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**Dr Jan Pajak**  
**Totalizm**  
**i.e. the philosophy of morality, peace, progress, and hope**  
**Volume 1:**  
**Practicing totalizm**

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ABSTRACT of this monograph [8<sub>E</sub>/2] "Totalizm", ISBN 978-1-877458-80-4.

If this is the first description of a philosophy that you hold in your hands, you make an excellent choice. Some people believe that we should try everything in our lives (at least one time - so that we know how it tastes). You started with totalizm (i.e. "totalizm" spelled with "z" – which should NOT be confused with "totalism" spelled with "s" that is just a version of "totalitarianism"). Totalizm is the most moral, peaceful, rewarding, progressive, modern, positive, constructive, open, clear, and truth promoting, philosophy on Earth. In turn this monograph contains the best description of totalizm so-far. So you started from the very best!

I should be honest with you: I am a doer not a philosopher. After you read subsection A4, which describes my life, you must realise that I am used to do things - thousand and one things! So I more know how to do, than how to write about it. To make it even more unusual, I have a technical mind, and a new philosophy is the last thing on Earth that I would ever expect to create - if the choice of what I should do, belongs solely to me. I used to be a professor of computer sciences at some stage of my life, and I was also a professor of mechanical engineering, plus a sub-lieutenant in military sappers, who dispose mine fields and build bridges. My way of thinking is very strict. So is also my philosophy. What I am doing is not intended to produce mountains of empty words, but to yield unambiguous, clear, well-defined, measurable, and fast results. Totalizm is exactly like that: it gives very clear instructions as to how one should lead his/her life, and explains all principles, so that one exactly knows what, and why, is doing. If one follows these instructions, and understands these principles, one reaps well-defined rewards. By the way, totalizm is the only philosophy, which was not "invented", but it is an applied outcome of the Concept of Dipolar Gravity (chapters H & I).

So are there any results and rewards that one should expect to reap from living the life according to totalizm. **Yes!** There is a lot of them. All well defined, and all to appear in this life-time - some of them almost instantly. This may shock, as many philosophies do not define their rewards, while philosophies of some religions promise rewards only after one dies. Totalizm is different. It provides a list of well defined rewards (see subsections JA2.4 and JB2), which are achievable - if one practices this philosophy. For example, consider happiness. Without knowing it, probably you follow currently the destructive philosophy of our civilization (i.e. parasitism): how frequently it made you happy? Can you indicate now, without a long hesitation, a case in your life, when you were really happy for longer then a few hours? In comparison, because I follow totalizm, in chapter JF of this monograph I exactly describe the case, when I was "nirvana-happy" continually for around 9 months! Or can you, again without a long hesitation, name anything that our civilization provided you with, that dramatically improved the quality of your life? Again, I can do this easily: for me this is the philosophy of totalizm!

With philosophies is a bit like with our lungs: everyone has them, and continually must use them in order to live, although not everyone, and not at all times, is aware that they do exist and that he/she is using them. After all, independently how the word "philosophy" is defined in expensive books, in the everyday practical application it means "a collection of principles and rules which one follows in his/her life" (note a paradox with living: even if one does not follow any rules, still one lives according to the rule "to not follow any rule" - means one follows a "primitive parasitism" described in chapter JD of this monograph). Therefore, even if one is not aware of doing this, one still follows some kind of philosophy in everything that he/she is doing. Only that usually the philosophy that one follows is unstructured and non-formalized: it just represents a medley of rules which either are outcome of ones emotional responses, or one picked them up from the society in which he/she is living. So usually one follows a chaotic philosophy of impulses. In turn, if one analyses where such a chaotic philosophy leads him/her to (this is done in the text of this monograph), then one realizes that it leads either to nowhere, or downhill in the moral field! The point which I am trying to make here is that, since you already follow a chaotic philosophy which leads you to nowhere or downhill, why not try to practice totalizm, which gives you the clearly defined benefits and rewards.

Totalizm is a "result-oriented" philosophy. So you should not be surprised that also this monograph is very result-oriented. It is put together in a "know everything" fashion. This means that it provides the fullest information about totalizm, or relating to totalizm, that anyone possibly may wish to know. It occupies 8 volumes of this monograph. This volume is the introductory, and the most important, part of the descriptions of totalizm. It explains everything that one needs to know, to effectively practice totalizm in his or her life.

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**Notes:**

(1) Before this monograph was formulated, a significant proportion of topics addressed in it was already discussed in Internet on web pages of totalizm. These web pages of totalizm should be accessible even today. Therefore, during addressing topics which are also discussed on web pages of totalizm, by each of these topics provided also were names of web pages on which this topic was presented. So if the reader wishes, he or she can additionally review this topic in Internet. In order to find addresses of web pages with given topic, it is enough to write the name of given web page as the keyword for a search engine, e.g. for [www.google.com](http://www.google.com). For example, in order to find address of the web page named "dipolar\_gravity.htm", it is enough in the search engine [www.google.com](http://www.google.com) write the keyword "dipolar\_gravity.htm" (but without quote marks) and then visit one amongst web sites that will be listed by this search engine.

(2) This publication is a subsequent volume in 8-volume long scientific monograph [8e/2] by the author. Each chapter and subsection of this series is marked with a next letter of alphabet. Chapters and subsections marked with letters other than these provided in the list of content above are positioned in different volume of this monograph. The full list of content for all 8 volumes of monograph [8e/2] is provided in the first volume.

(3) A Polish language version of this monograph [8e/2] is also available. Therefore, in case there is any difficulty with accessing an English version of this monograph, while the reader knows the Polish language, then it could be beneficial for him or her to read the Polish version of this monograph.

(4) Both language versions in this monograph [8/2], namely English and Polish, use the same illustrations. Only captions under these illustrations use a different language. Therefore, if illustrations for the English version are difficult to access or unreadable, then illustrations for the Polish version can be used equally well. It is also worth to know, that enlarged copies of all the illustrations for this monograph [8/2] are made available in the Internet. So in order to e.g. examine enlarged copies of these illustrations, it is worth to view them directly from the Internet. To find them, the reader needs to find any totaliztic web page which I authorise, e.g. by typing the key word "**totalizm**" to any search engine (e.g. to [www.google.com](http://www.google.com)), and then, after running a totaliztic web page, the reader needs to run from it the web page named "text\_8\_2.htm" available on the same server, or choose the option [8/2] from the menu of that totaliztic web page. Note that all totaliztic web pages allow also the uploading of free copies of all volumes of this monograph [8/2].

(5) The update and amending of this edition of monograph [8/2] is going to progress gradually. Therefore after some time, this monograph is going to be available in even more updated and perfected formulation of it. In turn when this monograph is perfected to the level which the author considers to be sufficient, the subsequent volumes of it will be inserted into monograph [1/5]. Volumes 4 to 6 of this monograph become then volumes 4 to 6 of monograph [1/5], while volumes 1 to 3 of this monograph become then volumes 7 to 10 of monograph [1/5]. Parts of the volume 8 of this monograph become then inserted to volumes 1 and 18 of monograph [1/5].

(6) To improve the structure of this monograph [8/2], and to make it easier to read, the order of chapters and subsections from various volumes was slightly changed in relation to this order that appeared in the first edition of the same monograph [8].