

My thoughts are nuanced and abstract, which, at times, give way to some very unconventional ideas. I have a lot of fun playing with these ideas, which is why I created a playground for them. They are documented on my website, [www.theodouwes.com](http://www.theodouwes.com). On it, my articles center around a common theme: trying to explain how the mind perceives the human condition. Ultimately, I hope that by offering insight and analysis on how our emotions work, I can help others understand something about themselves that they may be struggling with.

For example, in my two articles titled "Discomfort" and "Cold Showers", I use visuals to explain how discomfort is experienced and how it can be overcome - suggesting that the boundary between discomfort and comfort is much more of an illusion than an actual barrier.

I don't just write about my ideas, I put them to the test. In this instance, I started taking cold showers to test if my ideas about discomfort were merely abstract, or if they were practical enough to translate into the real world. This year, from February 6th to July 4th, I took only cold showers: 136 in total, no shorter than five minutes each in length.

With each shower I moved closer to an insight or truth about the human condition that I was not privy to before. I documented this progression, and as the number of cold showers increased, so did my understanding of discomfort. From my small study, I began to understand that any discomfort one feels is really just an acknowledgement that a belief around the discomfort (in this case the cold water) exists. In other words, a feeling, like discomfort, is just a reflection of a deep-rooted, preconceived belief. Without the belief, there is no discomfort.

Wow.

I love exploring these ideas, and inviting others to build upon my discoveries. Expressing them on my website is part of my creative process to get my findings out there - hoping others will want to play too. I'm not sure it will change the world, but then again, you never know.