

Life Introduced

Tiny Insights to Nudge
Your Life Open

NARRATIVES FROM
DAVID CHERNOW




Dedication

To my wife, Julie, my partner, my confident and my everything.
Bunnies are considered lucky animals and symbols of good fortune. Also, their playful and hopping behavior symbolize a carefree attitude towards life.

To my children Jake and Blair, in the immortal words of Peter Lowenbrau Griffin, "I don't know what to do now. I do not have the parenting skills to deal with this. I might move."

Finally, to anyone who stumbles upon these narratives, remember, YOU design the picture that is your life – so paint a worthy and meaningful one.



“The whole universe
is based on rhythms;
everything happens in
circles, in spirals.”

– John Hartford

In 2012, I had been married to Julie for 10 years and we'd had two children, Jake and Blair. In those short 10 years of being married with children, I endured 20 lifetimes of experience...



I am not sure anyone or any instruction manual could have prepared me for that—I needed to go through it. That is when I thought sharing my experiences would be good therapy and maybe offer guidance to a soul in need. But, I never did it. I wrote 15 narratives and shelved the idea.

In 2023, I resurrected those writings and committed to sharing my experiences as a husband, father, business owner and explorer of consciousness in a more public forum.

I was entering a transformational stage in life. My kids were both in college and my marriage was adjusting to the empty nest phase. I had also reached a spiritual turning point in my life. After years of immersing myself in everything from Hemi-Sync and binaural beat meditation to experiential therapy to shamanism to Jane Roberts "Seth" channelings and many more metaphysical explorations, I felt it was time to connect the dots.

I was entering a transformational stage in life.

These writings have helped me do that and I would like to share some of them with you in the hopes that one tiny insight can create a moment of clarity.

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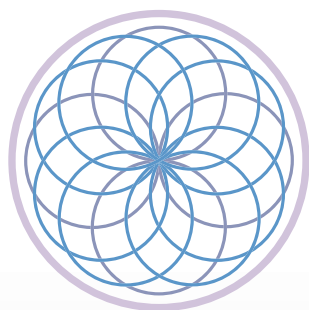
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“When we judge,
we dilute the potency
of who we are and
what we are here to
accomplish.”



You Design Your Own Life

First, A Simple Story

After work one day I visited my tailor, Lorenzo, around the corner from my office to take in a jacket that I had recently purchased.

Lorenzo spoke with a thick Italian accent, and never marked any of the clothing that he was going to tailor. I would say: "Take this in 2 inches, put a cuff on it, taper this, add a button here and take off the belt loops." And after all of those directions he would say, loudly, "OKAY!" And draw one line down the clothing.

Ninety percent of the time, Lorenzo would screw up the tailoring.

Back to our story...

Lorenzo was fitting the jacket when he noticed that my pants were too baggy and needed to be taken in, so he told me to bring them back the next day and he would fix them. I had no patience to bring them back and go through this all again. I told him to tailor them up right now, and I would get to my car somehow with no pants. He took the pants and all I had to do was get from the door of his shop to my car.

I ran through the parking lot, wearing black socks, shoes and a dress shirt tucked into my underwear with a red tie, and jumped into my car.

That went off without a hitch except for my ass was on fire from the hot leather seat.

I remember thinking, but only for a split second, "There are two things that could really derail this whole drive: getting pulled over for a traffic ticket or a car accident".

Fast forward 135 seconds. I am stopped at a light three miles from my home and the sun is shining directly in my eyes while I am waiting for the light to change. The light changes, I step on the gas, and rear end the car in front of me.

I am in little more than my underwear and just got into an accident. How is that for "Think...and you shall receive!"

So, we both pull over to the side of the road, and you have to realize that it is rush hour, so the streets are packed. She gets out of the car and is really, really upset. She is waiting for me to get out of car, but I am trying to figure out what to do because I am in my underwear. I am stalling and speaking to her through a cracked window for as long as I can.

And without any really good solution, I decided to get out of the car. Now, she is visually very nervous about this accident, which I would find out later was because her husband evidently was not a very understanding person.

So, I get out of the car and am standing on the side of the road, at rush hour, in my dress shoes and underwear.

Now, every car on the road slows down to gawk, her kids in the back seat are dumbfounded, but the lady I hit, in her state of panic does not realize what is going on. I had a full conversation with her, and she did not say one thing.

I returned to my car and waited for the police.

When the police finally showed up, I explained what had happened through the window, and he just started laughing. I got out of the car, and the officer took a picture. It's probably hanging up at the police station.

Be Judgement Free

There are no coincidences or accidents in life – your life is unfolding according to design.

The highly interactive design has been developed by you to produce the greatest opportunity for growth and self-actualization. Those defining moments in your life, the ones that hopefully ignited some self-contemplation, were there for a reason, strategically placed to wake you up.

That is not to say that you do not have free will to re-chart your life's course at any time, but there exists a blueprint for your life.

Our personality imperfections are really themes within our lives that remain with us until they have been identified, understood, explored and conquered. This process may take many lifetimes and usually does.

We are not alone on these journeys of self-discovery and growth; We enlist the help of many people before we get here as beneficiaries of our growth and in turn, we are beneficiaries of those that are within our sphere of influence. You chose your mother and father for a reason. And, your brother and sister. The tumultuous relationship that you might have experienced or do experience with your mother or father or brother or sister was/is meant to awaken you and offer you an opportunity for growth. The abuse you might have suffered at the hands of others is not coincidental or accidental. But may be a wakeup call for change. A planned event designed for your evolution, and as a catalyst that you had created for yourself to help awaken a new perspective.

There is a beautiful design to your life.

Your birth is calculated to the place, time and day of the event. And the time, place and date of your birth reveals specific characteristics of your personality and can give insight into some of the themes that you have chosen for your adventure into this life. Explore your horoscope to see the uncanny likeness to their descriptions. The life you have chosen, with all of the ebbs and flows that you have created, were meant to be lived out in exactly the time, place and fashion you have lived them. Wherever you are is providing you with all that you need to self-actualize and evolve. Growing up in Michigan, moving to Ft. Lauderdale, Florida then to Dallas, Texas, to Michigan again Michigan and then to New York and back to Michigan has shaped my experiences and helped mold the person that I am.

The world is exponentially more organized, synchronized, planned and premeditated than you could ever imagine.

People that you pass on the street or drive next to or see at a concert have experiences that transcend this lifetime and have contracted, just like you, to evolve in a way that is the most significant and meaningful for them.

We are the same, but different. We have all developed very specific plans for our evolvment. With that in mind, how can we ever fully understand another person's blueprint? One that is made up of many lives, millions of experiences, thousands of relationships, hardships, pain, joy, suffering, bliss, confusion, religious structures and controls, and social and cultural expectations – and those are only a few of the influences that are woven into the fabric of our makeup.

When we judge, we dilute the potency of who we are and what we are here to accomplish.

Nothing is ever what it appears to be...and that is why judgement fails. We don't possess the ability to "see" a person's or even our own blueprint. That perspective is reserved for someone up there. I can only tell you how many times I have judged a person or event in my life, only to find out how wrong I was.

Here is how Tom Brady describes it:

There was an ancient Chinese farmer who had one of his horses run away. But one day later, the horse returned with 10 others. What started as an agricultural tragedy turned into a positive. The farmer now enjoyed an abundance of riches, thanks to his runaway horse. Later, the farmer's son falls off one of the horses and breaks his leg. The community originally treats the boy's injury as catastrophic, but then, Chinese rulers start drafting young boys to go off into war. The boy was unable to serve because his leg was broken. The farmer's neighbors change their outlook and begin to view the boy's injury as a blessing. But the farmer, who always kept a level outlook, wouldn't go there. He just said, "maybe."

The mistake we often make is to prematurely judge events in our lives without giving them time to unfold to their intended outcome. Just when you think that the event was placed in your life for a particular purpose, you find out that you experienced it for a very different reason.

Here are some quotes I really like:

“Do not judge, or you too will be judged. For in the same way, you judge others, you will be judged and with the measure you use, it will be measured to you.”

- Bible

“Judgments, value judgments concerning life, for or against, can in the last resort never be true: they possess value only as symptoms, they come into consideration only as symptoms – in themselves such judgments are stupidities.”

- Friedrich Nietzsche

“We judge ourselves by what we feel capable of doing, while others judge us by what we have already done.”

- Henry Wadsworth Longfellow

“If you judge people, you have no time to love them.”

- Mother Theresa

“We are all inclined to judge ourselves by our ideals, others by their acts.”

- Harold Nicolson

Golf and Its Microcosm of Life Lessons

I golf a lot.

I find every round of golf to be a psychological, emotional, physical, and sometimes, if you let it, spiritual journey. Over the last 30 years, my relationship with golf has been one of many ebbs and flows, ups and downs, highs and lows and that's why it offers so many sacred life lessons.

During a typical four-hour round of golf, where walking, not riding is a must, here are just a few of those lessons.

Detach from the outcome of events.

Recently, I played in a tournament with three other people I did not know who were all very high handicappers (which means they were very inconsistent golfers). Of the 18+ teams, my team's aggregate handicaps were the highest, which means we were the weakest team. Before the round, you are encouraged to bet on your team or any other team that has the best chance of winning. I always bet on my team, but after looking at the pre-round standings, I knew my team was the weakest and decided not to throw money away, it was a suckers bet.

Golf is very unique in that it is one of the only sports that is not reactionary.

We all met at the first tee and made our introductions. Everyone was smiling, but I could tell they were a little nervous to be playing with people they didn't know. Having to perform in front of strangers is stressful. Since it was a "Scramble" format, which means that everyone hits a shot and all subsequent shots are made from the best shot of the four players, the stress is minimized, since a player can rely on his teammates if he/she hits a bad shot. Being the lowest handicapped player, I was entrusted with captaining this team. With very limited knowledge of the other three player's skill levels, I set the driving, approach shot and putting order, which means every person hit a shot in a certain order from 1st to 4th (since there are four people on the team).

For 18 holes we stuck to the order and shot routine, and from the first hole an interesting dynamic began to take shape. Each person made critical shots at the most opportune times. Hole after hole, shot after shot, someone stepped up and performed. Everyone hit shots that they normally would not, when the situation called for it. The mood was light and fun. I continued to praise every one's shot despite the outcome and motivated the group to swing within themselves hole by hole. The 4 ½ hour round went fast and we never really focused on the score, we just focused on executing our process shot after shot.

After the round, we went to the scorer's table and turned in our card to find out that we won the tournament! One of the more fun rounds was had with 3 strangers, although I lost \$800.00 by not betting on our team.

You get what you concentrate upon.

Golf is very unique in that it is one of the only sports that is not reactionary. In basketball, the game unfolds and shots are taken during a high tempoed game without a ton of time to react. The shooter shoots without much time to think about where his hands have to be during the shot, how his legs have to react, or where the ball is positioned. Although, shooting free throws in basketball is much less reactionary, since you have time to "think" and that is why free throws are so tough to make in pressure situations. The same is true for baseball. Hitting and catching are very reactionary skills that happen in split seconds. You aren't really thinking about the mechanics of where the bat is during the swing when you are in the midst of hitting, or

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where your feet are positioned, your body just reacts to the pitch. It's the same for catching a ball. You don't have time to think about mechanics, your body just responds. Although, pitching is different and much less reactionary, since the pitcher starts from an idle position, and has time to think about mechanics before he/she executes the pitch. That is why the pitcher is one of the most if not THE most valued player on the field.

Golf is truly a proactionary sport and it is this proactiveness that creates so much difficulty.

Golfers have too much time before executing a shot for bad thoughts to creep in. Stand on a tee box, and focus on the pond in the fairway and more times than not, your ball is going there. Focus on the sand traps in front of the green and more times than not, your ball is going there. Focus on the house off the right side of the fairway and more times than not your ball is going there.

So, here is the real nuts and bolts.

As in Golf or life, you are creator of your own reality because you have focused upon making it happen. Everything that you are experiencing in your life right now has been 100% designed by you. Your relationships, your financial situation, your career, your health have all been directed by you. Here are two suggestions to start designing the reality you truly want and improving your golf game:

Creation is simple:

You want something, you dwell upon it consciously for a while, you consciously imagine it coming to the forefront of probabilities, closer to your actuality. Then you drop it.

Do not personally give any more conscious consideration to events that you do not want to happen:

Any such concentration, to whatever degree, ties you in with those probabilities.



How Thought and Emotion are Connected to Physical Illness

For the last 25 years, I have explored consciousness through many varied modalities; meditation, therapy, yoga, energy work like reiki, EFT and shamanism, the written word, psychics, mediums and channelers. What I have found are common threads, throughout all these modalities, that are woven into the fabric of our physical and even non-physical existence. These threads unlock some of the mysteries and age-old questions like “why” are we here, “what” are we supposed to accomplish during our life and “how” do we navigate our way to these ends while we are here?

I would like to share some observations about one of these threads with you.

There are volumes and volumes of personal experience relayed through writings by those who have explored consciousness and I have delved and studied some of the more prolific and non-prolific ones: Robert A. Monroe, Barbara Marciniak, Barbara Hand Clow, Louise Hay, Jane Roberts, Esther and Jerry Hicks, Jiddu Krishnamurti, Wayne Dyer, Gregg Braden, David Bohm, Gary Zukov, Caroline Myss and others. Their experience and understanding of personal belief systems, thought and emotion are quite consistent and here is what they reveal: Our thoughts, anchored to our belief system and propelled by our emotions, have the capacity to instill signals in our physical body where the results can vary from health to illness and even death.

...there is great responsibility that accompanies the understanding that you and you alone are accountable for the state of your well-being

In short, our thoughts and feelings about “who” we are, “what” we represent to ourselves and those around us, and “how” we judge our self-worth all have an impact on our mental, spiritual and physical state of well-being.

For someone who has been unaware of these connections, the implications and emotional impact can be overwhelming and, maybe for some, are too “out there” to really accept. But, for the rest, there is great responsibility that accompanies the understanding that you and you alone are accountable for the state of your well-being and that you possess the ability to manifest everything from the flu to back problems to acne to heart attacks and cancer.

And, however shocking it is to hear that we alone are the directors of our own illnesses, it should be comforting to know that we also possess the power to reverse them.

“[Louise Hay](#) described how in 1977 or 1978 she was diagnosed with “incurable” [cervical cancer](#), and how she came to the conclusion that by holding on to her resentment for her childhood abuse and rape she had contributed to its onset. She reported how she had refused conventional medical treatment, and began a regime of forgiveness, coupled with therapy, nutrition, [reflexology](#), and occasional colonic [enemas](#). She claimed that she rid herself of the cancer by this method...”

She published many books, but here are her two most famous: *Heal Your Body. The Mental Causes for Physical Illness* and the *Metaphysical Way to Overcome Them and You Can Heal Your Life*. In these books she offers the reader an explanation for the emotional cause of many diseases and here are just a few:

- **Addictions:** Running from the self. Fear. Not knowing how to love self.
- **Anxiety:** Not trusting the flow and the process of life.



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- **Asthma:** Smother love. Inability to breathe for one's self. Feeling stifled. Suppressed crying.
- **Back Pain:** Fear of money or lack of financial support. – **Mid-Back Pain:** Guilt. Stuck in all that stuff back there. "Get off my back!" – **Upper Back**
- **Baldness:** Fear. Tension. Trying to control everything.
- **Cancer:** Deep hurt. Longstanding resentment. Deep secret or grief eating away at the self. Carrying hatreds.
- **Menopause Problems:** Fear of no longer being wanted. Fear of aging. Self-rejection. Not feeling good enough.
- **Heart:** Represents the center of love and security. – **Heart Attack:** Squeezing all the joy out of the heart in favor of money or position. Feeling alone and scared. "I'm not good enough. I don't do enough. I'll never make it." – **Heart Problems:** Longstanding emotional problems. Lack of joy. Hardening of the heart. Belief in strain and stress.
- **Prostate:** Represents the masculine principle. Mental fears weaken the masculinity. Giving up. Sexual pressure and guilt. Belief in aging.
- **Herpes Simplex:** Bitter words left unspoken.

Note: [Please refer to her books for her story](#), the full list of emotional causes of diseases and the affirmations, diet and methods used to cure those diseases.

Jane Roberts through Seth, explains that epidemics, pandemics and even natural disasters are a product of the population's mass consciousness responding to "appalling social or political conditions":

"All epidemics, however, are mass statements both biologically and psychically. They often go hand-in-hand with war and represent biological protests.

(Long pause.) Whenever the conditions of life are such that its quality is threatened, there will be such a mass statement. If mass action against appalling social or political conditions is not effective, then other means are taken, and these are often in the guise of epidemics or natural disasters. The blight is wiped out in one way or another.

Such conditions, however, are the RESULTS of beliefs, which are mental, and so the most vital work must always be done in that area." Jane Roberts, The Individual and the Nature of Mass Events Chapter 1: Session 804, May 9, 1977

I can tell you from experience that even accepting the idea that we are the force behind our well-being and the cause of our own illnesses is daunting. I have undertaken, on many occasions, to trace minor to more critical health issues back to emotional causes and it is painstaking and, at times, overwhelming work. But I continue to work the process with my shaman, my chiropractic kinesiologist and a host of energy workers (when the need arises).

Good Luck to you on your journey to physical, emotional and spiritual well-being.

Stuff They Didn't Teach You in School

All of my articles are classified into 7 categories: You Design Your Own Life, You Are More Than Your Physical Body, All Your Power Resides in The Present Moment, Change Starts with 2-Degree Shifts, Practice Detachment, Life is Dynamic and Do What Makes You Happy. I can't expect you to trust the truths that I have promoted without offering you some helpful suggestions on how to realize the results for yourself.

You Design Your Own Life

Over the last 3 years, I have written a Life Plan for myself that has netted some interesting results. The plan, which sets my intentions for what I desire, covers 10 areas: career, knowledge and wisdom (your ongoing plan for personal growth), health, family, reputation (how people see you), friends and partners, creativity, travel and benefactors in your life and benefitting others (your plan for giving back). When you write your Life Plan you can choose less or add more categories, but it needs to be documented and have these characteristics:

1. Needs to be written from the perspective that it has already been accomplished.
2. You must mention your thankfulness and gratitude for the dreams and aspirations that are about to befall you – something as simple as: I am truly thankful and grateful for this..
3. Since this document is fluid, when your goals or aspirations change, you need to edit the document. This may mean changing it 3-4 or 7-8 times a year depending on your changing ambitions or dreams.

I can tell you from experience that the process works. When I look back at the plan that I had written on January 1, 2022, I am amazed at just how many events have come true. But, don't be discouraged if some do not materialize, it may take a year or two or three. If they are still relevant aspirations, leave them in the document.

You Are More than Your Physical Body

The moment you learn how to successfully access your IGS (Internal Guidance System) is the moment you will begin to realize that you are a whole lot more than skin and bones. How do we do this? I know you have heard of the term [meditation](#), and maybe have tried it before without really achieving the results you had hoped for. The whole purpose behind meditating is to get you rooted in the present moment (your feelings of guilt or anger pull you into the past while your feelings of anxiety or fear push you into the future and remove you from the creative process), since it's the present moment that offers us access to intelligence that facilitates the creation process for us.

I am here to tell you that a meditative state can be achieved while walking in nature, taking a bath, sitting quietly, petting your dog or cat, listening to music, or doing a thousand other things that make you happy and bring a sense of calm. Next time you are looking for an answer to one of your life's problems, take a few moments to go and do something that roots your mind in the clarity and calmness of the present moment. Then, ask yourself a question that needs an answer and you will be pleasantly surprised at the response.

All Your Power Resides in the Present Moment

Next time you need a way out of a difficult situation, try this:

1. **Immediately begin to live in the present as much as possible** – Try to become as aware as you can of sense-data. While you are in pain, concentrate upon all the sights, sounds, impressions in the immediate environment as well as the feelings of ease felt by other portions of the body.
2. **Refuse to worry** – Tell yourself you can worry all you want tomorrow, or on some other occasion – but resolve not to worry in the present moment.

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- 3. When your thoughts do touch upon your particular problem in that present moment, imagine the best possible solution to the dilemma** – Do not wonder how or why or when the ideal solution will come, but see it in your mind's eye as accomplished.

Change Starts with 2-Degree Shifts

This is the [Abraham-Hicks Emotional Guidance Scale](#):

- | | |
|--|--|
| 1. Joy/Appreciation/Empowerment/Freedom/
Love | 12. Disappointment |
| 2. Passion | 13. Doubt |
| 3. Enthusiasm/Eagerness/Happiness | 14. Worry |
| 4. Positive Expectation/Belief | 15. Blame |
| 5. Optimism | 16. Discouragement |
| 6. Hopefulness | 17. Anger |
| 7. Contentment | 18. Revenge |
| 8. Boredom | 19. Hatred/Rage |
| 9. Pessimism | 20. Jealousy |
| 10. Frustration/Irritation/Impatience | 21. Insecurity/Guilt/Unworthiness |
| 11. Overwhelm (feeling overwhelmed) | 22. Fear/Grief/Desperation/Despair/
Powerlessness |

And, here is the concept. If your emotional state is one of guilt and unworthiness (21) it is almost impossible to make a quantum leap (only electrons make quantum leaps) to, say, hopefulness (6). The most you can hope for is an emotional jump of 1-2 spots at any given time, which takes personal introspection, and a two-degree shift in perspective. The process of moving from an emotional state of say hatred and rage (19) to one of optimism (5) is a 140-degree shift that is unattainable. Your ascension up the Emotional Guidance Scale must be done slowly, and with purpose. Here are some suggestions:

1. Remind yourself that even one step up is an improvement. One step a day turns into seven in a week very quickly. For example, instead of staying angry, try to move to being disappointed.
2. Spend more time doing practices like meditation, energy work, prayer, yoga, and spending time in nature. Commit to at least 30 minutes per day.
3. Remember that growth is a process and that you will have good and bad days. This doesn't mean you aren't moving in the right direction.
4. Change the people you are spending your time with. When you spend time with people who are living in a state of joy (or close to it) it will help lift you up and remind you where you want to be.
5. Start practicing gratitude and shifting your thoughts from "why is this happening to me?" to "I am so grateful for the following things in my life..."
6. Serve others. When we start feeling like we are living far from joy, it helps to serve others. By doing something for someone else and focusing on other people's needs, we take our energy and focus away from what we are missing and put it towards helping someone else. This naturally increases our vibration and helps us see beyond ourselves and our own lives.

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7. Have fun! Another great way to get ourselves out of a “funk” and living at a higher vibration is by doing something that brings us joy. If you are having a rough day and feel like you can't handle all the things, maybe it's time to turn on music and have a dance party with your children. Or maybe fun for you is reading a book outside on your patio or plugging into music and going for a walk. Whatever brings you happiness or excitement, do that!

Practice Detachment

The formula for creation is quite simple, and although we may have perfected a majority of the steps in the process, if we leave out the most important one, the manifestation process fails. Do you know what that key step is? Detachment.

Try this if you want to manifest something:

*You want something, you dwell upon consciously for a while, you consciously imagine it coming to the forefront of probabilities, closer to your actuality. Then you drop it. **Forget about it for two weeks.** The Nature of Personal Reality, by Jane Roberts, Session 615*

The act of detaching from the outcome, by not dwelling upon the results, allows the universe to manifest without expectation or a preordained result – the universe (you, your future self, and guides) are so much more creative, imaginative and ingenious than we can ever be alone.

Life is Dynamic

The word “perfect” holds many pitfalls. In the first place it presupposes something completed and done beyond change, and so beyond motion, further development or creativity (The Nature of Personal Reality, by Jane Roberts, session 633). Let me let you in on a little secret: You are not perfect, the world you live in is not perfect, the people that surround you are not perfect nor are the people that you see splashed across social media, television, government, the movies or anywhere else. The dynamic nature of life is “characterized by constant change, activity, or progress” and that is why “perfection” is a moving target. We are all here to evolve our consciousness. Period.

I really love this quote by David W. Orr:

“The plain fact is that the planet does not need more successful people. But, it does desperately need more peacemakers, healers, restorers, storytellers, and lovers of every kind. It needs people who live well in their places. It needs people of moral courage willing to join the fight to make the world habitable and humane. And these qualities have little to do with success as we have defined it.”

Do What Makes You Happy

Google works like this.

Based on your search queries, Google builds a highly detailed profile of your likes, dislikes, hobbies, political leanings, buying habits, health philosophies and 1000 other data points. It then uses these data points to drive content to you that matches your preferences. So, if both you and I input the same query, we will get very different results based on Google's interpretation of “who” each of us are and “what” we desire. Google's algorithm is not unlike that of Facebook, TikTok, or Instagram. They are feeding you the food you show a proclivity for.

The universe that we all are a part of, works in much the same way. Every time you make a choice, the universe catalogues that choice and begins to build a profile of your choices. In return, it transmits those choices back to you in the form of experience. Simply, you receive back in kind that which you broadcast.

Stuff They Didn't Teach you in School - p.4

By pursuing your passion, you receive back in kind the passion that you broadcast. And, since passion and happiness operate as accelerators, you are able to manifest those experiences with exponential force. A contagious force that has the power to change lives. These are just some of the people that have harnessed this "force":

1. Blake Mycoskie – TOMS Shoes
2. Bill Wilson – AA
3. Abbe Pierre – Emmaus
4. Yvon Chouinard – Patagonia
5. Laura Fruitman – The Right to Shower
6. Bryan Stevenson – Equal Justice Initiative
7. Peter Neufeld – Project Innocence
8. Heather Hasson – FIGS

Here is a very powerful exercise that will bring results for you:

Manifestation of Abilities

1. Relax yourself as much as possible. Get comfortable in a chair or a bed. Tell yourself mentally that you are an excellent person, and that you want to reprogram yourself, getting rid of any ideas that contradict that particular statement.
2. Next, gently remind yourself again: "I am an excellent person," adding, "It is good and safe for me to express my own abilities, for in doing so I express the energy of the universe itself."

(*The Early Sessions*, Book 1, by Jane Roberts, Session 6/12, Page 275)

Perfection is a Process, Not a Destination

For the last 48 weeks, I have followed the same writing process, which starts on Monday for every narrative and by Tuesday, I usually have the subject matter mapped out. The narrative is typically completed by Wednesday. It's Thursday, and I don't have a clear line of sight on the content this week. And, I had declared to a close friend and colleague on Monday, that I was going to write my narrative on his most cherished saying, "Perfection is a moving target." It's Thursday and my writing process isn't performing. I hope this narrative comes together soon.

Has that ever happened to you? You plan for something, and the plan doesn't follow the plan? Well, it happens to me often.

For instance, almost without fail, every time I am in a rush to do anything, the forces that be intervene and throw obstacle after obstacle in my path. But, when I do not have to be somewhere quickly, I arrive uncomfortably early. And this is what happens. When I need to get somewhere quickly because I am late, there is ALWAYS, without fail a person in the left-hand turn lane too preoccupied on their phone or daydreaming who fails to turn or turns too late on a green arrow, so I get stuck for another traffic cycle. For G-d's sake, that person has a duty in the pole position at the left-hand turn lane arrow to be alert and ready to turn because there are five cars behind them that have to make the turn. Now, if I wasn't in a hurry and needed to be at an appointment at, say 12:00 pm and my destination was 20 minutes away and I left at 11:40 am, I would arrive 10 minutes early because there would be zero traffic and the lights would change in perfect harmony so that I never get stuck at one.

Have you ever tried to plan the "perfect" vacation or "perfect" event or execute the "perfect" performance and it never quite achieves that status

I am impatient by nature. Any type of line causes me angst. So, out of need, I have become a line jockey. But, if I am in a hurry and there is a multiple line situation happening, 99% of the time I will pick the wrong one. Supermarket, bank, driving, concert or airport, if it has a line and I am in a hurry, without fail I choose the wrong one. Now, if I wasn't in a hurry or impatient and had all the time in the world, there actually wouldn't even be a line. Why?

Have you ever tried to plan the "perfect" vacation or "perfect" event or execute the "perfect" performance and it never quite achieves that status? Despite accounting for every minute detail, something unexpected always makes an appearance. Now, the vacations, events or performances that happen with an organic mindset and more importantly, without an attachment to outcomes, seem to have surprisingly better results. But, why?

Here are some thoughts...

When I am in a rush, I have an intense emotional need and expectation to get where I am going. I am thinking about the meeting, appointment or any other event and hoping that I will not be late. I am racing against time to get there, all the while thinking about what is going to derail me from being on time. And sure enough, I encounter those obstacles that ultimately derail my plans and I end up arriving late.

When I am line jockeying, I am racing against my impatience and need to get through the process as quickly as possible, and almost every time it works to my disadvantage, and I get stuck in the slowest line. I actually create these situations out of my need to not create these situations. And, it all starts from the moment I see the long line and think, "this is going to take forever" and sure enough, it does.

Perfection is a Process, Not a Destination - p.2

According to Susan Fletcher who coined the term and my close friend and colleague Olti Tile, “Perfection is a moving target.” Much like the expectations we have when we are in a rush or when we are impatient, “perfection” carries with it lofty expectations. And, although perfection is a subjective concept that varies from person to person, the ground rules in attaining it are typically pretty consistent. It takes flawless execution and pure synchronicity. Anything less falls short and that is why perfectionists tend to focus on their mistakes and weaknesses rather than their strengths and achievements in their need to attain perfection. As such, that focus on their mistakes and weaknesses, creates just that.

This is how AI describes perfect: In general, “perfect” refers to something that is without flaws or errors, and completely satisfies all expectations or requirements. And, this is what AI says about achieving perfection, “However, it is important to note that the idea of perfection is often unattainable and can lead to unrealistic expectations and disappointment. Therefore, it is often more productive to strive for improvement and excellence rather than perfection.” And that is what Susan and Olti are saying.

That “perfection” is rarely achieved because it is NOT a destination, but rather a route or method for progress and hopefully the attainment of excellence.

Here is a formula for personal achievement:

- Step 1:** Set an intent for what we want to happen.
- Step 2:** Set your breathing to a consistent, slow-paced rhythm.
- Step 3:** Reset yourself in the present moment, by experiencing the sights, sounds and smells of The Now.
- Step 4:** If obstacles arise, follow this Marine plan: improvise, adapt and overcome. But, do not get caught up in the emotion of the obstruction.
- Step 5:** Detach from the outcome of the event.

That should do it.

Life After Death

“Energy cannot be created or destroyed, it can only be changed from one form to another.”

– Albert Einstein

We are energy (the ability to do work).

We are also matter (anything that takes up space and can be weighed).

Matter = Energy

Energy = Matter

Simply, “you” are both matter and energy.

The “matter” part of you is your physical body.

The “energy” part of you is your soul.

When the matter that is your body ceases to exist or dies, it decomposes, turns into energy and is recycled back into the system of life. But what happens to the energy that is your soul when we die? Well, since we know that “energy cannot be created or destroyed,” where does it go?

At the moment of death, our souls transition from our physical bodies and enter into our energy or astral or second body. When merged with our astral body, we transition to the non-physical and in this new state of existence we are able to have metaphysical or non-physical experiences. Those experiences vary from meeting loved ones who have passed on to encountering other non-physical beings to exploring other levels of consciousness and realms to reflecting upon the life that was just lived and planning the details of our next incarnation into the physical world.

At the moment of death, our souls have a number of options available to them depending on the manner of our death. For those who experience a traumatic or sudden death like being killed in action, violently passing, or overdosing, the suddenness of their passing creates confusion, fear and disorientation and this, often times, keeps the souls in limbo. This can mean that a particular soul can remain in the place of their death, going about life like there was never a death event because they don't realize that they are dead. These troubled souls remain stuck until someone can help them transition to the next stage. The Monroe Institute's Lifeline Program for the last 40 years has been doing just that.

Participants help souls who often don't know they are dead. They may be souls who died traumatically, like military personnel who were blown up. They can also include addicts who overdosed, people who died in accidents, and others who died suddenly...who are confused, afraid, disoriented, or want to go back. There are many, many circumstances and there are unique attributes to each individual soul experience.

For example, Lifeline participants have assisted souls who were very religious in their lifetime, who believed they were sinners and going to hell. So those souls hadn't moved on because they were afraid. [The guide worked with them, took them through that belief system and helped them move on.](#)

Participants in the Lifeline Program are people like you and me, with no real experience in soul retrieval, but rather have a passion for the exploration of consciousness. In fact, A&E did a series on the Lifeline Program at the institute.

["They filmed two 30-minute episodes that focused on how Lifeline participants experienced the connection with these lost souls.](#) A&E focused on one participant, Natalie Sudman, who helped a Civil War soldier move on. He didn't know he was dead. In the process of assisting him, she got a lot of data about him. A&E hired a genealogist who validated the data. Natalie didn't know anything about the Civil War, but she nailed it."

At the moment of death, souls can also transition gently to the new non-physical state and most experiences of this nature tend to follow the same process. The newly deceased soul, now aware of their astral body, is met by a familiar energy (a family member who had passed, a spirit guide or guides and familiar people) and introduced to different realms of consciousness.

"Whatever his belief system during his last life on earth, he will be attracted to the energy level which resonates with his own belief system at the moment of transition from the physical to the non-physical. If a person is strongly catholic, for example, they would land in a realm where there is a Catholic afterlife reality created by like-minded souls."

Robert Monroe, *Far Journeys*, September 14, 1987

<https://www.lucidmindcenter.com/proof-of-life-after-death/>

The in-between physical lifetime is also dedicated to evaluating the most previous life's trials and evolutions, receiving revelations and messages about you and others and decompressing from the previous life. This is all possible because "you" were the designer of the life you just led. You, in this non-physical realm, created the script that would become the life as you know it. That script held the lessons you chose to learn, the people you enlisted to help you along the way, and the circumstances that would best promote these learning opportunities. That is not to say that every one of us doesn't possess "free will" because we absolutely do. You possess the free will to go "off-script" at any time in your life. But we do have spirit guides to help keep us "on-script."

There are a few different categories of spirit guides and you have access to them. We all have a main **personal guide** who has been with you your entire life and will continue to be with you until your death. That guide has a stake in your soul's development and has devoted themselves to helping you. In addition to a "main" guide, you have a number of personal guides who also help with your soul's development and they enter and exit your life frequently. Meaning we can hire and fire these guides depending on our needs. We will enlist new ones for major life changes or even trauma. Negative guides happen when negative, big changes or trauma happen in our lives. They run specific negative energy and it feeds into our lives.

You, in this non-physical realm, created the script that would become the life as you know it.

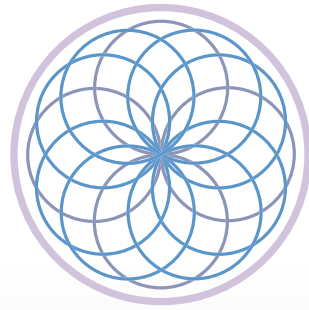
Departed loved ones are another type of spirit guide and look over you from the non-physical realm. A mother, grandfather or friend that has chosen to be a spirit guide for you and can help in very practical ways like sending you a business opportunity or navigating your next love interest. Finally, **archangels, animal spirit guides and ascended masters** are all accessible and there to help you through the game of life.

Physical death is never total annihilation. Physical death offers transition to many, many non-physical realms of existence.

Many of those realms have been explored by Robert Monroe and explained in his trilogy of books: *Journeys out of Body*, *Far Journeys* and *Ultimate Journey*. For me and the few visits that I made to the Monroe Institute, although I did not have an out-of-body experience, I did have a number of lucid dreams and received multiple messages from my spirit guides. The experience was life changing and revealed new vistas that border and intersect our physical world that hold within them answers to many of life's mysteries. There is no better way to understand those realms than by experiencing them yourself.

“Meditation is not about feeling a certain way. It’s about feeling the way you feel.”

– Dan Harris



You Are More than Your Physical Body

Meditation

Why would you meditate in the first place? When was the last time you spent time alone? Not thinking about all the areas of your life: kids, husband or wife, finances, job, and anyone of a thousand other areas. When was the last time you really spent not thinking about anything...blank? It has probably been a very long time, if ever. And, that is to be expected because as humans we are conditioned, from birth through childhood into adulthood and old age to remove ourselves from the present moment. So much has happened in the past, guilt and understanding, sadness and joy, missed opportunities and winning moments, bad decisions and good decisions that living back there offers safety and familiarity.

And, however comfortable and familiar the past is, the future is unknown, a mystery. How will my kids turn out? Will I be rich? What will happen to my marriage? Where will I be working? But the truth is, both the past and future fail to hold the sheer force of the present moment. All your power to create remains in the present moment. It is what is going on in this nanosecond that offers you the ability to design your own reality.

So, what does this have to do with meditation? Well, the best chance you have to access answers to many of the questions that you entertain on a daily basis await you, in the present moment – disconnected from your thoughts. Meditation “is a [holistic discipline](#) by which the practitioner attempts to get beyond the reflexive “thinking” mind into a deeper state of awareness.” By transcending “thinking,” we can access higher levels of consciousness that have greater ability to “know” what is in our highest good. Our thoughts, which have been conditioned over many years of experience, perspective and our unique understanding of the world, become for many us the guiding force behind our decision making. But our thinking brains are clouded.

Stuck in the past or focused on the future, our brains – our thoughts – fail to see the grand picture because its perception is limited.

Here it is: Have you ever made a decision right away and knew it was the right decision for you, but then after “thinking” about it you changed your mind to find out that you should have gone with your instinct? That’s it! Meditation offers you the opportunity to connect with the “higher” part of “you” (and your guides, which we will not discuss here) that sees the bigger picture of your life’s path. Have you ever been “in the zone?” Athletes refer to it as “in the zone” because of the ability to achieve “a mental state of focused concentration on the performance of an activity, in which one dissociates oneself from distracting or irrelevant aspects of one’s environment.” In layman’s terms, everything goes your way. “In the zone” is the same as “in the present moment.” That is the state you achieve through meditation.

So, meditation is typically done in a quiet place, free from distraction so your mind can go silent allowing you to connect with higher levels of awareness. But I have found that as long as you are able to clear your mind you can meditate almost anywhere. As long as you are able to become grounded in the present moment unfettered with thoughts of past or present, you can connect to your higher self. I have meditated at work, hiking, before sleep, walking, sitting on a park bench, at the beach, in the forest, or even in the bath...it all works.

I can say that, since I have realized the power of meditation, I often consult myself for answers rather than seeking advice from others. Many business and personal questions have been answered in the bath, at night, when everyone else is sleeping. The water grounds me in the present and is just a good medium for me to quiet my thinking. For you, that place could be anywhere if it offers you the ability to quiet your thoughts: In nature, on a walk, in a bath, right before falling asleep, right after waking up, in the shower, on a long or short drive (unless you are the driver). As long as you can find a place to quiet your thoughts, you can meditate.

Next time you are at the crossroads and don’t know which path to take, spend five minutes sitting, standing or lying down, and quietly drain your mind of any thoughts. **You will be surprised to find out that the answer to your question lies inside.**

An Exploration into the Secret Corridors of Your Consciousness with Hemi-Sync

For 20 years, I have practiced a type of meditation called Hemispherical Synchronization or Hemi-Sync. The technology was developed by a man named Robert Monroe in the late fifties and has been developed and refined over the last 70 years.

It all started around 1958, when Robert began having “Out of Body” (OBE) experiences. OBE or Out-of-Body Experiences “is a [phenomenon](#) in which a person perceives the world from a location outside their physical body.

An OBE is a form of [autoscopy](#) (literally “seeing self”), although this term is more commonly used to refer to the pathological condition of seeing a second self, or “[doppelgänger](#).” In an effort to explain these experiences, and after consulting with psychologists who weren’t able to provide sufficient answers, Monroe put together a group of, what he called, Voyagers who experienced similar experiences. Over the next 50 years, Robert Monroe, along with a group of Voyageurs, engineers and training specialists, would explore the power of meditation to access varied levels of consciousness or “Focus Levels,” of which there are 48.

Here is what Hemi-Sync is today:

Hemi-Sync®, short for hemispheric synchronization, is an **audio-guidance, binaural beat technology** developed by consciousness pioneer, [Robert Monroe](#). Through extensive brainwave research, Monroe and his team observed that specific sound patterns could safely and gently **guide the brain into various states** ranging from deep relaxation or sleep to expanded mindfulness or “extraordinary” states.

The audio-guidance process works quite simply by sending **different sounds (tones) to each ear by stereo headphones**. The two hemispheres of the brain then act in unison to “hear” a third signal – the difference between the two tones. This is not an actual sound but an electrical signal that can only be perceived by both brain hemispheres working together. The result is a focused, whole-brained state known as hemispheric synchronization, or “Hemi-Sync®” an **optimal condition for improving human performance**.

And, here is what can be achieved through Hemi-Sync®:

Specific combinations of Hemi-Sync® signals, for example, can help you to achieve laser-like focus and concentration. Different Hemi-Sync® signals are used to facilitate deep relaxation, expanded awareness or other desired states. Depending on your intended goals, Hemi-Sync® can be combined with music, verbal guidance or subtle sound effects to strengthen its effectiveness. You will remain in total control as these recordings do not contain subliminal messages. Hemispheric synchronization does occur naturally in daily life but typically only for random, brief periods. Hemi-Sync® can assist you in **achieving and sustaining this highly productive, coherent, brain-wave state**.

Here is Hemi-sync in action.

At around five years old, my daughter began having the toughest time sleeping. I believe it started when her brother told her the story of Anne Frank. By that time, I had been using the hemi-sync recordings for a few years knew they had bedtime stories for children with the frequencies embedded in the recordings. I installed speakers on either side of her headboard and played the hemi-sync bedtime story Joy Jumper for her when I put her down to bed. I came back about three minutes later and she was sound asleep. In light of that success, we continued to use the hemi-sync bedtime stories (I believe there are three) for the next seven to eight years because she just became conditioned to use the recordings before bed.

The Start of Something Extraordinary

My life changed the day I opened up the book “Many Lives, Many Masters” about 30 years ago. The book, written by Dr. Brian Weiss, tells the true story of a doctor, who was the head of Clinical Psychology at Mt. Sinai Hospital in Miami. It’s been 30+ years since I have read the book, but Dr. Weiss began experimenting with regression therapy in his practice.

Here is a quick definition:

Regression therapy focuses very specifically on past events and how they influence the way we behave in the present day. This is particularly relevant to those trying to overcome childhood abuse. Still, it can also apply to people who were subject to any abuse in relationships in the past.

This type of therapy involves hypnosis, which psychotherapists and hypnotherapists alike have researched. The need for hypnosis typically surrounds the fact that many practitioners believe that the subconscious mind can repress trauma if it was inflicted at an age before the mind could figure out how to process it. So, the practitioners are typically trying to drum up memories through hypnosis.

He began experimenting with regression therapy with a certain patient during their sessions and she was able to recall, not only intricate details of her childhood, but began recalling specific details of past lives that she had lived during other time periods and in other, very distant places. In all, Dr. Weiss and his patient recalled 80 lives, spanning hundreds and even thousands of years, that had been lived by his patient.

Through many regression therapies, there emerged a set of guidelines that follow us as living breathing people embarking on a voyage to experience physical life here on Earth.

The recall of information from each one of those lives and the time “in-between” lives was truly astonishing and, through that recall, was able to reveal some insights into “why” we are here, “what” is our purpose and “who” we are.

During those therapy sessions, the patient was able to recall specific details of each life she lived and was able to identify the source of fears, anxieties, and emotional issues that she was experiencing in her present lifetime. For instance, she suffered from a lifelong fear of drowning. Through these hypnotic sessions, she bounced back 4000+ years to 1863 BC. and recounted drowning with her daughter (who, in this lifetime is her niece). The detail was so vivid and the memory so intense that she began choking and gagging while describing it. Over the course of 18 months, she detailed over 11 different lives lived with many members of her current life, including Dr. Brian Weiss, who was one of her teachers in ancient Greek times. Through many regression therapies, there emerged a set of guidelines that follow us as living breathing people embarking on a voyage to experience physical life here on Earth.

The Start of Something Extraordinary - p.2

Here are some of these guidelines:

1. YOU are more than your physical body. You are an energetic SOUL.
2. Reincarnation is real.
3. We tend to reincarnate with the same group of people, family, close friends & foes life after life to grow, evolve and clear our soul contracts.
4. During the time “in-between lives” we act as the architect of our physical experience in upcoming lives – we determine the time, date, place and family we will be born into. In addition to laying out the blueprint for our life experiences.
5. During the time “in-between lives” we also review our most recent physical life experiences as a way of understanding how our decisions navigate the course of our lives.
6. All of your fears, anxieties and worries can be traced back to childhood or past life trauma.

After reading “*Many Lives, Many Masters*” I was blown away. This new information was a lot to handle and I wanted to understand more of it. And, that is when my life pivoted. I read his other books, *Only Love is Real*, *Same Soul Many Bodies*, *Messages from the Masters* and *Through Time into Healing*. With the information supplied in these books, I ignited a 30-year passion that would inspire explorations into Psychotherapy, Onsite, Meditation, Hemi-Sync, Channelling, Jane Roberts, Barbara Handclaw, Barbara Marciniak, Shamanism, Remote Viewing, OBE’s and Robert Monroe.

Many Lives, Many Masters also, and maybe most importantly, revealed there is a design and a consciousness behind everything. And YOU actually have the power to not only affect that design, but the power to direct that design in any way you desire.

The 7 Energy Centers that Regulate Your Life

I visited the Monroe Institute (a consciousness center) in Virginia two times; the first time for their introductory Gateway meditation program and the second time for their Lifelines meditation program. I have spoken in detail about the Monroe Institute in previous articles, but here is more detailed information:

<https://youtu.be/ZBbWCUoSPBg>.

It was during my second trip to the institute that I met an astrophysicist who had just recently retired from NASA and was determined to attend all 20 or so programs offered by the Institute. He told the group of an experience he had during his previous trip to the Monroe Institute during their Heartline program, and I would like to share it with you.

First, some background information. Each program, back before COVID, usually had 35-40 participants living, meditating, eating and sharing experiences together over a five-day period. Everyone was paired with a roommate and lived in a dormitory styled room and slept in a bed called a "Check Unit". Your Check Unit was a conventional full-size bed that was equipped with an audio unit that you could plug your headphones into, in addition to housing 2 speakers located above you on either side of your head. Before every meditation, and there were 4 a day, you would plug your headphones in, pull the shades closed on your check unit, lie down and listen. Every participant, once plugged in, listened to the same guided meditation. And, when it was concluded, everyone would gather in the meeting room and share their experiences.

The Physicist had told the group, during one of these sessions a story about his previous roommate. He explained that his roommate was a Vietnam veteran who had spent the last 30 years (my trip to the institute was in the 1990's) trying to connect with his squad. See, he and his fellow soldiers were out on a mission one night, and they were ambushed. I believe all 9-11 soldiers in his squad were killed, except for him. For 30 years he had blamed himself and tried every possible way to reach the members of his squad on the other side. From psychics to swami's, he had tried in vain for 30 years to contact these men to tell them how sorry he was and ask for their forgiveness for surviving that night 30 or so years prior.

During one of the group meditations, the physicist, deep in his meditation, had felt a presence in his check unit. He immediately awoke and opened his eyes. And, stuffed into the unit, was his roommate's squad. All of them. They explained that they had been trying for years to contact him but couldn't because his low personal vibratory rate wouldn't allow for it. The physicist was resonating at a perfect frequency for contact. They told him that they never blamed his roommate and thus had no need to forgive him. They also provided a message that only his roommate could verify for validation. The physicist immediately relayed the information and his roommate cried with the weight of 30 years of guilt exorcised.

Do you want to know "why" they were unable to make contact? Have you heard about energy vortexes in YOUR body called Chakra's?

There are 7 of these energy vortexes or Chakras in your body and they act as portals or bridges between the different sections of your physical body, lower and upper, and as a gateway between you and other parallel universes, parallel selves and dimensions.

When your Chakra's are BLOCKED, the results can be emotional, spiritual and physical illness and stuckness, but when they are CLEAR, together they act as a channel or highway that operates as a bridge for access to other dimensions, and also imbues your experience in physical form with protection, pleasure, personal power, unconditional love, peace, inspiration, clarity and spiritual purpose. Who wouldn't want that? Here is how it works...

<https://www.healthline.com/health/fitness-exercise/7-chakras>

The 7 Energy Centers that Regulate Your Life - p.2

This is a map of your 7 Chakras and each Chakra, which has been described as a swirling vortex of energy is responsible for a very specific region of your body and governs certain emotional and physical functions.

According to Anodea Judith, "Chakras can be open or closed, excessive or deficient. A closed or blocked chakra is a chronic avoidance of certain energies (e.g. love energy or communication), while an excessively open chakra is a chronic fixation. For example, someone with a closed third chakra (personal power) would be frightened of confrontation, while another who is more open would thrive on it. Someone with an open second chakra (sexuality) may juggle many sexual partners, while someone who is closed may avoid even feeling sexual."

Here are the areas and functions our Chakras govern:

(1) Root Chakra

1. Place: Pelvic Area
2. Color: Orange
3. Function: Sexuality & Creativity
4. Clear Chakra Feeling: Pleasure, Sensuality and Trust
5. Imbalance: Guilt, Envy, Codependency, sexual problems, excessive emotional attachments, manipulative behavior, self-pity

(2) Sacral Chakra

1. Place: Pelvic Area
2. Color: Orange
3. Function: Sexuality & Creativity
4. Clear Chakra Feeling: Pleasure, Sensuality and Trust
5. Imbalance: Guilt, Envy, Codependency, sexual problems, excessive emotional attachments, manipulative behavior, self-pity

(3) Solar Plexus Chakra

1. Place: Pelvic Area
2. Color: Orange
3. Function: Sexuality & Creativity
4. Clear Chakra Feeling: Pleasure, Sensuality and Trust
5. Imbalance: Guilt, Envy, Codependency, sexual problems, excessive emotional attachments, manipulative behavior, self-pity

(4) Heart Chakra

1. Place: Heart
2. Color: Green
3. Function: Love
4. Clear Chakra Feels: Unconditional love, healing, sincerity, acceptance, peace, compassion
5. Imbalance: Complicated relationships, Tragic losses, Loneliness, Lack of confidence, Depression, Anxiety, Fear of commitment or 'Following one's heart'



(5) Throat Chakra

1. Place: Throat
2. Color: Blue
3. Function: Communication, Creative Expression and Speaking your Truth
4. Clear Chakra Feels: Clear Communicates Truth, Open self-expression, Inspiration, Creativity
5. Imbalance: Feeling you've 'lost your voice', Deceptive & Inability to express yourself

(6) Third Eye Chakra

1. Place: Center between brows
2. Color: Indigo
3. Function: Clairvoyance, Intuition and Imagination
4. Clear Chakra Feels: Awareness, Personal Life Mission, Intuition, Intellect,
5. Imbalance: Trouble Concentrating or Remembering things, Recurring nightmares, Lost, Detached from the world

(7) Crown Chakra

1. Place: Top of Head
2. Color: Violet
3. Function: Knowledge, Deep understanding, transcendent consciousness
4. Clear Chakra Feeling: Clear spiritual purpose, harmony, divine connection, higher consciousness, sense of unity, everything becomes simple and sacred, faith
5. Imbalance: Indecisive, worry, depression, alienation, boredom, disconnection, lack of purpose

Information relating to Chakra functions and governance was extracted from Wheels of Life by Anodea Judith

So many things can create blockages in any one of our Chakras and create imbalances; cultural, institutional and familial programming and patterns to present and past life trauma. And, these imbalances can keep you “trapped” in ever repeating experiential patterns (relationships, jobs, habits, etc.) throughout your life. By removing those blockages, we clear our Chakras, vibrate at a higher frequency and begin to live life in a healthier and more productive manner.

Throughout the last twenty-five (give or take a few) years I have experimented with a number of modalities: Reiki, EFT (Emotional Freedom Techniques), Panchakarma, Meditation, Tai-Chi and Yoga. But, by far the two most effective modalities for me is a particular Hemi-Sync meditation called Energy Centers Focus 12 and a visit to my Shaman, whom I have been visiting for close to 20 years whenever I feel out of balance.

Whatever your go-to fix is does not matter, as long as it works for you. But remember, since the Chakra's do work in concert and in ascending order with each other your Chakra clearing and activation should begin at the Root Chakra, your connection to Earth.

Reincarnation

You have a physical body, heart, brain, appendages, organs that connect you to this life on Earth. And, you also have a non-physical body, that connects you to many, many other places, times and people.

Call it what you will, soul, spirit, a force – the authentic “YOU,” despite the death of your physical body, continues to live on and exist in other realities.

And, that “soul” that is within you is actually part of a greater “Oversoul.” In fact, that soul lives on in many of “yous” who are created to experience different probabilities living out your life as a parallel you in a parallel universe (<https://en.wikipedia.org/wiki/Reincarnation>). For instance, there is a David Chernow who made the decision to stay in New York and not move back to Michigan who is living out the subsequent events of that choice, as much as there is a David who never married Julie and is living out the subsequent events of that decision as a parallel self in a parallel universe. And, that goes for you and your life. All those life decisions that you made are being experienced as if you were able to commit to both paths by a parallel self (duplicate you) in a parallel universe. But, don't take my word for it, take the physicist Hugh Everett III's (https://en.wikipedia.org/wiki/Hugh_Everett_III), many quantum physicists' and a whole bunch of metaphysicists' word for it.

... there is a non-physical realm that is as much a part of your overall existence as the physical one...

Since your soul continues to live on after your physical death, there is a non-physical realm that is as much a part of your overall existence as the physical one, and here are some of its characteristics:

You have the ability to reincarnate, which means that you choose to come here to experience life in the physical with all of its blessings, trauma, sadness, elation, successes and failures. You have chosen to be here at different times and in different places. There are thousands of documented accounts of people remembering a past life. My wife had a very lucid dream years ago that she was a slave in the 1800's traveling on a train with her child and had secretly found her way back to the luggage compartment and was going through other people's suitcases trying to find clothes for her baby because she was so cold.

There is also the [well documented life of James Leinenger](#). It's the account of a very young boy who was obsessed with fighter planes and WWII. He was able to recount and piece together his life as a fighter pilot stationed on the USS Natoma Bay. James knew the plane he flew in great detail, and where he was shot down (Iwo Jima), during a battle with the Japanese. After much discovery, the boy and his family identified who he was in that prior life. His name was James Huston and “he was one of eight pilots from the ship (USS Natoma Bay) who took part in a strike against transport vessels in a harbor on nearby Chichijima, as the Japanese were preparing a buildup of troop replacements and supplies.” In fact, he recalled the name of a fellow pilot who was in his squadron at Natoma Bay, named Jack Larsen. James and his family actually found Jack Larsen and when James was four years old and Jack was 80 years old, they met. James could recall very specific details of the event and of Jack Larsen – details that only the two would know. How crazy is it that James Leinenger (the boy) met a fighter pilot who was on the same mission a lifetime before (60 years earlier) when he was James Huston?

You reincarnate with the same people repeatedly, in an effort to clear any debt that is owed and to help each other learn the lessons that you came here to work on.

Look around, those people who are close to you are probably part of your reincarnation group. You have experienced different lives during times with them. In this life they may be your father, mother, brother, sister or friend or foe, while in another life you were their mother, father, brother, sister, friend or foe. That's right, you lived lives as both male and female, mother and father, son and daughter, friend and enemy.

Playing different roles within our reincarnation group is not random or accidental event, but rather, well thought out decisions with the purpose of eliciting specific results.

Those results are actualizing your life's blueprint (the areas of your personality you chose to work on) before you entered physical life. You choose your parents and siblings in this life. You also choose the moment of your birth, right down to the year, month, day and time as well as the place.

Have you ever met someone that you just connected with right away – like you just understood each other? Or, had a feeling that you know that person but never met them? Have you ever met someone who pissed you off the moment you laid eyes on them? Have you ever had a moment of “love at first sight?” Have you ever dreamed of or been drawn to a certain place and not known why? Have you ever visited a place and had a feeling that you had been there before? Do you have vivid dreams of other time periods? Or, recurring dreams? Or dreams of people, places and time periods that are really unfamiliar? Do you have an affinity for other languages? Or been drawn to another language? Have you been drawn to another culture? Have you mastered a skill with ease? Do you have certain unexplainable fears – heights, drowning, fire, certain animals, reptiles or insects, cramped spaces, being alone, crowds, choking, fire, lightning, water, being buried alive or any not mentioned?

If you answered “yes” to any of these questions, then you just might have lived a past life.

Explain this...

I have two kids who were totally different people when they came out of the womb. They grew up in the same house, with the same parents, with the same family, went to the same schools, went on the same vacations, went to the same summer camps and still are very different. Why? Shouldn't they be relatively the same with their identical upbringing and shared experiences? No...because both have lived many lives, accumulated experiences and beliefs as a result of those lives and their personalities have been shaped by their lifetimes of travels and interactions.

The Benefits of Visiting Your Friendly Neighborhood Shaman

For the last 20 or so years, I have visited a Shaman.

What is a “Shaman” you ask? Well, here is how the dictionary defines a shaman [“A shaman is a tribal healer who can act as a medium between the visible world and the spirit world.”](#) Or this, [“a person in some religions and societies who is believed to be able to contact good and evil spirits and cure people of illnesses.”](#)

Shamanism and the “medium,” energy crafter or practitioner called the Shaman, packs a much greater punch than you would gather from the definition alone. A Shaman, practicing the art of Shamanism does transmit and influence energy in a way that offers them access to different realms. By gaining access to these realms, they are able to extend emotional, physical and spiritual healing, protection and guidance. I know what you are thinking that this sounds far-fetched and contrived, but that couldn't be further from the truth.

Let me explain.

For 20 or so years, I have visited my Shaman when personal, family, friend or work situations arise that begin to spiral out of control, despite my best efforts to rein them in. A few years ago, I was having issues with my father. These issues have been reoccurring patterns in our relationship and in the relationship he shares with my wife and kids. So, I went to go see my Shaman. My Shaman, whose name is Dr. Bill, has studied as a Shaman and mentored under his Shaman in Peru for as long as I have known him. His Shaman practice and tutelage has taken him to many different cities and countries within South and Central America over the years.

The process of becoming a Shaman is a lifetime one that requires a commitment to helping heal and protect humanity and the planet.

The session, like most of our sessions, begins with a conversation. We speak about the issue at hand and what brought me to the session. Ideally the sessions are held outside, but if the weather is not cooperating, we will do it inside. After a 5-10-minute conversation, I lie down and he will place his crystals around and on my body. He then performs a ritual and assumes a sitting position behind my head and then begins to journey. I will then slip into a meditative state which lasts for 25-30 minutes. During that meditative, quieted state, I experience lucid and not-so-lucid dreams and thoughts. After he has journeyed, we review the session. With the session about my father, he told me that he saw a number of very thick cords connecting my father to me. A number of these cords were emotionally unhealthy and needed cutting. [So, he performed the ritual of cutting these cords.](#) These cords were negative emotional events and patterns created over this life and many lives before. The act of cutting these cords severs those negative patterns and emotional ties that feed whatever negative relationship patterns that continue to reoccur.

The results of that session were not felt for a while. But over time and through a number of cord-cutting rituals, our relationship, in those areas we worked on, transformed. Don't misunderstand me, the results were not present immediately after one session. The reason is that, for lack of a better concept, I had a karmic relationship/bond with my father and the negative emotional baggage and patterns that ensued were reinforced over many lifetimes. You can't expect to cure a harmful disease with one trip to the doctor. But, for relationships that do not have as strong of a karmic bond, the ritual need only be done once or twice and the results occur quicker.

After a session, I feel more at peace. I feel calmer and more grounded. I feel that I vibrate at a higher frequency. I feel less weighted down.

The Benefits of Visiting Your Friendly Neighborhood Shaman - p.2

Recently, I have found another Shaman that practices Gong, Drum and Tibetan Bowl Healing/Therapy (some call it a sound bath) and I have personally found that the use of sound for healing and exploration is extremely potent. The session starts much like the session with Dr. Bill, by spending 15-20 minutes speaking and exploring the issue or issues that have brought me there. I think it is important to mention that you don't necessarily have to visit a Shaman with an issue or problem, per se. In fact, recently I had a conversation with a friend of mine who visited a sound bath and found that it helped him quiet his mind so much that he fell asleep. He used the session as a form of relaxation. After a conversation, most of the time we will then do an EFT (Emotional Freedom Technique) tapping session that lasts three to five minutes and focuses on the issue we are trying to resolve. Then Chris, my Gong Shaman, will begin to play.

The gongs are assembled around the journeyer and the Shaman then begins to play. The sessions usually last 1.5 hours. Every time, I leave very refreshed. I feel lighter and vibrating for a while after. I can't speak highly enough about this modality and its therapeutic effects. For me, it has been one of the more potent practices for accessing various levels of consciousness.

I will leave you with this:

The term shamanism comes from the [Manchu-Tungus](#) word šaman. The noun is formed from the verb ša- 'to know'; thus, a shaman is literally "one who knows."

And, that is really what a shaman is, "one who knows." A shaman is simply "one who knows" how to use energy to heal, guide and protect.



This is Chris



This is Chris's Studio

The Universe's Quantum Data Base: Akashic Records

A number of years ago, well maybe more, I had picked up a book by Edgar Cayce who has been called the "sleeping prophet," the "father of holistic medicine," and the most documented psychic of the 20th century called *The Akashic Records – Blueprint for your Soul*. In his book, Cayce details the existence and documented the concept of a universal super-computer and database that stores "the entire history of every soul since the dawn of creation." According to Cayce, The Akashic Records or Book of Life:

"...act as the central storehouse of all information for every individual who has ever lived upon the earth. More than just a reservoir of events, the Akashic Records contain every deed, word, feeling, thought, and intent that has ever occurred at any time in the history of the world. Much more than simply a memory storehouse, however, these Akashic Records are interactive in that they have a tremendous influence upon our everyday lives, our relationships, our feelings and belief systems, and the potential realities we draw toward us ... The Akashic Records contain the entire history of every soul since the dawn of Creation. These records connect each one of us to one another."

Over the years, I have explored the deeper aspects of the Akashic Records (which resides in an energetic realm quite a bit dimensionally higher than this 3rd dimension) through books and information published on the subject. And so, about a year ago, I decided to find someone who could access my "souls' history" from the Akashic Records. I would like to share some of her findings with you:

Soul Purpose/Creation Energy: Divine Compassion

There is one specific energetic quality that your soul is mainly composed of. There are eight different energies our souls are made out of; we all have one primary that takes up 50% of our soul. The other seven range greatly person to person to give us all uniqueness. You can think of this energetic quality as your divine gifts – it really is the essence of who you are at soul level. You may not think of these as actual spiritual gifts, but they really are as they are what makes us special! This is also what your soul was created to do and your purpose. You are divine compassion.

This is the energy center of compassion, community, nurture, and nature. Clients whose souls are centered in this energy are highly compassionate, tolerant, and unconditional.

They are very concerned with family, social and planetary causes, the tribal energy through which we are all one at the physical level. This energy center is grounded in doing, in helping at the most basic level, tending to our basic human needs, raising and teaching children, social work, nursing, hospice care, growing food, gardening, and environmental issues.

Community is very important to them. They excel at creating, structuring and organizing communities, whether that community is a family, neighborhood, school, or charitable organization. Their gift is empathy.

Soul Group of Origination: Mission Realm

Mission Realmers are one of the rare Soul Groups that come to us from outside of our galaxy, from the Andromeda Galaxy. Mission Realmers came here specifically with the "mission" of resolving negativity on our planet.

They are very gentle, loving, somewhat passive souls who are amazing listeners, are often highly intelligent and give great insight.

They are incredibly gifted at supporting others from a place of acceptance and non-judgment. They are naturally giving people who don't fall prey to egoic attachment.

The Universe's Quantum Data Base: Akashic Records - p.2

How Your Soul Was Put Together

Your Original Principle is how our souls were actually made and put together. This is how we organize and "put" our lives together. There is linear, which is organizing and planning every aspect of your life. Organic people wake up and just go on with their day with very little planning if any planning at all. If we rate these with linear being 0 and organic being 100, you sit at 74.

Soul Specializations: Ethics & Restoration

This is what our souls specialize in.

Restoration: They are often driven to correct social "wrongs" and are deeply invested in helping people and humanity in general.

Ethics: This translates itself into a very strong sense of "right" and "wrong."

Unfortunately, they can end up connecting their inherent sense of "right" and "wrong" to social, rather than soul-level morality. When too mired in social values, they can become self-righteous and judgmental. They are usually completely incapable of lying or taking shortcuts.

Manifesting Rate: 24 / 36 (the first number was a year ago, the second was 2 months ago)

You have been making positive intentions lately. Set intentions of how your day will be when you wake up and just keep setting intentions and going for them.

Higher Self-Connection

You are subconsciously 36% (74%) (first number a year ago, second 2 months ago) connected to your higher self. This is the gut feeling, so you listen to your gut feeling only 36% of the time. You are 18% (29%) consciously connected to your higher self, this is that little voice in your head. That voice is the first voice that comes to you, before all the doubt and the ego steps in and changes the answer on us.

Life lesson

Your primary life lesson is assertiveness and you are 20% (79%) complete this life lesson, so this is an area you may have problems with but you can put more focus into this area now!

Our life lessons are overall themes for negative choices and thoughts we carry around. Sometimes they even come from past life issues coming forward.

One of My Past Lives

Four lifetimes ago, you had a family, wife and a son. You took care of everyone. An incident happened and a man was killed by you and intense rage came over you and you weren't even fully aware of what was happening. You were taken off to jail and begged to see your family one last time which created a bargain (removed). This shows up in your life now as sometimes you feel you need others to get what you want in life and will continue the pattern of sacrifice. "Have to give something to get something." This traumatized you so much it resulted in 1% soul loss (homework) and created negative unjustified karma of helplessness because you weren't there to take care of your family anymore. (Removed) Your son placed an independent negative thought form (removed) of resentment when it comes to your free will and independence (same son). There is an independent earthbound soul attached to you from this lifetime (homework). There are two portals open to astrals and past lives (homework)

For me, knowing this information, whether it is fantasy or factual, has helped to connect some dots. See, when I was presented with the information, I had more than just a feeling that a good portion of it was grounded in truthfulness because I have found some undeniable patterns that show up in this life.

What do you think about all of this?

This One is for My Mom

July 5, 2021



The People Who Will Advance Humanity

I saw *Oppenheimer* last night.

It presented the people and events around the development of the atomic bomb. Christopher Nolan, the writer and director, offered a holistic view of the people, particularly Oppenheimer, and events that led up to and after the dropping of two atomic bombs on Hiroshima and Nagasaki. By holistic, I mean a fuller picture of the multi-faceted aspects of the people and events involved. And, exploring the dichotomy of turning one of the greatest advances in the history of mankind, into a weapon.

Behind all the science that ultimately ended World War II, were a consortium of visionaries. These thinkers ignited a firestorm of discovery, innovation and creativity that has only been replicated a handful of times in human history. Visionaries like Einstein, Heisenberg, Oppenheimer, Schrodinger, Bohr, Fermi, Tesla, Van Neumann and hundreds of other theoretical physicists and mathematicians all shared something in common. They were all born within a 30-year period of each other. The greatest scientific and mathematical minds in human history were all born within 30 years of each other and would collaborate to either escalate the war for the Axis powers or end the war for the Allied powers.

Their artistic and scientific creations were achieved during the Italian Renaissance and continue to be admired roughly 550 years later.

What are the chances that this magnitude of brain power lived during the same time in history?

Very, very, very, very low. There have been other examples of this in human history.

Michaelangelo, Da Vinci, Raphael, Copernicus, Botticelli, Giorgione, Durer, Verrocchio, Perugino, and Buti were all born within a 30-year period. Their artistic and scientific creations were achieved during the Italian Renaissance and continue to be admired roughly 550 years later. The Renaissance marked a significant departure from the preceding medieval era and is considered one of the most important periods in European history. The Renaissance originated in the city-states of Italy, including Florence, Venice, and Rome. The key characteristics of the movement were: humanism, artistic and scientific achievements and patronage. The Italian Renaissance had a profound and lasting impact on western civilization, contributing to the emergence of the modern world. It laid the groundwork for future artistic styles, scientific inquiry, and philosophical thought, shaping the course of history.

Beethoven, Schubert, Mendelssohn, Schuman, Liszt, Chopin, Berlioz, Brahms, Tchaikovsky, Wagner, Verdi and Dvorak were all Romantic Era composers born within 30 years (Beethoven was 45 years) of each other. The Romantic era was a period of musical innovation and experimentation, and it laid the groundwork for the diverse musical styles that emerged in the 20th century. The key characteristics of the movement were: emotion, expression, individualism and rich orchestration. Romantic music is deeply cherished for its emotional power, evocative storytelling, and the profound impact it has on listeners.

I chose 30 years because it is generally considered the time period of a generation. This means that, on average, it takes about 25 to 30 years for a new generation to be born, grow up, and have children of their own. And, these three generations exhibited an explosion of creativity and innovation that have not only had profound impacts on future generations, but whose work has remained relevant to this very day.

The People Who Will Advance Humanity - p.2

There may be other past generations, like these three, that have contributed to an explosion of innovation which propelled humanity forward at an accelerated rate. In fact, we may be living through one of those generations now.


The Technology Era has been shaped by countless individuals who have made significant contributions to the development and advancement of computing and artificial intelligence. Here are some notable figures who have played a crucial role in shaping the Technology Era:

Steve Jobs, Bill Gates, Jeff Bezos, Mark Zuckerberg, Tim Berners-Lee, Linus Torvalds, Larry Ellison, Larry Page and Sergey Brin, Elon Musk, Sheryl Sandberg, Marissa Mayer, Satya Nadella, Sundar Pichai and many, many more were all born within 30 years of each other. In fact, Bill Gates, Steve Jobs and Tim Berners-Lee (the developer of the World Wide Web) were all born in 1955. These individuals have influenced the way we interact with technology and the digital world. And, it may be safe to say that their influence will be felt for generations to come.

This information begs a few questions:

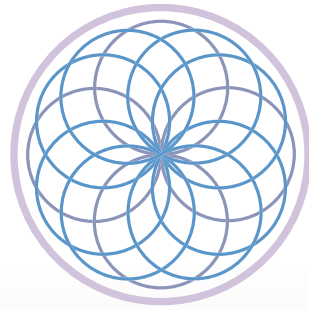
1. Is it accidental or by design that a critical mass of people with extraordinary skills in a certain area can live within the same generation?
2. If certain generations have a preponderance of intellectually gifted individuals in certain areas, could reincarnation be an answer?
3. Is progress predestined or accidental?

Regardless of what you believe or how you would answer these questions, it is interesting that certain periods of time boast the occurrence of a group of highly gifted individuals that propel humanity ever forward.



“Past and future are
in the mind only –
I am now.”

– Sri Nisargadatta Maharaj



All Your Power Resides in the Present Moment

Trust Your Intuition

I had a conversation last night with a person I work with and at some point, she said, “I should have trusted my intuition. I knew this was going to happen.”

I can tell you that during the past 53 years of my life I have said that same thing to myself too many times to remember. Over the years I have developed a theory about “intuition” that I would like to share with you. It was only after I contemplated the theory within the context of my children that I realized its value.

Years ago, I had opened an account on a social networking site called GAIA, which was a community where people could “discover and realize that which we’re truly meant to become, and, in doing so, to encourage and inspire others to do the same.”

It had been about three weeks when I received a message from another member that simply read “Would you like to help me?” Who wouldn’t be intrigued? So, I began a string of email conversations with Faye. I would come to find out that Faye had written a book entitled Self-Empowerment that was published by Namaste Publishing (the same house that publishes Eckart Tolle) and was looking for people to help her develop a social networking/personal coaching website that would mentor people with her unique empowerment model.

Your emotions are a vital part of your own internal guidance system...

Her empowerment model was based on the premise that navigating your life is most successful when done from the present moment and that attempts to direct your life by decisions made from what she calls “feeling-thoughts” like guilt, fear or anger are non-productive.

Feeling-thoughts are emotions like sadness, anxiety and frustration that have piggy backed themselves onto thoughts, transforming into feeling-thoughts like guilt, fear and anger.

These feeling-thoughts then pull you out of the present moment by focusing your attention in the past and future timeframes or with other people. They contribute to the cycle of destructive life decisions. In simple terms: Emotions like sadness, anxiety and frustration are good, while feeling-thoughts like anger, guilt and fear are not good.

Your emotions are a vital part of your own internal guidance system that, when understood properly, are very powerful intuitional tools. Our emotions provide us with instant feedback, without having to “think” about anything. In Faye’s words, “When we are in the present moment with our attention focused inside ourselves, actually there is no thought. Only when we stop thinking can we access direct experience.”

My children, all children, have very good intuition. They know what feels “good” and what feels “bad.” They instinctively learn to rely on their emotions for feedback and guidance. Because they operate so exclusively from the present moment, their intuition is tuned into the energy of their experiences. Until we condition our children with the concept of time, they cannot distinguish between 25 minutes or two weeks.

The concept of time so eludes them because children operate almost exclusively from the present moment. Because intuition is accessible only from the present moment, feeling-thoughts like anger, guilt and fear lead to decisions that are void of clarity and focus.

Trust Your Intuition - p.2

I have used my intuition, or first thought, to direct my life in several different areas. It has proven a powerful tool even for the small decisions.

For instance, years ago I was taking my son to his hockey game. Now, I usually keep my sunglasses in the car above my dashboard, but for some reason I had the inclination to keep wearing them. Before we reached the door, Jake swung his hockey stick and it hit my eyeglasses hard. If I didn't have my glasses on, I can only imagine what would have happened.

Have you ever made a decision from anger or fear that you knew just didn't feel right? Your intuition was telling you one thing and your feeling-thoughts were navigating you in a different direction. But because we have been conditioned since we were children to ignore our emotions ("Stop crying!" or "Take the emotion out of it") and as adults to medicate our emotions with anti-depressants and anti-anxiety drugs, we have lost touch with our own internal guidance systems.

As a culture, we don't know how to access our intuition anymore because our feelings are so suppressed and offline.

I wrote, "Trust your Intuition" because I really believe in the power of intuition in every facet of my life. Adopting a child's mind (open and anchored in the present moment) in situations has been liberating, enlightening and the results are truly remarkable. Here are some suggestions to access your intuition daily:

1. Try to wean yourself off anti-depressant or anti-anxiety medication. They take your intuition offline.
2. Do not make decisions while experiencing feeling-thoughts of anger, fear or guilt. Use the 24-hour rule by waiting 24 hours after an emotional flareup to make a decision.
3. Make decisions from the present moment while in a state of clarity and focus.
4. Intuition speaks softly, so remain vested in the present so you can hear what your intuition has to say.
5. Usually, your first thought is the right one. Don't complicate the issue by over thinking it.

All your power is vested in the present moment. Your ability to change the past and write your future is possible by living your life in the present.

Your emotions are a guidance system for you to know when you are operating in the present moment or operating outside of it. And, when you are operating from the present you have access to a powerful guidance tool that is your intuition. It can tell what shirt to wear today. It can tell you when it is time to take your winnings and leave or stop drinking.

It can steer you away from danger and help you notice opportunities.

Don't Quit

When I was younger, I was a chronic quitter. High school wrestling and soccer, camp counselor, college fraternity, acting, and the list goes on.

Remembering back, at the time I had what I believed were legitimate reasons for quitting each endeavor. I guess I could go through them, but I am not sure it really matters. What matters is that I quit. I started something with good intentions and when the road grew a little dark and challenging, I shut down and turned away.

There have been a number of people and commitments in my life that I have contemplated quitting: my marriage, partnership with my brother in our family business, my parents and myself. But to date, I have not.

A number of years ago, I went through some powerful experiences that I was unable to quit, that helped to reshape my perspective on the value in following our experiences through to a “knowing” end.

By “knowing” end, I mean to a point where there is an innate and instinctive understanding that the experience has afforded all it has to offer.

Over a five-year period, I had been involved with seven separate personal and business lawsuits. For some, that number might seem inconsequential, and for others who have never been involved in a lawsuit, it might seem catastrophic. For me, it was the nature of these lawsuits that had taken me to the brink of mental breakdown.

... there were signs within my personal life which were warning me about personality flaws that were going unattended.

During a hockey game, I skated to get a puck and crashed into a player from the opposing team. I later found out that he had broken his elbow. I was sued for negligence. I had purchased a home and the legal description did not match the actual lot size. I sued the owner for fraud and misrepresentation. The same home was sold to a builder five years later. I put the actual lot size on the purchase agreement. He failed to check the county's deed, which showed that the lot was six feet shorter than the legal description of the property that he obtained. I was sued for fraud and misrepresentation. An ex-employee claimed that she was fired without cause. Another ex-employee, who had been stealing money, was fired, and then he sued. My company, Resource, was sued for wrongful discharge. After refusing to release five employees from their employment contracts, they claimed a hostile working environment. My company was sued for sexual harassment.

It seemed that when one lawsuit would end, another would start. That was a turbulent and confusing time. And only now, years removed from those experiences, can I appreciate the lessons they were meant to teach. And so it is with many experiences that make us uncomfortable or force us to feel life in a way that is demanding, stressful or even painful.

By allowing these difficult experiences to unfold naturally, I would soon attune to and understand messaging that I had missed many times before.

For my organization, the signs were playing out daily as it related to our management of employee issues, but we failed to heed the warnings. Additionally, there were signs within my personal life which were warning me about personality flaws that were going unattended. Failing to identify and adjust the issues of imbalance in your personal or business life, when the signs start to appear, will ultimately lead to a situation where you are forced to deal with them in one way or another.

By quitting and not allowing experiences to unfold in a more natural way, you run the risk of halting the progression of events that maybe were meant to truly change the dynamic that is you.

With that said: Quitting is not always the wrong path. Sometimes quitting is the path.

But that realization can only come if you have attained clarity, focus and understanding around the event. These states of mind and states of consciousness can be achieved in a number of ways, the most effective by remaining in the present moment; free from the guilt of the past, fear of the future and anger around someone else.

Allow the events, experiences and people in your life the time and space to evolve in a way that will enrich your life.

Service to Others

You are here for two very important reasons: To educate yourself through solving problems and to help others.

There are no other reasons.

And, while you are here, there are universal laws that are designed to help you get the most out of this experience. Here is one of them:

Your energy – dreams, thoughts, emotions and beliefs are literally transformed into experience.

Here is “why” this law supports you:

*By transforming “mental energy” (energy) into “experience” (matter) “...you are supposed to get a clear picture of your inner development as it is reflected by the exterior environment.” Jane Roberts, *The Nature of Personal Reality*, Amber-Allen Publishing, San Rafael, CA, 1994*

Let me explain. Every one of your life experiences has been orchestrated by you. Each has been designed by you in a framework outside of this physical space or medium you call earth or life or existence. Your dreams are part of that framework. Your thoughts, ideas and innovations are part of that framework. And you enter it nightly in your dream state, when you meditate, and can experience it during the OBE (Out-of-Body) state.

You orchestrate the events of your life. And, those events begin as dreams, thoughts and ideas. So, here are the dots connected. The life that you are living right now is a projection of your inner beliefs and hopes at this moment.

Here is “how” this law works:

*“Knowledge about mental energy and its use is learned by constantly transforming your thoughts and emotions into physical form (your physical reality) and by then perceiving and dealing with the matter and events that are formed.” Jane Roberts, *The Nature of Personal Reality*, Amber-Allen Publishing, San Rafael, CA, 1994*

You are here for this simple reason: to serve others. But, service to others starts with a journey of self. In order for us to serve others in the most meaningful way, we have to be operating from a position of emotional, mental, and spiritual fitness.

It is that simple. There is a lot to be said about service to self and its ability to change a life for the better and the rippling effect that it can have on a community, a region and the world. Are you familiar with Chaos Theory and the Butterfly Effect? Here is the analogy, simply explained by Norton Juster:

*“...whatever we do affects everything and everyone else, if even in the tiniest way. Why, when a housefly flaps his wings, a breeze goes round the world.” *The Princess of Pure Reason* — Norton Juster, *The Phantom Tollbooth**

Service to Others - p.2

Have you heard this Gandhi quote: “Be the change you want to see in the world?” Well, he didn’t quite say it that way. Here is the actual quote:

“We but mirror the world. All the tendencies present in the outer world are to be found in the world of our body. If we could change ourselves, the tendencies in the world would also change. As a man changes his own nature, so does the attitude of the world change towards him. This is the divine mystery supreme. A wonderful thing it is and the source of our happiness. We need not wait to see what others do.” Mahatma Gandhi

Wait. Did you catch that? When we change ourselves, we change the world around us.

Service to others acknowledges the idea that there is no division between self and the world at large.

When you direct your focus to the world around you in a caring and loving manner you make two very important statements. First, you reinforce the understanding that nothing exists that isn’t connected to everything else. You are as connected to a tree in the Redwood Forest as you are to the world’s population, the animal kingdom, the forests, mountain ranges, oceans, seas and jungles of the world. Hard to believe, isn’t it? Well, it’s true. And, secondly, you contribute to the expansion of consciousness. You help share the understanding that there are greater forces or awareness at play here (more than just what we can see, taste, smell and touch), and those forces aid in individual and mass creative expression.

Your service to others acknowledges the connection we share with our self, the planet and its inhabitants. When we value service to self over service to others, we accept the idea that there is a division between ourselves and everyone else. When we accept service to others as an overarching moral philosophy, we acknowledge that there is no division between ourselves and the world at large. We see the oneness in everything.

Service to others doesn’t mean you become Superman and save the world. NO. Service to others encourages you to love yourself first and foremost. And, when you love yourself, you dismiss those beliefs that don’t serve you and begin to live your truth. And, when you live your truth, you radiate the frequency of love that is received by those you are meant to serve and beyond. That is how the “system” works.

DO THIS if You Need A Way Out of a Difficult Situation

In 2010, my dad and I played in a 2-man golf tournament or Invitational, as they are called. After the first day of the two-day competition, we were in 2nd place. And, so we were paired with the 1st place team on the final day of the event. Sitting on the 1st tee waiting to hit our drives, I knew with every fiber of my being, that the next, roughly four hours of play with this other group was going to be disastrous, at best. At worst, there would be bloodshed.

While we were waiting to begin the day of golf, one of the players in the other twosome spent 20-30 minutes bragging about how rich he was, all of the country clubs he belonged to and the fleet of expensive cars he owned (neither my father nor I had ever met either of the other two golfers before today) and that is why his braggadocios sharing was shocking to say the least.

For my dad, it was more of a personal affront because he would never, ever think about touting that type of stuff to anyone, let alone two people he just met. I looked over at him during this guy's ravings and I knew it wasn't going to end well. Why, you ask? Here is the best way to explain my father: he is an outspoken, old school, street educated, self-made guy, raised by a single mother, who never forgot where he came from by making it his mission to give the underdog and less fortunate the opportunity to become financially successful.

... there was a way for him to quickly recover and push forward, despite the unfortunate incident...

And that is why, from the moment our competition opened his mouth, my dad was one ill-timed exchange away from exploding.

And, that exchange would actually happen four holes later.

On the 5th hole, my dad, as clear as day, hit his ball in the water. And, I told him he went in the water, but he still decided to go look for it. There in the sand, right at the point where my dad's ball went in the water, was a white golf ball. Which was in fact, our competitor's ball. My dad approached the ball, picked it up and after realizing it wasn't his dropped it back in the sand. Well, in the game of golf, that maneuver is not allowed. You are supposed to identify the ball without ever disturbing it. The competitor, after observing what my dad did with his ball, asked him why he did that and what was he thinking?

My dad exploded in such a ferocious way that my two closest friends who were golfing three holes away would later comment that they heard my dad screaming and wanted to know what had happened. He said, and I quote "This isn't the f*&king British Open, you a&@hole!" and "Who do you think you are? Jack F*%king Nicklaus" and then a bunch of stuff none of us could make out. Understandably, the competitor was astonished and pleaded for me to calm my dad down, which I did. I ushered him to the cart and told the competitor to place the ball wherever he liked, we didn't care.

At that point in the match, we were losing by three strokes. For the next 13 holes, the competitor emotionally, mentally and physically melted down and could not hit a shot. He was so, so flustered that he lost the ability to play golf. He never recovered and we ended up winning the tournament by a lot. In retrospect, despite this guy's braggadocios and over-bearing personality, he did not deserve that fierce treatment.

But there was a way for him to quickly recover and push forward, despite the unfortunate incident and the next 13 very tense, uncomfortable and stressful holes.

DO THIS if You Need A Way Out of a Difficult Situation - p.2

Next time you need a way out of a difficult situation, try this:

- 1. Immediately begin to live in the present as much as possible** – Try to become as aware as you can of sense-data. While you are in pain, concentrate upon all the sights, sounds, impressions in the immediate environment as well as the feelings of ease felt by other portions of the body.
- 2. Refuse to worry** – Tell yourself you can worry all you want tomorrow, or on some other occasion, but resolve not to worry in the present moment.
- 3. When your thoughts do touch upon your particular problem in that present moment, imagine the best possible solution to the dilemma** – Do not wonder how or why or when the ideal solution will come, but see it in your mind's eye as accomplished.

(Jane Roberts, The Nature of Personal Reality Part Two: Chapter 17: Session 663, May 14, 1973)

I can't tell you how many times, after learning about this technique, I have used it to navigate through and create favorable outcomes for very difficult and challenging situations and it works. I would like to elaborate on a concept that will help you to understand "why" this technique actually works.

Time doesn't exist in the way that you might think it exists. Time is simultaneous, but we experience it in a non-simultaneous, linear format. Which means that events seem to be staged, one after the other, in succession. It only feels that way because processing our life as a simultaneous event would be true sensory overload. As such, we experience time as a dilation of sorts, in order to afford our senses the ability to process the millions of events we experience on a daily basis. In truth, there is no past or future, there is only the present. The place where you pattern your life. That is enough of that.

The technique works because it pulls your thoughts out of the past or future and grounds you in the present moment, which is where your thoughts are manifested.

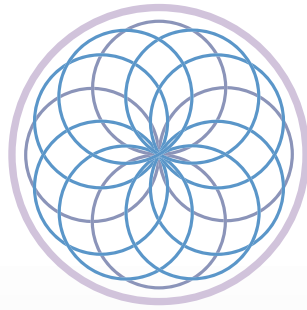
By remaining in the present moment when you are living through a difficult time, you effectively are deleting the thoughts that have created this situation and reprogramming your present.

Secondly, by refusing to worry we DO NOT ENERGIZE the situation and create the reality we fear. The emotion of fear or worry carries within it far more energy than you can imagine and accelerates the outcome that you are focused on. Your worry turns into reality. Finally, by imagining, in the present moment, that the situation has resolved with the "best possible solution" or in the best way, we begin to trigger that result.



“Little by little, a little
becomes a lot.”

– Tanzanian proverb



Change Starts with Two-Degree Shifts

The Power of Experiential Therapy at Onsite

After my mother stopped drinking and started AA, she was recommended a program in South Dakota called Onsite that could help her unlock the root causes of some of her behavioral patterning and offer her tools to remain on the path of sobriety.

It worked. She was sober 35 years before she passed.

My mother attended a number of programs at Onsite before I decided, in my 20's, to attend a program called "Learning to Love Yourself."

Onsite uses Experiential Therapy: "Experiential therapy is a therapeutic technique that uses expressive tools and activities, such as role-playing or acting, props, arts and crafts, music, animal care, guided imagery, or various forms of recreation to re-enact and re-experience emotional situations from past and recent relationships. Through the experience, the client begins to identify emotions associated with success, disappointment, responsibility, and self-esteem. Through guidance, the client can begin to release and explore negative feelings of anger, hurt, or shame as they relate to past experiences that may have been blocked or still linger."

The first day of the 5-day program began with a re-creation of the 'Star's' life. The "Star" was a program attendee who had been chosen months prior by the facilitators to reveal her life through a series of experiential therapeutic exercises. In the morning, she would introduce her "family of choice" which were those people who had loved, supported and protected her throughout periods of her life. And in the afternoon, she would introduce her "family of origin," her father, mother, brother, sister and any other family members. All the characters in both her "family of choice" and "family of origin" stories would be played by the program's attendees.

The attendees who were chosen to play characters in her story were directed to stand in front of her so she could, from the deepest depths of her heart and soul, tell those people in her life how each one may have saved her, supported her, abused her, protected her, lied to her and used her. She spent the morning introducing her sponsor from AA and NA, therapists who had helped her, boyfriends who were patient and understanding (both of whom I happened to play), and a host of other characters who were advocates, angels and supporters in her life. She poured her soul out in thanks and gratitude.

In the afternoon, she began by introducing and confronting her mother, who had stood by while her father abused her. With a trembling tone, tears and pain she revealed her most inner feelings about her mother's betrayal. She cried and asked over and over why her mom failed to protect her. Next, she introduced her siblings, who she asked for forgiveness for not being able to protect them from their father's abuse.

She stood up there, in front of 45+ strangers and poured out a lifetime of resentment, guilt and agony. All of this paled in comparison to the confrontation that was had with her father. The therapists provided kicking bags for her to use before, during and after she confronted her father about his abuse. She kicked for what seemed like hours. She lay in a fetal position for five minutes, which felt like an eternity, bellowing over and over again "I can't bear the truth". You can't imagine listening to that for five minutes. It's too much to handle for most.

After eight hours of this emotional rollercoaster, she was exhausted to the point of being comatose. It was then that the facilitators encouraged the man who played her father to keep the role-playing going by attempting to buy his way into her good graces. He offered to buy her a new pony and offered her everything a little 12-year-old girl would want. See, this pattern was a part of their relationship. And he would do it when she was at her weakest.

The Power of Experiential Therapy at Onsite - p.2

In this role-playing, the therapists had a way to protect her. They called those characters who played her sponsors and a few of her angels to help repel her father's advances on her. With the program participants all watching, a group from her family of choice locked arms with the Star and began pushing her father away, something she was unable to do with him when he tried making up with her after the abuse.

The scene was so powerfully surreal, we were all drawn in, despite most of us never having experienced anything of this nature.

The program at Onsite was an experience I will never forget, from the first day events to the remainder of the five-day program. It is what started me on a journey of self-evolvement which continues 25 years later to this day.

By the way, I sat next to the Star on the plane on our return flight home. Sitting next to her on that flight home was probably the most meaningful part of the program. I learned a lot more about her and her journey to emotional, psychological and physical health.

She told me that in her late 30's, she took efforts to "deconstruct and reconstruct her life." This reconstruction began slowly with a "two-degree shift" because a two-degree shift in her thought & behavior had changed her life. "Just a minor two-degree shift made all of the difference." It offered her insight into the events of her childhood and helped to break destructive patterns later on in life.

Too often, we believe that change needs to begin with monumental life modifications and alterations, but REAL change doesn't work in those terms.

Most meaningful change begins with small steps, slight degree alterations.

The Stereo Console Lesson

After I graduated law school, I moved to New York. After attending law school and passing the Michigan Bar exam, I realized just how little I wanted to be an attorney. Even though my previous summer's internship for the Assistant Attorney General for the State of New York was truly exciting and my law school job clerking for a firm that represented the City of Detroit was also very thrilling, it seemed to me that after a while, most attorneys became quite jaded with the legal profession and the practice of law. So, I decided to pursue my passion – ACTING! One week after graduating law school, I packed my stuff and moved to Manhattan to study acting at the Lee Strausberg Theater Institute.

Soon after beginning classes at Lee Strausberg, I found a job as a Houseman for a soon to be Billionaire. I made \$20.00 an hour plus lunch was provided everyday by the full-time chef and I got a household credit card for travel and anything else I needed to charge. Although the House Manager got to live in the family's brownstone rent free, on occasion, I got chauffeured around the city in the family's limo if I had time sensitive errands that needed to be done.

At about the same time, one of my closest friends had also graduated law school and decided to pursue his lifelong passion, and I can assure you, it wasn't lawyering. He moved to LA and started working in the mail room of a talent agency in hopes of getting a desk job and becoming a talent agent. We kept in touch often and it was quite evident that his career was moving at a quicker pace than mine. In addition to being a lawyer, he was also a 2nd degree blackbelt in Ishin Ryu (which is a form of Korean karate). As luck would have it, he began giving the owner of the agency private karate lessons and so began his ascension up the ladder landing him a desk job.

... the console had a ton of flexibility and was able to weather the tremors through “give” and protect the stereo it was housing.

When you put yourself out there, life happens. And IT WAS (albeit at a different pace for each of us)!

One night we were speaking, and he told me a funny story that I would never forget. And here is how it started: “A fucking earthquake just broke all of my shit!” He explained that when he moved into his apartment, he really didn't have much furniture except for a bed, dresser, and small kitchen table. He needed something for his stereo to sit on and couldn't find anything. So, he spent what little money he had for a stereo console that he picked up and put together himself. He told me that he was never able to get the console to work correctly. He said it wobbled terribly since the day he put it together and often thought about throwing it out. He had a lot of buyer's remorse over that stereo console. I can only imagine how many screws he neglected to use – he wasn't a very handy person.

Soon after moving into, and furnishing, his new apartment, an earthquake hit. I guess it comes with the territory in California, but being from Michigan, your first earthquake is quite a shock. After the tremors had stopped, he realized that most of the stuff in his apartment was strewn and broken on the floor, except for 1 piece of furniture – the terribly wobbly stereo console. See, unlike other furniture in his apartment that was put together correctly, that was “rigid” and had very little “give” the console had a ton of flexibility and was able to weather the tremors through “give” and protect the stereo it was housing.

The Stereo Console Lesson - p.2

I often think about the “stereo console” lesson. That, although rigidity and inflexibility can be considered, at times, a position of strength and force, it’s a posture of flexibility and give that often has the best chance of weathering turbulent times.

For both of us, leaving home and moving across the country, there wasn’t a shortage of tough times. Flexibility and give helped navigate work and school issues, relationship ebbs and flows and ultimately the decision to leave New York and my girlfriend and move back home. And, for my friend, I believe the same was true, after getting a desk job the “give” posture helped him navigate leaving the agency and ultimately his move back home to Michigan. Oh, he actually did it 2x’s. After a short stint back in Michigan, he moved to LA again, and got a desk job for the second time after a short stint in the mail room, to once again make the decision to move home and pursue his law career. And, almost 30 years later, he is one of the premier Civil Rights attorneys in Michigan.

A Look Back at MY Life

After 20 years, my family is reordering. My kids have “flown the nest”—one as far west as possible and one as far south as possible. Transitioning from a “hands on” to a “hands off” parent was expected. I wasn’t entirely prepared for how it would feel. The “nest” is empty, but I am still a parent and know that my kids still need me. The landscape has changed; however, it is doubtful that they will ever live full time in our home again or that they will ever need me in the capacity they used to. With my extra free time, I have had more than a few moments to contemplate the last 20 years of parenting. In fact, I find myself doing quite a bit of reviewing and I’ve contemplated the entire 54 years of my life. With reviews come ratings and if I had to rate my performance, I believe my grades would be mixed – everything from A’s to D’s.

Ages 1 – 13

These years were somewhat chaotic because of all the moves that my family went through:

1. 7 years old moved from Michigan to Florida
2. 10 years old moved from Florida to Texas
3. 13 Years old moved from Texas to Michigan

The moves didn’t seem to catch up with me until we reached Dallas, Texas. I remember starting a new school and all the anxiety and fear that gripped me every Sunday night, stressing about going to school the next Monday. In fact, the fear and anxiety began every night of the week in contemplation of having to go to school the next day. I am not sure the catalyst for these feelings of fear and anxiety, but they stayed with me for first 4-5 months of attending this new school in Dallas. Around this time, my mom started drinking and then began drinking heavily. Hmmmm...maybe a connection? Not sure. Looking back on it now, I realized that I was contending with a “holic” in my life. And, what is clear to me today is that her addiction did not manifest in a vacuum. My father had a part to play (explaining him will take 20 blogs), along with other people and her life experiences. My mom would soon become an Alcoholic. It is important to understand that children of a “holic” must adjust to the ebbs and flows that vacillate between safety and danger. It was hard, as a child and an adult, to predict the behavior of an Alcoholic. You just never knew what to expect and when a drunken episode would rear its head. And for a child, this inconsistency and lack of a safe environment takes a tremendous toll. You learn early on to tread lightly, and become hypersensitive to others actions and hyperaware of your behavior, your environment and those certain triggers.

Grade: N/A – Tough to grade a child.

Ages 14 – 26

A close friend of mine calls my teenage years the “Dark Days,” but I like to remember them as the “Hair on Fire Years.” If I had to give the period a “theme,” I’d say it was “bad choices with failure to take accountability.” Or maybe “fu**ing up and attempting to cover it up.” These are some of the events that happened between the ages of 14 and 17:

1. Crashed my dad’s car on the way to the Michael Jackson concert and blamed it on another car, although it was my fault.
2. Kicked a soccer ball through our big screen TV and blamed it on the workmen in the house.
3. Crashed my car on the way to some sport practice, keyed the dent and blamed it on kids at school.
4. Got a used 1977 Blazer with a plow in front and a wired in wooden home speaker for music and dropped the transmission after trying to give a lawn job. It had to be towed off the person’s lawn.

A Look Back at MY Life - p.2

5. Got thrown in our city's police holding cell after throwing metal exit signs at cars in an apartment parking lot and my dad had to come get me and my brother out at 2am. We had done it with another set of brothers and so each set blamed it on the other.
6. Was in a car when a friend got pulled over for stolen "fuzz-busters" and had to walk two miles to a pay phone after the driver got taken to the police station.
7. Got caught for plagiarism at school.
8. Did my fair share of illicit drugs.
9. Did poorly in school.

I find the juxtaposition of those years with those of my children's experience fascinating. Most of the time my parents didn't know where I was, who I was with or what I was doing. They saw my grades on my report cards but had no idea if homework was turned in, when I had tests or if I had studied for those tests. If you have kids of middle school age or above, you know about apps like PowerSchool that allow you to check their homework assignments, test grades and absences, all in real time! As parents, we have way too much knowledge of their lives. There is also a tracking app called Life 360 where you can track your child like they are a convict with an ankle brace. We know everything they do. Maybe not everything, but we know their grades and location. I think it was, and is, too much oversight and I wish I had trusted them more, but that's easy to say in hindsight with the knowledge that they achieved at a high level and stayed out of trouble (nothing like their father).

I ended up graduating and attending Syracuse University, which I truly enjoyed. But, as was my pattern, I never really felt content in the moment or place. Always needing to be somewhere else, I transferred after my first year to the University of Michigan and graduated three years later. Ultimately, I went on to Law School and became a lawyer. I don't ever remember putting a ton of effort into school, at any level, and that I regret. I always wonder what I could have achieved had I applied myself. Unsurprisingly, when I did commit and engage in studying for the Bar Exam, I proudly passed on the first try.

Grade: D+ – The D is for my bad decisions and unaccountability between the years 1982-1994. The (+) is because I graduated law school and passed the Bar exam.

Ages 27 – 40

I got married, we moved into a new house and got pregnant all in the same month. It was January of 2002. I have always been my worst critic, but I do know that early on in my marriage I was not the best husband. I struggled to break the selfish patterns that I had formed over many years of being single. Within nine months of getting married (no, it wasn't a shotgun marriage, Jake was 3 weeks early), things were NEW alright—newlywed, new parent and new homeowner.

It took time and a lot of trial and error to learn how to be a good husband and parent. As it is with all of us, we begin our marriages with a backpack loaded with models and messages of morals and patterns and we pick and choose the ones that best fit the marriage and parenting behaviors we strive to implement.

My wife arrived with her backpack and I carried mine. Together we attempted blending different upbringings, household environments and generational patterns into a cohesive unit. It was messy! To make the partnership work, it takes flexibility, dedication, commitment, understanding, and a slew of other attributes that are easily listed but not so easily implemented. Levity and humor were by far our greatest individual strengths and I believe that is what have kept things together after 22 years.

Grade: B

Ages 41 – 54

These were my favorite years, marked with a lot of typical kid stuff that somehow felt very unique. From elementary and middle school to baseball and hockey games, from dance competitions and recitals to homecoming and prom, from spring breaks and high school graduations— we barely came up for air, but when we did, we reveled in their accomplishments and bragged way too much. Even though “The whole universe is based on rhythms. Everything happens in circles, in spirals.” I believe that the triangle has a sacred place in all of our lives.

There is a formula for happiness and growth and it can be applied to your time and how you spend it. Think of your life as a triangle and the three angles of that triangle represent three very important relationships.

The first is the one you have with yourself (yourself includes time spent with friends, career or hobbies). The second relationship is the one you have with your husband, wife, partner. And the third relationship is the one you have with your children. Now, if you are at a different stage of life, you can make substitutions but don't substitute anything for yourself. The idea is that by investing equal amounts of time to those three relationships, we create a healthy life. There will be times in your life when circumstances dictate you spend more or less time in those three relationships, but the general rule is balance. Sometimes we are all guilty of allowing the ratios to become unstable. We all know people who, for whatever reason, dedicate 95% of their time to their careers and leave 5% for everything else, or those people who dedicate 80% of their time to their friends (and golf) and leave 20% for everyone else. Clearly the three-legged table can't stand without weight on each leg and imbalance can quickly lead to trouble.

Grade: A for working hard to maintain those ratios with myself, my wife and my kids.

Change Your Beliefs, Change Your Life

Your thoughts (imagination), which are anchored to and navigated by your belief systems are activated and propelled by your emotions which manifest the events that form the life you experience on a daily basis.

Period.

If you have ever taken time to contemplate your existence, your life, your circumstances and realized that it was time for a change, look no further than your “belief system” as the culprit for whatever you are experiencing in this present moment. At the core of who we are and what we stand for to ourselves and the world at large, is a set of principles, ideologies and/or moral codes. These convictions can be adopted from religious, political, philosophical, sociological or spiritual institutions or teachings and are continuously shaped and inspired by everything from our familial dynamics and experiences to peer groups and pressure to personal and mass experience.

Growing up, my brother and I had very different experiences at home, at school, at summer camp and with sports. Although I can understand having different experiences at school for instance, how did we have very different experiences at home? We shared the same parents and their parenting of us was very similar, the conditions growing up in the same home and moving multiple times were also very similar as was a host of other shared circumstances.

Additionally, my children’s experiences, despite growing up in the same home and experiencing relatively consistent parenting from both of us, were also very different. Then, how is it possible that the experiences and relationships we forged with our parents, were very different? This scenario happens over and over again, because our own personal belief systems, which have been adopted, constructed and reinforced through everything from religious to ancestral to peer and past life dogma are all quite different and as such, create very different attracted life experiences. Simply put, we collect belief systems along our life’s path and that is why two children, growing up in the same household, with the same parents under very similar conditions can have vastly different experiences.

If you are tired of the results that life is serving, change begins with as little as a two-degree shift in your “belief system.”

So, how do we do that? Well, it is not as easy as it may seem, since you have constructed those beliefs over many years (and if you believe in reincarnation over many, many lifetimes), and your corresponding experiences have reinforced those beliefs, but here are some suggestions that may work.

Step One

Taking an inventory of your beliefs is always a good place to start. This inventory can include your beliefs about everything from God or a higher power; where we go after death; the role you play as a parent, spouse, and family member; your relationship with money; the role your pets play in our lives; our attitudes towards our job and careers and a thousand other “truths” that we hold on to.

Here is what Jane Roberts, in *The Nature of Personal Reality*, has to say about the exercise of inventorying your beliefs:

I would like you to recognize your own beliefs in several areas. You must realize that any idea you accept as truth is a belief that you hold. You must, then, take the next step and say, “It is not necessarily true, even though I believe it.” NOPR Part One: Chapter 2: Session 614, September 13, 1972

Step Two

Once you have identified those beliefs, pay attention to the beliefs that create limits and "... learn to disregard all beliefs that imply basic limitations" (*NOPR Part One: Chapter 2: Session 614, September 13, 1972*). At some level, I believe every person has a stable of limiting beliefs because they come in all forms. Here are some examples:

1. **Money:** Money is the root of all evil. Rich people are greedy. I am just not good with money. Money doesn't bring happiness.
2. **Weight:** Everyone in my family is overweight. I am not a "gym" person. Diets don't work. Losing weight takes too much effort.
3. **Marriage:** I don't deserve a good marriage. All spouses cheat at some point. the man goes to work and the wife stays home.
4. **Career:** I can't make a living doing something I am passionate about. I don't have the skills needed for changing careers. I am only worth (?) a year in salary. I am too young to start my own business.
5. **Relationships:** My friends always leave me out and that's ok I just attract boyfriends/girlfriends that treat me poorly. My family always treats me like this.

Step 3

Identify the source of those beliefs. Where did it come from – Parents, Family, Friends, Religious or Political or Educational Institutions? I think you will find that when you begin to trace back the origins of some of these beliefs, you will realize your loyalty to them is due to conditioning over time, "it has always been that way" or "it is set in stone" or "because they said so" and not necessarily because you believe it fully or that it aligns with who you are.

Once you have begun rethinking your belief systems and weaving those new beliefs into the fabric of your life, you will start to see the effects of those shifts appearing as aligned experiences. Simply, your life will change.

Life Without Alcohol

Three years ago, I stopped drinking alcohol. I never considered myself a heavy drinker. I would have one maybe two drinks one-to-two times a week and mostly on the weekends. And, although my summer drinking was a little more frequent, I never really felt it was out of control although the genetic predispositions were there. See, my mother had struggled with alcohol abuse during my teenage years – but after attending her first AA meeting my senior year of high school, she remained sober (with one relapse) for the last 35 years of her life. Although alcohol played more of a leading role in my family dynamic growing up, I never really felt the addictive pull of it.

The night before we were leaving for our winter vacation in December of 2019, my wife and I had attended a holiday party at a close friend's house. I remember seeing people that I hadn't seen in a while and drinking good bourbon. I was having fun. During the party, I received a call that my son had gotten hurt at his hockey game, and we soon left for the rink. I had never missed one of his games in 13 previous years of hockey. Not one. But, on the night that we decided to attend a holiday party rather than watch him play hockey, we were being called back to the rink because **Jake got hurt. Maybe one of those signs the universe sends? Don't know.**

We have all been called upon to make life adjustments.

I left the party a little pissed because I was having fun and had to drive the rink. Jake got hit on the ice hard and his helmet flew off. After consulting the trainer and Jake on the bench, I knew he didn't have a concussion and was fine. He only missed two shifts and was back on the ice. I really was having fun at the party...one of the only times I ever missed a game and now I was not missing a game. We got home and something stupid triggered me – seeing my wife's two suitcases she packed for our trip, when everyone else had packed in one. We got into a fight over the packing and I flipped her suitcase. And that was the catalytic event. I stopped drinking the next day, but thought it was only a temporary decision. Since then, I have tried maybe three times to drink alcohol and I cannot. I feel like shit, even after one sip. Crazy.

Looking back, I always considered myself a loud, happy drinker, but never really liked the way alcohol made me feel the day after.

Three years removed from my last drink, I realize that at times we are called upon to make changes, changes that are needed but because they come at a price, we do or do not make them.

For me, the price has been very minor. And, as is usually the case with a positive life adjustment, the results speak for themselves. I can't tell you how many times I drove home after having one or two drinks and was nervous about getting pulled over. Or the pain of having to wake up at 6:30am and play with my kids hungover. I have also rediscovered the true tastiness of Fresca. I will also tell you that you see things very differently and clearly when you are the only sober one at a dinner party, a get together with friends, a trip with your golfing buddies or event where everyone is drinking. I guess that is the minor price I have had to pay, the fun of drinking away some of my inhibitions and blending in with the crowd during those events.

We have all been called upon to make life adjustments. Whether we know the reason for those adjustments when we make them or the results of those adjustments appear much later, your IGS or Internal Guidance System operates free and clear of your ego, and that is what makes its usage so effective. Next time you get the inclination to make a two-degree shift, take the direction. You might be surprised to find out where you end up.

Conflict Equals Growth

Throughout the early part of my 30's I got a few tattoos to the right is one of them.

By the way, have you ever read anything on any social media platform that makes fun of people who get tattoos of Chinese/Japanese symbols that never actually mean what the recipient thinks they mean? Well, I'm that guy. And I only found out a year in a half ago from a Chinese nurse who was treating my mother in the hospital. See, I thought the symbol meant "peace," but it doesn't. The symbol (Haping), pictured lower right, means "peace."

The symbol I have tattooed on me, "ping," which is included in the Chinese symbol for peace, actually means: level, equal. And, so I have been walking around believing that my tattoo was conveying the frequency of peace to the world. How wrong I had been. But we will get back to this.

A few weeks ago, a colleague of mine sent me an email:

David,

I am working on a personal project.

I have read some of your writings and its thought provoking. I am curious of your perception and thoughts on PEACE.

When I say peace, I don't mean superficially. Based on success, everything going well, avoidance of problems/suffering.

But peace that is beyond situational:

Peace in self

Peace in and to others

Peace in circumstances

Peace in tragedy

Peace in life

When peace and happiness become estranged.

Any insight/wisdom is appreciated!

I responded and we set up a time to speak, while at that moment I had not given the subject matter of her question a ton of critical thought. Although, I did find it interesting that I had tattooed what I thought was the word peace on my body and was going to offer this up as

This is one of my tattoos



This symbol (Haping) means peace



Conflict Equals Growth - p.2

a way of presenting my connection to the concept. We soon met on the phone and had a truly enlightening conversation. It all started with the question; "What does the concept of "peace" mean to me"? I thought about it very briefly and said "balance." I am not sure if the Ping (my tattoo) concept of two forces being level or equal had anything to do with it, but I felt the word peace, for me, is akin to balance. The word peace is defined as "freedom from disturbance, tranquility." Something being at peace or having the quality of "tranquility" is synonymous with the idea that two opposites have achieved a state of balance or lack of conflict. By that I mean that one side is not dominating the other side. Like the analogy of a scale being level because the weight on each side is equal. We discussed peace in the context of self, circumstances, tragedy and life and I was amazed at how my understanding of the word changed when I substituted the word balance for peace. A word that I had tattooed on my body, that for me represented tranquility or calmness, 20 years earlier.

I experienced an "AHA" moment about "peace" and "balance" and why I inadvertently tattooed Ping (the Chinese word for level, equal) instead of Heping (the Chinese word for peace). Two-to-three days after our conversation, I was able to connect the dots from a moment I had with Julie early on in my marriage. I was having some dilemma at work and she used a phrase that would stick with me 22 years later. It is simply this "conflict equals growth." A few days after our conversation, I was thinking about it all and realized that we are not necessarily here to experience "peace" in every facet or our lives for the extended duration of our lives. In fact, I realized that the state of peace cannot be achieved without first experiencing conflict. And then all the little dots began to connect. We can achieve peace or balance in some parts of our lives, during different periods of our lives, but sustaining that state is nearly impossible. Your greatest objective in this life is growth, evolution, development, progress, improvement and so on. And that cannot happen without polarity, without conflict - love vs. hate, good vs. evil, attraction vs. disconnection. Everything in the universe has a polarity, a duality (masculine and feminine, ying and yang). It's what allows us to experience all the fullness, beauty and meaningfulness that life has to offer.

In those moments that we feel peace or balance, we know that we have achieved a state of equilibrium between two polarities or the duality of forces in our lives.

The good balancing the evil. The love balancing the hate. The attraction balancing the disconnection, and vice versa. But, for how long can we maintain these states of peace? And, in how many of our inner and exterior life parts or areas can we sustain these states of peace? Indefinitely? Not a chance. It is almost impossible to achieve indefinite states of peace because of the nature of life itself. Built from duality, our experience reveals the richness of life only through the trials and tribulations of conflict. You wouldn't appreciate or understand being a Democrat without having Republicans or being a Wolverine without having the Buckeyes. Or being female without having males. You get the idea. And, here is why I know this is true:

Your greatest moments of growth or achievement were most likely preceded by some of your most trying moments of conflict.

So, back to the tattoo. Shit! Damn! Of course, it doesn't! Those were my feelings when that nurse told me that my tattoo did not mean peace. I actually did the research before inking it on my arm for life. My researching skills suck. And then I thought about it and accidents really don't happen. It was by design, but why? So, I started doing some research. Hopefully, this time was better than the tattoo research. And I think I found it. Equal, in the dictionary, is defined as "having the ability or resources to meet (a challenge)," like in this sentence "the players seem equal to the task." Where peace (Heping) conveys that the state of tranquility has already been achieved, level/equal (Ping) conveys the idea that we are in a constant state of meeting challenges to create balance or levelness.

Well, that is how I have rationalized it over the last year and a half. I probably should just add the "和" symbol and be done with it.

3 Out of 10 for My Valentines Day Performance

I tend to wait till the last moment to execute plans.

More times than not, things get screwed up.

It has been a lifelong practiced behavior and it is time to change.

Yesterday was Valentines Day and I f*&ked it up.

Valentine's falls on the same day every year, February 14. That gives me 364 days to plan for the event and I usually leave it until Feb 13th or sometimes the 14th to execute.

This year I knew exactly what I was going to get her – a picture we had found at an antique dealer a few weeks prior. Since I was on a golf trip the weekend before Valentine's Day and returning on the Monday after Super Bowl, I was going to get the picture, which was ½ mile from my office on Tuesday the 14th, and give it to her at our dinner date. At 10:03 am I left my office and drove the .62 miles to the antique store and BAM! – they are closed on Mondays and Tuesdays. Are you f-in kidding me?

And, now it starts. I know this rodeo – Scramble Time.

Listen, I could just have just executed my failsafe plan, my

go to, my "when all else fails" move – The Orchid Play. It works every time. But she got me cologne from Italy for God's sake, ITALY! She ordered it three weeks ago. I had to elevate my game.

I spent most of yesterday trying to improvise, adapt and overcome. Needless to say, it failed. I got the wrong the bath stuff, candy she doesn't like along with a few other failures. I rushed it and the finished product failed. She didn't care about what I got her. She never does.

And, although "it's the thought that counts," when I committed to getting her something special, it should be thoughtful. It shows that I care enough to do it right.

After 21 years, I should know what candy she likes. After 1000 baths, I should know what bath stuff she likes. I was more concerned with just getting something because I was pressed for time, than I was with getting the right something.

Throughout my years in school, whether high school, college or graduate school, I always left studying to the night before. That is probably why I was a very average to below average student. My junior year of college, I lived with four friends in a house off campus. And, unlike now, where you can write papers on your phone or use ChatGPT, everyone didn't really have computers back in 1988. I used to write my papers at the university computing center. As was my typical routine, I had a paper due on Monday morning and I was in the computing center on Sunday night pulling close to an all-nighter to start and finish the assignment due the next day at 11:00 am. I finished writing the paper at 3-3:30 am and went home.

I walked into the house and the back door was open, but I didn't really think too much about it. At 8:30 the next morning my roommate woke me up and asked if I had moved my stereo and speakers. I said "No, why would I?" "Well," he said, "then we got robbed." Sure enough, we got robbed. They took a bunch of stuff from the house, including my stereo and speakers, clothes and other stuff. We called the police and then an entertaining chain of events happened. The officer walked into the house and immediately asked if one of

I was more concerned with just getting something because I was pressed for time, than I was with getting the right something.

3 Out of 10 for my Valentines Day Performance - p.2

my roommate was home. And he was. The officer then proceeded to tell him that he would have to take him down to the station because he had unpaid parking tickets. Something in the range of 50-60. The officer got all our statements, told us if we discovered anything else missing to call him and he would add it the report and then took our roommate down to the station.

After returning home from the station, my roommate had to turn around and get to class. But he couldn't find his keys. And then he looked outside and realized his car was gone. The thieves had taken all of our stuff, took his keys off the counter and loaded it into his car and left. But he did not realize his car had been stolen until after returning from the station. It was a very funny call he made to the police officer telling him he needed to add a stolen item to the report – his BMW!

We would ultimately find out that the robbers were at the house close to the time I had returned home from the computing center, and maybe had only left 20-30 minutes before I had returned home. Now, what if I had been home that night and not writing feverishly to finish my paper? Although my roommates were and I never did understand how they didn't hear them, what if I was home and heard them? Who knows what would have ensued. But I wasn't home. I was at the computing center crafting a mediocre paper (if I had more time to create a rough draft and edit it, it might have been really good) just hours before it was due. I had convinced myself back then that my procrastinating nature had saved my life.

Not really. Proper Preparation Prevents Piss Poor Performance, Period.

Children Open a Gateway

If you have a child or children, I have one question:

“If you are at a train crossing with your child and you are stuck on the tracks and only have time to save one of you – who do you choose?”

I have asked this question hundreds of times, and every single time I get the same answer: I would choose my child. Every parent I have ever asked that question to has said they would unconditionally give their life for their child or children.

Now, I have asked that same question, but substituted a husband/wife for their child and I can tell you that rarely has the answer been that they would unconditionally sacrifice their life for the others. In fact, you can substitute just about anyone for your child and the answer is not even close to 100% resolute, like it is for your child. In fact, there is never any hesitation, and the answer is always “take my life.”

I did this same thought experiment with ChatGPT: An AI (Artificial Intelligence) intelligence chatbot that has been developed to mimic a human conversationalist. The dialogue format makes it possible for ChatGPT to answer follow-up questions, admit its mistakes, challenge incorrect premises and reject inappropriate requests. ChatGPT is also versatile and can compose music, fairy tales and student essays, answer test questions, write poetry and song lyrics and those are only some of its capabilities. I asked ChatGPT this question; “If a train was going to kill me and my child and I was only able to save one of us, who should I save?” and this was its answer:

“In general, most parents would likely choose to save their child’s life over their own. This is because the love and sense of responsibility parents feel towards their child often makes their child’s life more valuable to them than their own”

I think the Artificial Intelligence chatbot gave a pretty typical response to a thought experiment that is, for the most part, clear-cut. And so, I asked ChatGPT this follow-up question; “Why do I value my child’s life over my own?” and this was the response:

Firstly, as a parent, you have a deep emotional attachment to your child. You have brought them into the world, nurtured them, and watched them grow. This bond creates a sense of responsibility and a desire to protect them at all costs.

Secondly, your child is a part of you. They carry your DNA, and you have invested a significant amount of time, energy, and resources in raising them. This sense of connection makes it difficult to imagine life without them, and you may feel that your own life is less valuable than your child’s.

Thirdly, children are inherently vulnerable and depend on their parents for survival. They are not yet equipped to navigate the world on their own and require the protection and support of adults. As a parent, you feel a sense of responsibility to keep your child safe and secure, even if it means sacrificing your own life.

Lastly, there is a natural instinct in humans to protect their offspring. This is true for many species, and it is what drives parents to take risks and make sacrifices for their children.

Children Open a Gateway - p.2

I think ChatGPT did a good job of explaining those reasons, especially the one about a “natural instinct to protect” because I believe it pinpoints the moment when a parent first acknowledges the feeling that there is someone’s life they value, even over their own. For females, I think it’s during pregnancy and for males, I think it’s at childbirth. I believe that a gateway opens for each parent, a gateway that I characterize as “Altruistic” (unconditional or agape). This is easily distinguishable from other love gateways like; romantic, platonic, familial, self or spiritual because it is characterized by a selfless concern and care for others without any **expectation of reciprocation**. Correspondingly, this Altruistic Gateway can be opened by non-biological connection like adoption that builds strong emotional bonds from a parent’s responsibility and attachment to and shared experiences with their child. The point is that the introduction of a child into a person’s life creates access to a deeper connection with love that is rarely attainable in other ways.

Here are some illustrations of this gateway at work:

1. **Prioritizing your child’s needs:** As a parent, you prioritize your child’s physical, emotional, and developmental needs over your own.

I grew up in a family, where both my parents expected me and my brother to do better, be better and live a better life than they had. They hoped all those things for both of us and committed to making it happen by sending us to the best schools, being there when we needed them, bailing us out of precarious situations, working very hard to provide financial stability and so on and so on.

2. **Time management:** Your time and energy are dedicated to caring for your child, which leads to rearranging your schedule and reevaluating your priorities to accommodate your child’s needs.

Any parent that goes out on Saturday night, has one too many drinks and gets home past 2:00 am knows the pain of waking up at the crack of dawn to a crying infant or an awake child that wants to play. The next four to five hours are going to hurt, bad. And what about cancelled sports events, nights out, trips and date nights because child duty calls? What about if you are going at this child thing alone? I can’t imagine how “time-management” is amped way up for single parents.

3. **Emotional investment:** You become more emotionally invested in your child’s well-being, happiness, and achievements, experiencing a deep sense of empathy and connection with them.

It is hard to explain the visceral feeling you get when your child is really sick or incessantly bullied or perpetually unhappy. You would rather those events happen to you than them. As painful as those experiences are to handle, at the other end of the spectrum your child’s successes, no matter how minor, are more times than not cause for undue celebration. Their first steps and words, out of the crib and into the bed, lost baby teeth, first day of kindergarten, goals in hockey and soccer, hits and homeruns in baseball, catches and touchdowns in football and two or three pointers in basketball, A’s in school, summer jobs, graduations, acceptance to college and graduate school, weddings and birth of children. These and many more are cause for celebration because as parents we are deeply connected to our children’s trials and tribulations.

4. **Financial considerations:** Having a child will impact your financial priorities, as you may need to plan for expenses such as childcare, education, and healthcare.

What do you do when your child’s daycare is more than you make in a week? You get another job? You stay home? Not sure the answer to this. My wife had 4 children in her family, but only enough money to send 1 of the 2 girls to dance classes. My close friend had 6 brothers and sisters, and many times, it was one of the parents who went to bed a little hungry each night. I can tell you that having two kids in college absolutely impacts your financial priorities and forces you to make sacrifices.



5. Personal growth and development: As a parent, you become more focused on your own personal growth and development in order to be a positive role model for your child.

There are many moments throughout a parent's life when there is a need for introspection, personal evaluation and change. As parents, we have been indoctrinated by our own parents with a way of thought and behavior as it relates to parenting. Often times we mirror them. I have always felt that the experiences I went through as a child taught me which parenting behaviors I was going to keep and which behaviors I was going to discard. I have tried not to repeat the unhealthy and unproductive parenting patterns I lived through as a child. I believe that, as parents, we are constantly challenging old family patterning and unproductive personal beliefs as it relates to bringing up our children.

Life with ADHD

On February 11, 1985 at 2:00 am, I sat in a jail cell in Birmingham, Michigan. The wait for my dad to pick me up felt like eternity. I was 15 years old. At the time, smashing three floors of signs and stealing the metal die cut “EXIT” squares, in the apartment building where we just attended a party, seemed like a great idea. And then, what seemed like a better idea was to take those metal signs and whip them at cars in the underground garage. What a perfect way to spend the waning hours of February 11, 1985. Unfortunately, the police would ultimately disagree.

A stupid night fueled by impulsivity along with a few other personality traits. This behavior would follow me, in phases, throughout my childhood and into my twenties.

I recall it was around kindergarten that my teachers started throwing up red flags on my behavior in school. Not necessarily that I was a deviant, but rather had a hard time concentrating and focusing. Always fidgeting or squirming and easily distracted. It wasn't long before my parents reacted and took me to a psychologist. And, I believe the diagnosis was something in the line of what we call ADHD today, but back then they had not coined that term.

In fact, ADHD dates back to 1902, when a British pediatrician named Sir George Still described a group of children who displayed symptoms of inattention, hyperactivity, and impulsivity, which he believed to be a medical condition. However, it wasn't until the 1960s and 1970s that ADHD became more widely recognized as a distinct disorder. In 1980, the third edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-III) included ADD, as it was known then a diagnostic category. And in 1987, the American Medical Association officially recognized ADHD as a medical condition.

As a result of that visit with the psychiatrist, I was put on Ritalin. The effects were very, very noticeable, to the point that I was like a zombie. I believe that back then, they didn't really have a grasp of the dosing regimen and if they had, I believe my parents would have continued its use. I wanted no part of the pharmaceutical solution then, and still don't. As a result, I have spent the last 30 years practicing techniques that help to manage my proclivity for impulsivity and hyperactivity.

I do not like the labeling game. Calling ADHD a “neurodevelopmental disorder” negates the attributes and gifts that have enriched my life for over 50 years.

For all the time I have had difficulty sitting quietly without “stimming” as my wife calls it and paying attention, whether it was in a classroom or conference room, I have also been able to percolate ideas and innovative thoughts at a pace that exceed most others.

For every one of these difficulties associated with ADHD:

1. I have difficulty paying attention to details or making careless mistakes in schoolwork, work, or other activities.
2. I have difficulty sustaining attention in tasks or play activities.
3. I have trouble organizing tasks and activities.
4. I am easily distracted by extraneous stimuli.
5. I am forgetful in daily activities.
6. I dislike tasks that require sustained mental effort.

There are also many gifts:

1. I am highly creative and have a unique perspective on the world. I am able to generate new and innovative ideas and think outside the box.
2. Although I struggle with attention in some situations, I am also able to hyperfocus on activities that I find interesting or enjoyable. This intense focus has led to high levels of productivity and achievement.
3. I have high levels of energy and enthusiasm, which is contagious and inspiring to others.
4. I am spontaneous and enjoy taking risks, which has led to new experiences and opportunities.
5. I am highly empathetic and emotional and have formed strong emotional connections with many people.

This is why I made the decision early on, to never treat the difficulties of ADHD with pharmaceutical solutions. I felt it would debilitate all the positive attributes. As a result of this choice, I have had to find alternative ways of management. **And here are some of the most highly effective:**

1. Any form of meditation, even once a day, can help calm the mind and body. Meditation is defined within a broad category and includes everything from Transcendental and Visualization to Binaural Beat and Hemi-Sync to some of my favorites like Walking and Sound and Bathing. Meditation is simply any activity that is able to help clear your mind to put you in the present moment.
2. Any form of physical activity from walking and running to ANY sport or hobby that gets you moving and expending energy. This includes working out, yoga, martial arts, boxing, Tai Chi and Qigong.
3. Any type of body work from massage and shiatsu to reflexology and rolfing to Reiki and stretching to acupressure and breathwork.
4. [Doodling](#) has been shown to help reduce stress and increase focus (click the link to read a study done by Harvard Health Publishing). I have incorporated doodling into my meetings as a way of staying present and focused – and it really helps. It sounds counterintuitive, but I am really able to stay focused on the subject matter of meetings while I am doodling. The doodling keeps my mind from wandering.
5. Taking a 10-20-minute nap can do wonders to calm your system down and reset.
6. Schedule all your daily meetings or activities. Keeping track of these events on Outlook or any other scheduling program is imperative to overcome your forgetfulness.

Medication free, I graduated from college and law school, passed the Michigan Bar Exam and have owned and operated a number of businesses. Along the way, these were just a few of the techniques that I utilized to manage my ADHD. Over the years it has gotten easier because I am able to identify those triggers that heighten my ADHD. With that said, it still takes an almost daily commitment to managing the impulsivity, inattention and hyperactivity. The beauty is that, if you are committed to non-pharmaceutical management, the gifts, for me, surely outweigh the difficulties.

The Many Characteristics of Cancer

“Don’t speak negatively about yourself, even as a joke. Your body doesn’t know the difference. **Words are energy** and cast spells, that’s why it’s called spelling. Change the way you speak about yourself and you can change your life. What you’re not changing, you’re also choosing.
– Bruce Lee

Words are energy.

The meanings that we attach to words are energy.

I was speaking to an old friend and ex-colleague yesterday who had cancer, but now, after treatment is in remission. I asked her how life was going and she said that her cancer was a wake-up call for her and that she was grateful for it. She went on to say that her life today is very different; her diet, her drinking and drug use, her approach to life, has all changed. After many, many years of mental, physical and emotional struggle, she has found happiness.

Interesting to think that her impression of cancer was more of a “gift” than a death sentence.

And, that begs the question, what if our understanding of cancer and disease in general is distorted?

What if our bodies malfunctioning is a cry for change, rather than a signal of termination?

For many healers, like Dr. Max Gerson, the idea that disease is an indicator that our bodies are asking for dietary, lifestyle and spiritual change is the cornerstone of their holistic therapies. Dr. Max Gerson was a German-born physician who lived from 1881 to 1959. He was known for his alternative approach to treating various chronic and degenerative diseases, most notably cancer. The Gerson Therapy, a comprehensive treatment method that focused on dietary changes and detoxification was developed to promote the body’s natural healing mechanisms. He believed that cancer and other diseases were primarily caused by a combination of environmental toxins, nutritional deficiencies, and a compromised immune system. The therapy involved a strict organic plant-based diet, including raw juices, organic fruits, vegetables, and whole grains as well as regular coffee enemas to assist in detoxification. Dr. Gerson showed that his approach could restore the body’s ability to heal itself and prevent the growth and spread of cancer cells.

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The idea behind a plant-based diet, raw juices and organic fruits and the strict avoidance of processed foods, animal products and fats are an attempt to alter the PH level in a body with cancer. For reference, pH level refers to the measure of acidity or alkalinity of a substance or environment. It is a logarithmic scale that ranges from 0 to 14, with 7 considered neutral. A pH value below 7 indicates acidity, while a pH value above 7 indicates alkalinity. When our bodies' pH level falls into the acidic range, it creates an environment ripe for disease.

Diet, metabolic waste, and respiratory conditions are all factors that contribute to creating an acidic or alkaline environment in our bodies.

Here are acidic producing conditions:

- Consuming foods such as processed meats, refined sugars, fried foods, and highly processed foods.
- The body produces metabolic waste products as a result of cellular processes. These waste products, including carbon dioxide and certain organic acids, can contribute to acidity if not adequately eliminated by the respiratory and renal systems.
- The kidneys play a vital role in maintaining acid-base balance by excreting excess acids and regulating bicarbonate levels.
- The lungs also play a role in regulating pH balance by controlling the elimination of carbon dioxide, which can contribute to acidity if levels become elevated.

Gerson's regimen of plant-based foods and juices, coffee enemas, which, when absorbed into the bloodstream through the colon, helps in the excretion of waste products, including toxins and metabolic byproducts and deep-breathing exercises create a healthier neutral environment in the body.

I believe that our bodies are capable of eliminating disease and maintaining a state of health. But, the foods that we eat, the water that we drink, the alcohol and drugs that we consume, and environmental toxins all work to create unbalance. As a result, conventional wisdom would say let's cut out, radiate or chemically dissolve the disease. But that only treats the symptoms and fails to address the root cause. And, by only treating the symptoms, we are prolonging the inevitable: relapse.

How do we treat the root cause?

We recognize that our bodies are as effective at healing as they are at creating disease. But we have to empower our bodies to heal the disease. That begins by eliminating the toxins that produced the imbalance in our bodies: processed foods, animal fats, sugars, alcohol, and drugs. By introducing a healthier, more alkaline regimen of organic (pesticides found in non-organic foods are toxic) fruits, vegetables and juice achieve pH balance. It includes empowering the liver, kidneys and lungs to work at optimal efficiency in an effort to rid the body of waste products. Chemotherapy and radiation therapy weaken our respiratory, renal and immune systems and compromise our body's ability to heal. Finally, by treating our emotional health through therapy or self-directed meditation helps eliminate trauma blockages and heal the body. There are many different physical and emotional reasons for disease and most of the time we have no idea why. Thousands of years of experimentation have revealed that, to an extent, our bodies are capable of healing, we just have to allow them to do their job. And, that may just begin by listening to the messages, which may be very subtle at times, that our bodies send.

Follow the Money

Yesterday, an all-too-common event happened in professional sports. This one may or may not denigrate the optics of the PGA Tour and cheapen the product. Regardless, it compromised the veracity of the Commissioner of the PGA, Jay Monahan, and the league. The event is called “Hypocrisy” and after two years of maintaining that the PGA Tour would never sell out to the Saudi owned LIV Tour, The PGA Tour sold out to the Saudi owned LIV Golf Tour.

To lay insult to injury, the Commissioner, Jay Monahan, a year or so prior had addressed the families of 9/11 after some PGA players had defected to the LIV tour and began working for the Saudis who funded the attacks, by saying this:

“I have two families (of 9/11) that are close to me that lost loved ones, so my heart goes out to them. I would ask any player that has left, or any player that would consider leaving, ‘Have you ever had to apologize for being a member of the PGA Tour?’”

<https://www.sportsnet.ca/golf/article/pga-tour-boss-monahan-regrets-not-speaking-to-families-of-9-11-victims-prior-to-merger/>

In addition, “PGA Commissioner Jay Monahan co-opted the 9/11 community last year in the PGA’s unequivocal agreement that the Saudi LIV project was nothing more than sportswashing of Saudi Arabia’s reputation.”

Yesterday, this was his response after the PGA was sold to PIF (The fund that owns the LIV Tour and now owns the PGA Tour):

“Well, I, ummm... I read Terry’s (member of 9/11 Families United) comments. Ahhh, I, uh, I, you know, obviously I acknowledge her loss and completely understand her position.”

Puff Daddy wrote a song back in the 90’s called, “It’s all about the Benjamins”.

It’s what fueled hypocrisy in the NFL and specifically with the Commissioner of the NFL, Roger Goodell and its Board Members when they partnered with the Casinos after maintaining for years that gambling had no place in professional football. The lure of the “almighty dollar” was too much for the NFL to overcome and now NFL communications include the NFL logo adjacent to FanDuel, DraftKings and Caesars Entertainment logos.

Historically, the NFL had a strict anti-gambling policy due to concerns about the integrity of the game. The NFL was one of the major plaintiffs in the legal battle against sports betting in the United States, supporting the Professional and Amateur Sports Protection Act (PASPA), which effectively prohibited most forms of sports betting.

However, in May 2018, the Supreme Court of the United States struck down PASPA, opening the door for individual states to legalize and regulate sports betting. Following this decision, the NFL’s position began to shift. The league recognized the changing landscape and the potential economic opportunities associated with sports betting.

There is a saying that I know you have heard and it goes like this, “follow the money.” It emphasizes the notion that financial incentives or gains can shed light on the motivations and actions of individuals or organizations.

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It suggests that understanding the economic aspects can help uncover underlying truths or expose questionable practices that may not be immediately apparent.

If you follow the money, it might lead you to multi-national corporations that exploit low-wage labor in developing countries and disregard worker safety to those that commit environmental exploitation and destruction that endanger the public health, or to pharmaceutical companies that charge exorbitant prices for life saving drugs, limiting access for people that can't afford them to those that create public health crises by downplaying the highly addictive nature of their drugs, or to financial institutions that engage in hyper-risky ventures that lead to economic crises.

You know, I have sat here for well over an hour trying to figure out how to finish this narrative. This has never really happened. My process for writing these narratives has remained consistent since number 16. Two nights before, during meditation, I download the topic and the next day the narrative evolves. And, for 53 narratives I have gotten a clear picture on how to connect the dots. Then, on the third day, I sit down and author the entire narrative in a two-to-three-hour session. The information flows through me. Infrequently do I ever go back and review the content. This one is different. I haven't figured out how to thread it together with a metaphysical or philosophical theory that ties it all nicely together into a beautiful tapestry.

Not sure how to proceed.

Our world and everything in it, is in a moment-to-moment battle to find balance. And, since we live in a universe that is forever searching for balance, we are able to experience all the beauty and tragedy that life has to offer. Without this duality or contrast, our experiences would never have the power to incite growth or evolvment.

Without cold you would never be able to understand heat. Without suffering you would never be able to understand bliss. Without greed we would never understand selflessness, goodness or self-sacrifice.

Maybe this is the thread that weaves it all together. Throughout history, events of greed, selfishness and materialism have ignited real change. Monarchies, governments, corporations and organizations have all risen and fallen because of this imbalance. And, the message very well might be that the PGA, NFL and the many others that have followed this path are in store for meaningful change.

Changing Our Old, Outgrown Ways is a BITCH!

I have spent the last 58 weeks writing about everything from reincarnation to consciousness and our ability to create reality. Fifty-eight weeks of explaining that our thoughts and emotions, whatever they are, deliver our experience. That we are much more in control of shaping our own destiny than we think. That accidents really don't happen. My life, your life is a result of a design that is mapped out in the dream state, Monroe's focus levels and Jane Roberts "Seth" framework 2.

This is my truth, but living it, perfecting it, has been a difficult undertaking.

I played in a golf tournament this past weekend with a partner and the state of my game was hard to take. The more it fell apart, the more I was unable to control my thoughts and emotions. The more we had to wait on every shot, the more I was unable to control my thoughts and emotions. The more we started losing, the more I was unable to control my thoughts and emotions. A vicious cycle.

I know better!

[Writing about the rules of life is a lot easier than mastering them.](#)

Fifty-eight weeks of doling out a boatload of theories, beliefs about how the universe works, how relationships work, how life works. I have presented my thoughts, my convictions with transparency and a level of personal vulnerability. I am not sure if that was a subconscious or conscious decision. Regardless, it has revealed something important, the true fallibility of our lives. Where mastery feels illusive and at best momentary. And, then we must start all over.

[As Ryan Holliday said, "the obstacle is the way."](#)

The obstacle illuminates our imperfections, shortcomings and forces us to confront them. The obstacle also reveals a map for growth, for our evolution. Unfortunately, owning the map is only the beginning of a treacherous journey, treasure hunt. Achieving meaningful life change is rigorous and ultra-challenging.

Physiologically it means rewiring those neural pathways that don't serve our best interest or highest good. Simply, it means changing our perspective and adopting a new way of thinking.

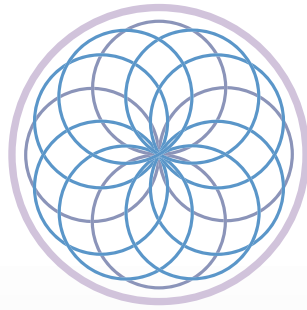
Sound easy? Even with the instruction manual building the life we want is really, really difficult because we are working with belief systems that will not necessarily achieve the results we desire. We have built those systems over years, maybe lifetimes of experience. Our family upbringing and relationships have designed and reinforced our belief systems. A lifetime of trials and tribulations have designed and reinforced our belief systems. These belief systems, at one time, may have served to protect us. Now, they may or may not serve our highest good because we have outgrown them. But, discarding them for new ones is a monumental undertaking that requires a mindset that we may not possess: clarity, introspection, acceptance and detachment and a willingness for personal growth.

[Fifty-eight weeks of writing these narratives has been illuminating.](#)

I have connected many of the dots that are my life over the last 58 weeks. Here is one of those connected dots: Although we may understand portions of life's instruction manual, building the person we aspire to be and living the life we desire may mean discarding many of the belief systems and personality traits that may or may not have served us in the past. And, that, my friends, is a monumental undertaking. One I have not nearly achieved.

“Detachment is
not that you should
own nothing. But that
nothing should
own you.”

– Ali ibn abi Talib



Practice Detachment

Property Doesn't Take the Place of People

Over the last 22 or so years, we have moved roughly nine times. Although those moves have been within a two-mile radius, the whole process, from start to finish, is still quite a life disruption. We continued to move for a few reasons. The first was that my wife loved the whole process of finding a house, decorating it and then selling. Or building a new house and selling it. It fed her creative spirit. The second, and maybe most important, is that however connected we were to our homes, they were just that: things. Our attachment to them ran shallow. But the one rule that remained resolute before ever selling any one of our homes and purchasing another one was this: we had to stay in the same school district. We would never force our children to leave friends, teachers and activity groups and have to forge new relationships during their critical developmental milestones. Although, for both me and my wife, this wasn't the case during our teenage years. Both of us moved a considerable amount during our school age years. For me, from Michigan to Florida to Texas and back to Michigan and for her From Michigan to Texas to Minnesota and back to Michigan. Since we had both lived through changing friends, schools and teachers we weren't going to put our kids through that.

A common saying in our home goes like this "We are not attached to things; we are attached to people." And so, before our first few moves, the conversation would always begin with that family mantra. After a while, there was no need for the mantra, it was understood.

Roughly 22 years after our first move and living in our tenth home, I have learned a thing or two, and here is one of them:

Property-People

People-People

Your life experiences, upbringing and core beliefs determine where you sit on the Property-People, People-People spectrum. For some, relentlessly pursuing the accumulation of financial wealth is a lifetime endeavor. For others, financial wealth is less important than living their lives in "service to others." Everyone rests somewhere on the spectrum.

As is the case with most spectrums, falling somewhere in the middle seems to be optimum.

With this spectrum, I would suggest that the closer you get to People-People or "service to others" the more meaningful life you will lead.

The real tipping point is not the accumulation of wealth, although striking a balance within the different areas of your life is important (i.e., don't sacrifice your marriage and your relationship with your children/family for the relentless pursuit of financial success), your attachment to it is. There are many, many people who have achieved tremendous financial success and use it for service to others. It's your level of attachment that ultimately decides the path that your life takes. An unhealthy attachment to most everything in your life can tip the scales of balance and that includes money, homes, cars, boats, toxic people and situations.

There is a “Force” in the Universe – and YOU can Tap into It

You develop literally hundreds of plans and make many more decisions every day.

Whether it is a conversation, a personal situation, a work project or something as simple as switching the channel on our TV's, we execute many, many plans and decisions on a daily basis to achieve expected results.

Do you know a person, family member, friend, acquaintance or colleague that rarely hears what you say during a conversation because they are planning their reply or next move? I am speaking about the people who regularly focus on influencing situations by controlling the pace, content and outcomes of interactions to see their plans come to fruition.

There is a person I work with who rarely hears the content of a conversation. And although they may be “listening” to the conversation, they are not “hearing” what is being said because they are continuously formulating what they are going to say next. So, they rarely “hear” or “understand” what is being expressed because they are absorbed in their own thoughts and are just waiting for their turn to speak. They are going to tell you their opinion about whatever subject you are discussing because it is not only more important, but they are trying to direct the outcome of the conversation.

In fact, as hard as it is to believe, we have all done this at one time or another in our own interactions. Although the techniques might be different, the reasoning for controlling any situation is the same – to achieve certain, predefined outcomes. I would like to suggest that a two-degree shift in our understanding of how we create experience and the outcomes that follow would offer our lives greater reward.

Recently, I reconnected with a friend that I had lost contact with for over 40 years. He runs a foundation and I had an idea for him. I felt inclined to reach out. I left a message on Facebook for him, and he called me back. It was nice to connect with someone from the past who is on the same path of exploring and expanding consciousness. That aside, after our conversation, he gifted me an “Intention Stick”- here is a quick description:

The Tree of Life Intention Stick

The Intention Stick is, in its practical application, a spiritual tool, and a constant and physical reminder to help us connect with our positive intentions, to stay present, for positive attention, to stay found, and therefore for positive connection and experience to shine light, from which we arrive with clarity and confidence. And therefore, we attend to our meaningful connections and extraordinary experiences.

As a way of paying it forward, I purchased two Intention Sticks. He asked me if I knew who they were going to, and I told him I did not. I felt that the two people who were supposed to receive them would present themselves at the right moment – and they did. Not long after receiving the Intention Sticks, I was having a conversation with the friend I had reconnected with and we realized that one of my son's closest friends at college lived in the same city as him in Arizona, and they knew each other. This was an “AHA” moment! Of course, it would happen this way. It's that exact moment when you “detach from the outcome of events” that you allow the magic to happen. For many reasons that I need not go into, my son's friend was the intended recipient before I had ever made the decision to purchase the Intention Stick. I just had to allow the event to unfold by not creating an outcome for it. And what is not surprising is that the same held true for the second person that I gifted. That is how the “detachment” law works.

There is a “Force” in the Universe – and YOU can Tap into It - p.2

I have found that the same approach holds true in almost every facet of my life. At work, we follow a certain meeting regimen that is very structured and is really designed to create certain outcomes by controlling the pace, content and outcomes. I am not the biggest fan of the methodology. Recently, we deviated from the controlled pace, tempo and content regimen and began free flowing on a few different subjects. And wouldn't you know it, another “AHA” moment. We innovated a solution to a problem that we had been facing for a very long time that just seemed to have no resolution. By relinquishing control over the pace, content and outcomes of the meeting, we tapped into the “conjoined intelligence” (the intelligence of a group operating exclusively from the present moment is greater than the intelligence of one) of the group and formulated a solution that could never have been done by just one member alone. The idea behind the strength of this intelligence, lies in where it functions in time/space.

In order to tap into this intelligence, whether “conjoined” or not, is to operate solely from the present moment, since: *The real magic happens in the present moment.* Any type of control over conversations, situations or events automatically transports us from the present to the future because of the control we are trying to exert in order to achieve specific results or outcomes.

I can say without a doubt that some of the most exquisite ideas, innovations and dialogues and triumphant athletic, musical and acting performances have occurred while the individual or group is *in the zone*. This level of performance only occurs when the individual or participants are fully anchored in the present moment. There is a simple test to determine where you are in time and space. If you face a situation and are having feelings of guilt or remorse, you know that you have shifted to the past. Likewise, if you are having feelings of anxiety or nervousness, you know you have shifted out of the present moment to the future. Or, if you have the need to control the pace, content or results of an event you know that you have shifted and you are positioned out of the present moment.

Now...go create some real magic!

Nature's Language Explained

A few years ago, I had shoulder surgery and my dog slept by my bedside for the better part of my recuperation. My wife had a procedure a few weeks ago, and our dog was like Velcro to her bedside for the better part of her recuperation. When my daughter is sick, that dog does not move an inch away from her. But, why? Our dog is keenly aware when we are less than healthy. They can sense it in our electromagnetic energy field. You know, each of us has one, an electromagnetic energy field or maybe you have heard the other term for it, [aura](#). That electromagnetic aura field, that radiates from our bodies expresses our emotional and physical state of health and wellbeing and your dog senses it and most likely, sees it.

When you are sick, when you are frightened, when you are happy or sad, your auric field reflects that signal and your dog senses it, sometimes before you do.

Don't kid yourself, your dog is able to do a lot more than just sense, and most likely see, your auric field. Your dog teaches you about the meaningfulness of unconditional love, compassion, loyalty, gratitude, being present and above all else, joy. I am not a cat owner, but I know that your cat is here to teach you many things, like the value in being observant, autonomous, determined, focused, curious, and above all else self-confident. Unbeknownst to you when you bought, rescued or adopted that pet, they were always destined to be a part of your family.

About 22 years ago, I attended an Equine Workshop at [Onsite](#) which is an "...emotional wellness lifestyle brand dedicated to changing the world through enhanced emotional health." The Equine program is a 5-day workshop "that involves interactions between clients and horses on the ground, no riding is involved." I was drawn to the program, first because I had attended another workshop, but more importantly because of what the horses were able to add to the experience. I couldn't agree more through my experience, that "[equine therapy is successful in helping clients show marked improvements in the following areas: assertiveness, emotional awareness, empathy, stress tolerance, impulse control, flexibility, problem-solving skills and interpersonal relationships.](#)" And, since horses are typically "[non-judgmental, have no preconceived expectations or motives, and are highly effective at mirroring attitudes and behaviors of the humans with whom they are working,](#)" they function as seasoned psychotherapists.



Above is an illustration of the fastest animal on our planet, the Peregrine Falcon (240mph), and a B-2 Bomber. [Thomas Kestner of La Jolla, California captured a photograph of the falcon diving.](#) It is truly uncanny the design likeness, and Northrup-Gruman must have used its aerodynamical design as inspiration for the "B-2 Spirit, also known as the Stealth Bomber...which features low-observable stealth technology designed to penetrate dense anti-aircraft defenses." [Animal, insect, bird and fish wisdom is all around us.](#) Their influence can be seen in architecture, robotics, airplanes, automobiles, composite materials, ships, submarines, helicopters and 1 million other technological innovations of our modern world.

“How we treat other people, animals, and the Earth is infinitely more important than what we accumulate materially. In this world, we learn through **love**, not things.”

– Dr. Brian Weiss

I've included this quote because it reaffirms a valuable lesson, that I believe we continue to ignore.

That is, we share this planet as equals with all inhabitants.

That dog and cat in your home are here for a purpose, as much as that horse, dolphin, cow and pig. They have chosen to experience the physical-ness of life on this extremely dense, gravity rich planet, and as important, are here to share wisdom that we, as humans, can only gather from animals.

Navigating the College Application Process

Our family went through the college application process in back-to-back years and the experience couldn't have been more polar opposite. One of the kids immediately jumped on board and created a stunning application while the other one fought the process from the start and in the nick of time, created a stunning application. Having lived through both experiences, my wife, along the way, became a subject matter expert in the college application process. These are many of her insights gathered from books, college forums, information from the universities themselves, college counselors and friends who had gone through the process and I am here to impart the most critical of these and offer some helpful guidance.

This is a Marketing Project. Plain and Simple.

UCLA had 149,813, University of Michigan had 90,000, Tulane had 41,365 and Harvard had 9,406 undergraduate admission applications for incoming freshman for the 2023/2024 class. With the exception of the University of Michigan which has an acceptance rate of 22%, the other schools have single digit rates. Your child, depending on where they apply, can have less than a 10% chance of acceptance.

They don't want to hear about the escapades of privileged kids nor do they want over-achieving robots.

That is why your college admission application needs to be an exercise in marketing that follows some basic guidelines; know your audience, grab their attention quickly, differentiate yourself.

Know your Audience

I am going to let you in on a little secret.

The Dean of Yale, U of M, UCLA, Tulane, Vanderbilt or the University of Alabama is not reading your child's application for admission. No, they are not. But, I will tell you who is: an overworked and probably underpaid, most likely recent graduate in their mid-20s, Admissions Officer working through the summer, reading hundreds of applications and essays. Think twice before you write an essay about your trials and tribulations at summer camp in upstate New York or your summer trip to Paris to study the culinary arts or your summer job you got with a connection, interning for the editor of Vogue magazine. Make your experiences relatable! They don't want to hear about the escapades of privileged kids nor do they want over-achieving robots.

Grab Their Attention Quickly, and Don't Let it Go

Admissions Officers at most schools spend anywhere from three to seven minutes reviewing your application. That is why you cannot waste anytime grabbing their attention. You have to fit 18 years of life into your application and hope to G-d that you command their attention throughout the entire application review.

Being redundant, being uniform, and being uninteresting is the quickest way to get your application tossed in the deferment or rejection pile.

LAYER! By that, I mean that **nothing gets mentioned twice**. Is the applicant the captain of the baseball team or the editor of the yearbook or captain of the cheerleading squad or President of their class or in the Chess Club? That is great, but those achievements are only mentioned one time in their activities or essays. Remember, you are trying to paint a full, multi-dimensional beautiful picture of the applicant, and so, every new section in the application process is an **opportunity to do that**.

Differentiate Yourself

If you are applying to UCLA, you are competing against 149,812 other applicants, most of whom, just like you also have all A's, 4-5 on their AP exams, were Editors of their yearbooks and captains of their teams. You need to differentiate yourself from the pack. But how do you do that when everyone is high-achieving? My son wrote his main essay on how he "chews" most everything. From pen caps to bottle caps, he is constantly chewing. And, my daughter wrote hers on Tarot Cards and Astrology and her love of both of those modalities. And how she does readings for herself and others as guidance and to foretell the future. However you choose to express that differentiation, do it early and often.

Leave Your Ego at the Door

Your child doesn't have to go through this laborious process alone – competing against the thousands of other applicants, many of whom have used outside resources to create the most perfectly marketed application. There is no better time than this to partner with your child. Their 17-18-year-old minds, don't necessarily grasp the idea that this process has less to do with their achievements than it does with how they are presented. As I referenced earlier, the experience for my wife with both kids couldn't be more polar opposite. And the one who fought the process from start to finish almost put both of them into therapy. Either way – it's not always easy, but this is not the time to let your child fly solo. Don't get me wrong, there are thousands upon thousands of kids who complete their own applications, without any help from anyone. Frankly, that is how I did it years ago when I applied. In retrospect, even though the landscape appears to be more competitive these days, I wish I had some insight and direction from someone who understood the process.

Remember this, the "right" fit is not necessarily the most impressive one. Take time with your child to explore colleges/universities that offer the best opportunity for growth and success. When evaluating the right fit, look at these four areas: emotional, social, academic and location. Will the college or university stretch your child in these four areas without exerting unreasonable pressure in any one area? That should be the litmus test. When one of my kids was applying, I encouraged them to apply to three schools they did not want to, nor would they ever have attended. I think I did it for my own ego. They got into one, deferred from one and rejected from one. After, I felt bad that I had made them apply, when they were never going to attend in the first place.

Be Realistic

Your applicant's grades, class rigor and scores by junior year are what they have to work with. Although you need to highlight the positives, create a manageable list of colleges for application. Here is a really good guideline: three likely, three target and three reach, and that's it. Here is how to determine Likely, Target and Reach: Likely are those schools that accept students below your GPA and test scores, Target are those schools that accept students that have GPA and test scores that are within the range of yours and Reach are schools that accept students with higher GPAs and test scores.

Applying to 20 reach schools only helps the colleges bolster their acceptance numbers in their favor and can have negative emotional effects on the applicant from rejection after rejection.

Finally, there are people in your community who have unfairly used the system to get more test taking time or who have connections at certain universities or who, with lower test scores and worse grades than your applicant, get into the university you wanted. Get over it. Unfortunately, like life the college process isn't always fair. And more times than not, it has nothing to do with the applicant's qualifications, but rather needs that the college or university is trying to fill. Regardless, have faith in the idea that your child, 85% of the time, will end up in the right place and have a truly wonderful college experience.

The Power of Detachment in the Creative Process

I was interviewed by Jon Dwoskin about the process I use for creating narratives for Life Introduced.

Check out those interviews below:



The Problem is Not the Problem

Rummaging around online one day, I found this quote: “The problem is not the problem.”

It resonated with me. I thought it described the nature of reality in very simple terms.

So, I added it to my list of screen savers. And now, I see it on my computer screen as it rotates through a bevy of sayings about every 9 minutes. Reminding me that what we think is the problem, more times than not, is not the problem.

Our bodies are ecosystems. Ecosystems are a framework where various components interact with each other. These interactions play a crucial role in shaping the ecosystem’s structure, function, and overall health. There is a complex interdependent (the dependence of two or more things on each other) relationship linking the components or organs within our bodies. Every cell, tissue, and organ in your body is engaged in a mutually reliant relationship with all the other cells, tissues, and organs in your body. They all depend on each other for optimal health. When one area of the ecosystem breaks down and experiences disease, every component of the ecosystem is affected.

Your cells, tissue, and organs know and understand their primary directive.

“The Problem is not the Problem.”

Western philosophy towards managing illness is simple: there is a pill, shot, cream, or operation to fix your health problem. The problem with this approach is that it traces disease only back to its symptoms. And treating the symptoms is a short-term fix. Treating the root cause is a long-term fix.

I used to get dry skin or eczema on my thumb. It was clockwork and only on my thumb. There was not much I could do to make it stop. Year after year that one area would ebb and flow with dry, flaky skin. Scratch, scratch, scratch. I went to a dermatologist, and he prescribed a cream. But the cream didn’t work great. Then, I found an over-the-counter cream that managed the itching and dry skin masterfully. This stuff was a miracle. I bought it by the case. But then something truly magnificent happened. It just stopped. I stocked up on cases of cream, and it just stopped. Hmm...what gives? Well, around that time, I stopped drinking alcohol. BAM! That was it. And it hasn’t returned since I stopped drinking alcohol. The cream was a short-term fix; stopping alcohol was a permanent fix.

The problem was not the dry skin; the problem was the alcohol.

If you are overweight, this shot will make you skinny. If you have dry skin, this cream will hydrate it. If you have high cholesterol, this pill will reduce it. If you have cancer, this chemical will eradicate it. If you are depressed, this pill will make you happy. You get the idea...

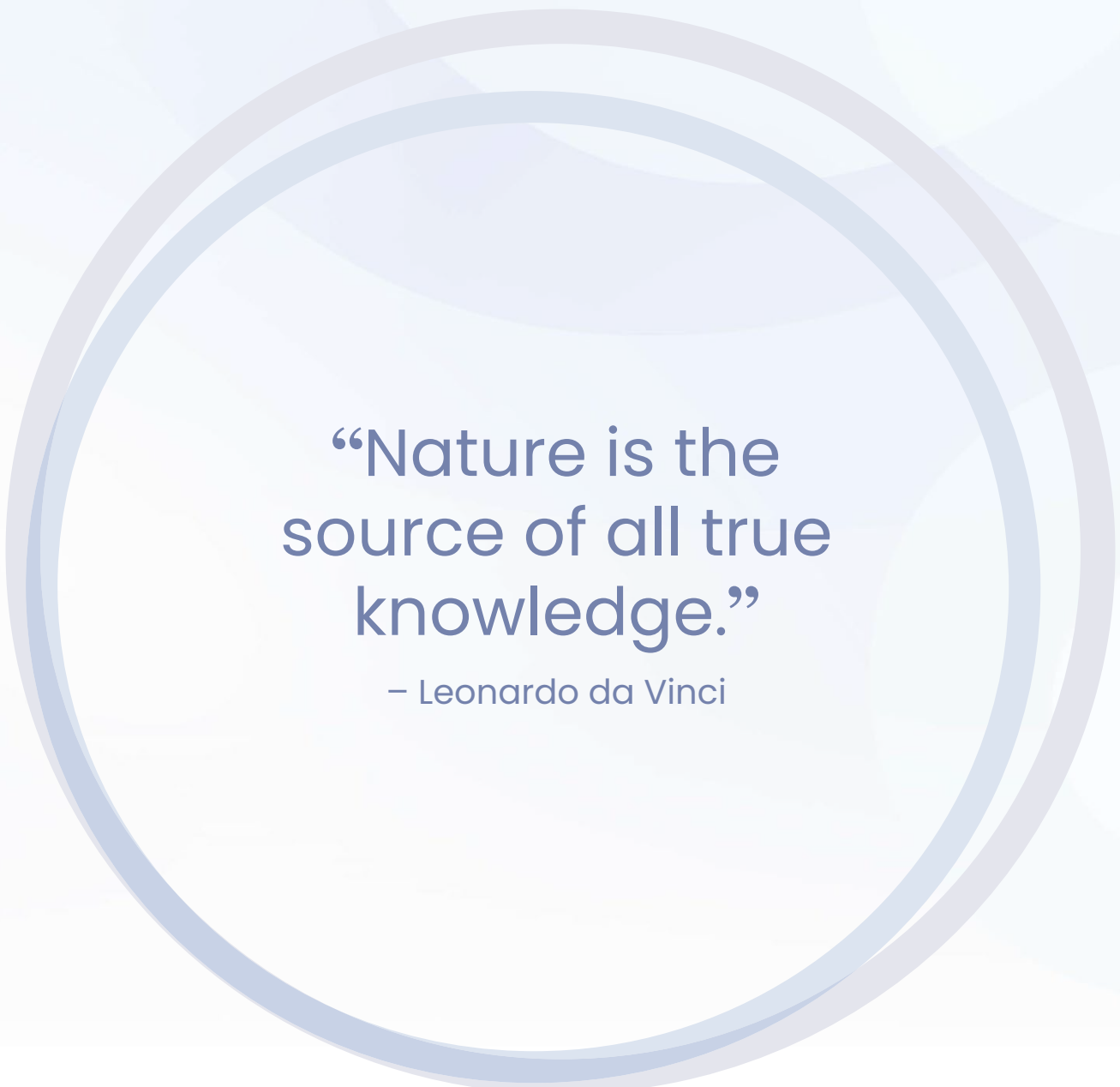
So often, the problem is not the problem.

The human body is a complex, interconnected ecosystem of components like cells, tissue, and organs. And, they are designed to ALL work together to maintain health. Every component of the human ecosystem has its marching orders and will execute those orders to the best of its abilities. Your cells, tissue, and organs know and understand their primary directive. As such, the human body is programmed for healthy function. The human body is even capable of defending itself against outside influences that breach the ecosystem and create disease and illness.

The Problem is Not the Problem - p.2

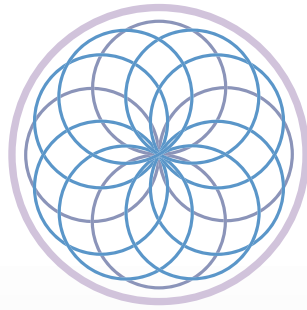
The human body is an intricate and complex interconnected ecosystem that, at times, is hard to understand. This complexity can be attributed to a few factors. First, the human body often exhibits non-linear behaviors, where small changes result in disproportionately large effects. This makes predicting outcomes and understanding cause-and-effect relationships challenging. Second, our ecosystem contains feedback loops where changes in one component can influence other components, which in turn can impact the original component. And finally, the human body exhibits emergent properties, which means that the system displays properties that are not evident from looking at the individual components. This phenomenon adds an extra layer of complexity.

Now do you see why treating the symptoms with a pill or cream or cutting the intrusion out is so much simpler than identifying the root cause? Identifying the root cause, at times, takes deep introspection, personal accountability and sacrifice.



“Nature is the
source of all true
knowledge.”

– Leonardo da Vinci



Life is Dynamic

Spend Time in Nature

We do not kill spiders in our house.

So, when we see one, like we did last night, hanging from a single strand descending from the ceiling, we get the spider and move it outside or maybe just ignore it.

From a philosophical perspective there is no real difference between the value of the life of a spider, a raccoon, a cow, a whale or me. Nature owns many treasures and they can be discovered.

Nature's designs have been the catalyst for engineering, medicinal science, technological and architectural innovations for thousands of years.

Spider web architecture is a geometrical phenomenon. Spider Silk has a tensile strength that is stronger than steel, extensibility that is comparable to rubber, higher performing than Kevlar and has a high-water uptake comparable to wool.

What is even more amazing is that spiders prevent the natural decay of their prey by "by adding anti-bacterial and anti-fungal properties to the web. Even the process of dehydration is prevented by this design."

Bees are amazing.

The hexagonal structure of a beehive has awed scientists, naturalists and engineers for hundreds of years. Its beautifully simple design maximizes storage capabilities, while minimizing the number of resources required to build it. The individual honeycombs are built at exactly 13 degrees upright from the ground so that the honey does not seep out.

The bee's building plan is interesting, in that three or four groups of bees begin the project from different parts of the ultimate hive. The hive takes shape, and the bees continue their building by forming honeycombs closer and closer to the middle.

The building is so precise that at the point where the bees meet, the hive is fitted together seamlessly. And all of this is done in the dark.

This hexagonal hive structure has been used in architecture, medicine, science, aeronautics, and engineering.



Spend Time in Nature - p.2



The dragonfly's flight characteristics, its ability to accelerate, glide, dart, fly in 6 different directions and sustain flight over hundreds or thousands of miles, have fascinated scientists for years.

The dragonfly has 2 sets of counter-stroking wings (they do not move together, but alternate) and performs at least four distinct flight styles: "*counter-stroking* (where fore- and hind-wings move up and down about 180 degrees out of phase), *phased-stroking* (where the hind-wings cycle about 90 degrees – a quarter cycle – before the fore-wings), *synchronized-stroking* (where fore- and hind-wings move in unison), and *gliding*."

"Thrust generating mechanisms in dragonflies are complex. Whereas aircraft use only two methods for generating lift (and one of these only for very short periods), dragonflies use at least four distinct physical processes: classical lift, supercritical lift, vortices, and vortex shedding."

This is why the dragonfly's flight physics have been used by aeronautical, flight, and mechanical engineers for design and engineering of aircraft from helicopters to jets.

Nature has afforded us other clues to unlocking the formula of life on this planet. One of those clues that has withstood the test of time and remains somewhat of a mystery to this day is the "Golden Ratio."

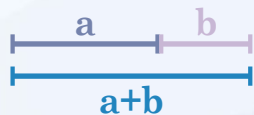
Mario Livio has best described the Golden Ratio when he said:

Some of the greatest mathematical minds of all ages, from Pythagoras and Euclid in ancient Greece, through the medieval Italian mathematician Leonardo of Pisa and the Renaissance astronomer Johannes Kepler, to present-day scientific figures such as Oxford physicist Roger Penrose, have spent endless hours over this simple ratio and its properties. But the fascination with the Golden Ratio is not confined just to mathematicians. Biologists, artists, musicians, historians, architects, psychologists, and even mystics have pondered and debated the basis of its ubiquity and appeal. In fact, it is probably fair to say that the Golden Ratio has inspired thinkers of all disciplines like no other number in the history of mathematics.

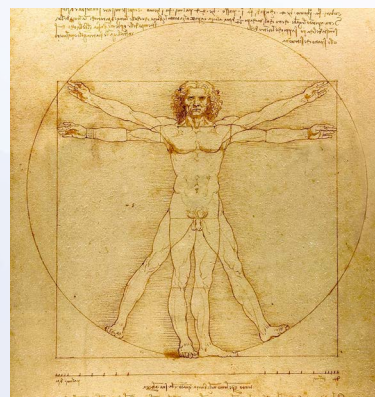
—Mario Livio, The Golden Ratio: The Story of Phi, The World's Most Astonishing Number

The value ~ 1.61 represents one of the few formulations and ratios that is woven into the fabric and is part of the building blocks of our physical Earth and might even be a universal law like that of gravity.

The Golden Ratio, which can be visualized like this:



is a ratio that can be found in the proportions of your physical body. Your hand is ~ 1.61 the length of your forearm, your hand and forearm 1.61 the length of your entire arm. Leonardo Da Vinci's illustration from *De Divina Proportione* applies the Golden Ratio proportions to the human face.



Spend Time in Nature - p.3

The Golden Ratio can also be found in every facet of nature like nautilus shells, sunflowers, trees, forests, streams, and mountains where you would be hard pressed to find anything not manmade that didn't abide, in some respect, by the golden ratio.

Nature is not chaotic or coincidental, but rather enlightened, deliberate and organized.

Nature abides by its own rules, removed from the mechanized and technological world that we have created all around us. Nature does not track its evolution by the Gregorian calendar, which was designed by the Vatican to synchronize with commerce and banking cycles.

Nature's time is governed by the seasons, the moon and planets.

Nature's sounds are rhythmic, and healing and designs are lessons in efficiency and productivity. Nature's smells are calming and grounding like a pine forest or morning dew or a stream or a cold night or a fall day or roses, lavender, daisies or eucalyptus or snow. Nature's tastes are invigorating and delicious like fresh picked strawberries or blueberries or watermelon or fresh picked carrots or tomatoes or onions or walnuts, almonds or dates.

Living in a world disconnected from nature can have long lasting effects on your mind, body and spirit.

Buildings, bridges, your body and mind weaken after prolonged periods of operating in frequencies and rhythm cycles that are out of alignment. Spending time in nature recalibrates and synchronizes your spiritual and physical bodies to the rhythms and frequencies of health and longevity.

If you are ever feeling out of sync or disconnected, down or frustrated take some time to reengage with nature. Take a walk in a forest, sit in a field, swim in a river or stream or lake, climb a mountain, or just wake up at dawn and listen. You will be pleasantly surprised at how grounded and centered you feel after.



The Power of Water

There is a reason that I have chosen to live my life in Michigan.

Let me say that I am not “stuck” here, because I have had the opportunity to move elsewhere. But I have made the conscious and maybe a subconscious decision to stay here. I like Michigan. My family and friends are here. It is a great place in which to raise my children. I like the change in seasons and the landscape. As I sit down to write this piece about water, I am reminded that Michigan is a state that is abundant in fresh water. From lakes to streams and rivers water defines Michigan living. On a subconscious level, I believe that part of my design for staying in Michigan is because of its water.

My interest in water began after watching the movie “What the Bleep.” There was a very interesting vignette in the movie about a researcher, Dr. Masaru Emoto, who had discovered some amazing properties of water. The results of many years of testing suggested that water not only has consciousness but also has very evolved memory. His tests were fairly simple, but the results were beyond anything that could ever be expected.

He sampled water from hundreds of sources all over the world, from lakes and rivers and dams to public water out of the tap in every city imaginable, to bottled water. The samples were frozen and a thin slice was cut from each sample and then observed under the microscope. As you can imagine the samples all looked different. Few were perfect crystals while most were murky, dark and resembled ink pools where the individual water molecules were unidentifiable. And then he did an unbelievable thing: He placed those same samples in jars and began to write different sayings on the individual jars. On some he wrote positive affirmations like “I Love You,” “Gratitude” and “Peace” and some he wrote negative affirmations like “War,” “I Hate You,” and “Kill.”

An amazing transformation occurred with the water that had those positive affirmations written on them... they had all crystallized. The water molecules had formed beautiful crystals like snowflakes. Interestingly, the crystals were all different for each word like “Love,” “Gratitude,” and “Peace,” each exhibiting a different geometrical configuration. The samples that had negative affirmations written on them remained murky and unidentifiable. The molecules also had unique murkiness depending on what words or terms were used. Dr. Masaru Emoto had discovered that water actually responded to the vibrational energy of words. His experimentation would also find that water responded to music, prayer, meditation and the spoken word. The water actually changed when the samples were played Rap music or Classical music as compared to Metal Music. You can imagine that Beethoven formed wonderful crystals while Metal music formed that murky, ink-like formations.

There have been a number of scientists who have done similar and varied experimentation with water and have found that water has the capacity for memory. It knows the difference between energy bodies like Mother Theresa and Hitler or can distinguish between the music of Beethoven, Bach and Metallica. Samples of water were taken from the Fuji River in Japan before and after only minutes of prayer from a group of people. The water in the mouth of the river, from the prayers and meditations of people standing on the shores, had actually changed the water from a dark and cloudy formation to a crystallization of the molecules. Prayer and meditation can transform the quality of water on a grand scale.

An amazing transformation occurred with the water that had those positive affirmations written on them...

Water's path through nature is conscious. Water moves through rivers and streams via gentle turns and flows, flowing naturally over rocks and river beds and moving gently through rivers banks, water in nature follows a distinctive gently path. While juxtaposed, water in public reclamation and distribution systems is forced through pipes of all sizes and diameters, at right angles, up and down apartment buildings, commercial buildings and residential homes. Something as simple as the piping layout of our public water systems affects the quality of water that comes out of the tap.

So, here is the real question that has been posed over and over, “If your body is 70% water, how do your negative thoughts, anger, frustrations, negative emotions and talk affect your physical body?”

You can imagine how negative thoughts and emotions can actually change your body at the molecular level.

What about the tattoos that you put on your body? Would positive tattoos like symbols for love, gratitude and peace actually create beautiful high vibration water crystals in your body while tattoos that expressed hatred, anger, and violence transform your body into something of a low vibrational quality? What effects do your tattoos have on your physical body if water has memory of words and symbols?

I have learned after many hours of studying water that you can do some simple things to cleanse the water that you drink on a daily basis. By the way, the two words that created the most extravagant crystals were “Love” and “Gratitude.” So that being said, here are some suggestions:

1. Write “love” or “gratitude” on your bottled water, coffee mugs, or water jugs.
2. Before drinking, say a little prayer and give thanks for the water you are about to drink.
3. Teach your children to give thanks before they drink water.
4. On the pipe that comes into your home, tape the words “love” and “gratitude.”
5. Try to put tattoos on your body that resonate with positive rather than negative energy.
6. Move through your negative thoughts and emotions quickly and replace them with forgiveness and understanding.

The water that is in your food, that you drink, shower, bathe and swim in, and that remains suspended in our atmosphere has consciousness. It knows the difference between fear and freedom and joy and anger, and it never forgets. Remember this when you drink your next glass of water.

A Perfect Life Dispelled

I joined Facebook back in 2008, and with my loaded-up profile and a few pictures, I started populating my friend bank. And I began unearthing people whom I hadn't seen or heard from in years, from old friends to old girlfriends to old colleagues. But, after a while, the novelty of reconnecting wore off and I just really became an observer of other people's posts. Being a social network voyeur, I found some patterns in certain Posters:

- 1. The 300 Day a Year Vacationer** – Most of my life is spent vacationing in truly exotic places and, as you can see from my photos, I am living my most pampered life. Sorry you can't be here (well, not really).
- 2. The Gastro Shutterbug** – Food is life and life is food. I hope you enjoy candid, staged, landscaped, action and portrait pictures of my breakfast, brunch, snack time, lunch, teatime, supper and dinner. I bet you didn't think Little Caesars pizza could look this good? I am living my most delicious life.
- 3. The Over-Beaming Parent** – From my seven-year old's athletic achievements (who will probably be going to the NHL, NBA, NFL, MLB, PGA, or some other professional league) to my 13-year old's Bar/Bat Mitzvah extravaganza with Elton John and Billy Joel headlining to my 18-year old's college reveal, I can assure you, my kids are 1 in a billion! (By the way, when I post, this is me) I am living my perfect life through my kids.
- 4. The Pet Worshipper** – My dog, cat, ferret, or miniature pig is more evolved than most of you and here are pictures of them waking up from a nap, being coy, chasing the mail man, using the toilet, driving, dining out, reading the Wall Street Journal, and getting a facial. I am living my life in perfect service to Fluffy.
- 5. The 1%er** – On a scale of business acumen, it goes Elon Musk, Jeff Bezos and then ME! I am living my richest life.

And, if Facebook isn't your thing, today you can announce you, your kids, your pets, your food, and your career **perfection** to the world through Instagram, Twitter, TikTok, Snapchat, LinkedIn and 1000 other social networking platforms.

It is hard not to get consumed by the idea that everyone, including those ferrets, are living "their best life" better than you are. Well, I am here to tell you that no one lives their best life all the time.

Have you seen the movie *Pleasantville*? It is a movie about an idyllic, perfect 1950's TV show community that quickly becomes less than perfect after the introduction of two teens from the 1990's. Robert McDaniel of [Film & History](#) described the town of Pleasantville as the perfect place,

"It never rains, the highs and lows rest at 72 degrees, the fire department exists only to rescue cats from trees, and the basketball team never misses the hoop." Everyone and everything behave perfectly. But, as the two teenagers from the 1990's start to introduce contrast, in the form of pre-marital sex, art and the challenging of long-standing ideas to the town, things begin to change. The weather, the basketball team and the people begin to behave in a not so perfect manner. Out of this imperfection, chaos and conflict grows beauty, variation, and freedom.

*We own the power
to create our
experience, our life,
and our existence
based on our choices.*

A Perfect Life Dispelled - p.2

We own the power to create our experience, our life, and our existence based on our choices. But, without contrast “the state of being strikingly different from something else” like Yin/Yang or The Force/The Dark Side, The Detroit Lions/Super Bowl Champions, our perspective never evolves, but remains trapped.

Your child begins college this year. The messaging that every college student gets is “these are going to be the BEST four years of your life!” As a note, it’s sad to think that in 70+ years of life, the best four years are spent between the ages of 18-21. They are from Indiana, Kansas or Maryland and go to school halfway across the country, they don’t know many people, the weather resembles Hades, the academics are more stringent than their high school experience and 25% of the student body is from The Tri-State area! And, they are expected to be living their best college life. I assume at some point they will, but now they are experiencing all the contrast that comes with a life transition. They are learning what they want and what they don’t want. And, some moments are good, some moments are great, some moments are tough and others are really tough.

The next time you start to think that those social network posters are “living their best lives” and you are not so much, remember that their lives are filled with as much contrast, conflict and chaos as yours. Or, as McDaniel goes on to say, “Pleasantville is a false hope.” There is no “right” life, no model for how things are “supposed” to be.

“If You Build It, They Will Come”

There are a few older movies that when they come on the T.V. I am still excited to watch: *Shawshank Redemption*, *Good Will Hunting*, *Dead Poets Society*, *The Family Man* and *Field of Dreams*. So, a few days ago when *Field of Dreams* came on, I watched it yet again, for maybe the 3,000th time. For those of you who have never seen it, here is a film synopsis:

When Iowa farmer Ray (Kevin Costner) hears a mysterious voice one night in his cornfield saying “If you build it, he will come,” he feels the need to act. Despite taunts of lunacy, Ray builds a baseball diamond on his land, supported by his wife, Annie (Amy Madigan). Afterward, the ghosts of great players start emerging from the crops to play ball, led by “Shoeless” Joe Jackson. But, as Ray learns, this field of dreams is about much more than bringing former baseball greats out to play.

Have you ever had an event in life that seemed too perfect to be coincidental?

After the mysterious voice sends Ray Kinsella on what appears to be a wild goose chase, we find out in the end that the voice coupled with Rays own intuition navigate him on a carefully crafted plan that, by the end of the movie and through a calculated chain of events, helps to fulfill the dreams of two additional characters in the story and lead Ray to self-forgiveness and the forgiveness of his deceased father. (IMDB Film Synopsis)

I challenge you to consider that however “out there” the idea of following voices and ghosts may seem, there are many levels of truth and to it and everyone, and I mean everyone, has access to comparable guidance.

You have experienced this guidance millions of times in your life. Remember when you had someone on your brain that you might not have seen in a while, and they show up? Why do you keep seeing your birth date on the clock (I see 6:28 all the time)? Why do you keep looking at the clock when it says 11:11? How about animals (birds, deer, squirrels, dogs, cats) showing up in your life at certain unexplainable times? These phenomena are part of a guidance that comes from within and acts like a positioning system that we will call your IGS (Internal Guidance System).

Your IGS is able to see a day, week or year in your life and/or your entire life unfettered by the confines of linear time. Which means that your IGS has access to your past, present and future life choices and events. And, since your IGS can see the unfolding of your life based on those choices, it works to help navigate you toward self-actualization, growth and evolution.

Have you ever had an event in life that seemed too perfect to be coincidental? Or a synchronistic episode that made you stop and think “I can’t believe that just happened, what are the chances?” I had one of those events this past weekend. Lately, I have been thinking about an old friend of mine whom I had seen maybe once in the last 25 years. I am not sure why I had been thinking about her, maybe some of her posts on Facebook had been resonating with me. I really didn’t know why I had been thinking about her. But two weeks ago, I was inclined to reach out to her and share my blog, which I did. There might have been something in my writings she needed to read.

“If You Build It, They Will Come” - p.2

Fast forward to this past week when my dog threw up all over the house and all over herself. The dog groomer we have used exclusively for 9 years, and who would have groomed her on short notice, had COVID. My wife spent the entire week trying to find a groomer to take her and could not find one.

Our dog is an Old English Sheepdog and the last time our family bathed and groomed her, there were so many matts that she had to be shaved entirely.

All the groomers were scheduling 1-2 weeks out and our dog was a smelly, stinking mess. Saturday rolled around and she was going to try one last time to get our dog into the groomer. By an act of God, a groomer not too far from our house had an opening, but we had to get her there in 15 minutes. Within six minutes, our dog was out of the house and on her way to get a much-needed bath.

Afterward, I went in to pick her up and who taps me on the shoulder? The friend I haven't seen in probably 20 years whom I had just reached out to 1 week prior. What are the chances? The probability is a fraction of a fraction of a fraction of a percent. I had never stepped foot in that groomer in my life. This chain of events had to happen in relatively this way for us to meet on Saturday – dog had to throw up, groomer had to get COVID, every groomer near us had to be booked, at the last minute we had to call this groomer a little distance from our house and be able to get her there in 15 minutes. Then, I had to pick her up within a 5-10-minute window of when my friend was there. How does that happen?

The many, many chain of events that transpired after Ray decided to build the baseball field in his corn field culminated in the final scene with Ray playing catch with his father, who had passed on years earlier, but was at Ray's ball field as a young professional baseball player years before he actually got married and had Ray. That moment on the field together, playing catch, offered them both a chance at mending fences.

We all have an IGS (Inner Guidance System) and although it is not as overt or loud or blatant as a voice in the corn field or ghosts on our baseball field, it does speak.

The tone of our IGS is usually quiet and subtle and can show up as our intuition or a feeling urging us to go right when our brain wants us to go left or show up as danger in a situation when our brains are telling us otherwise.

How many times have you said “I knew I shouldn't have done that?” or “I knew that was going to happen?” or “I should have just listened to my intuition?” And, even more than just our intuition our IGS acts on our behalf to help create certain situations, despite the chain of multiple, multiple, multiple events that have to transpire for them actualize.



There are a few ways to enhance the tone and frequency of our intuition.

1. **Meditate** – Meditation can be done so many ways, from a practiced form to just sitting quietly with yourself for five minutes to taking a walk.
2. **The 24-Hour Rule** – I learned this from many years involved in youth hockey. Wait 24 hours before making decisions, if time allows for it. The 24-hour Hockey Rule was designed to allow parents to calm down after a game or practice before calling the coach and asking him, usually “Why did my kid not get play time?” or “Why didn’t my kid see the ice on any power plays?” 24 hours allows a person to calm their nerves, take the emotions out of the conversation and make better decisions.
3. **Quiet the Noise** – Try to quiet the noise around you by letting go of disruptive and loud people and situations. It wasn’t an accident that “The Voice” contacted Ray in a corn field.
4. **Listen to your GUT and your HEART** – Our stomach is hypersensitive to fear, and our heart is hypersensitive to the feeling of love. If something feels wrong, we can usually feel it in our stomach and if something feels right, we can usually feel it in our heart. Refer to those two areas for intuitional decision making.
5. **Trust** – Your intuition has spoken to you with feelings, thoughts and words millions of times. Did you listen and act on it? Or silence it?

I will leave you with a monologue form Terrance Mann (James Earl Jones) in *Field of Dreams*...

Ray, people will come, Ray. They'll come to Iowa for reasons they can't even fathom. They'll turn up your driveway, not knowing for sure why they're doing it. They'll arrive at your door as innocent as children, longing for the past. "Of course, we won't mind if you look around," you'll say. "It's only twenty dollars per person." They'll pass over the money without even thinking about it. For it is money they have and peace they lack. And they'll walk out to the bleachers, and sit in shirt-sleeves on a perfect afternoon. They'll find they have reserved seats somewhere along one of the baselines, where they sat when they were children and cheered their heroes. And they'll watch the game, and it'll be as if they'd dipped themselves in magic waters. The memories will be so thick, they'll have to brush them away from their faces.

People will come, Ray.

The one constant through all the years, Ray, has been baseball.

America has rolled by like an army of steamrollers. It's been erased like a blackboard, rebuilt, and erased again. But baseball has marked the time. This field, this game – it's a part of our past, Ray. It reminds us of all that once was good, and it could be again.

Ohhhhhhhh, people will come, Ray. People will most definitely come.

The Physics of Living

The 2022 Nobel Prize in Physics was awarded to these three physicists: [John Clauser](#), [Alain Aspect](#) and [Anton Zeilinger](#) “for experiments with entangled photons, establishing the violation of Bell inequalities and pioneering quantum information science.” (Scientific American <https://www.scientificamerican.com/article/the-universe-is-not-locally-real-and-the-physics-nobel-prize-winners-proved-it/>)

Let’s take a quick quantum mechanics lesson to truly understand the implications of this discovery and how it radically affects our understanding of everything from technology, security and computing to our perception of consciousness and its role in the human experience.

The 1st lesson is to understand “what” the building blocks of life are and that they are used to construct everything from rocks to trees to oceans and people. Everything in this physical universe and other physical universes are built by particles: a **particle** is a small [localized object](#) to which can be ascribed several [physical](#) and chemical properties, such as [volume](#), [density](#), or [mass](#). They vary greatly in size or quantity, from [subatomic particles](#) like the [electron](#), to [microscopic particles](#) like [atoms](#) and [molecules](#). (<https://en.wikipedia.org/wiki/Particle>) Those objects that exist all around you, including yourself, are built with the same components: protons, neutrons and electrons (these particles are called **sub-atomic** particles because they are smaller than atoms – “an **atom** is the smallest unit of ordinary [matter](#) that forms a [chemical element](#). Every [solid](#), [liquid](#), [gas](#), and [plasma](#) is composed of neutral or [ionized](#) atoms.”) (<https://en.wikipedia.org/wiki/Atom>)

The 2nd lesson is to understand “how” these particles work. “Through the work of [Max Planck](#), [Albert Einstein](#), [Louis de Broglie](#), [Arthur Compton](#), [Niels Bohr](#), [Erwin Schrödinger](#) and many others, current scientific theory holds that all particles exhibit a wave nature and vice versa.” (https://en.wikipedia.org/wiki/Wave-particle_duality) This theory is aptly called the Wave-Particle Duality and it says that all particles (and you are made up of trillions and trillions of particles) exhibit a wave nature and all waves exhibit a particle nature. Think of a “wave” as all of the options on a buffet and a “particle” as the prime rib that you just chose and put on your plate. The “wave” nature represents the possibilities, and the “particle” nature represents the actual choice manifested in three-dimensional physical reality.

And so, this “particle” behavior leads us to our **1st paradox**. Since particles are really, really, really small, science has postulated a different set of rules that apply when studying their behavior. We call the study of the properties of these sub-atomic and atomic particles Quantum Mechanics (theorized by Max Planck in the early 1900’s). This branch of physics is juxtaposed to the study of very, very, very large bodies of science like planets, stars, gravity and galaxies. To understand the behavior of large bodies of science we turn to Einstein’s General Theory of Relativity published in 1915. And, so for over 100 years, physicists and scientists have had to apply different laws of science when studying sub-atomic/atomic (the microcosm) as compared to cosmology and gravitational (the macrocosm) science. For just as long, the scientific community has been trying to figure out how these two theories coalesce or work together to create a more unified theory. Here is the fundamental difference between both sciences:

In general relativity, events are continuous and deterministic, meaning that every cause matches up to a specific, local effect. In quantum mechanics, events produced by the interaction of subatomic particles happen in jumps (yes, quantum leaps), with probabilistic rather than definite outcomes. <https://www.theguardian.com/news/2015/nov/04/relativity-quantum-mechanics-universe-physicists#:~:text=In%20general%20relativity%2C%20events%20are,probabilistic%20rather%20than%20definite%20outcomes>

In short, when talking about planets we can speak “definitively”- decisively and with authority; conclusively and when speaking about particles we can only speak in “probabilities”- the extent to which something is probable; the likelihood of something happening or being the case.

The 3rd lesson is to understand “why” particles work the way they do. In order to fully grasp “why,” it is important to explain a critical theory, that of Entanglement which is simply: **When two particles, such as a pair of photons or electrons, become entangled, they remain connected even when separated by vast distances.** What this means is, when two particles come together, connect or coalesce, you can send one of the particles to one end of the Milky Way Galaxy and the other to the direct opposite end, and both particles know exactly how the other particle is behaving. If one particle spins up, the other particle spins down, no matter the distance between them. And, so here is the **2nd paradox**, we know from Einstein’s Theory of Relativity that nothing can move faster than the speed of light, so, how does one particle located thousands of light years away (it would take thousands of light years to send the message between particles) know how the other particle is going to behave? Well, once connected, particles share a state of **telepathy** that transcends time/ space. And, if all particles emanated from a single point or singularity (The Big Bang), doesn’t that infer that all particles are entangled?

The 4th lesson is to understand “when” particles work the way they do. One of the most groundbreaking discoveries of Quantum theory is the role the observer (the observer can be anything from a person to a device to other atoms) plays. In the quantum world, it is only when the system is measured or observed that the wave nature that particles exhibit settle into a position and become a particle – observation collapses the wave nature of particles and forces them to become particles.

Simply put, in metaphysical terms “You get what you concentrate upon!” Wayne Dyer often said “when we change the way we look at things, the things we look at change.”

The Nobel Prize in Physics was awarded to three scientists and “their experiments that collectively established the existence of a bizarre quantum phenomenon known as entanglement, where two widely separated particles appear to share information despite having no conceivable way of communicating.”

The work of these physicists validates the claim that we live in a world where everything is **connected** through a creating force of **consciousness**. The particle building blocks that built you are interconnected to the particle building blocks that built me which are interconnected to the particle building blocks that built the earth, moon and sun. We all share a piece of one another. To take it a step further, consciousness is imbued in all physical matter; from the electron to the atoms and cells that make up your heart and the amoeba to the Panda, Elephant, Human and Mountain. Those photons that exist on opposite sides of our galaxy, which were once entangled, behave with a sense of interconnectivity that could not be possible without the existence of consciousness because at some point they will become the building blocks of a waterfall, a glacier, a planet, a star or a galaxy and carry out their duties in all of their waterfall-ness or glacier-ness, or anything else that they contribute to building.

We all live in an interconnected universe, but exist of our own free will where our consciousness, which is influenced by our own internal beliefs, emotions and imagination is constantly manifesting experiences for us.

Feng Shui—An Instructional Manual for Inviting Wealth, Abundance & Happiness into Our Lives

My son and his roommate just bought a fountain for their room in the fraternity house and wanted to know where they should put it. I told them either in the southeast corner of the room or near the door, but make sure the water faces into the room and doesn't flow towards the door. How did I know this? Well, there is a 3,000-year-old Chinese philosophy for "using energy forces to harmonize individuals with their surrounding environment" called Feng Shui. In fact, the term Feng Shui literally means "wind-water" which are natural elements that are thought to direct the flow of "Qi" or "Chi" or energy and thus can be used to direct abundance and richness into our lives. In short, Feng Shui offers an instruction manual for organizing our homes so they work to produce abundance, happiness and richness.

About 16 years ago, I hired a Feng Shui expert to come into my office and help organize 35 years of mess because I couldn't take the clutter anymore. For someone with ADD, clutter and chaos create sensory overload and are not conducive to fostering innovation or productivity. Here were some of the areas that we worked on for my office and my home:

Bringing the 5 elements into the space

Water: Blue, Black – Connects to wealth and prosperity. That is why my son and his roommate wanted to put a fountain in their room. The southeast corner of any room is the area of abundance.

Wood: Yellow, Beige – Connects to growth and vitality. Plants create great energy in your office or home, while dead ones restrict the flow of energy and should be removed.

Metal: White, Grey – Connects to strength and independence. Metal art, frames or clocks are great for representing this element.

Earth: Brown, Green – Connects to balance and knowledge. Plants, plants and more plants.

Fire: Red, Orange – Connects to passion, high energy and creativity. Fireplaces are great for inciting passion and spurring creativity.

Set up furniture so that YOU are in a Commanding Position – the Commanding Position is the place in the room that empowers you.

Bedroom: A place where you are the most vulnerable because this is where you sleep, the bed should be placed so that you have a clear view of the door (aligned diagonally is optimal), but not directly in line with the door. This will create security and a sense of peace by allowing you a clear vision of everyone entering the space.

Office: A place where you need to be in command of your career. A desk should be positioned to face the door, but not be in directly in line with the door (aligned diagonally is optimal). There is too much distraction if you are in direct alignment with the door as there is the prospect for commotion on the other side.

Energetically, the doorways of your home or office are the entry points of opportunity

The main doorway is the entrance to your home/life and energetically represents your gateway to abundance, happiness and life's riches. Make sure it is inviting. No clutter, dirt or scratches on the door. Make sure the door is always clean.

Feng Shui—An Instructional Manual for Inviting Wealth, Abundance & Happiness into Our Lives - p.2

Be purposeful in the color you choose for floors, walls and furniture and where in the office/home those colors are present.

Blue, Green, and Teal: East – Family life and new beginnings

White: West – Joy

Red: South – Fame, Passion and Inspiration

Black: North – Career and Wisdom

Purple: Southeast – Wealth, prosperity, and self-worth

Pink: Southwest – Partnerships, Love, and Marriage

Grey: Northwest – Helpful People and Support

Dark Blue: Northeast – Knowledge and Skillfulness

(<https://comfyliving.net/feng-shui-colors/>)

Bring the light inside.

Since light is the greatest source of energy on our planet, allowing it to flow freely in your space is very important. Windows, opened curtains or blinds, lighting fixtures, lamps and skylights are all ways to bring light into the space.

Keep spaces decluttered.

Remove or throw away furniture that doesn't fit, old unworn clothes, outdated pictures, old papers, bills or notes filling drawers, a bunch of old, outdated emails and old client information in your computer files. Clutter can be just about anything that is unused, unfinished or unloved.

Look at this...

Where and why you have clutter says a lot about what is going on in your life. If you look at clutter all day, clutter is what you will attract into your life. Here are some common clutter locations. What do they reveal about hidden aspects of your life?

Clutter at the entrance of your home – may be concealing fear of relationships.

Clutter in your closets – reveals an unwillingness to examine your emotions.

Clutter in the kitchen – represents resentment of care-taking.

Clutter next to your bed – symbolizes a desire for change or escape.

Clutter under your bed – represents a fear of relationships.

Clutter on a desk – reveals frustration, fear of letting go, and need to control.

Clutter behind a door – means detachment from others.

Clutter under furniture – represents concern with appearances.

Clutter in a basement – reveals procrastination.

Clutter in an attic – symbolizes living in the past.

Clutter in a garage – reveals the inability to reach your potential.

Clutter all over – reveals anger and low self-esteem.

<https://fengshuiforrealife.com>



Feng Shui—An Instructional Manual for Inviting Wealth, Abundance & Happiness into Our Lives - p.3

When you boil down the philosophy of Feng Shui, you realize just how logical it is and that the philosophy can be applied to everything from organizing your home to your office to your computer to your car to your phone to your purse to your wallet and 1000 other possessions. And this is what it is saying in a nutshell: Everything is energy and because everything is energy, you better understand how it works and how to direct it and once you do, you can manifest just about anything you can dream up.

There are certain rules that apply to energy, and one of those rules is that energy cannot be created or destroyed. Since it cannot be destroyed, energy leaves a signature. For instance, remember that old girlfriend or boyfriend of yours that you broke up with or who broke up with you? Well, since you still have their texts in your phone, their energy signature is still working as a hook in your energy field. How about that old client who didn't pay their bill? Is their company profile still in your work computer? If it is, that company's energy signature is still working as a hook in your energy field. How are you supposed to move forward, when you have those hooks in you? Look in your purse. Are there any expired credit cards taking up space? Well, those expired credit cards do not work and as such are sending the message that your finances are lacking. Get rid of all of it! Now!

My personal Feng Shui favorites and the ones that have had the greatest effect on my office/home environment have been ones that don't take a ton of effort to implement.

I put a fountain, that I found on Amazon for like \$35, in my office to invite abundance. Just make sure to place it near the door or in the southeast corner of the room. Since bathrooms have drains and water represents money and abundance in Feng Shui, they can be a source of depletion, so always make sure you keep the door closed to your bathroom and all toilet seats shut.

Since death is the ultimate blockage of energy, remove all dead plants, foliage and animals (like anything mounted) from home/office.

Since light is the greatest producer of energy, make sure all lights and fixtures are in working order and not burned out – replace all non-working lightbulbs.

Also, squeaks sound like “crying,” so fix everything that squeaks in your home from doors to fixtures. And, finally, your bedroom is a place of serenity and tranquility because that is where you sleep, so everything that requires strenuous activity like gym equipment should be removed!



The Will Hunting Effect

I performed a thorough evaluation of my current body of work, rereading all of my articles (14 of which had been written over 12 years ago).

And here is what I found: Dear God have I regressed on so many levels. I wrote about being “judgement free,” really? I have judged people and situations a million times since writing that. I wrote about “trusting your intuition,” “not quitting,” and “spending time in nature.” I can tell you there have been many times over the last 12 years that I failed to listen to my intuition or decided to quit an endeavor prematurely before really giving it a chance to unfold and I can’t tell you how many occasions I chose to sit on the couch and watch T.V. or, more likely, play on my phone then go outside and take a walk to be in nature. Or, what about “parent each child uniquely?” That little girl of mine is a flamethrower and knows how to push every single one of my buttons – sometimes doling out a good old-fashioned “un-unique” scream-a-thon does the trick.

As a result, I have realized how fallible I am.

In contrast, there have been ideas and actions that I have continued to deliver on. Eighteen years later, I continue to Hemi-Sync and know, through personal experience, the benefits of the practice. “Have a weekly date night” has been a solid go-to for our marriage. And over the years has recharged our marriage and given us an opportunity to connect without the kids around.

For roughly 15 years, I have seen a Shaman (Shaman is the name given to someone who is believed to be able to connect with the spirit world, and channels their transcendental energies into divination or healing. Practicing shamanism (it is believed that a person can enter altered states of consciousness. www.yogapedia.com) has helped to clear and balance my chakras. And, as recent as 4 weeks ago, I began seeing a Shaman who uses Gong Medicine (Gong Medicine is a type of inactive meditation, where you “bathe” in the healing vibrations of sound) for clearing and balancing. Both are exceptional energy workers who have helped me navigate the landscape of life’s experiences with family, friends, work and myself. I continue to refer to the “Stereo Console Lesson” by adopting a flexible rather than a rigid state of mind when dealing with tough people and issues. As a result, I have realized how steadfast I am.

... there is a considerable distinction between your “beliefs” derived from anything other than your own involvement and your “knowing,” which is obtained from first-hand personal experience.

Of my Top five movies of all time, *Good Will Hunting* sits at number three. If you are not familiar with the movie, here is a quick synopsis:

Will Hunting (Matt Damon) has a genius-level IQ but chooses to work as a janitor at MIT. When he solves a difficult graduate-level math problem, his talents are discovered by Professor Gerald Lambeau (Stellan Skarsgard), who decides to help the misguided youth reach his potential. When Will is arrested for attacking a police officer, Professor Lambeau makes a deal to get leniency for him if he will get treatment from therapist Sean Maguire (Robin Williams).

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The real evolution of Will Hunting (the patient) and Sean Maguire (the Therapist) occurs during their weekly treatment sessions. These meetings were more like head-on collisions, the characters continuously provoking each other. But, through these collisions, each character's imperfections begin to reveal themselves. In one of the more charged scenes of the movie, the therapist Sean explains to the patient Will that his understanding of life, his beliefs about life are derived from other people's experiences, stuff memorized from books, other people's knowing, rather than his own.

See, there is a considerable distinction between your "beliefs" derived from anything other than your own involvement and your "knowing," which is obtained from first-hand personal experience.

And it is only after both of them start living life that Will is reborn and Sean reawakened.

So, here is what I have discovered after authoring 29 of these articles: life is meant to be lived, experienced, experimented and collided with, tasted, smelled, felt and heard, played and connected with, no matter the failures or successes of those interactions.

My opinions on Onsite, Hemi-Syncing, Parenting, Marriage, Chakras, Golf, Judgement, Quitting and the Power of Intuition are not adopted "beliefs" from news, magazines, social media, movies, T.V. or any other resource of information but rather a "knowing" based on personal experience. And that my friend, makes all the difference, because experiencing the variety of life is the only true catalyst for meaningful growth and happiness.

Your Best Friend is Also Your Guide

You are born into this life with the ability to access many different forms of support, assistance and guidance. There are essentially two categories: Internal (non-physical) and External (physical).

Internal support, your IGS or Internal Guidance System, can consist of your intuition, spirit guides like departed loved ones, your future self or parallel selves, your higher power or guardian angels.

Some of these groups have been assigned to you before your birth and act as advocates and supporters that aid in our growth and transformation. Although you may doubt their existence, I am 100% positive that they have reached out to you at least once in your life. Do you consistently see numbers like 11:11 or the date of your birthday when you look at the time? Do [synchronicities](#) occur rather frequently in your life? Are your dreams premonitions of future events? Do people show up after you think about them? There are literally thousands of ways our IGS communicates with us. But, if we do not understand its language, the messages are often missed.

Unlike the shadowy language of your IGS, your EGS or External Guidance System speaks a dialect that is familiar to us.

The guides that make up our EGS can be friends, family, coworkers, colleagues, clergy, soulmates, or any other person that is attracted into our lives and at one time or another has played a seemingly critical or non-critical role.

Sometimes these guides remain with us for long periods of time because they play a significant role in our evolution. Conversely, they might appear and disappear very quickly because their purpose was highly specific to a certain time or situation in our lives. No matter, each one of these guides are important for our evolution and present themselves in our lives when they are most needed for their ability to offer us help, guidance, assistance or support.

Have you ever met someone, and knew right away that you were destined to become friends? Call it a soul connection or realization that you have both known each other in lives past, there is just this feeling of comfort and understanding – you just get each other. Unbeknown to me at the time, 33 years ago (JW, this is my 33rd blog and this is the 33rd year of our friendship – that is the definition of a synchronicity) I met the person who would become one of my closest and dearest friends. And, for the last 33 years we have shared so many of life's moments together.

Over the years, I have had a number of insights into the purpose and depth of our friendship.

First, we are guides for each other. There are very, very few (if any) long-term relationships that are self-serving. The majority serve a shared purpose. Second, there are differences in the terms of guidance you receive from "friends" as compared to the guidance you receive from "family." Since you are tied to family, your freedom of choice is limited, as compared to a friendship, where both are hopefully willing participants. Lastly, one of the many areas that JW has provided guidance is with my understanding and appreciation of "commitment" and the value in committing fully with personal endeavors or relationships.

Have you ever met someone, and knew right away that you were destined to become friends?

Here is a quick story...

When he was just 35 in 1966, Junior Johnson told Big Bill France at NASCAR that he was done racing. At breakfast soon thereafter, France told the one-time moonshine runner that he couldn't just quit. "You're committed to racing," France pleaded. "No, I'm not," Junior replied. "Yeah, you are," France shot back. Junior shook his head and looked down at the eggs and bacon. "That chicken was involved in this breakfast," he said. "That hog was committed. I'm not committed." "Then Junior Said to Jeff ... "The Best NASCAR Stories Ever Told, David Poole and James McLaurin, Triumph Books/182 pages

This story exemplified my approach to many endeavors and relationships in my life growing up; I was "involved" a lot, but "committed" infrequently. Perhaps I had felt that by committing fully, I put myself in a vulnerable position. JW's approach to personal endeavors and relationships couldn't be more contrasted and have been HOG like. By this, I mean that when someone or something resonates with him, he commits fully. From family, employees, friends, children's athletic and social endeavors and the many causes and associations that he has pledged his money and time to support, JW's conviction to commitment, expressed through his actions and behavior, have afforded profound guidance. And, as the years of our friendship have continued to evolve and strengthen, couldn't help but impact my life in many positive ways.

Imperfection Has Made Our Marriage Perfect

It wasn't love at first sight.

I met Julie through a few friends of mine 22 years ago, and after getting her number, didn't call her back for two weeks.

After leaving maybe 20 messages on her answering machine (which today we call "stalking") she called me back, reluctantly, and we spoke for three hours.

I knew I was going to marry her on our first official date.

It was love at second sight.

Twenty-one years of marriage, this week, have undoubtedly required a retooling of my understanding of partnerships, parenting, myself and several other critical relationships.

Early in our marriage each of us had taken a Meyers-Briggs personality test and the results were atypical of most married couples. Our tests results (INFP –The Mediator – Introverted, Intuitive, Feeling, Perceiving) were identical, unlike most married couples whose personalities are usually opposing. And, although "like" attracts "like," in marriage it usually works out that the personalities of the husband and wife are markedly different to allow each person to bring something unique to the coupleship. But, in our case, it's like looking in a mirror. Both of us bring a lot of the same qualities and traits to the marriage. Here are some of the characteristics of an ENFP:

ENFP Strengths

- Outgoing and Carefree
- Empathetic
- Flexible and Spontaneous
- Highly Creative
- Strong Social and Communication Skills

ENFP Weaknesses

- Disorganized
- Hypersensitive
- Overthinks
- Seeks approval from others
- Struggles to follow through on ideas

As you can see, sharing traits can be a blessing and a curse. Although both of us are very empathetic, we tend to be hypersensitive. And, we are highly creative, but tend to overthink a lot and seek approval from others. Oh, and although we have strong social and communication skills, both of us struggle to follow through on our ideas. So, you can see how our mirrored traits could create some serious obstacles in our marriage and our parenting.

The Meyers-Briggs exercise was probably one of the more important proactive steps we had taken very early on in our marriage. We learned specifics about each other's personality characteristics and that gave insight into how both of us tend to manage personal relationships, career, parenting and many other interactions.

That awareness has averted many fights in our 21 years of marriage.

After 21 years of marriage, I have come to value and honor our similarities. And, as is the case with marriage and all of its ebbs and flows, it takes a mastery of so many different skills, abilities and states of mind: loyalty, patience, mindfulness, flexibility, commitment, understanding, thoughtfulness, assertiveness, love, communication, self-awareness, empathy, a growth-mindset, persistence,

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compassion and the list goes on and on. The real interesting part for me is that, in some way, all of the last 33 blogs have attempted to explore, understand and explain the foundations of certain human abilities and their interconnectedness within and to the world around us. Here are three of my favorites...

COMMITMENT

When he was just 35 in 1966, Junior Johnson told Big Bill France at NASCAR that he was done racing. At breakfast soon thereafter, France told the one-time moonshine runner that he couldn't just quit.

"You're committed to racing," France pleaded. "No, I'm not," Junior replied. "Yeah, you are," France shot back. Junior shook his head and looked down at the eggs and bacon. "That chicken was involved in this breakfast," he said. "That hog was committed. I'm not committed." "Then Junior Said to Jeff ... "The Best NASCAR Stories Ever Told, David Poole and James McLaurin, Triumph Books/182 pages

You cannot be an "involved" participant in your marriage because it doesn't really work that well if you aren't "committed" to your spouse and the process.

Don't get me wrong, there have been times when both of us have contemplated quitting, but our commitment to each other and our children have forced each of us to "give" when our egos were telling us to stand our ground.

SELF-AWARENESS and RELATIONSHIP-AWARENESS

If you look at any relationship as something that "evolves" over time there are 3 stages: Dependency, Independency and Interdependency.

The independent stage creates a paradigm where both people as individuals are able to evolve, but the marriage evolution stalls because each participant operates on behalf of their own best interests. The dependent stage holds one person responsible for the physical, emotional and spiritual guidance of the marriage. As you can imagine, this stage creates a paradigm of imbalance if left to subsist over long periods of time. While interdependency acknowledges the independent and dependent nature of relationships it is focused on creating an environment of sharing, understanding, and collective mentoring.

Self-awareness and relationship-awareness determine the current stage of your marriage. Over the course of 21 years, we have been through both the dependent stage and the independent stage and right now we (most of the time) reside in the interdependent stage. Getting to this place has been a journey in and of itself and required harnessing many skills, like communication, honesty and trust.

Call it what you will: **SOULMATE, TRUE-LOVE, KINDRED-SPIRIT**

Have you seen *Good Will Hunting*? Well, if you haven't, go see it. There is an exchange between Sean and Will that goes like this:

Sean: *My wife used to fart when she was nervous. She had all sorts of wonderful idiosyncrasies. You know what? She used to fart in her sleep. Sorry I shared that with you. One night it was so loud it woke the dog up. She woke up and gone like "oh was that you?" I'd say yeah...I didn't have the heart to tell her...Oh God...*

Will: *She woke herself up?*

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Sean: Yes!.... Oh Christ....aahhh, but, Will, she's been dead two years and that's the sh*t I remember. Wonderful stuff, you know, little things like that. Ah, but, those are the things I miss the most. The little idiosyncrasies that only I knew about. That's what made her my wife. Oh, and she had the goods on me, too; she knew all my little peccadillos. People call these things imperfections, but they're not – aw that's the good stuff. And then we get to choose who we let into our weird little worlds. You're not perfect, sport. And let me save you the suspense. This girl you met, she isn't perfect either. But the question is: whether or not you're perfect for each other. That's the whole deal. That's what intimacy is all about.

It sure does help to marry your soulmate since the relationship tends to develop over many lives and because you have done this “relationship” thing before, you can skip the small-talk and get right to the “good” stuff. And, for me, that stuff is the little things about Julie that no one else knows. The way she chews the blanket when we are in bed. Her bathtub singing. The things that have endeared her to me the most. The things that matter.

Numerology: Your Lucky Numbers

Numbers are energetic and, as such, hold meaning and carry with them very specific and special messages.

“The [Number 40 is a message](#)...to keep up the great work you have been doing. The hard work you have been toiling at, lifetime after lifetime, has brought you to where you are today; living and serving your Divine life purpose and soul mission with passion, confidence and enthusiasm.”

The number 40 is a reaffirmation of the intentions I had when I first began publicizing my writings. I guess anytime anyone decides to put themselves out there, whether it be an artist, writer, musician, entrepreneur, scientist, or just about anyone who offers their creations and ideas into the world, a sense of self-doubt rears its head at some point. A few days ago, I shared that feeling with one of the energy workers I see and he had some very poignant advice. I told him that creating 25 additional posts for Life Introduced seemed like a monumental undertaking and questioned whether the effort was worth the return (it may be a letdown for the two to three people who actually read it, but otherwise would probably go unnoticed). And, he said that culturally we are very focused on instant gratification – if we don’t see immediate results, we feel and believe that there is no impact. He said that this couldn’t be further from the truth. My articles, publicized on a weekly basis, are broadcasting concepts, ideas and messages for decades and maybe even centuries to come (depending how long the internet is alive – and I say “alive” because the internet has as much consciousness as you, me and [The General Sherman](#), a Sequoia in California that is the largest tree in the world).

And isn’t that the sole objective of this mission? That maybe someone, somewhere at some time will adjust their lives for the better because of something they understood from my writings.

Enough of that. Let’s move on...

Let me restate this point for you again: Numbers are energetic and, as such, hold meaning and carry with them very specific and special messages.

Numbers are the letters of this sacred language. There are ten of them, and these 10 make up all the numbers in the universe. Each number has a specific energy attributed to it that offers insight into life’s greater purpose. Each one is a magical, mystical building block, defining divine logic in an understandable way – together, their relationships embody our collective, cumulative universe, and separately each number embodies our individual universe – our life’s path, our soul’s purpose, our love life and soul mate.

The study of numbers and their meaning is called [Numerology](#). Everyone has a sacred number attached to them and that number can reveal a lot about your purpose for being here, your life’s path, your personality traits and a lot more. Here is the easiest way to calculate it:

Before I ever knew about numerology, there was one number that continued to pop-up in my affairs over and over and over again: [the number 4](#). It would show up on my sports uniforms growing up, it was the number I continually chose for my golf ball because I just played better with it and it followed me at school, work and into my home. And then I found out that it was my sacred number and everything after just made sense.

Find out what your sacred number is, and research what it means about your personality, life’s path and purpose for being here. You might be just as astounded as I was to its accuracy and insight.

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My house number is 945. So, $9 + 4 + 5 = 18$ and $1 + 8 = 9$. This is what Rocket Mortgage, YES, Rocket Mortgage has to say about a number 9 home in numerology:

“The number 9 is a number that represents love and acceptance. Everyone is welcome in a number 9 home. It’s the type of home where everyone feels welcome stopping by and calling for advice or just to hang out.”

“The challenges associated with the number 9 are that it can lead to not enough alone or private time for you or your family. You’ll have to go out of your way to establish clear-cut family time to avoid guest burn out. While it’s OK to have people over, make sure that doesn’t take up your life.”

[Refer here](#) to find out what purpose your home serves and its mission.

Finally, there is a number that is used by nature to design everything from plants to humans to animals to weather structures and star systems and, in turn, has been used as a design template by ancient and contemporary cultures.

“What do the Pyramids of Giza and Da Vinci’s Mona Lisa have in common with Twitter and Pepsi? Quick answer: They are all designed using the Golden Ratio.”

“The [Golden Ratio](#) is a mathematical ratio. It is commonly found in nature, and when used in a design, it fosters organic and natural-looking compositions that are aesthetically pleasing to the eye.”

The Golden Ratio which is best approximated by the [Fibonacci Sequence](#) and calculated by a process which adds the previous number to an existing number beginning with 0: $0+1=1$, $1+1=2$, $2+1=3$, $3+2=5$, $5+3=8$, $8+5=13$, $13+8=21$ and so on...) produces the closest approximation to the Golden Ratio, which is **1.61**. Since I learned about the Golden Ratio, I have used the numbers in everything from developing a bonus structure and tier system for my organizations sales staff to the development and design of my company’s and personal websites to the formula for the perfect workout routine. And, in almost every context that I have used the number sequence, the results just work!

Ten years ago we were developing a system that would categorize our salespeople based on sales revenue and would reward them on their individual production. After many failed iterations, we used the Fibonacci Sequence and here is what we came up with:

Tier 5: **\$121,393 – \$196,418**

Tier 4: \$196,419 – **\$317,811**

Tier 3: \$317,812 – **\$514,229**

Tier 2: \$514,230 – **\$832,040**

Tier 1: \$832,041 – **\$1,346,269**

Star Tier: \$1,346,270 – **\$2,178,309**

*Bolted are Fibonacci Numbers.

Don’t take my word for any of this. Do your own research into the power of Numerology and knowing your life’s purpose and destiny numbers. Or, the creative force behind The Golden Ratio. And, I will bet you, that when you start to delve into the subject of Numerology, as well as most of the subjects that I have discussed in the previous 39 posts, you will discover that you have and always had access to information that can help answer some of the mysteries of life; like who am I, what is my purpose for being here and what does the future hold.

Wake Up! Wake Up! Wake Up!

On any given night, millions upon millions of people around the world turn on their TVs and watch the news.

And millions upon millions of people broadcast murder, assault, mayhem, death, robbery, fraud, sexual assault, rape, and too many more destructive human behaviors to name into their homes. Homes where our babies live, homes where our pets live, homes where our grade school children play and our teenage kids do homework, where our family cooks dinner and eats, where we entertain guests and the place where everyone in the family sleeps. For all intents and purposes, our homes are a safe place that act as a haven for the people who live there. A protected place that we retreat to every night after a long day of work or school that offers us a sense of peace and security.

In 1993, 4,000 transcendental meditators from 82 countries descended on Washington DC for 53 days of focused meditation with only one intent in mind: [to curb violent crime](#). Hours of scientific analysis had found that the efforts of these 4,000 focused meditators had curbed violent crime 18% in the city of Washington DC from June 7 to July 30 in 1993.

Now, if the concerted effort of 4,000 meditators, focusing on peace, harmony and oneness can decrease violence, just imagine how broadcasting hours upon hours of murder, rape, assault, violence, conspiracy and general degenerative behavior into our homes, our offices, our sacred places of worship and into our schools actually increases that behavior.

Have you ever tried to find a real human-interest story on the news? Good luck... What about the video game consoles that you have in your home like XBOX or Playstation and the addiction that your children and you may have to games like: Grand Theft Auto, Dead Space, Fortnite, Resident Evil, Doom, Assassin's Creed and Call of Duty to name just a few. How are they spreading, contributing to and escalating, expanding and intensifying violence? The signs are all around, but we continue, as individuals a part of many communities (towns, counties, states, countries, continents and the global community) to miss them, to ignore them, to outright fight against them.

In any given moment, millions upon millions upon millions of people are interacting with their hand-held phones. And millions upon millions upon millions of people are addicted to checking their email, texting, being voyeuristic on Facebook, Instagram, TikTok or 1,000 other social media platforms, engaged in the many stages of shopping (name your go to: Amazon, Walmart, Kohls, Target, Zara, Home Depot, Dicks and the list goes on to infinity) researching, browsing, checking the alternatives, purchasing and the post-purchase evaluation (short-lived happiness or buyer's remorse), the narcissism and low self-esteem that fuels taking endless self-portraits or selfies or the incessant picture taking or videoing at every event, every meal, every hike, every sporting event, every get-together, every party, every walk, every event or moment with your child and the list goes on and on. When is enough phone time, enough? When are enough material possessions, enough? When are enough pictures and videos enough?

Former Chief Justice of the Supreme Court Justice Earl Warren said "I always turn to the sports section first. The sports page records people's accomplishments; the front page has nothing but man's failures" (Sports Illustrated, 1968). There was a time, and I am not exactly sure, when sport was a pure form of expression. When it revealed the greatest attributes of man, which was the ability to reach true potential by realizing one's limits and then far exceeding them. The landscape has changed drastically. On any given day, millions upon millions of people gamble on everything from professional to college football, baseball, basketball, car racing and golf (PGA v. LIV). Many of these leagues

have become billion-dollar industries and with that much money at stake, the invitation for fraud, corruption and exploitation is, in most cases, too seductive. Just look at the FIFA (payoffs), The Olympic Committee (payoffs), NCAA (USC, SMU, U of M basketball and the list goes on), NFL (concussion and racism), F1 (cheating) scandals to name a few. And, one of the main drivers of that corruption, is the advent of mainstream gambling platforms. Now, I am not suggesting that illegal and legal betting hadn't corrupted sport before the introduction of gaming sites like FanDuel, BetMGM, Caesars, BetRivers, DraftKings Sportsbooks. But what I am suggesting is that the exposure is widespread and the participants start at a much earlier age. Sports betting today is done by all ages, and I mean all ages – as early as middle school. And, by the time they get to high school and college, addiction can't help but run high.

When you remove the veil, you start to see this life and all of its trappings for what they are. I believe the “veil” philosophy started back in Roman times with the [Gladiator Games](#) put on by the emperor of the time and where they “...used to keep the poor and unemployed entertained and occupied. The emperor hoped to distract the poor from their poverty in the hopes that they would not revolt.” Today, the purpose for these disruptions varies.

Distractions like the news keep us locked in fear of our own neighborhoods, our fellow man and the world in general by incessantly broadcasting the promotion of violence. Our phones keep us forever distracted and engrossed in everything from meaningless emails and miscomprehended texts because of a lack of inflection to social media reels, TikToks and posts. The other danger is the phone's ability to satiate a persons need for instant gratification by delivering a ton of material crap that ¾ of the time is unneeded and the other ¼ of the time it is also unneeded. Its consumerism that will bury us in our own waste. While the incessant “selfies” are creating a whole generation who suffer from narcissistic and histrionic personality disorder. And that has everything to do with the burning need to mark every single moment of your, your child's, your friends' and family's lives with a video or picture. You failed to experience the magnitude of those moments because you were too busy worrying about the post you were going to make after visiting the Eiffel Tower or the Pyramids of Giza or The Pantheon. And, finally, the bastardizing of sport that is all about the money and has managed to introduce gambling to a whole young generation of kids.

It would seem as if there is no answer in sight, because we are being bombarded from all directions. But that is far from the truth because there are some simple answers.

[For those of us who did not suffer great loss or who were not responding to the sick during the quarantine, we were shown a glimpse of what life can feel like by slowing its pace.](#)

With sports, television shows and movies on hold, people had to find other ways of entertaining themselves. And, they were usually done with the family. We also put our consumerism on hold. We entertained ourselves less on our phones and more with our close circle of friends. Listen, I am not asking for a quarantine repeat, what I am asking is for you to look into your heart and start to identify today's real culprits and then connect to the solutions that work for you and your family.

Important note: Although I do not watch the news, I am on my phone way too much and buy stuff I truly don't need and I have gambled on golf in the past. I am only able to write about this because I too am trying to figure out how to curb it.

A Simple Story... with a Shocking Ending

I am something that can't be seen, yet I exist in every dream. I'm what you use to make believe, and all the things that you conceive.

What am I?

In the late 1960's through the 1970's there was an Italian fashion house that, season after season, year after year, designed meticulously crafted, elegant and sensual luxury fashion that was in a class of its own. Its founder, the gregarious and lordly Giancarlo Davici fueled the house's meteoric rise at a time when fashion icons, like **Louis Vuitton, Oscar de la Renta, Coco Chanel, Christian Dior and Yves Saint Laurent**, defined the essence of haute couture and constructed the styles that established made-to-order fashion. For House Davici, their dramatic rise was marked with one tiny, little caveat. See, unlike "official" haute-couture houses which, "...must **design made-to-order clothes for private clients, with more than one fitting, using an atelier (workshop) that employs at least fifteen fulltime staff**. They must also have twenty fulltime technical workers in one of their workshops", House Davici had none of that.

That was the allure, the fascination that surrounded Davici. There was no workshop, no head designers, technical designers, pattern designers or makers, tailors or seamstresses. There was just "The Quintessential" Creative Director – Giancarlo Davici. Season after season, year after year, Davici's creations defined and set the standard for high fashion. The fabrics were always exquisite and fine, the patterns mesmerizing and sacred, the colors blended together with balance and radiance and the designs were fluid, seductive and refined.

There is a creative force that, when tapped into, can produce masterworks of art, music and science.

And, year after year, season after season, the secret behind the location of House Davici's workshop and staff remained as guarded and secured as some of the greatest secrets could be, like the formula for Coke or who shot Kennedy.

And, that is what ultimately would lead to the exposure and demise of Davici. By 1977, the founding Haute-Couture houses had enough of the younger upstart's stranglehold on the fashion industry and the press had enough of the concealment and secrecy that was Davici. And so, the two institutions partnered to uncover the truth.

Every season, those Haute-Couture Houses that were members of the Fédération de la Haute Couture et de la Mode (FHCM), which is the governing body of haute couture as an art form, would present a collection of at least 50 original designs to the public, both day and evening garments, in January and July of each year. This cycle, since the inception of the FHCM in 1868, had become the rhythm for the fashion industry and House Davici. As soon as the first collection of the year was finished in January the next collection was setting-up and revealing itself in February and that was the same for the collection that finished in July.

Giancarlo Davici's routine during the months of February/March and August/September were set in stone and well thought out. There was no room for deviation and that's why he was steadfast in his obedience. Every February and August he would take a clandestine trip to the Italian countryside and

A Simple Story...with a Shocking Ending - p.2

spend the next 2 months in almost solitude. Since he knew from the onset that people would begin tracking his whereabouts from his home in Milan, his journey took 2 weeks through multiple countries and forms of travel, all to allude would-be followers. And that was the case on August 17, 1977 when he ended up at a property fortified by Italian Cypress trees and a 1 ½ mile long driveway banked on both sides by cypress and oak trees that led to a typical, non-descript house in the Italian countryside. A house where all the windows were covered and a very thick, castle like wooden door guarded the entrance to deter would-be trespassers.

This home didn't really feel like a home at all. First, there was very little furniture. A table here and a seat there, but for all intents and purposes, no real furniture. Second, and maybe most importantly, the entire house was dark and since the windows had all been covered, not even natural light was offered entry. Following the faint sound of a sewing machine Giancarlo slowly and cautiously navigated his way and reached a room in the back of the house. Opening the door, the blackness that enveloped the room wasn't devoid of all of its light and revealed the faint outline of a figure in the corner. Giancarlo found the switch on the wall and flipped it on. And there he was, sitting at a sewing machine in the corner, surrounded by an explosion of fabric patterns and colors in every stage of the design process.

Giancarlo Davici's real name was Agostino Ianuzzi and his brother, who was blinded by a mine in a field by their home during WWII when he was just five, the same brother who sat at the sewing machine creating masterpiece after masterpiece, was Massimo Ianuzzi. Unbeknown to the rest of the world, Massimo was the creative director, head designer, technical designer, pattern designer, pattern maker, tailor and seamstress of House Davici. It was this way because Agostino, the older brother, made a pact that he would forever care for and protect his younger brother. But, how life had a way of turning the tables.

Who would ever pay for and wear Haute-Couture quality clothing from a blind fashion designer?

It just didn't make sense. So, the brothers continued their ruse season after season and year after year. Until a private investigator, funded by a select group of FHCM members uncovered the 13-year House of Davici secret. Once it was leaked to the press, the House's fate was decided. Davici fell into bankruptcy and ruin not long after and the brothers were forever banished for their deception. Who would ever pay for and wear Haute-Couture quality clothing from a blind fashion designer?

Here is the moral of the story.

There is a creative force that, when tapped into, can produce masterworks of art, music and science.

The same creative force that made it possible for a deaf Beethoven to create works of musical genius, the force that made it possible for a blind Stevie Wonder and Ray Charles to do the same, and the force that worked through Einstein to reveal Relativity. It operates outside of our 5 senses and goes by many different names but you know its most common name, imagination.

Please note: This is a fictional, imagined story.

We are all Mirrors for Each Other

If you take an inventory of the people in your life, you will find a very interesting, common quality. Our perception of each one of them is truly unique and actually unshared by anyone else. By way of example, there is no one else in the world who perceives the multi-dimensional aspects of my close friend Ira in the way that I do. His wife, children, and other close friends each have a very different perception of who he is and what he represents. No two perceptions are the same. And, that is by design.

Everyone we encounter is a reflection of ourselves in some way.

The people we interact with serve as mirrors, showing us aspects of ourselves that we may not be fully aware of. They are capable of reflecting our beliefs, desires, and unresolved issues. As a result, our relationships, by mirroring our internalizations offer introspection for growth and expansion.

Have you ever met someone, and from the moment they opened their mouths you just really didn't like them at all? Their personality just rubbed you the wrong way and pissed you off? Alternatively, is there someone in your life that you just connect with, who just understands you and your brand of humor, your persona from the instant you met them? I have had both experiences. And I have often felt that the response to both interactions might be rooted in a fascinating concept offered by a brilliant physicist, David Bohm.

More than just a physicist, David Bohm was committed to understanding the fundamental nature of human consciousness and the world. This can be seen in the deep intellectual and spiritual friendship he developed with Jiddu Krishnamurti, over the span of 25 years until his death in 1986. Jiddu, was a renowned philosopher, speaker and spiritual teacher and according to the Theosophical Society of Adyar was the long-awaited "Maitreya" or messiah. During his adolescence, The Theosophical Society of Adyar, seeing great potential in him, took responsibility for his education and spiritual upbringing. However, as Krishnamurti grew older and matured, he began questioning the structures and beliefs imposed upon him and in 1929, renounced the role of being a messianic figure. Krishnamurti then embarked on an independent path of inquiry and teaching which emphasized the importance of self-inquiry, observation, and the direct perception of truth.

David Bohm, in addition to his work with Albert Einstein and quantum theory, pioneered the idea that we exist in a "[holographic universe](#)." To understand this idea, it is important to first know what a hologram is. A hologram is a three-dimensional image formed by the interference of light waves projected from information on a two-dimensional surface. Simply, by shining a laser at a two-dimensional surface encoded with, let's say flower information, we create a holographic image of a flower. But, unlike a traditional photograph of a flower, our flower appears to have depth, allowing the viewer to perceive it as a solid object or scene. As such, different perspectives of the flower can be observed from different angles. When the viewer moves around the flower, they can see different views of the object, as if they were looking at a real flower from various angles.

But, wait, there's more! What makes the hologram idea so profound is that each part of the image contains the information for the entire hologram. By way of example, if you cut the holographic flower in half, the information is still present to reconstruct the entire flower. Further, an individual petal of the flower contains all of the information to recreate the entire flower.

And so, that is why all this holographic science stuff directed David Bohm to a profound insight, which was **interconnectedness**. And here is why. According to the principle, every point in space contains

information about the entire universe. This implies that there is an inherent **interconnectivity** among all points in space, and therefore, among all things in the universe. Since, in a hologram, each part contains the complete information to reconstruct the whole image, similarly, in the holographic universe, each point in space holds the information necessary to describe the entirety of the universe.

This means that seemingly separate entities or objects in our experience are interconnected at a fundamental level.

The information encoded on one point in space is intertwined with the information encoded on other points, creating a network of interrelationships. Simply, every point in space contains information about the entire cosmos, implying that everything is fundamentally interconnected.

Back to our questions. Have you ever met someone, and from the moment they opened their mouths you just really didn't like them at all? Their personality just rubbed you the wrong way and pissed you off? Alternatively, is there someone in your life that you just connect with, that just understands you and your brand of humor, your persona from the instant you met them? Well, if you have then you have experienced interconnectedness, which refers to the state of being interconnected or interconnected relationships between various elements, entities, or systems. It suggests that everything is interconnected and that there are relationships, dependencies, or influences between different parts of a whole. (ChatGPT) You are as connected to the person you revile as you are to your soulmate. Both are projections of our own thoughts, feelings and judgements.

Furthermore, that person that you revile, has a soulmate. And, that soulmate perceives them in a very different light than you. For you, the person you revile may be triggering emotions around personality traits within yourself that you have come to revile or detest. While your soulmate may trigger emotions around personality traits that you aspire to possess or that you already personify.

We perceive in other's qualities and characteristics that resonate with our own experiences and self-perception. This process of mirroring can offer insights into our own inner world, helping us to become aware of aspects of ourselves that may be hidden or unconscious.

Here is how I understand it. The person we revile may be mirroring aspects of our own qualities and characteristics that we are not ready to process or buried in our unconscious.

From the holographic perspective, the mirroring of ourselves in others is not just "a surface-level phenomenon but an expression of the deeper interconnectedness of consciousness" (ChatGPT). It suggests that we are not separate individuals but interconnected parts of a larger whole. A "whole" which includes everything from the natural world to the fabric of reality.

64 Truths

These are 64 of my truths, my beliefs:

1. You envision and create the world around you through your thoughts, beliefs and emotions.
2. You are responsible for the life you live.
3. You are a decision maker in your birth and death.
4. There is no such thing as a "victim."
5. We are all mirrors for each other.
6. Triggering behaviors from others are a reflection of our own behaviors.
7. Judgement of any kind is always self judgement.
8. Disruptive thought and emotions create illness.
9. There is no past or future, only the present.
10. Since energy cannot be created or destroyed, our physical bodies are recycled when they cease to exist, but the real "I," our soul, lives on.
11. Your consciousness has lived different lives through reincarnation.
12. Typically, you reincarnate with the same group over and over again.
13. You will experience multiple lives as different genders, races and religions.
14. Your children are here to teach you valuable lessons about yourself.
15. There are no past or parallel lives – only simultaneous lives.
16. Since time does not exist, there is a "YOU" that has already made every decision you will make in your lifetime.
17. Meditation offers you access to your higher/future self for direction when you feel stuck.
18. Focusing on your breath is an effective way to bring you into the present.
19. When you are feeling anxiety, you are stuck in the future.
20. When you are feeling guilt, you are stuck in the past.
21. Light is information.
22. Love is creation.
23. We are all energy.
24. Sound can heal physical illness.
25. You are more than your physical body.

26. You are spirit in a physical body.
27. Your soul is a portion of a larger oversoul.
28. There is a universal database that houses all thought and experience and it's called the Akashic records.
29. We live in a Holographic Universe.
30. Everything, and that means everything, in our world is connected.
31. Free will is a universal law.
32. The harm you inflict on others is ultimately inflicted on you.
33. Time is malleable.
34. From our present, we exert force upon the past and future.
35. There is no condition you cannot change, except those accepted at birth like a missing organ or other lack of function.
36. Do not give conscious consideration to any events you do not want to happen.
37. Focusing thought on any event, energizes its occurrence and continuation.
38. If you are in a difficult situation; first, begin living in the present moment; second, refuse to worry; and third, if your thoughts do touch on the problem, imagine the best possible solution.
39. You work out your life's issues in the dream state.
40. You design your life in the dream state.
41. You have access to other non-physical dimensions in the dream state and often times visit them during sleep.
42. Your imagination envisions that which has not happened yet and is the driving force behind manifesting concepts into physical reality.
43. Activated by your imagination, all innovation and advancement are realized in the dream state – "If you can imagine it, you can achieve it; if you can dream it, you can become it." – William Arthur Ward.
44. Your body has seven energy centers and they are called Chakra's.
45. Blockages in any of your seven Chakra Centers: Root, Sacral, Solar Plexus, Heart, Throat, Third-Eye and Crown cause illness and disease.
46. The Earth has seven Chakra Centers: Mount Shasta, United States; Lake Titicaca, Peru/Bolivia; Uluru & Kata Tjuta, Australia; Glastonbury and Shaftsbury, England; Pyramid of Giza, Egypt; Kailash, Tibet.
47. The day, time and place of your birth are not arbitrary, but rather the results of your elaborate plan.
48. Your horoscope can help explain the flow of your life.



49. Nature, in all of its manifestations, is here to support and teach us about life in physical form.
50. Conflict equals growth – unless the conflict is violent.
51. Violence is NEVER the answer.
52. War does not attract peace. War attracts war. Peace attracts peace.
53. Contrast within our lives create balance – without hate you would not understand love, without disconnection you would not understand attraction.
54. You are here to serve others.
55. By accepting that service to others is paramount, we acknowledge the idea that there is no division between “us” and the “world at large.”
56. Service to others begins with becoming the best version (self-acceptance and self-love) of ourselves.
57. Meaningful change can begin with as little as a two-degree shift.
58. If you want to manifest anything, dwell upon it for a while and imagine it emerging into existence, then, forget about it for two weeks.
59. Your life’s experiences will become more alive the moment you detach from their outcomes.
60. Perfection is NOT a destination, but rather a method for progress and the attainment of excellence.
61. Speak kindly of yourself because words are energy.
62. The more you consume your time doing what you love, the more the universe will deliver those experiences.
63. A posture of flexibility and give offer the best chance of weathering turbulent times.
64. The universe speaks in whispers, with signs and through synchronicities and the only way to recognize these messages is to be present, be open and trust.

Take an audit of your current beliefs and that will help you understand the present state of your life.

The Teacher Appears When the Student is Ready

Recently I connected with a friend who happens to be a business coach, innovator, podcaster and spiritualist. We shared stories about our current ventures and future projects. And then interesting things began to happen – synchronicities or coincidences kept popping up. We stepped into each other's lives for a purpose. In this moment in time, we are meant to serve as teachers for one another. Both of us students and teachers.

In the spirit of the teacher/student theme, I thought I would offer this up.

Generation Z is different. Technology and entitlement have shaped their childhood and early adulthood. There are some simple tasks that elude them because there is an app or parent for that.

This list of 53 is for Generation Z:

1. When mailing a letter, put the correct postage on the envelope, today \$.58 for first class, put it in your mailbox and lift the flag to tell the postal worker that there is an envelope to be mailed.

AUTOMOBILE STUFF

2. To change a tire, do these things – Step 1: Stop Somewhere Safe. Your safety is more important than a wheel. Step 2: Find Your Tools. The tire is usually under a safety cover in the trunk. Step 3: Loosen the Lug Nuts. Step 4: Jack Up the Car. Step 5: Change the Tire. Step 6: Tighten the Lug Nuts. Step 7: Replace the Temporary Tire ASAP.
3. Check car tire pressure, air filter, oil and fluid levels
4. Filling your car up with gas starts by pulling into the station and up to one of the gas pumps. Pull close enough to the pump so that the hose reaches the tank receptacle and choose the right type of gas: Regular, Mid-grade and Premium
5. Change the oil in your car every 5,000 miles.
6. Replace the windshield washer fluid by opening the hood and finding the cap that has a water spout on it.
7. If your car will not start, it might be dead. Find a pair of jumper cables and a car that is running. Attach the cables to the dead battery first – red labeled cable to red anode or connector and the black labeled cable to the black cathode or connector.
8. You have to register your car every year by filling out a registration renewal and paying the fee.
9. Your new registration will arrive with a tab that needs to be stuck on your license plate and the registration goes in the glove compartment box.
10. If you get a traffic ticket, always make a court date. You can usually negotiate with the city prosecutor to get a reduced charge.
11. If you are ever brought in for questioning to a police station always ask to speak to your attorney.

HOUSE STUFF

12. Change lightbulbs in your home by first checking the specific watt bulb needed for the fixture.
13. 13. Turn off the water to a toilet by reaching down under the toilet bowl and turning the knob on the water pipe feeding the unit.
14. 14. If you lose power in the house, your garage can open/close manually by pulling the string attached to the power unit.

The Teacher Appears When the Student is Ready - p.2

15. When an appliance stops working, check the fuse which is in a box usually located in the basement and reset it by moving it left, then right. Or, reset the GFI on the outlet by pushing the button until it turns green.
16. Load a dishwasher with the silverware in the caddy, the cups in the top shelf and plates and pots in the bottom shelf. When running a wash cycle, add detergent in the square cabin and shut the door, press the correct wash cycle and shut the door.
17. Change the filters in your furnace two times a year – spring and fall or winter and summer.
18. If your disposal stops working, there is a reset button under the sink on the bottom of the disposal or stick a broom handle down the disposal and turn clockwise.

GENERAL STUFF

19. When shaking hands look the person in the eye and mirror their grip pressure. If you are introducing yourself to someone and you are sitting down, stand up before you shake their hands.
20. When using chopsticks, put one in the crease between your thumb and index finger. This chopstick remains idle, while the other stick sits in between the index finger, middle finger and thumb and moves.
21. Hailing a taxi is done by raising your arm on the side of the street and waiting for a cab that has the light on the roof non-illuminated. You can pay the toll which appears on a meter with a credit card these days.
22. Tip the curbside baggage handler \$5.00 for every bag they tag.
23. Tip a restaurant server 20% of the bill (calculate by moving the decimal one to the left and then double that amount).
24. When washing clothes, separate the darks from the whites. Put a load of darks or whites into the washer and turn the dial to the correct setting. Add laundry detergent (typically 1 cup for top loading and ½ cup for front loading) and wait for the cycle to finish. Then remove clothes and place in dryer. Turn dial to correct setting and wait for cycle to finish.
25. Water plants (usually) weekly with enough water to dampen the soil. If the leaves turn yellow, you are watering too much. If the leaves turn brown, you are underwatering.
26. To access the NYC subway system you can use a MetroCard (which you fill with money or can purchase a weekly pass) or with the new OMNY system which tap charges the \$2.75 fare to your credit card through a contactless card of an e-wallet. Read about the MetroCard and OMNY to see which is best for you.
27. If your wallet or purse are stolen do this: call your credit and debit card companies. Do this immediately. Set up a fraud alert. File a police report. Change your passwords. Call the DMV. Contact your insurance companies.
28. If you are traveling out of the country, you may have to call your cellphone service provider to activate an international calling plan.
29. Take a CPR class.
30. Vote (18) in all local and general elections.
31. Do this if you need to sew something: thread your sewing needle and tie the ends of the thread together. Pierce the needle through the side of the fabric people won't see. Guide the needle through the other side of the fabric. Continue stitching until you reach the end of the fabric. Finish the stitching with a knot.
32. Know when to say "I am sorry" and "I was wrong."

The Teacher Appears When the Student is Ready - p.3

FINANCIAL STUFF

33. Apply for a low APR (exceptional rewards) credit card by filling out the credit application and waiting to see if you are accepted. Pay your credit card bill on a monthly basis, always due on the same day (usually the 1st of the month) by sending in a check or attaching your bank account information to your account.
34. Most American Express credit cards make you pay the entire balance monthly. Other credit cards, like Visa and Mastercard allow you to pay a portion of the balance while incurring an interest charge on the unpaid balance.
35. If you are traveling for an extended period of time, call your credit card company and tell them so your charges don't get flagged for fraudulent transactions.
36. A debit card, unlike a credit card allows you to spend up to a determined limit by withdrawing money right from your bank account.
37. Write a check by putting the name of the person being paid on the top line and then the amount of the payment in the little box to the right. Write out the amount of the check on the line under the Payee and sign the check on the lowest line on the right. To cash a check, endorse the back of the check by signing your name on the line provided.
38. Credit scores are what is used to assess the risk associated with loaning money. The higher your credit score (850 – 300) the lower risk you are and easier it will be to lease a car, get a mortgage and apply for a credit card.
39. Credit scores are impacted negatively with late or no payments, while they are positively impacted with on-time payments.
40. Interest is the fee or price that lenders charge to borrow their money.
 - **Interest rate** refers to the annual cost of a loan to a borrower and is expressed as a percentage.
 - **APR** is the annual cost of a loan to a borrower — including fees. Like an interest rate, the APR is expressed as a percentage. Unlike an interest rate, however, it includes other charges or fees such as mortgage insurance, most closing costs, discount points and loan origination fees.
41. Interest rates and the length of the pay back periods are different for the various types of goods and the monies borrowed to purchase those goods: car, home, student loans and credit cards.
42. The easiest way to buy stocks is through an online stockbroker. After opening and funding your account, you can buy stocks through the broker's website in a matter of minutes. Other options include using a full-service stockbroker or buying stock directly from the company.
43. When you have something to lose, and you can't afford to pay for a loss yourself, you pay for insurance. By paying money every month for it, you receive the peace of mind that if something goes wrong, the insurance company will pay for the things you need to make life like it was before your loss. That includes house, car, renter, short- and long-term disability and health insurance.
44. Before signing any contract, make sure to consult an attorney or someone that you trust to decipher the terms of the contract.

WORK STUFF

45. Deposit your work checks as soon as you get them so as not to lose them. Direct deposit is the easiest way to manage your payments since your weekly check gets deposited into your account automatically.
46. How to write a resume in six steps: pick the right resume format and layout, mention your personal details and contact information, use a resume summary or objective, list your work experience and achievements, mention your top soft and hard skills, include additional resume sections (languages, hobbies, etc.).
47. Interviewing in six steps: plan to arrive early, be prepared to summarize your experience in about 30 seconds and describe what you bring to the position, listen carefully to each question asked, remain positive and avoid negative comments about past employers, be aware of your body language and tone of voice.
48. Filling out a W4 form for a new job: If you are single and do not have any children, as well as don't have anyone else claiming you as a dependent, then you should claim a maximum of one allowance. If you are single and someone is claiming you as a dependent, such as your parent, then you can claim 0 allowances.
49. Here is how to read a pay stub: Your pay stub contains three main sections: how much you are being paid, the taxes you are paying, and any other deductions that are being made. Pay attention to your gross, year-to-date, and net earnings. The deductions that relate to taxes are generally the most confusing, particularly those related to FICA.
50. FICA on your pay stub stands for Federal Insurance Contributions Act which is a tax that earns you social security credits.
51. FUTA and SUTA on your pay stub are the taxes paid at the state level and at the federal level. FUTA taxes go into a fund that covers the federal government's oversight of the states' individual unemployment insurance programs.
52. Use a daily planner like Outlook to keep track of appointments and responsibilities.
53. Use in person communication over email communication every chance you get.

Our Family has a “Disruptor”, “Disciplinarian”, “Peacemaker” and “Permissive”

If you have more than one child, chances are they fit into a familial pattern.

One of your children is a people pleaser and rule follower who goes with the flow and rarely disturbs the peace.

And, the other child is not that.

I have both of those children, and my “other child” is the gift that keeps on giving. Time and time again, over the last 19 years, she has forced deep transformation and driven meaningful change and exponential growth for me, my wife, our coupleship and our family.

After 20 hours in painful labor, with an ineffective epidural, we heard a snap. During Jake’s birth he had turned around and was posterior. The snap was at the end of a very chaotic birth and sent Julie into hysterics. In a previous life, Julie was an attorney who specialized in birth trauma cases and she was sure that Jake’s shoulder had just snapped. She thought he would have dysplasia for the rest of his life. But she was wrong. It was *her* tail bone that cracked. If you have ever had one, a broken tailbone is the gift that keeps on giving. The recovery period can be years, and it was.

Disruption can lead to conflicts, misunderstandings, and emotional strain within family relationships.

As a result, our next child would be delivered via c-section. That is why Blair’s birth was very different from our first experience. It was scheduled and went off without a hitch. At the time of her birth, we were still choosing between two names: Blair and Rory. As I stood there, over the operating table with Julie behind the curtain unable to see when they pulled her out, I knew indisputably who she was – Blair. The doctor holding her up for me to see before anyone else had laid eyes on her. It was love at first sight. And, how juxtaposed and ironic as compared to the roles they have adopted, were both of their births. Jake’s “The Peacemaker” birth was a battle and Blair “The Disruptor’s” birth was peaceful.

By the way, the word “Blair” is strongly believed to be territorial in origin, being derived from the Gaelic “Blar” which signifies a battlefield. She is a warrior: loyal, courageous, honorable, resilient. She is also a disruptor; Someone or something that introduces change and challenges the established norms, often bringing about transformation. She is: impulsive, boundary pushing, challenging, headstrong.

Both of our children have played critical roles in our family’s evolution.

Although we have always known that Jake is The Peacemaker and Blair is The Disruptor, it was and is our job to push for balance in both of their roles. Disruption can lead to conflicts, misunderstandings, and emotional strain within family relationships. It was/is always critical for us to balance Blair’s desire to challenge by stressing the need for empathy, respect, and an understanding of the unique dynamics and needs of all of us.

The Squeaky Wheel Gets the Oil

Our Family has a “Disruptor”, “Disciplinarian”, “Peacemaker” and “Permissive” - p.2

Balancing a parent’s focus equally on each child is challenging when one child demands more attention. There is a tendency for the “go with the flow” child to fall through the cracks or get lost. In order to create balance, there needs to be a conscious decision and deliberate plan to afford both the time they need. And, for the record, that does not include the time spent during conflict with a child or in transit or attendance at any of their extracurricular activities. It means spending meaningful time with both (or more) children, doing activities that are mutually enjoyable. Julie grew up in a family with four children and her mother/father would schedule a day of time individually with each child on a monthly basis. One day a month, dedicated solely to each child, can make a huge difference.

I have always struggled with conflict. I am not good at engaging in it. Most likely rooted in my upbringing, I shy away from it. Digging into my familial patterns growing up, there was considerable dysfunction. There was an imbalance of expectancies which created an environment of unpredictability in my home. When I got thrown in jail, there was no real punishment. But, when I accidentally crashed into him on the couch when my brother and I were fighting, we got our asses kicked. My dad’s treatment and retribution, often times, didn’t fit the crime. This familial patterning has shaped my behavior in many ways. One of those ways is in the familial role I play. I am “The Permissive.” And, of course, Julie is “The Disciplinarian.” And, these roles have caused their fair share of conflict.

That conflict rarely rears its head from the actions of The Peacemaker in the family. Often times, that battle is instigated through The Disruptor. The truth is, Blair’s illumination of our role imbalance has forced meaningful change and there are many other examples of this exposure that have led to profound insight and change. There is a minor caveat. All of our roles: The Peacemaker, The Disruptor, The Permissive, and The Disciplinarian are not played 100% of the time. There is role reversal. Blair has been The Peacemaker and Jake, a few times, has been The Disruptor as Julie has been The Permissive and once or twice, I have been The Disciplinarian.

I will leave you with this...


“Dear Mr. Vernon,

We accept the fact that we had to sacrifice a whole Saturday in detention for whatever it was we did wrong, but we think you’re crazy to make us write an essay telling you who we think we are. You see us as you want to see us — in the simplest terms and the most convenient definitions. But what we found out is that each one of us is a brain and an athlete, and a basket case, a princess, and a criminal.

Does that answer your question?

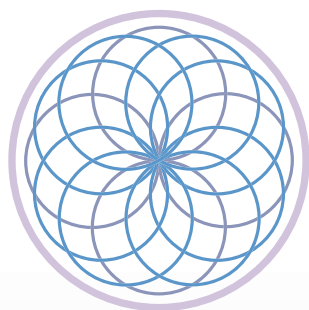
Sincerely yours,

The Breakfast Club”



“If you want others to
be happy, practice
compassion. If you want
to be happy, practice
compassion.”

– Dalai Lama



Do What Makes You Happy

Building a Home

After graduating law school, I moved to New York. I wanted to be an actor. And, after 20 years of sitting in a classroom I was going to take some classes that I was truly passionate about. I enrolled in The Lee Strasberg Theatre Institute and then needed to find a job.

I found a classified ad for a houseman. A houseman is someone who takes care of the maintenance and upkeep of a house, or in this case, an apartment. I went on the interview and got the job. By the way, I also had a Juris Doctor and was licensed to practice law in Michigan. I worked for a multi, multi-millionaire who is now a multi-billionaire on Park Ave. The staff consisted of eight people:

- The House Manager (who had a PhD in English) took care of managing the staff, taking care of the finances, booking trips for the family and managing the wife's calendar.
- The Chef
- The Chauffeur
- The Maid (MS Engineering)
- The Houseman (JD)
- The Governess managed the kids

When I began working for the family as a houseman, they just returned from a year abroad. They had taken all three kids, who were 8, 12 and 14, to live in three different countries: Germany, India, England. They had kept the entire house staff for the year and paid them. Since they pulled the kids out of school, the governess and a tutor or several tutors had accompanied the family on their travels. The family had just returned from their trip and the rest of the house staff had begun work again.

My duties included maintaining the property on Park Ave and a brownstone they owned close by, running errands for the lady of the house (when there were too many of those, the chauffeur would drive me around town), restocking the wine cellar with bottles from the estate in upstate New York, and every day delivering the owner's lunch to his office, handing it to his personal assistant after it was prepared by his chef. Lastly, I had to clear off the dining room table every night of rare books (and had to replace them every morning) so the parents could be served dinner, while the children ate separately in the kitchen.

[This houseman position was the perfect job for a struggling actor in New York. The pay was great, the schedule was flexible, and the experience was eye opening.](#)

During my tenure as a houseman, I had the opportunity to experience how this uber-rich family lived some parts of their lives. Since the house staff was on the premises most of the day and was tasked with everything from caring for the kids to managing the finances and travels of the family to fixing and maintaining the residence to cooking, serving and cleaning up after every meal to chauffeuring the members around the city and beyond, the house staff knew everything, and I mean everything about the family. Personal issues and every gory detail about the children, about the family and issues within the marriage. The house up-state even had a husband-and-wife caretaking team who lived on the premises and managed the daily activities, maintenance and support of that property.

The children were driven around daily from school to activities by the chauffeur. Meals were eaten, at least at dinner separately. The chef would serve the kids in the kitchen, while the parents ate later, and more formally, in the dining room. The governess, who lived on the premises, typically attended to

the children, depending on their age, once they got home from school all the way until bedtime. There were many other people in place, from assistants to subordinates whose jobs were strictly to cater to the needs of the family and the family's affairs. Looking back, and after having a family of my own, I realize now that the most cherished moments of my childhood and my kids' childhoods were spent together at the dinner table, came from conversations that were had during long or short car rides to hockey, baseball or football games or dance competitions or recitals or family vacations.

A home is a sacred and safe place where we are meant to experience all the ebbs and flows of marriage, child rearing and life itself.

Having a studio audience of chefs, chauffeurs, personal assistants, governesses, maids, caretakers, house managers and house men constantly observing and taking part in every family episode creates overwhelming challenges.

Have a Weekly Date Night

For a number of years, depending on whether we could get a babysitter earlier in our marriage, myself and my wife have a Date Night. For a few hours, usually on Thursday night, we go out to dinner and just spend some time with each other. And although 90% of the time the conversation focuses on our children, we make the effort to spend alone time together.

There was a time when we first began dating that we could spend every minute with each other and it still wasn't enough. I remember getting butterflies when I saw her and just how excited I was to hear her voice on the phone, get an email from her, meet her for lunch and see her after a day of work. We treasured the opportunity to spend time together just talking. We could talk for hours. As we settled into our relationship, and got comfortable, the dynamics of those first few years changed. It wasn't that we had grown tired of each other, our lives, on many levels, became more independent than interdependent.

I speak about our relationship in these terms because if you look at any relationship as something that “evolves” over time there are three stages: Dependency, Interdependency and Interdependency.

Depending on your relationship and the time that has been invested will determine where you are. From our perspective, Julie's and mine, we have decided that having an interdependent relationship offers the greatest opportunity for growth and longevity. In 20 years of marriage, we have been through the dependent stage and the independent stage and right now we are, most of the time, in the interdependent.

The independent stage creates a paradigm where maybe both people as individuals are able to evolve, but the marriage evolution stalls. The dependent stage holds one person responsible for the physical, emotional and spiritual guidance of the marriage. As you can imagine, this stage creates a paradigm of imbalance if left to subsist over long periods of time. While interdependency acknowledges the independent and dependent nature of relationships, it is focused on creating an environment of sharing, understanding, and collective mentoring.

Our marriage started in the dependent stage and then after our first born, moved into the independent stage when Julie threw all of her energies into mothering. I went to work and she took care of Jake. It was at this place in space and time that changes began to occur. Now there were two little people that required our deepest attention and keeping up the triad of relationships: The relationship we have with each other, our relationship with them, and then the relationship we have with ourselves. I can only imagine after focusing your energies for so many years on your children's; school, sports, dance recitals, birthday parties, sicknesses, peer pressure, boyfriends and girlfriends and a thousand other issues, that one day, when they have gone off to college or moved out, you can wake up, look at your spouse and ask “Who are You?” That is not to say that our children are not “life” endeavors. We care for them, worry about them, and are vested in them forever, but at the moment, when they are gone, the focus does shift.

We began date night as a way for us to reconnect. We had become so thoroughly independent; her with Jake and Blair, and me, too tired after I got home from work to engage in anything more meaningful than watching TV. Date night is a time when we remove ourselves from the kids and just talk. Some nights we get along great and some nights we fight. Regardless of the outcome of Date Night, it gives us time to focus on our marriage.

Have a Weekly Date Night - p.2

Don't misunderstand, Date Night has not made our marriage perfect, far from it. What it has done is create the understanding that both of us are committed to making our marriage work.

I have found that when one person is on a path of growth and development and the other person does not choose that path it opens the door for problems. The disparity that arises when both people are on separate paths is sometimes too much to overcome. That is why having a chance to connect, on a weekly basis, can help to open the lines of communication that have a tendency to close down when two people are on different paths, caught up in their own worlds.

Sustaining a thriving and evolving marriage takes patience, understanding, selflessness, honesty, a commitment to making it work along with a hundred other things.

It also requires an investment of time. We live in an age when the pace of life is highly accelerated and the forms of communication that we choose, like email, texting, Twittering and Facebook updates are woven into the fabric of how we interact. Although these modalities of communication serve a purpose, they all have the tendency to be misused and overused. I say that because I speak from experience. Connecting, one to one, without the use of email, texting or any other digital modality is a dying art, but a necessary art if we are to evolve and grow ourselves and our marriages.

My Family

Julie

There was a time when I believed I knew "Who" I was
Comfortable with the quiet in my mind
And the dependable spin of the World

Soon, destiny would speak
Our lives on a path of synchronicity
Heading for each other
Would hurt deep when we fought
I...
Would smile at your happiness
I...
Would give my life for yours

There was a time when I believed I knew "Who" I was
And then you spoke to my Soul in silence
And it all changed.

x
YOU...
Would soon change my life
YOU...
Would soon change our lives
YOU...
Would become everything I could ever ask for
YOU...
Would become the only one I couldn't live without

I...
Would just "Be" when we were together
I...

Blair

A tiny princess
She has stepped into this world
With the universe mirrored
In her tiny crystal-clear eyes
Translucent but dense with wonderment
I see awe in them
And gentleness
I see her fire that burns my eyes
I see her past...
She is an old soul
I see her present...
Her confidence her thoughts of invincibility
Her adventure and her love and spirit
I see her future...
All those whom she has touched
All those whom have been given moments
And they tell me, without words
That she is special and a gift from somewhere else
And I tell them that she is my little girl
And I tell them to be gentle with her and love her forever
As I do

Jake

I want to look into his eyes
Eyes of wonder
Eyes of clarity and simplicity
Not clouded with experience
And hold his face gently in my hands
I want to tell him
To dance and laugh
To swim and play tag
I want to tell him
To get messy and eat lots of popcorn
I want to tell him
To love himself and appreciate himself
To be gentle with himself
And remember that if he believes he can do it
Then he can!
He can be a Superhero and a Wolf
He can be Spiderman
And he can fly
I want to tell him
That it is O.K. to make mistakes
...But, I guess the really important things he has
to dream on his own

Parent Each Child Uniquely

I have two children, Jake and Blair. Julie and I both remember the day both were conceived and, of course, the day they were delivered. Both have grown up in the same household, with the same parents, grandparents, uncles and aunts and cousins. They both have attended the same schools and, in some cases, have had the same teachers. What we have done for one, we have done for the other, including family vacations, friend and family get-togethers, holidays and special events. And, neither of us play favorites, and so here is the \$64,000 dollar, no, maybe today, because of inflation it is the \$640,000 question “Why are my children so different?”

I can remember when my daughter Blair was six months old. I would find her in my wife’s closet, with a purse in hand, trying to wear my wife’s shoes. When she was able to walk, she spent many an early Saturday morning walking around on the wood floors in my wife’s “heel highs” as she called them, with her lips coated in Chapstick (which she thought was lipstick). Now, she could very well be mimicking my wife, but her affinity for all things “Blair,” her idiosyncrasies and her personality are truly distinctive. She seemed to be coded from birth. This “coding” has transcended my children’s personal preferences and has defined their personalities.

Jake: balanced, stable, positive, peaceful, dynamic, caring...

Blair: strong, stubborn, dependable, solid, caring, sensitive, real, practical and efficient.

My children each have a persona and character that is unique and distinctive. Knowing this, how can I parent both of them the same?

What works for one child does not necessarily work for the other child. For instance, “Time-Outs” work for Jake, but we could put Blair in time out 50 times a day and she does not care. Now, if we take away

Blair’s electronics she freaks out, but I could take away everything from Jake and he would not bat an eye. Here is one: if Jake could, he would have a team of servants on staff to tie his shoes, dress him, brush his teeth, wipe his butt, feed him and perform any number of other activities that he should do himself on a daily basis. On the other hand, Blair not only does all of it herself, but will not let anyone do it for her even if she can’t do it herself.

Here are some words to describe Jake: balanced, stable, positive, peaceful, dynamic, caring, and shy and some to describe Blair: strong, stubborn, dependable, solid, caring, sensitive, real, practical and efficient. If you were managing these two people and wanted to mentor both to achieve greatness, your strategy would have to be unique for each one.

Since their personalities, perspectives and motivations are quite different the methods and tactics needed to encourage, promote and support need to be aligned to their character.

About eight years ago, my company began using personality tests as part of our employee hiring process.

When we first began, every employee on staff, including management and ownership took the test. After receiving the results, we were astonished at how accurate these tests really were. With only 50 to 100 questions these tests were able to build a pretty accurate profile of the test taker. After we had reviewed the results, there were a number of “aha” moments when we were offered a window into people’s characters. Not that we didn’t know who people were who had been with the organization for a period of time, but seeing it on paper was interesting confirmation. We really did not pursue the personality testing for as much for its ability to reveal the personality of a potential employee, but rather for its ability to help us realize “how” to manage them for success.

What if your children took a personality test? Do you know what the results would be? Do you know what the suggestions would be for mentoring them for success?

Our children are unique little people with their own distinctive personalities and characters who deserve mentoring, support and encouragement. Parenting that encourages and promotes their strengths and helps to mentor their weaknesses honors your child’s individuality and uniqueness.

Don't Hijack Your Children

My son has been afraid lately.

He has a hard time falling asleep because he is afraid of the dark. I sat up with him last night in bed and we talked about why he has been afraid. Jake is good at talking about his feelings, and although sometimes he has a hard time connecting the string of events in his life together to reveal why he is feeling these emotions, he is honest and authentic with his feelings and together we can trace them back. We spoke about some issues at school he was having and together, as a family, we came up with some collective solutions that he could use, but ultimately the choice is his. The exercise seemed to work because he fell asleep without having to pull the covers over his head.

My wife and I have made the decision that it is our duty to allow our children the freedom to experience life from the driver's seat and not as a passenger.

If you don't believe in reincarnation this part might be hard to understand...but we all come into this life as a consciousness or soul that has had many experiences through various times and places. You have created relationships and experiences that flow through different lives. Realizing this, how can we assume responsibility for our children's plans and contracts? By not allowing them the freedom to experience failure or success or heartache or disappointment or accomplishment, we hijack their potential to evolve.

Your child might be using the people that he/she has chosen to surround themselves with for insight into their character. These human inter-dynamics are networked and interconnected far more than you and I could ever understand, and although you might find these relationships or experiences deconstructive, it very well might be an opportunity for your child's immense growth. Listen, that is not to say that you shouldn't be an activist for your child by not getting involved when they are in danger either physically, psychologically or emotionally. But it does mean that, by allowing situations to unfold by their design, you afford your children tremendous opportunities for growth.

What am I really saying?

As a generation, we are collectively depriving our children the experiences and growth opportunities that accompany failure, disappointment, conflict or disagreement. Do you overstep your boundaries with your children? Have you tried so hard to insulate your children from life's oscillation that you have unprepared them for their futures? Don't misunderstand...I am an advocate for my child but will not hijack them from the driver's seat.

As parents we have made the conscious decision to let our children experience life to the fullest and that means allowing them to fail, to problem solve their own conflicts, to experience disappointment and work for success.

Let me say that writing the words is a lot easier than remaining a passenger in both of their lives when things go wrong. My first inclination is to try and fix it for them...call the teacher, talk to the coach, confront a parent...but that is not always the best decision. My wife always says, "**Conflict equals growth**" and I never really appreciated that saying until recently. I have realized, that for me, the times

I am an advocate for my child but will not hijack them from the driver's seat.

Don't Hijack Your Children - p.2

in my life when I have achieved the greatest growth is after the experience of true conflict with no way out but to face it head on. It has been hard to be the kind of parent that empowers my children to fail... and quite frankly, my wife is a lot better at it than I. But I am getting better.

Passenger or Driver?

Allowing your children to be drivers of their own life means that you let them fail, but pick them up after, dust them off and put them right back on the horse.

Allow your children the opportunity for conflict. Give them the tools to fix it, but don't do it for them. Let your children make some decisions that you might feel aren't the best for them.

Last year, Jake wanted to play baseball and I tried to sway him from playing t-ball and going right into coach pitch...but he wanted t-ball. Halfway through the season he was bored and wished he had played coach pitch...but he made the decision and was better off for it. Empower your children to drive their lives, but spend the time teaching them driver's training.

It's interesting, I wrote that 12 years ago when my children were five and seven.

Since then, there have been literally thousands of situations just like the one described with my kids. Currently, it is all about getting into college and all those situations that happen once your kids are in college. It's funny because whether your kids are 3, 10 or 19 the landscape doesn't seem to change much when it comes to letting them navigate, or are you navigating for them?

The Many, Many Stages of Parenting

In 5 days, both of my kids will have left for college.

I remember Jake's elementary school graduation speech in front of students and parents. I remember every one of Blair's dance recitals and our daddy/daughter dances. I remember when Jake fractured his back and Blair broke her ankle and about 100 trips to the urgent care. I remember our Halloween night tradition of Buddy's pizza, trick or treating and a ton of candy. I remember Blair getting candy from 3-5 houses before getting tired. I remember driving Jake to almost every ice rink in Michigan over a 13-year period. I remember taking Blair to Belle Isle, tarot shops all over metro Detroit, Chicago, New York and too many Broadway plays to count. I remember the drama with boyfriends and girlfriends and the night Blair got sick after drinking with her friends. I remember the day we found a vape in Jake's room. I remember vividly the day they both got accepted to college and all the time, hard work, studying and application preparation it took to get those acceptances.

I remember so much of my time with them.

I worked hard at being present and putting the time in with them. Committing to being the Mystery Reader for both of them at their school. Committing to coaching baseball, hockey, flag football and the Science Olympics. Committing to learning the daddy/daughter dance for our recital. Committing to being the MC at the elementary school talent show. Committing to being the manager of the hockey team. Committing to the pizza and hamburger challenge with Blair and her friends. Committing to be a part of their childhood, their growth, and evolvment. Committing to weathering the storms with them and celebrating their accomplishments and joy.

I also remember all the stages.

Her pregnancy stages. The sleep training stage. The walking and talking stage. The potty training stage. The reading and writing stage. The puberty stage. The elementary, middle school and high school stages. The acne stage. The boyfriend and girlfriend stage. The boyfriend and girlfriend break up stage. The "I know everything" stage. And, on and on...

And, so another stage begins...for all of us.

Julie and I knew that the day they were born they were not "ours" to own. They were not property that we could claim. Well, maybe we were renting them for a while before they moved on to create their own lives, but surely not owning them.

Both of us had answered the call to help guide them on their path of evolvment. To help instill strong core values and teach them both the way to living a meaningful life. And we did all that, knowing full well they would be moving on, fully rooted in their lives' journeys.

For my kids, since both are attending university out of state, they have been and will be pushed to forge new friendships, find their "people" and become part of a community. After eighteen years of mentoring, educating, coaching, supporting, stressing, questioning, and guiding, you can only hope that when you send them off into the world, you have done your job well.

This new stage hits hard for all of us. No more nightly dinners, Saturday night hockey games, UM football games together, kids laughing and screaming at all hours of the day in the house, waiting up for them to get home safe and sound, watching them leave in the morning for school, sending them off to prom and school dances, and 1,000,000 other events that we can't help take for granted

The Many, Many Stages of Parenting - p.2

sometimes. Everyone one of us, including the dog that lives and breathes for my daughter and who has no idea what is coming, are in for a life change. I am excited for all of us. This stage is going to be exciting, scary, invigorating, cathartic and truly meaningful. That doesn't mean we can't mourn the time past. Experiencing the emotions associated with transitioning to a new stage is healthy, sadness, guilt, concern, and any other ones you can think of.

When you leave the hospital with your newborn, unfortunately they do not hand you an owner's manual. Frankly, they probably should. Considering that, I thought I would share some insights:

1. Children like to feel safe, create boundaries and stick to them, even if it means saying, "no".
2. 98% of children grow up walking, speaking, reading, doing math and writing. Don't worry if they don't hit their milestones when everyone does, everyone develops at a different pace.
3. Your kid is probably not going to be a professional anything. Stressing them out about their performance on the field, court or rink will make them hate the game.
4. More than buying your kids a lot of stuff, the benefits of spending time with them are priceless.
5. Listen to your children, they are wiser and more aware than you think.

The Happiness Formula

I believe that all our decisions create probabilities or opportunities for us and using a grading system for our life choices doesn't serve a greater purpose. That said, taking time to reflect on past decisions, owning and ultimately learning from them is the reason why we are here.

I have been thinking about happiness lately and have realized that it doesn't take much to make me happy. Spending time with family and friends, golfing with my group, writing and eating pizza. Pretty simple.

Did you know there is a formula for happiness?

This formula has been based on research done in the field of happiness since the late 1970's and the results of this research will surely surprise you. A good bit of that research and experts; Ed Diener, Richard Davidson, P. Read Montague and Daniel Gilbert, in addition to many more presented their findings in a documentary released in 2012 called "*Happy*." I would like to share some of their insights with you.

If we looked at your total capacity to experience happiness, you would find that it is categorized into three groups: Genetics, Circumstances and Intentional Activity. To the right are the contributions to your overall happiness from the three groups.

The largest contributor (50%) is genetics and it plays a part in your experiencing of happiness as it establishes your unique "Set Point," which refers to one's genetically determined predisposition for happiness. This set point for happiness has been found to be responsible for about 50% of the differences in happiness from person to person."

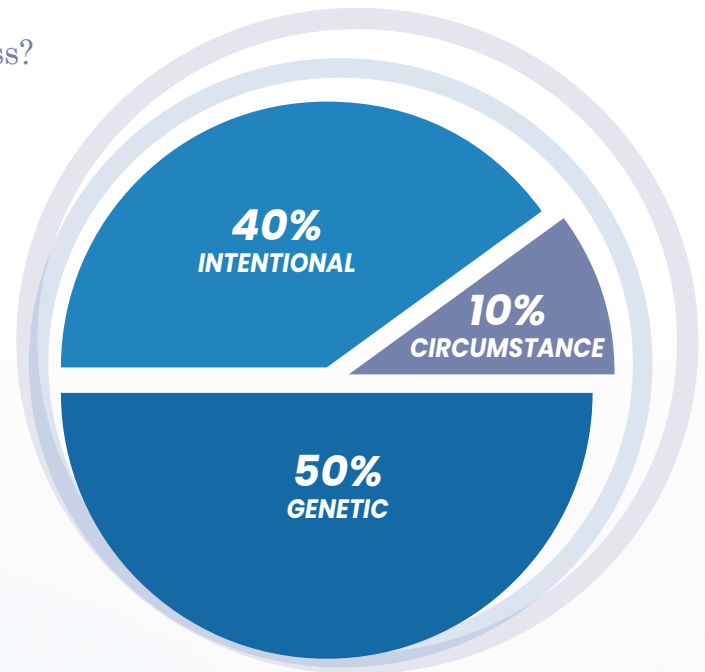
<https://positivepsychology.com>

Here is the kicker...although 50% of your happiness quotient is genetic, only 10% is based on circumstances.

Income, how much stuff you have, social status, how famous you are and where you live only account for 10% of your happiness. Research has found that once you live above the poverty line (you can feed, house and clothe yourself) there is no difference in the happiness that you feel whether you make \$500,000,000 or \$50,000 dollars annually. What the research is saying, is that all that material "stuff" in your life is not affording you more happiness. And, here is why...

There is a theory called "The Hedonic Treadmill" and it goes like this:

"Regardless of what happens to people, their levels of happiness will eventually return to their baselines." Take this theory with a classic example: say you get married, move into a new house, get a promotion, lose a job, suffer an accident, etc., over time, you're likely to return to your set point of happiness.



The Happiness Formula - p.2

There is an initial spike in happiness or sadness, but as time goes on, the feeling of happiness or sadness caused by an event starts to dissipate, and habituation kicks in.

After some time passes, you'll be back at the level of happiness at which you were before. So, buy a new Ferrari, Chanel purse or even a winter home in Hawaii and as time passes, your happiness level will reach your baseline once again.

[Philip Brickman](#) and [Donald T. Campbell](#) coined the term in their essay "Hedonic Relativism and Planning the Good Society" (1971).

In fact, researchers studied 2 groups of people, a group that won the lottery and a group that because of an accident became paraplegics or quadriplegics and found that after the impact of both incidences subsided there were no real differences in any of the participants levels of happiness as a deviation from their original "set points."

So, here is the best part...40% of our happiness can be attributed to how we choose to live life and the actions we take.

The movie "Happy" follows the lives of an eclectic variety of people from a rickshaw driver who lives in a slum in Kolkata, India, to a boat guide in the bayous of Louisiana, to a person who suffered a disfiguring vehicular accident to a bank director who quit his job and moved to help the sick and poor at the Missionaries of Charity in Kolkata, India. It is through the stories of these people and the results of years of research that the movie offers a formula for imbuing your life with happiness, and here is the "magic sauce" in a nutshell:

1. Relationships

Spending time with those you love being with, whether they be family, friends or colleagues on a regular basis is **SO** important. You cannot over value the joy that spending time with people who make you happy has on your quality of life. The Rickshaw driver who lives in the slums of Kolkata in a 1 room shanty, and whose level of happiness is no less that of the average American, looks so forward to coming home after work and spending time with his son at their favorite coffee shop. Or the boat guide who lives a modest lifestyle spending at least 1-2 times a week with his extended family of 12 of which have all grown up and live within miles of each other for the last 70 years. These relationships matter because they afford so much happiness.

2. Follow your Bliss (Joseph Campbell)

Do what makes you happy and try to do it often because the universe responds to the electromagnetic waves that you emit by giving you more of what it is that you focus your energy on. So, if you love surfing, then surf. If you love spending time with your pet, then do that.

The more you consume your time doing the things you love, the more the universe will respond by delivering new opportunities to do more of what you love doing.

3. Personal Growth

Whether its religion, spirituality or any other modality that you gravitate towards, personal growth can be a journey filled with introspection and pain, which leads ultimately to happiness. The woman who was disfigured, had lived the life of a debutante before the accident, truly a charmed life in her opinion. After the accident, her life crumbled in a chain of unfortunate events; her husband divorced her, tragic events of sexual and physical abuse during childhood which had been walled off in her memory had surfaced, and daily contemplations of suicide forced her to choose life or death. By choosing life, she was able to heal the past and reinvent herself. She found and married her childhood friend and began seeing life from a totally new perspective.

A journey of personal growth can offer the keys to unlocking the treasure of happiness if you are willing to stay the course.

4. Physical Activity

When you walk, hike, run, climb, play sports or do any activity that puts you in “the flow,” your brain secretes a chemical called dopamine or the “feel-good” hormone. It is called that because its effects are as potent and give you a high like taking amphetamines might. Whatever your “activity” is, doing it consistently, creates super healthy effects. And here is why...

As a neurotransmitter, dopamine is involved in: Movement, Memory, Pleasurable reward and motivation, Behavior and cognition, Attention, Sleep and arousal, Mood, Learning and Lactation. <https://my.clevelandclinic.org/health/articles/22581-dopamine>

By failing to produce dopamine, your body begins to lose brain function that can inhibit your ability to remember and think. The more you perform some sort of physical activity you afford your body the ability to maintain its critical functions.

5. Help Others

Researchers have found when measuring happiness levels, that we achieve higher states of happiness when we do “stuff” for other people more so than when we do “stuff” for ourselves. The movie tells the story of a bank director who, after feeling unfulfilled, moved to Kolkata and began helping the indigent and ill for the Missionaries of Charity (Mother Theresa’s organization). He talks about the dichotomy of the lives he has lived. From caring about the clothes he wore to caring for people who can’t care for themselves. It was truly a humbling scene in the movie and reveals the true nature of why we are here, what we are intended to accomplish, and the choice all of us have to make at some point in our lives: service to self or service to others?

Saunas are the Holy Grail

Since I was a child, I have been going to saunas, although I call it a schvitz.

In Yiddish, “schvitz” means to sweat, but also means a bathhouse. If you are Russian, you call the sauna a banya, and if you are Turkish it’s hammams, and the Finnish call it löyly. My father indoctrinated me and my brother into the fraternity at a young age and 45 years later, we are still going. Most Wednesdays during the winter, we make the 12-mile trip to Detroit to spend an hour sweating. This particular schvitz has been around since the 1930’s and resides in a nondescript building in northwest Detroit. It was by design that the building looks characterless because back in 1930’s it was a gathering place for the Jewish mob, The Purple Gang. And, since the schvitz was a bathhouse, it was the perfect meeting place because everyone was in towels making it very hard to conceal a weapon or wear a wire.

The sauna was not built for saving time but for spending it well.

– Bernhard Hillila, *The Sauna Is*

Today, the schvitz is a place to sweat, detox and purify your mind and soul. There is really nothing like spending a few hours in a sauna. Although saunas or banyas are all designed differently, there are two common elements: A place to sit or lie down and really, really good heat. This particular sauna uses an oven to heat rocks, which are then doused with water, which creates the steam that heats the room.

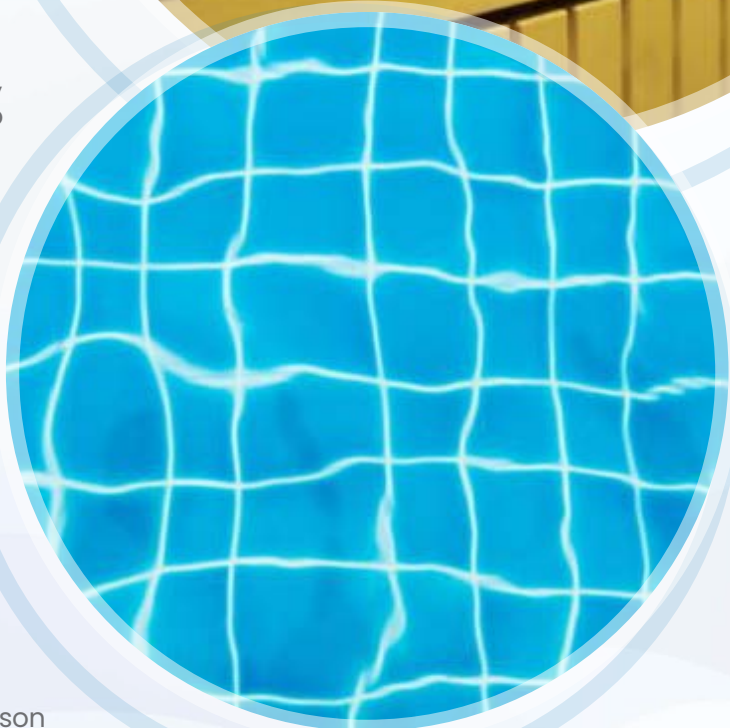
Patrons, lie or sit on benches and spend the next few hours sweating away toxins.

And, after a 20-minute sweating session, you can take a cold plunge (the pool is freezing), rinse in the showers and repeat.

Implacable dry heat interrupted by waves of löyly is the essence of sauna

Michael Nordskog, *The Opposite of Cold*

If you really want to amp up your experience, you get a “playtza” which uses a venik, or bushel of oak leaves banded together which is then soaked in hot water and soap and is used to brush and at times to smack the person as a dead-skin and toxin removal treatment.



Saunas are the Holy Grail - p.2

For seasoned schvitzers and laypeople, the entire ritual is a cathartic release and research has shown that sustained heat releases the same endorphins as heavy physical activity. The combination of the heat, sweat, oak leaves and cold plunge invigorates, detoxifies and clears the mind.

The ideal sauna is a small building made of logs, set near a lakeshore, facing toward the sunset.

- Bernhard Hillila, The Sauna Is

Many cultures have their own rituals as it relates to sweating and detoxifying. The Native Americans call it a sweat lodge and although the design is different than a Russian banya or Eastern European schvitz, there is always a place to sit or lie down and it provides really, really good heat. The sweat lodge is typically used in a ritual or ceremony "... to give thanks, to heal, to seek wisdom, and to purify the mind, body, and soul." The lodge itself is essentially a hut, built from branches and covered with blankets to keep the heat in. A pit is dug in the center where the rocks are placed. The rocks are heated over a 24-hour period outside of the sweat lodge and then placed in the pit once the ceremony begins.

"A sauna is a very simple thing. The simpler it is, the more you are likely to enjoy it and the better it will be for you."

- Aarne (sauna host to Caskie Stinnett), Grand and Private Pleasures

I have attended a number of Sweat Lodge ceremonies which can last 2-3 hours and felt the ritual was as invigorating and cleansing as my time in a Schvitz or Banya. The Sweat Lodge Ceremony is considered more than just a detoxifying exercise, but rather:

The sweat ceremony is intended as a spiritual reunion with the creator and a respectful connection to the earth itself as much as it is meant for purging toxins out of the physical body.

- **Mental Healing** – it frees the mind of distractions, offering clarity.
- **Spiritual Healing** – it allows for [introspection and connection](#) to the planet and the spirit world.
- **Physical Healing** – it can potentially provide antibacterial and wound-healing benefits.

In fact, I attended a Sweat Lodge with colleagues from work, and the experience was illuminating and team building. After the ceremony, we all sat down to a meal and had time to decompress and share our thoughts on the experience and the response was unanimously positive and some said it was life changing. Most of us felt that we released emotional as well as physical toxins. There is a feeling of lightness that lasts for a few weeks, and maybe even months.

A few months ago, I bought an infrared sauna blanket. Now, when I am not visiting the schvitz, I will spend 45 minutes to an hour in the bed. And, although I do sweat, feel clearer and have more energy than when I started, for me it doesn't provide the same experience as sitting in a sauna for 20-25 minutes. There is just something truly special about the whole experience, from the heat to the sweat to the cold plunge and then back into the heat. The cycle is cathartic!

I will leave you with a **Sauna Deep Thought**:

"Here in Finland, we think that the sauna is of enormous physical benefit but that benefit depends entirely upon your ability to relax yourself while you are taking the heat. [...] Relaxation is everything, that's why we discourage conversation, singing, or whistling in the sauna. Shut out the outside world and its problems."

Aarne (sauna host to Caskie Stinnett), Grand and Private Pleasures

The I-Ching Knows Your Future!

The I-Ching, or Book of Changes, is one of the most revered Chinese classic texts. Written 2,500 (or more) years ago, the I-Ching is based on 64 Hexagrams which are six-line structures made up of either solid (yang) or broken (yin) lines. Each hexagram is associated with a specific meaning or advice.

I was introduced to the I-Ching by a psychic that I saw almost 25 years ago. Since then, I have used it for divination, and as a way of seeking guidance or advice for life situations.

I have consulted the I-Ching to gather insight into the success of a business, to help sort out family issues, to understand certain personal relationships and so many more of life's experiences.

Beyond divination or advice and guidance, the I-Ching is a philosophical work. It delves into the ideas of balance, change and the fundamental dualities of the universe. All represented by the Yin and the Yang. Its unique approach to understanding change and the nature of reality has intrigued thinkers, artists and just about anyone who has delved into its philosophies. It has also been used by Chinese sages, politicians and military leaders as a source of guidance and wisdom, and as a way to assist in strategic decision-making.

So here is how it works. Go out and get an I-Ching book for coin divination.

First, we are going to craft a question and write it down. The I-Ching oracle does not answer questions with yes or no answers. Your question should be worded in a way that will require an explanation. Here are a few sample questions:

1. What is the best way to repair this situation?
2. How long will this situation last?
3. Why is this person in my life?

Second, we are going to build our hexagram one line at a time. We start from the bottom and build a six-line hexagram using three pennies. After I write down my question about a life experience that I want to understand better, I throw the three pennies. And, depending on how the pennies land, heads-up or tails-up, will determine the type of line I use. There are two types of lines: Broken and Firm. I throw the pennies 6 times, for the 6 lines and build the hexagram from the bottom up. Here are the designated lines for thrown pennies:

3 heads = a broken line (- -) which changes to a firm line (-)

3 tails = a firm line (-) which changes to a broken line (- -)

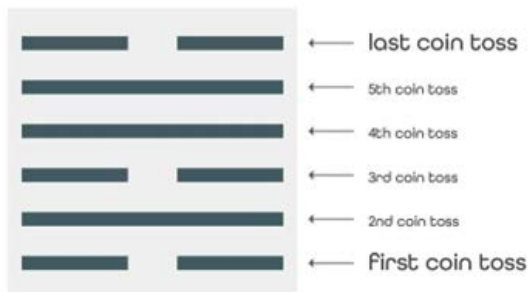
2 heads and 1 tail = a firm line (-) that does not change

2 tails and 1 head = a broken line (- -) that does not change

*The I-Ching oracle
does not answer
questions with yes or
no answers*

The I-Ching Knows Your Future! - p.2

If you throw 3 heads or 3 tails, the line changes from either a broken or firm line. A finished hexagram might look like this after 6 throws:



While the first hexagram is typically a present-day divination, the second hexagram created from changing a single or multiple lines from the first hexagram, typically refers to the possible future.

Finally, after building your hexagram, you can refer to the I-Ching to find out the answer to your question. There are 64 hexagrams to choose from. [Here is a link for hexagram 33 – Retreat](#)

Before I began posting my narratives, I decided to follow the path of the I-Ching and create 64 writings. Each of the previous 62 writings are connected to one of the I-Ching Hexagrams. In fact, on my website, the watermark of every individual I-Ching hexagram is in each corresponding narratives background. This narrative is the penultimate one, number 63.

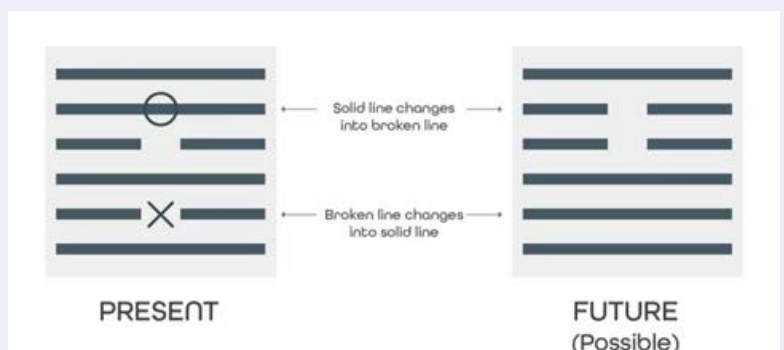
In the I-Ching, number 63 is known as “Chi Chi”, which can be translated as “after completion” or “already fording.” This hexagram symbolizes a situation that has reached completion or a phase of completion and signifies both the culmination and the potential beginning of a new cycle. It signifies that order has been established.

It goes on to say that, even as we enjoy a rewarding situation, don’t let your current good fortune give rise to adopting an attitude of carelessness. Whatever is successful or already established needs to be maintained. Whatever is incomplete needs to be finished. Take satisfaction upon completion and enjoy a sense of fulfillment, but do not linger too long on endings.

Next week will be my last narrative. Number 64. The I-Ching hexagram Nearing Completion. It suggests that the ever-spinning wheel of life never reaches a final conclusion. In the spirit of Nearing Completion, I hope that my last Life Introduced narrative is not the final act. I hope that it spawns additional projects in the same vein. Musings that offer a different perspective. Ruminations that spur deep thought.

Once we have our hexagram, we refer to the I-Ching matrix to find out which number we threw.

Note: If you threw all heads or all tails for one or multiple throws, that particular line or lines has a changing quality. For example, if you threw all heads on your 3rd throw you get a broken line that changes to a firm line. As such, you will actually have two separate hexagrams that will apply to your question. The I-Ching book will explain what the changing lines means as well as explain what the 2nd hexagram means.



And that my Loyal Readers, is a Wrap!

This journey really started 13 years ago when I sat down to capture my thoughts about parenting and marriage on paper. I had always heard about the positive and therapeutic effects of journaling. Now, 13 years later, I can say without a doubt, that the exercise of journaling or deep writing not only has healing effects, but provides food for the soul. I found the entire exercise deeply enriching and I learned a ton.

Sixty-four weeks after I began publishing my narratives, I have attracted 73 followers on Facebook and 67 followers on Instagram. That my friends, by most everyone's standards, is hardly impressive. Truth be told, I never cared about the numbers. I had always felt that just the act of sharing my feelings, thoughts and experiences was an activity that so few people undertake. An honest and transparent unpacking of your life takes courage. And personal vulnerability.

Don't misunderstand me, the "sharing" part was a delicate dance.

Finding that balance between over sharing and not offering enough is challenging. There were experiences and stories that I chose not to share because they were not mine to tell. There was always this balancing act in play.

For the 73 Facebook and 67 Instagram followers, I offered my experience and insight as a declaration for all. A statement of unity, if you will. The idea that sharing some of life's more painful and uncomfortable experiences reveals that we are all more alike than we are different. Over the last 63 weeks people have called and texted to tell me how much they appreciate the candidness of my writings. And, many have revealed shared experiences. Each one of you have your own painful and joyful life narratives. Stories that include your children, spouses, parents, family, in-laws, friends and colleagues. Your stories, crafted by you, are a reflection of your beliefs and your access pass to the roller coaster ride that is the human experience.

So, what comes next?

In week 53, after reading my narrative about my ADHD, I was contacted by an acquaintance to be interviewed on his podcast. After the podcast, we continued communicating and at some point, connected on a mutual interest. Both of us wanted to share what we have learned over the last half-century of human experience with the younger generations. Jon, through his business coaching career and me, through my metaphysical/spiritual practice will provide 18- to 26-year olds strategies to evolve their lives, personal brands and careers.

Over the last 10-12 weeks we have been developing that platform. **And, this is what we have built:**

Launch³TM

life. personal brand. career.

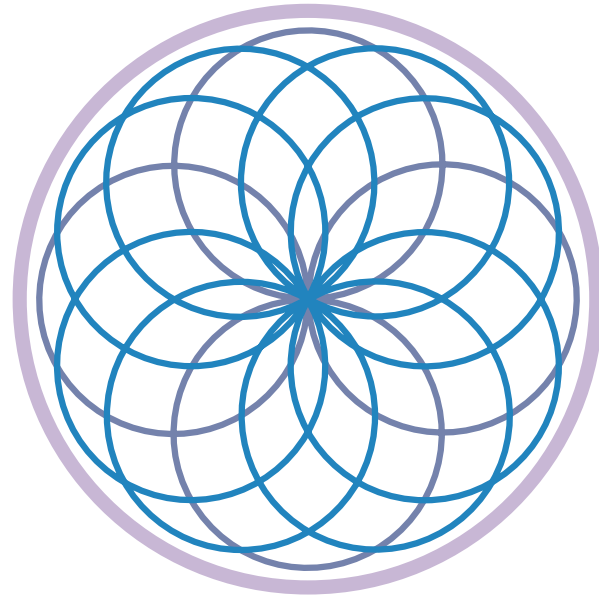
The Life, Personal Brand and Career Strategies they don't teach you in school, so we will.

Something truly special has come out of Life Introduced. Something unexpected. A passion project. And, for that, I am grateful.

To all of you, a very sincere thanks for 64 weeks of your time and consideration.

“More learning
can occur when there
are many obstacles than
when there are few or none.
A life with difficult relationships,
filled with obstacles and losses,
presents the most opportunity for
the soul’s growth. You may have
chosen the more difficult life so
that you could accelerate your
physical progress.”

– Brian Weiss



Life Introduced

Tiny Insights to Nudge
Your Life Open

NARRATIVES FROM
DAVID CHERNOW