

ORANG BIASA



Orang Biasa

simple life full of knowledge

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There was a human being. He was considered as the peak of evolution. Believe it or not, he was incredibly happy and satisfied during his life. This species is orang biasa. Orang biasa is a simple human. He is living his life with the harmony and awareness of things and activities that he is doing.

During our lives we have all met people who were blessed in some way, who were happy without reason, and who made us think that we don't need any special things to feel delight. Their simple attitude made us question the values we thought were important before. They radiated happiness and a love of life without connecting it to special conditions like money, love or health.

The enlightened moment came with this Bapak. Meeting him every day put us on the path to start a book about orang biasa, a group of people, which Bapak is a part of. We are aware that he doesn't need a book written about him.

Still we tried.



Micha, Bapak, Eszter

For simplicity we used the pronoun he , but we mean generally all the men and women who are living a simple life full of knowledge. Throughout this book we would like to encourage you, dear reader, to take a closer look at orang biasa. Maybe this species is closer than you think. Talk with orang biasa and learn from him as much as possible. He will give you knowledge that you can benefit from for the rest of your life. And maybe he will affect you in the way you look at your present situation.

Terima kasih

We would like to start with gratitude.

Special thanks for people, without whom this book couldn't have happened. Specifically thanks to Robert Stitson, Tomáš Moravec, Jana Vlasáková and Darmasiswa programme in Indonesia which brought us together.

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Selamat jalan on your way!

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ORANG BIASA DOES NOT KEEP SECRETS

He knows that he didn't invent anything. He has ideas, but he doesn't consider them as his own. He puts them into practice and real work. He will share everything through his work. He knows that he doesn't say anything new. He just reminds people of the things they may have forgotten.

ORANG BIASA LIKES WALKING BARE FOOT

Orang biasa likes walking bare foot, but he also likes shoes. When he is working in his garden, his shoes always get covered by dust, mud, sand, ash and chicken poo. When he wears them, his feet don't touch the earth. After he takes the shoes off, he cleans them with his hands. He likes touching the soil that sticks to them. So when he wants to feel nature not just by his hand, but also by his feet, he just doesn't put them on in the morning. He enjoys observing the different textures beneath his feet. How many faces nature has! It can be dry and hot, cool and moist, like jelly, or rough...

ORANG BIASA DOES NOT VISIT DOCTORS

It is really uncommon for orang biasa to visit doctors. The biggest and most respectful doctor in his neighbourhood is nature itself. Usually, he is not sick, because he listens to his body when it is tired or needs rest. So when the smallest symptom of sickness appears, he knows that his body is asking him to take a rest. He doesn't feel pity about the time he spends recovering, he doesn't hurry anywhere anyway.

Besides the rest, he cares about himself through everyday eating habits, following his appetites, taking nutrition directly from the nature that surrounds him. He also supports his well-health-being by gentle activities during the day in order to be strong. A strong body and a strong mind are rarely sick. He puts his trust in the plants around him that can cure all types of distractions in his body.

When he detects some illness, he will carefully observe where the pain is and try to find the reason why it has appeared. He looks at his body as a complex system that depends on each element in a physical or immaterial way. For him, pain in the back is not just discomfort in that particular area, but the whole mosaic of activities, thoughts and actions connected to this body part. He listens carefully to his mind because the body is just a reflection of his state of mind.



ORANG BIASA LIKES TAKING A NAP DURING THE DAY

He wakes up early in the morning with the sun. Later on, he drinks morning coffee and takes care of his house, animals and he moves to work on his land. During work, he naturally feels tired and he allows himself to take rest. Still, he can find some shadow under a shelter or a tree where he can peacefully take a nap. He usually naps as much as he needs, so he can have better focus and concentration. To work he wants to have a fresh mind.

ORANG BIASA DOES NOT CONSIDER MONEY IMPORTANT

He doesn't consider money or ownership to be an important part of his life. He never complains about financial issues, that he doesn't have enough, or look for opportunity to earn money. He is totally fine without it. Savings for the future will not represent a safety net for him. More than money he feels security from his relationships with other people, those who can help him in a crisis. He refuses to crown an invented value as the ruler of his actions. He likes his freedom of decision and the knowledge that everything he needs is not purchasable. More material wealth doesn't mean more happiness or comfort. The things he needs are easily exchangeable with the people in his surroundings.

Orang biasa does not need to own buildings, land or things to satisfy his desires. He is aware enough of what is necessary to satisfy his own basic needs. Therefore he doesn't cling to any material things. Satisfaction and security from ownership is for him relative and therefore he doesn't focus on material items.

ORANG BIASA KNOWS WHAT HE NEEDS

A chain is only as strong as the weakest link.

Orang biasa knows that he is built up from his needs and he is aware the priority of them. In order to maintain his satisfaction and happiness he only takes the things that he needs at this moment.

In the forests and fields, where the law of nature works, the plants are so alive, they live in a balanced harmony. Even if they have a lot of nutrients in the soil, they never take away more than they need. Sometimes we fail, when we are transferring these plants to artificial pots, trying to secure them a good environment without looking at the priority of their needs. Our attempts to keep them alive don't work. When you keep your flower in a dark room, even if you water it twice per day, the plant is certainly going to die. The same happens when you put it in direct sunlight and don't give it water for two days.

Orang biasa doesn't think much of his needs. Most people assume that they need to think to satisfy their needs. Humans have the tendency to think of easier replacements instead of their real desire. Orang biasa is conscious what he needs in order to fulfil his life, and he is working on gaining those qualities. Maybe the well with water is far away and it's a hot, sweaty day, but when he is thirsty he would rather start walking to reach the water, instead of eating the leftover rice. Thirst cannot be compensated by eating and hunger cannot be compensated by drinking.

Orang biasa knows that replacement is not a solution. When you miss love your need won't be satisfied by buying a new smartphone or drinking alcohol. When you are tired, your needs are not met by drinking coffee.

ORANG BIASA DOES NOT SURROUND HIMSELF WITH UNNECESSARY THINGS

Orang biasa doesn't produce unnecessary and useless things. All of his actions and work have a purpose, which are helpful in a certain way. He is not collecting or buying things that he doesn't need. If he needs something, he will make it or exchange it with his neighbours.

All he needs is around him. He is willing to share, borrow or lend things from or to the others. Any kind of exchange is without expectation, reward or payment.

He likes and respects emptiness. Once he found a plot of land. A perfect square shape, plain plot. He found it really nice. So he built a house on one corner of the land. This house was also a perfect square shape, which isolated a perfect cube of emptiness between the four walls, the ceiling and the ground. His room is almost empty and he is not decorating it. You may think that emptiness is not important, but this mass of transparent atoms and molecules is the balancing power of the outside world's

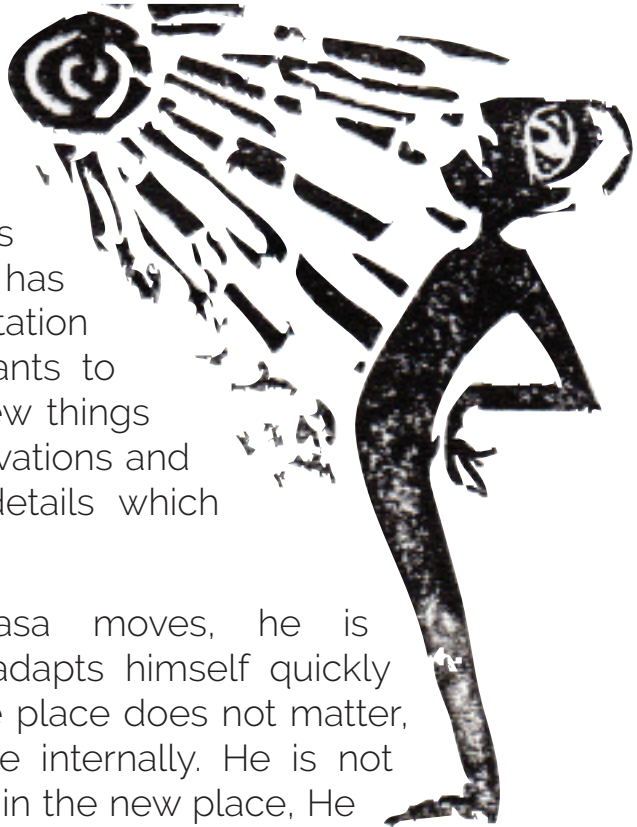
rich impulses. Without this emptiness, the nothingness inside the walls couldn't exist. So actually the nothing is something important. Orang biasa realizes this and likes square shape nothingness. He likes to be a part of it, so when he finishes his duties in the outside world, he returns to this place. After some time he finds out that he likes this no-man's land. Even tools for building a house, he doesn't consider as his tools.



ORANG BIASA IS HAPPY IN THE PLACE WHERE HE IS

The reason why he changes place is out of curiosity. Openness to change allows him to be satisfied in different places and conditions. He has no particular expectation or wishlist that he wants to follow. He explores new things by making daily observations and paying attention to details which surround him.

Wherever orang biasa moves, he is comfortable and he adapts himself quickly to new conditions. The place does not matter, he develops his home internally. He is not searching for anything in the new place, He is just there.



ORANG BIASA DOES NOT HAVE PROBLEMS

A special sign of orang biasa is that he can repair or create lots of things. He doesn't throw away broken things. Instead, he will do his best to repair it. Usually, he works with his hands to make his living from the land, with animals or as a craftman. He can easily produce things from materials in his surroundings. He re-uses things and gives them new purpose. Nature doesn't produce any waste, so a human as part of nature cannot produce waste. Everything is in dynamic change, functions constantly changing. Orang biasa doesn't invent, he just realises the new form and usage, and adapts to it.

Orang biasa walks a lot. During his walks he often passed a coconut tree, occasionally he climbed to the top, and brought down a fresh coconut. He really enjoyed drinking the fresh coconut water. Once a big storm hit the village, bringing with it strong wind and pouring rain. The following day orang biasa went out for a walk to see what had changed. By the time he reached the coconut tree,

he saw that it no longer stretches towards the sky. The wind had forced it to the ground. He didn't get upset, instead he went to the village, asked for a saw and returned to the spot where the trunk had fallen. He chopped up the trunk, removed the leaves and built up a shelter from it in the same spot, so it can still serve as shade for the wanderers passing by.

Orang biasa enjoyed the new shade. After some time another storm came and destroyed the shelter he had built. When the wood dried out, he told the families in the village, that they can use it as firewood if they would like. He helped them to carry back the pieces. He was invited to a dinner cooked over the fire fueled by that wood. After satisfying his hunger, he looked down at the smoking ash, remembering those days when he was drinking coconut water. He felt grateful for those changes and asked the family for the ash. While he was walking from the house, he sprinkled it to the lands next to the path, so that grass could be nourished by the ash.

Like the coconut tree, everything has a past and a future purpose. When it changes form it also changes the possibilities inside of it. Orang biasa is sensitive to the potential use of every form.

He is living with nature, so all the things he creates come up from it. He doesn't consider crafting as a special skill, it is something natural for him. It is how he lives. Everyone can be handy and crafty. It's not a superpower. It can be the way to figure out new things, find new solutions and different purposes.

For him, objects don't have only the functions we are usually told. He doesn't have any preconceptions of how they should be used. He approaches them with a clear mind. He relies on his observations and not on the knowledge of others. He examines the things carefully, then he decides what he can use them for. His solutions are not limited to the lexical knowledge of his environment.

"It can be anything."

ORANG BIASA DOES NOT HURRY

There is an old story about how the moon was created. In the ancient times there was just day with the sun shining all the time. The sun did not set, there was no night. People worked until they were too tired to work anymore. There was no set time for work or rest. One day the Creator came to visit these people.

"When did you plough this field?" he asked one of them.

"Today", replied the man.

"When did you dig that pit?"

"Today," he said again.

"And when did you make that garden?"

"Today, of course," said the man surprised, "why do you ask? There is only today! Everything happened today".

Then the creator understood, that there was no division of time. He created the night as a time when people can rest, and the moon to provide just enough light to feel secure, but not enough to work properly. ¹

¹ <https://drpoojatripathi.com/tag/folk-tales/>

A man on a motorbike approached orang biasa.

"How is your day?" Orang biasa asked the biker.

"Well, I'm in a rush. I have so many things to do; go to the shop, then to the pharmacy. Later I need to do some paperwork, then I have to meet my colleagues and finally pick up the kids from school. That's my daily routine, I do many things in one day. I was wondering how you seem to have so much time. Don't you have something to do right now?"

"Well, I'm talking with you right now, but I have one question, what is a daily routine?"

"You know, it means that during the day, you should start some things. Then you finish them and you do other things. And then you start some other task and finish it and continue throughout the day and you repeat it again and again."

"Hmm. I started when I was born and I will finish someday, probably when I die. But I don't think I'll repeat it again."

He doesn't want to divide the fluid stream of time into measurable cells, like day and night, hours, minutes and seconds. He knows that every action has its own time frame, therefore he doesn't think about time. Measurable time is not related to action. It is a human concept. Measuring time is necessary when you want to see when an action starts and when it finishes. Orang biasa doesn't care about the length of the process. He puts his awareness into each activity. For him it is the action that matters, not the result. The result is the completion of the activity, but it is never more important than the whole process itself. He doesn't want to hurry with machines, because he doesn't need to get to the final result as fast as possible. On the contrary, he enjoys the action. Sometimes it even seems that he is doing it slower than he could. He never considers himself lazy or unproductive because of it.

He focuses on one action at a time. He does not multitask. He wants to give equal attention to each activity. He doesn't want to ruin his environment while he hurries, because he may ignore certain details. He knows that action without mindfulness can harm his surroundings.

He also prefers walking instead of using other means of transport. He knows that his body is designed only for walking and running. Making his transportation faster creates an imbalance in nature. This leads to illness in his body and his environment, like anatomical disorders and pollution caused by vehicles.



"You work that you may keep pace with the earth and the soul of the earth...when you work you fulfil a part of Earth's furthest dream, assigned to you when the dream was born"

- Kahlil Gibran: The Prophet

ORANG BIASA DOES NOT HAVE AGE

As every creature on this Earth, orang biasa was also born, and certainly one day he is going to disappear. The organic part of him is changing from minute to minute, from second to second. Orang biasa doesn't take notice of his physical appearance.

He is not known for his unbeatable power, his bright and smooth skin, his shining eyes or perfect pearly white teeth. He is not superhuman, nor does he live to be over one hundred years of age. Orang biasa can die at the age of 30, 60 or 120, it doesn't matter. Orang biasa cannot be described with numbers. You will never find him in the Guinness Book of Records because his actions and his qualities are not quantifiable. He carries the same qualities during his journey in our world. These qualities don't expire by certain date. What he maintains is satisfaction and happiness in the present moment.

The world of numbers is the invention of mankind, to make human life more organised. Orang biasa's knowledge and qualities originate from nature, and not from humankind.

How do humans know that spring has arrived? We may check the date on the calendar, or we listen to the weather forecast. We can check the thermometer outside of our window. We use a lot of brainwork to analyze data based on our past experiences. To analyze facts told to us by scientists or displayed by our trusted gadgets and tools. Yet, we don't go outside to feel the air. It is a wonder of our century that we can tell that spring has arrived by just sitting in an isolated room with the help of a couple of numbers.

In the case of animals, they don't use a calendar or a clock to decide. After winter hibernation, the bear wakes up when the weather is spring-like. He uses his unconscious instincts instead of numbers to react to the changes in his environment. He wakes up because he feels the change of temperature, air pressure and smells outside. While humans use their intellect, animals use their instincts.

What about plants? How does a tiny seed of a plant know if it's time to sprout and grow? The seed doesn't have a brain to think, nor a nervous system to feel. The seed is not even a complete plant yet. It doesn't have roots connected to the soil or leaves to touch the air. It lays in a shell and is buried under the ground like a dead body in a coffin. Still, it knows when it is time to come alive. The knowledge is coded inside. This is the knowledge of nature. This is the knowledge which orang biasa carries within.

Orang biasa lives in the present moment. He does everything at a time that nature dictates. His actions are not related to his past or future. He is involved in the dynamic change of the universe. He doesn't have a separate, individual timeline. Therefore, it is impossible to describe his age. His matter and knowledge were here before and will be present in the future. Maybe in a different form, but still as a part of the universe.

ORANG BIASA DOES NOT THINK IN THE PAST OR FUTURE

Orang biasa is here. He doesn't analyze things, people or situations around him. He just observes. It is what it is. Nothing more and nothing less. He doesn't remind people of what happened in the past. The situation in the current moment is more important than attitudes, mistakes or flaws of the past. The day begins like tabula rasa - a blank page. Worries about future and long-term planning is none of his concern. Neither does he search for reasons or origins of the present moment. It does not matter.

He doesn't store anger, frustration or happiness from his past. Therefore, when you meet orang biasa, he usually replies with a smile on his face. It is almost impossible to see him displaying annoyance or dissatisfaction. He cheers everyone up with a gentle smile, immediately making situations comfortable. Worries or negative thoughts are not with him during his ordinary day.

ORANG BIASA DOES NOT SPEAK MUCH

Even though orang biasa has lots of things to say, he maintains an appropriate amount of silence. In silence, he feels comfortable and satisfied. He expresses himself not by talking, but with his actions. When he speaks, he goes straight to the point and using language as simple as his life. Words are not appropriate expressions of his mind. He doesn't limit himself to definitions. He doesn't need to know the world which is described by words, symbols and mathematical formulas. He knows that reality lies beyond this. With words, he can only scratch the surface, just two dimensions without depth.

Speaking for him is like drawing. Even the perfect drawing cannot represent the real object. Sometimes it simulates it to be more beautiful, uglier, more pleasant or more disturbing. Words or pictures don't have the ability to show true depth, they can just portray an imaginary picture of reality, which is, from the beginning, merely a facade. Orang biasa doesn't like lying. He doesn't want to claim fake theories.

He knows that reality can be experienced only through profound observation. He likes sharing his words in mutual silence and through active listening. Silence can provide the conditions through which reality can show itself. Reality cannot be noticed when it is under the cover of definitions. But keep in mind, that orang biasa is not against language. He knows that it is an important skill in the evolution of the human being which gave us the possibility to transfer our knowledge to other human beings.



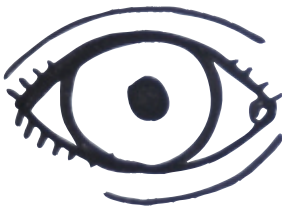
ORANG BIASA LIKES TO LISTEN

Orang biasa doesn't share his presence with talking, but with active listening. Everyone desires an audience like orang biasa, because he is a patient listener, who doesn't interrupt your speech. He likes it when people talk and tell stories. He likes the natural sound of human voice. Orang biasa pays the same attention to birds when they chirp on the trees, same with people when they talk over coffee. For him, it is the sounds of nature. And just as he doesn't really need to understand the birds, he doesn't need to understand the humans either. Of course, it doesn't mean that he does not understand. Through listening his intention is not to judge, but to translate and to interpret their stories. He observes the volume, intonation, cadence, rhythm and repetition of their speech. He understands that the universal language of nature doesn't always have to have meaning.

For him, it doesn't matter if you tell the truth or a lie. Your story can be full of wisdom or just foolish contemplation. He knows what people are talking about without the need to understand. This knowledge is beyond meaning and description. His senses are more sharpened to nature and to the universe, rather than in accordance with the human mind. Humans use their senses with the intention of understanding. This means, that their mind always classifies things based on their own perceptions. For us ordinary humans, it is so natural to create conversation about our surroundings.

Let's make an example: There is orang biasa and there is a human. Both were asked to draw a human eye.

HUMAN



ORANG BIASA



The human drawing came from the mind, as we all know the ideal shape of an eye. But how often do we see an eye like this? It is a perfectly shaped frontal view of an open eye, so everybody understands. This is the EYE. That's how people drew it in ancient Egypt as well. They drew each part of the body in the position which was the most obvious, which is the easiest to understand. However, there is no human on earth who would look exactly like this, right?

In orang biasa's drawing it's difficult to recognise the eye. Why? Because he did not want to explain. He just picked images from his observations. He saw eyes from different angles, half-closed, closed, covered by a nose, looking up or down or to the side. He just observed the eye as it is without creating ideals. Even hundreds of drawings would not be enough to reconstruct the real eye.

Same with the world of words. Thousands of different expressions are used by people to describe the same thing. Every one of us have different interpretations. Therefore, orang biasa doesn't listen to the meaning, but is aware of the intention of your words.

ORANG BIASA DOES NOT WANT TO CHANGE ANYTHING

He likes everything equally. Liking doesn't mean that he is always searching for something specific.

One day, he had a big slice of a red apple for breakfast. He enjoyed it and when he finished eating, he didn't think about it anymore. The next day,

he walked to the apple tree to pick another apple for his breakfast. This time, he

only found a small green one with a sourish taste.

He liked it equally as much as the red one. He

doesn't have favourites.



He is aware that the universe is in constant change, so whatever he starts to love in one moment, may have had changed by the next and lost all the characteristics for which he liked it before. He never picks any one feature which he likes over others. He doesn't like the apple because it is sweet, but he likes it because it is an apple.

He doesn't have a mirror because he doesn't need to check his appearance. His presence cannot be described by his physical attributes. His core of being doesn't have material qualities. Therefore, it doesn't matter if he his hair is curly or straight, or his teeth are missing.

It's like water. Water is always water. A storm can make calm water bubble and heat can make water boil. Water is open to change. It can form a stream, waterfall, lake, sea or ocean. But, at its core, water is made from the same molecules. It is not the waves, the bubbles or the speed that makes it water. Every creature has its own core quality. Orang biasa is merely aware of it and doesn't get distracted by external features.

ORANG BIASA DOES NOT JUDGE

Orang biasa doesn't have preferences. Consequently, he tends to live without comparison.

Possessing certain knowledge leads to comparing things. We humans try to show our experience or knowledge through comparison. Comparing gives us the feeling of power, in order to have the right to declare. Declaration makes us feel that we see clearly, that we see through the complicated network of our environment, so that we are capable of organising the life of us and the others. We select and organise our surroundings, link together the similarities and divide the differences.

Comparison leads to judgement.

What happens if we observe the world outside of human society? Nature doesn't judge. When it is raining, the rain falls on everyone without exception. The same happens when the first beams of sunlight reach the Earth on the

first day of the spring. At that time, nature smiles on everyone, whether you are guilty or not. Of course, no one asks nature why it brings happiness to criminals too.

Ever since we obtained the ability to compare, we've developed moral consciousness. As a part of the community, each of us has to follow these ethical guidelines. We judge whether people are good or not. But aren't we all originally good, according to our nature? In order to give, something always has to be taken away. Like the tree has to suck nutrition from the soil through its roots in order to produce fruit.

People created moral laws which tell that giving is good and taking is bad. It is just a human assumption. Nature created us with the same goodness. We have certain needs to fill from time to time. Nature spontaneously takes away what it needs. The one, who is declared to be guilty, may have been pushed to commit a crime by his hunger.

According to the theory of *horror vacui*, the fear of emptiness, an absence of something has to be eventually filled with something else. Fulfilling basic needs like hunger, thirst or love is not necessarily evil, it is a simple reaction to nature, even if the way the need is fulfilled is judged by society.

Therefore, orang biasa doesn't judge. For him, it doesn't matter if you give something or take it away, because they are the two sides of one coin.

ORANG BIASA IS NOT AFRAID OF THE UNKNOWN

Imagine a stream which you have to cross over by stepping stones. Most people will probably take the same path as the one before them who successfully got to the other side. Generally we don't like taking the risk to try a new path. We like patterns. We prefer following the routes people laid out before us.

In the beginning in our life we don't have much fear. Kids try everything new out of their endless curiosity. By growing up, this gets slowly replaced with fear. The fear of failure. Orang biasa keeps his curiosity. He likes taking new roads.

People who like copying the ways of others are scared to become the victim of an unlucky situation caused by their wrong decision. These people act like prey, who believe that if they stand or wander alone, they have a higher chance to become a target of predators. To survive, they conclude that it is easier and safer to follow the mass.

Orang biasa doesn't have imaginary predators. He overcome fear by trusting himself and the others. He doesn't have a single thought about being hunted or failing. He follows the way that his inner nature whispers to him. His acts are spontaneous in the sense that there is not much consideration beforehand. His decisions aren't led by logical thinking. Orang biasa does not plan much. He does not focus on the future and his predictions. Therefore, he does not create scenarios in his head.

Everything he approaches is a blank page without prejudice. This freedom allows him to be free and fearless. New situations are not intimidatig for him. He accepts situations just as they are. An unknown environment is not a potential threat for him. He easily adapts to changes in his surroundings, so therefore, unfamiliar circumstances do not ruin his peace.

Dear Reader. This the end of our journey through Orang biasa's life for now. As our time in Indonesia has come to an end, our unique window into his life has closed.

.....TO BE CONTINUED on another continent.

