

Interview with Peter Cajander

Author of *Fragments of Reality: Daily Entries of Lived Life*

Today, Reader Views is talking with Peter Cajander, author of “Fragments of Reality: Daily Entries of Lived Life” from Helsinki, Finland. Peter is talking with Juanita Watson, Assistant Editor of Reader Views.

Juanita: Thanks for talking with us today Peter. Please tell your readers what “Fragments of Reality: Daily Entries of Lived Life” is about.

Peter: Thanks Juanita. It’s a pleasure talking with you. The book is really about the everyday life we’re living but often too distracted to see or observe ourselves. It tells and talks from a bit of a different angle about issues we all ponder and face in our lives.

Juanita: What inspired you to write your book?

Peter: The book came about in a relatively short period of time while a lot was happening in my life. I simply wrote down some of my personal observations that occurred during my various daily activities. I was compelled to share those issues that we all have in common but seldom speak or talk with others.

Juanita: : Hearing that “Fragments of Reality” unfolded when there was a lot happening in your life makes me wonder....do you think it takes a certain level of external pressures, or life experiences to push one to pondering the deeper meaning of life?

Peter: Often that is the case. We very seldom do anything voluntarily. Many times the ‘big’ turning points or crises are the required changes that enable us to renew ourselves.

Juanita: : What topics do you discuss in “Fragments of Reality”?

Peter: The book is about life and life is about everything. It has over 100 articles and poems ranging from happiness, relationships, love, death, money to tranquility and meditation to name a few.

Juanita: You refer to the behavior of the mind not being completely trustworthy. What are some of the ways our mind plays tricks on us?

Peter: Our mind distracts us from being in the very moment. Either we worry about the past or think about the future. But all those are just images and illusions in our mind. They are not real. We cannot change the past and the future has not yet arrived, still we are seldom here, right now. Everything happens only in the moment. How much of your life do you miss by not realizing it?

Juanita: Why does the mind trick us in these ways?

Peter: Mainly it has to do with the fact that we do not know who we are. We are afraid of being in the moment, with ourselves. We would rather fill the void moments by mp3-players, radio, or talking with someone. We are plain and simply restless, in our mind as well.

Juanita: How long have you been contemplating the inner musings of mind and soul?

Peter: I have always tried to have an open mind and observe things around and within. It's more like a state of mind or being like a child that is curious about everything and always asking silly questions.

Juanita: "Fragments of Reality" is a collection of your deeply insightful, personal observations. What importance do you put on journaling and writing, and why? Would you suggest others write as a form of self exploration?

Peter: Writing is just one way of expressing among others. It has its limitations compared to a live dialogue. However it is a great way to share ideas and experiences. For example, weblogs are a wonderful new way of writing that also enables better interaction directly with the readers. The style in weblogs can be very informal and therefore it could lower the bar to get started. If you haven't already, you definitely should at least give a try!

Juanita: Your book is titled "Fragments of Reality." What is reality, and how can people having the same experience, and at the same time, have differing perceptions of that reality?

Peter: Everybody has a different reality. It is based on our personal history, knowledge, experiences, assumptions, cultural background, observations, and so on. We only see and hear what we know.

Juanita: Who has influenced and inspired you on your journey?

Peter: I've been inspired by people in all walks of life - from great artists, musicians, philosophers, statesmen, but also by ordinary people. Every human being can be a source of inspiration – even the nature itself. Can you see it?

Juanita: Do you think it takes a certain amount of contemplation, or inward thought to achieve true happiness?

Peter: I think so. Trying to find happiness outside of oneself is a never-ending quest.

Juanita: We seem to be living in a world that puts full priority on this external quest. Why do you think we are finding ourselves living in a world, and a time, with this many distractions?

Peter: We are not outside of this world. We create this world. Therefore the distractions are out there as long as we prefer to have or need them. It is very easy to look outside and blame the circumstances or give excuses for not doing something because of some distractions. It requires a bit more character to make your own decisions and take life into one's own control, baring the consequences as well.

Juanita: What have you found to be the key point to remember in one's pursuit of harmony and tranquility?

Peter: First of all you have to be honest to yourself. Then all it takes is to be aware in the moment. Sounds easy but the trick is not to forget this while living...

Juanita: Is it really possible to change our thought patterns and beliefs that lead us away from peace and harmony?

Peter: Yes it is. The first step is to become aware of our repetitive thought-patterns and models. This is not easy and often the people around us can see them more clearly than we ourselves. The first chapter of the book is called 'Belief System' and it focuses on identifying some of these in order to help us to pinpoint them in our own thinking.

Juanita: Peter, what have you found to be the meaning/s of life?

Peter: To know ourself.

Juanita: What are your hopes for readers of your book?

Peter: Pick and choose. Select a topic of your current interest and ponder about it. I have received very good feedback from many readers who are reflecting on the book's topics in their daily lives and getting new insights and realizations. Enjoy and explore!

Juanita: : How can readers find out more about you and your endeavors?

Peter: Naturally the book itself tells something about me. You can also visit the web-site <http://www.fragmentsofreality.com/> for more information and contact me directly as well.

Juanita: Peter, thank you for talking with us today. You've given your readers much to contemplate and hopefully they will be inspired to obtain a copy of "Fragments of Reality" and continue their explorations. Do you have any last thoughts for your readers?

Peter: Thanks a lot Juanita. Sure, don't take life too seriously. Smile and have fun!