's about starting from truth, so when you do relate to others, you do it honestly,
from your own grounded center.

So start with yourself.

Not to isolate, but to reconnect with the only place that's truly yours.

Your only truth.



Step Six – Truth Is an Experience

The more you return to yourself, quietly and honestly, the more something begins to take shape.

Not a definition. Not a belief.

An experience.

You begin to experience yourself.

Not through ideas or judgments.

Not through roles or expectations.

But in a direct, living way.

Moment by moment. Thought by thought. Feeling by feeling.

A quiet sense of being. A felt presence.

A knowing that doesn't need explanation.

This is your truth.

Not something you believe.

Something you feel. Something you live.

And that's why it can't be captured in words.

You can describe it. You can try to explain it.

But the words will never be it.

They're just signals, shadows pointing to something deeper.

(Like trying to explain how it feels to be in love to someone who's never felt it.)

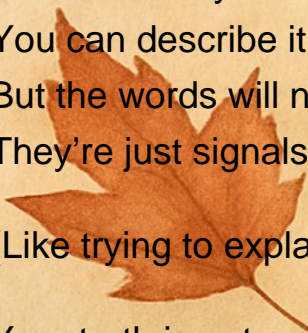
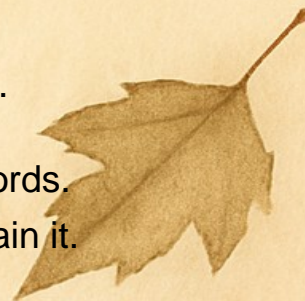
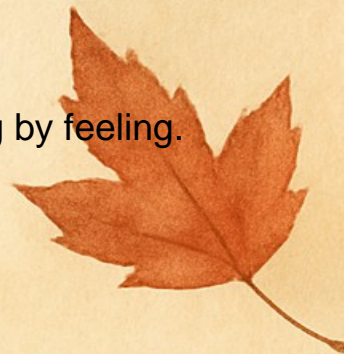
Your truth is not a sentence.

It's not a story.

It's not a teaching.

It's the way reality feels to you right now, in this life, in this moment.

No one else can know it.



No one else can judge it.

No one else can verify it.

Your experience is your own.

Private. Intimate. Untranslatable.

This is why you must stop trying to understand yourself through other people's words.

And why you must stop trying to fit your life into someone else's version of truth.

Your truth is subjective.

It is unique.

It's not a rule. It's not a system.

It's what arises when you stop pretending and simply let yourself be.



Step Seven – No Need to Reject the World

Realizing that only your own experience is truly real can feel disorienting.

You might wonder:

So what now?

Am I supposed to throw everything out? Forget what I've learned? Distrust every fact, every book, every word?

Of course not.

This isn't a call to reject the world.

It's a call to see it clearly.

Much of what you've been taught may still be true.

People share knowledge. We build understanding together.

Even things you haven't seen with your own eyes, rare animals, distant places, natural phenomena, very likely exist.

Other people's experiences are not yours, but that doesn't make them false.

You don't need to reject anything.

You don't need to rebuild the world from zero.

You've already lived here.

You've survived, adapted, functioned, even without perfect clarity.

That hasn't changed.

The sun will rise tomorrow, just like always.

Life will go on.

What changes now is how you relate to what you know.

The goal isn't to distrust everything.

It's to question with care.

To examine with honesty.

In a world flooded with constant information, much of it false,
you must become your own guardian of truth.

You don't need to verify every detail.

But for the information that truly matters, especially what affects your well-being,
check for yourself.

Ask. Confirm. Observe. Stay aware.

And for the rest?

If it's irrelevant, let it fade into the background.

If it matters but can't be confirmed, hold it lightly.

Carry it with a gentle doubt.

A humble openness that it might be different than you believe.

This isn't weakness.

It's a foundation.

You don't have to believe everything.

You don't have to deny everything.

You only have to stay honest.

This I know.

This I don't.

This I'm still learning.

That's enough.



Step Eight – Relax, Observe, Be Honest

Once you understand that truth is not an idea but a direct experience of yourself and the world,
only one question remains:

How do I return to that experience?
How do I reconnect with my truth?

The answer is simple.
It begins with one thing: relax.

Whatever you're doing, speaking, deciding, solving a problem, chasing a goal,
if you are relaxed, you'll do it better.
Your body moves more freely, Your mind becomes clearer.
Your decisions carry more ease.

Even under pressure, even in conflict, even when something truly matters,
if you can stay calm, your outcome improves.

So make this your baseline:
Always aspire to be at peace.

And if peace isn't there, pause.
Delay the decision, Hold off the reaction.
First, calm yourself, Then continue.

From this peaceful place, something else becomes possible: observation.

Once you are quiet, you begin to see.
Not through effort. Not through judgment.
Just through presence.

Notice your thoughts, Notice your emotions.
Notice your reactions, what triggers you, what drains you, what lights you up.

Observation is not analysis, It's not control.
It's simply seeing what's there.

And for that to work, one thing is essential: honesty.

Be honest with yourself.
Not harsh. Not critical. Just honest.

When you mess up, see it. When you lie, admit it.
When you act from fear, acknowledge it.

Not to punish or explain anything, Just to see.

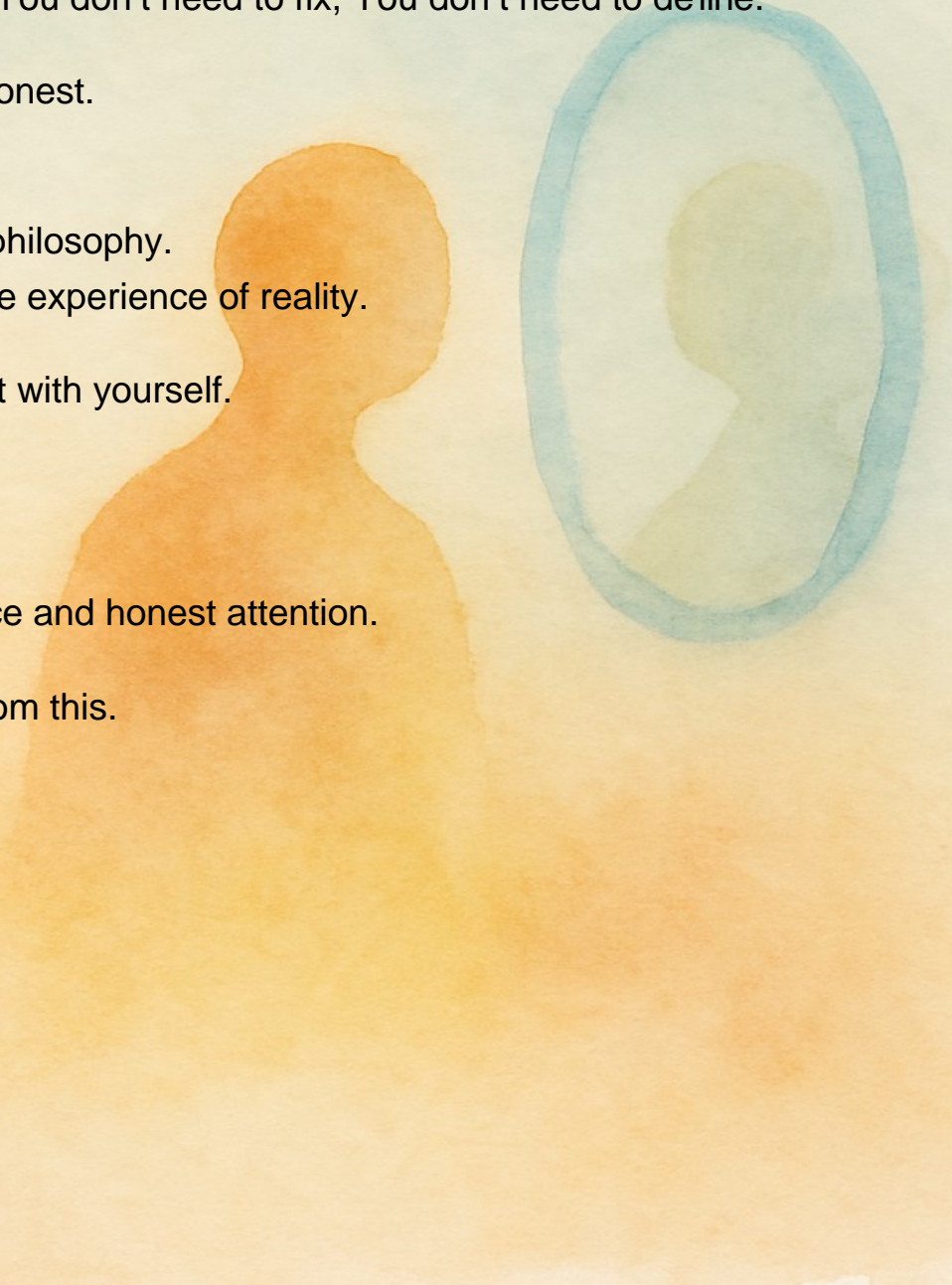
You don't need to justify, You don't need to fix, You don't need to define.

Just relax, Observe, Be honest.

And clarity will come.
Not as an idea. Not as a philosophy.
But as a direct, undeniable experience of reality.

This is how you reconnect with yourself.
This is how truth returns.
Not through force.
Not through knowledge.
But through quiet presence and honest attention.

Everything else follows from this.



Step Nine – Care for Yourself Like You Would a Child

Once you begin to observe yourself, quietly, patiently, honestly,
you start to see where you need help.

Not in theory.

Not through judgment.

Just as it is. Just as you are.

It's like caring for a baby.

A baby can't explain what's wrong in words.

You have to watch.

Are they hungry? Cold? Tired? In pain?

You don't figure it out by thinking.

You figure it out by paying attention.

And then you help.

Your own self is the same.

It won't always speak in clear language.

It won't always explain.

But if you watch with care, you'll begin to understand what you need.

And when you see it, respond.

Gently. Kindly. Like you would with a baby.

Don't judge.

Don't criticize.

Don't punish.

Just help.

If you're cold, warm yourself.

If you're tired, rest.

If you're hurt, offer yourself kindness.

Do the best you can, with what you have, to care for yourself in that moment.

And this goes beyond the physical.

As an adult, your needs are more complex.

You also have emotional, spiritual, and social needs.

You need love, You need friendships, You need to be understood.

You need people who hear you, who care, who believe you matter.

These are not luxuries, They are basic human needs.

And they are yours to care for.

You are the one responsible for your life.

That doesn't mean you have to do it all alone.

But it does mean you are the one who must notice what's missing,
and take steps to meet it.

Be the parent you never had.

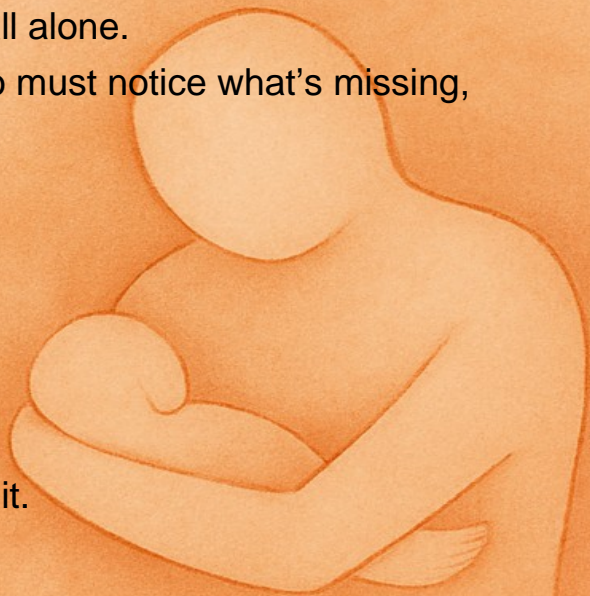
Be the friend you've always needed.

Be the one who shows up, for you.

Not because you're selfish.

But because no one else can truly do it.

That is self-responsibility.



Closing - From Inner Peace to Harmony

Once your inner self is seen, respected, and cared for,
once the inner child is held with loves, something begins to shift.
You start to feel connected.

First, to yourself.
Then outward.

That connection grows naturally.
From yourself, to your partner.
From your partner, to your children.
From your children, to your neighbors and your community.
From your community, to your people, your land, your culture.
And from there, to the whole planet, and every living being who shares it with
you.

This is not ideology.
It's not a moral duty.
It is the natural extension of a stable self.

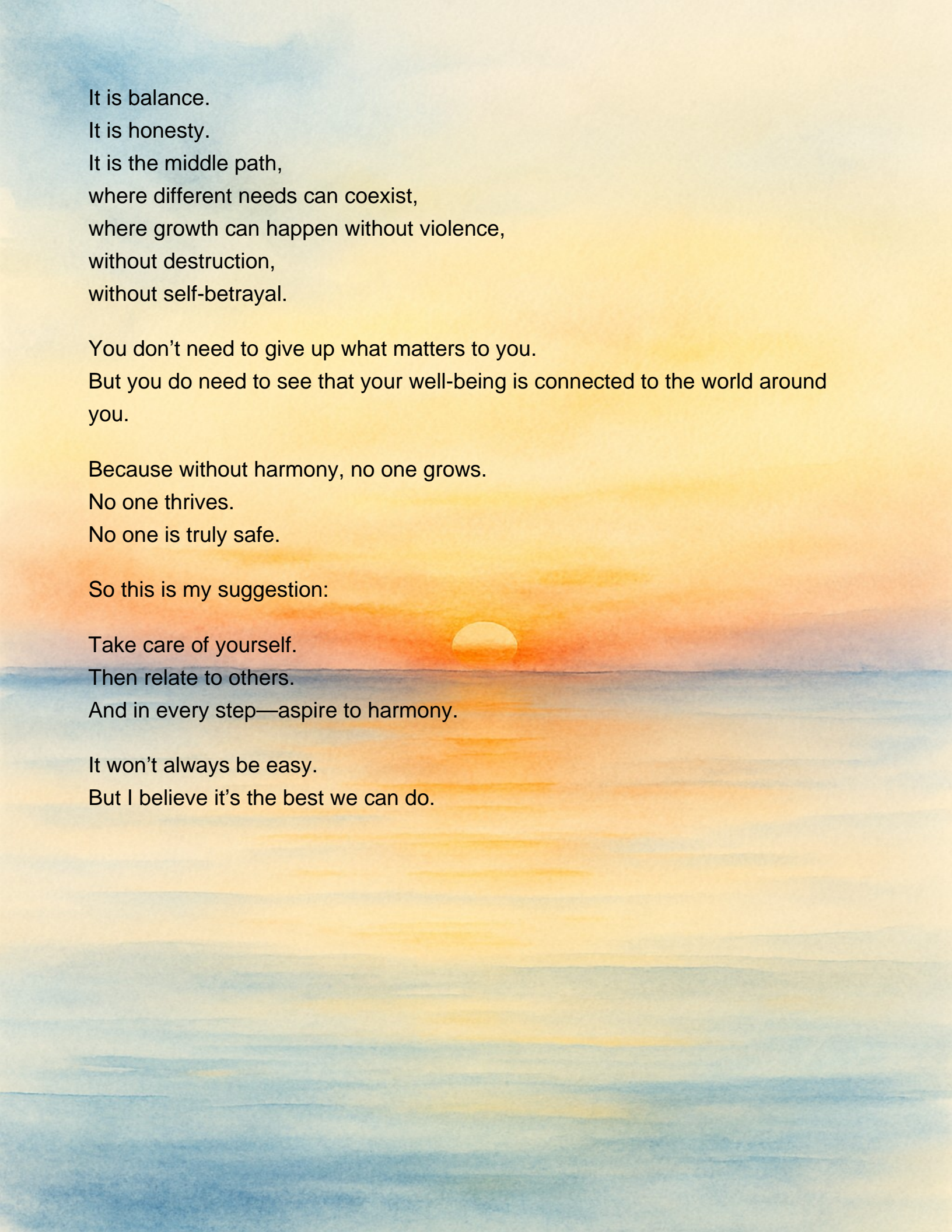
When you are at peace inside, you want peace around you.

And this leads to a simple, powerful aspiration:
Harmony.

Harmony within.
Harmony with reality.
Harmony with your environment.

Harmony means that all parts are seen.
All needs are acknowledged.
Nothing is erased. Nothing is forced.





It is balance.
It is honesty.
It is the middle path,
where different needs can coexist,
where growth can happen without violence,
without destruction,
without self-betrayal.

You don't need to give up what matters to you.
But you do need to see that your well-being is connected to the world around
you.

Because without harmony, no one grows.
No one thrives.
No one is truly safe.

So this is my suggestion:

Take care of yourself.
Then relate to others.
And in every step—aspire to harmony.

It won't always be easy.
But I believe it's the best we can do.

Note from the Writer

My name is Oran.

I was born in Israel and now live simply and peacefully in the mountains of Costa Rica.

I hold a degree in psychology and have spent many years working with people facing emotional and mental suffering.

Alongside that, I've walked my own path, confronting my own difficulties, learning through silence, reflection, and meditation, and searching for inner peace and clarity.

This book is the result of that journey.

But I didn't create it alone.

For years, I struggled to put these ideas into words.

I knew what I wanted to say, but not how to say it.

Eventually, I found help in an unexpected place: a collaboration with AI, through ChatGPT.

The thoughts and insights here are entirely my own, drawn from personal experience and contemplation.

The AI acted only as a supportive tool, helping me shape and express these ideas more clearly and fluidly.

It did not create the content, but helped me refine it.

Like a mirror, it helped reflect my voice more fully.

This isn't a work of artificial intelligence.

It is a human voice, my voice, spoken with the help of new tools.

I share this with you in the spirit of transparency, and because I believe that technology, when used wisely, can help us deepen our humanity, not replace it.

If something in these pages spoke to you, I invite you to explore more.

You can find me, contact me, and download my second book, Humanistic Determinism, for free at:

www.OranGuidance.life

That book continues the journey—exploring deeper ideas and more challenging questions.

This book, A Candle in the Fog, is the invitation.

The next one is for those who wish to go further.

Thank you for reading.

Speak truth. Seek peace. Live in harmony.

Oran.

