

# My Somerset Life

## A diary by Brian Snellgrove

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# I asked ChatGBT How to save my soul. This is what it said

I asked a chat bot 'How do I save my soul?



The concept of “saving your soul” is often rooted in religious or spiritual beliefs and can vary greatly depending on your personal worldview and faith. Different religions and philosophies offer various

perspectives on what it means to save your soul and how to achieve it. Here are some general suggestions that may align with different belief systems:

1. **Embrace a Spiritual Path:** Many religions and spiritual traditions offer guidelines and practices for leading a virtuous and meaningful life. Engaging with your chosen path can involve prayer, meditation, attending religious services, and studying sacred texts.
2. **Practice Virtues:** Virtuous behaviors such as kindness, compassion, honesty, humility, and forgiveness are often emphasized as important for spiritual growth and salvation in many belief systems.
3. **Repentance and Forgiveness:** Recognizing and confessing mistakes or wrongdoing, and seeking forgiveness, is a common theme in various faiths. This can lead to personal growth and reconciliation.
4. **Self-Reflection:** Regular self-examination and reflection on your thoughts, actions, and intentions can help you identify areas for improvement and spiritual growth.
5. **Help Others:** Many belief systems emphasize the

importance of serving others, showing empathy, and making positive contributions to society. Acts of kindness and charity can be seen as ways to enrich your soul.

6. **Develop a Relationship with the Divine:** If your belief system involves a deity or deities, cultivating a personal relationship through prayer, devotion, and worship can be central to your spiritual journey.
7. **Seek Guidance:** Consult with spiritual leaders, mentors, or teachers who can provide guidance and support on your path to spiritual growth.
8. **Practice Mindfulness:** Mindfulness and meditation techniques can help you become more aware of your thoughts, feelings, and actions, promoting self-awareness and positive change.
9. **Live with Purpose:** Clarify your life's purpose and values, and strive to align your actions with those values. Living purposefully can bring a sense of fulfillment and help you feel more connected to a higher purpose.
10. **Continuous Learning:** Engage in the study of religious texts, philosophical writings, or other spiritual resources to deepen your understanding and practice.

It's important to note that the concept of "saving your soul" can have deeply personal and nuanced meanings depending on your individual beliefs. If you're seeking guidance on this matter, consider reaching out to spiritual leaders or mentors within your specific faith tradition for personalized advice.

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My point is – does the AI 'know' what a soul is or is this just a concatenation of words it has learned. Maybe the advice has a certain utility but when all said and done it is but a list. Where is the moving spirit? Does AI have a heart, a consciousness? Will it all work out in the end. See this Panorama film from the BBC about AI

## Rock falls in Dorset

As I indicated yesterday we did not go to south Dorset, West Bay, because we did not feel it was quite right for us. I have since spoken to someone who did go and they said they had to battle with the wind somewhat. She also said that due to a recent rock fall there was a large notice warning people not to proceed but in spite of that people were walking along the beach anyway. Loud speaker announcements were made – to no avail. Verdict: they are stupid.

## The fascination of the forbidden

It is a strange feature of human nature that we go against all logic AND warnings to some place that is dangerous. It's similar to a warning that I get when I watch some of the more gory programs on medical interventions. I want to watch them even more.



If I am told that something is not for the faint hearted, I sign up immediately. Maybe it is a desire to escape from the normal, predictable, boring aspects of life and the desire to escape however temporarily to another level of reality where danger prevails. As for 'over 18's only' this is guaranteed to attract my attention. Maybe we are voyeurs deep down or even disobedient children.

**Some moments of being 'down'.**



I don't know if depression is the right word, a feeling of flatness and deflation could be a better word describing it. I find myself falling into this from time to time especially if I have nothing to do, a target to meet at a particular time. Nature abhors a vacuum but

while waiting for the next thing to come along I don't like the interregnum period.

The essence is that in my search for knowledge I realize that the more I learned the more things there are that I do not know or do not understand. As soon as I start on something, a related subject comes along that is interdependent for my total understanding and I have to stop and examine that other feature. I guess this type of problem occurs with having an inquiring mind.

I have got the basic message of love and caring involving enriching the lives of others. Maybe I worry too much about the technical side of things. I know that the essence of life and living is simple but paradoxically they are the most difficult to understand and espouse. I see it is easy to grasp an intellectual concept, but putting it into action is another matter altogether.

**MOST PEOPLE  
DO NOT LISTEN  
WITH THE  
INTENT TO  
UNDERSTAND;  
THEY LISTEN  
WITH THE  
INTENT TO REPLY.**

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I will engage with anyone who is interested in talking to me or should I say 'working with me' but if they are not interested then I feel for the moment I should leave them and focus on the ones that are responsive. A sense of humour plays a key part and I am fortunate in that direction. Looking inward it to be avoided as opposed to true introspection which can lead to

enlightenment.

As a general reflection, through being independent we are our own Masters and take control of our own ship. We need to decide what we want to learn, understand it and then apply it at whatever levels are apposite.

— VIDEO LIBRARY—

A very thoughtful film on people who transition, **No Turning Back**, the role of the Tavistock Clinic, and the effect on those who have been operated on. 1:17:24

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