

**These are writings from 2021 that I wrote while participating on the Accountability Partners Community (APC) on Discord.com:**

I had no idea that so many people denounce self-help and life coaching. For me, self-help has always been a positive thing because I've always thought for myself and separated the BS from the good bits. I majored in philosophy in college, so I learned critical thinking. Even the BS in self-help can be useful in helping you strengthen your BS detector. I have a positive view of self-help. It's strange to see people who hold the exact opposite view than I do. You've got to listen to yourself at the end of the day. To me the con artists have always been obvious in self-help. You must take the good and leave the bad behind -- and ultimately take some challenging action rather than just bypassing in theory all the time. I hope to be a positive voice in self-help both for myself and for others. It makes me sad to see some people really attack self-help and paint it all with a dismissive broad brush as bad or useless. No, self-help is the reason I'm where I am today with the attitude I have today. I didn't always have this attitude. I used to be a miserable guy. Self-help does work if you stick with it, learn how to be discerning regarding the material and teachers, and apply it through trial and error in your own life. I think it's an error to be categorically against self-help and life coaching which I see certain people fall into -- it's kind of a macho thumbing of one's nose at something that has lots of true value if used wisely. It's the same trap of rebelling against anything truly valuable to either (1) justify not even bothering doing the work or (2) trying to draw attention to oneself or (3) simply not yet having enough quality experience with the subject area. Self-help and life coaching are a good and noble subject and profession respectively. Don't let the backbiters and lazy f\*cks convince you otherwise! Some people don't like to be told that they're not yet good enough, they don't want to hear that.

I recommend getting a small whiteboard like the one I used in this video (Addiction Cessation Method) to do this work. You need the ability to erase and then re-write and so on. I get these small whiteboards from Walgreens here in San Francisco. They're about \$10, or maybe a smidgen less. If you want top quality pens and erasers, I recommend Expo brand pens and erasers. You can get these at Walgreens or Amazon. I heavily use whiteboards: I have 4 large whiteboards in my house and 2 small ones like you see in this video. I use black and blue Expo whiteboard pens. You can get more colors, but I find that I only need 2 colors 99% of the time. Buy several Expo erasers too, and make sure to throw them out when they get too black. They're cheap relatively speaking. You can buy pens and erasers in bulk on Amazon. Expo also makes a nice whiteboard cleaner that I use. You don't need to clean your whiteboard after every use, only when you start to see smearing when you erase. I've also used Windex to clean my whiteboards but be careful about what you use to clean them. And keep all your permanent markers away from your whiteboard tools.

There's a difference between a cult and a scam/scheme: (These are my definitions)

- ⇒ A cult is the unjust exploitation of community building/building a fan base/creating loyalty by intentionally using deceptive practices and confidence artistry.
- ⇒ A scam/scheme is the unjust grasping for property/money/tangible things by intentionally using deceptive practices and confidence artistry.

There's obviously some overlap between a cult and a scam/scheme (some instances more so than others), but I still think these definitions are useful.

I'm committed to the APC Discord.com server for the long run. I'm interested in seeing what it becomes over time! Discord is the perfect platform for this kind of community. I've just got to make sure I lead by example and not make this community about myself. Therefore, I removed all my writings and videos I posted from the threads. It was becoming too much about me/my content which was eating up all the oxygen in the room and deterring people from posting. It's so weird and paradoxical how good leadership works sometimes. Sometimes good leadership is a hands-off approach. I don't want people to feel they're a pawn in my project on here. If you start feeling that way on here, let me know. This community is about your projects and how we can help hold you accountable in accomplishing them through gentle support.

These two videos (links and names omitted) focus too heavily on the worst aspects of self-help, personal development, interpersonal development, and life coaching as opposed to the best aspects of them in my opinion. focus too heavily on the worst aspects of self-help, personal development, interpersonal development, and life coaching as opposed to the best aspects of them in my humble opinion. I like both of these guys by the way, so this is constructive criticism not an attempt to label them as bad. They're both very good, and I wish them Godspeed in their missions. They're both doing self-help ironically, so we must be careful not to unreasonably throw the good baby out with the bad bathwater regarding self-help, personal development, interpersonal development, and life coaching work. Don't shoot a hole in your own boat as a self-help teacher -- because we're all affected by this messaging who work in this field, including yourself, although you probably don't label yourself as doing self-help or life coaching work. Don't sh\*t where you eat! There are both good and bad actors in self-help, personal development, and interpersonal development, life coaching work; therefore, please acknowledge this difference.

Some teachers, places, and relations know how to (1) tear you down but they don't know how to (2) build you back up after being torn down. You need both in a good teacher, influence, place, or network of relations (community), etc. It's not enough to be a critic

or talker alone -- you also need to live/practice your new values, integrity, plans, rules. You need a teacher who can model this in their own life who not only talks but walks it/lives it which sets an example that inspires you to do the same for your conclusions about what you want to think and do in your life! The goal is not to emulate the teacher forever -- but to ultimately use the teacher as inspiration/motivation/energy for you to find your truth and to live it, to practice it, to do it, to execute or actualize it. A good teacher/coach can do both in the right measure, right context, right time, right approach for each individual person. The goal is not to tell somebody what's what in a religious way, but to set an example by living your principles/truth/values to inspire them to take 100% responsibility to do that same work themselves -- and to guide them to becoming a better them not a good copy of you! I think a lot of teachers/coaches/preachers, etc. miss this last point.

Bad character masquerading as good character is good for getting attention (advertising/marketing) -- but ultimately, what we want to do is to find and habitualize what we think of as good character in ourselves. So, the massive value is not in getting attention or even having a large following -- it's somehow aiding other people to take responsibility to find their integrity and then to live it. To the extent you can make this as easy as possible, you're not going to have trouble finding work as a teacher/coach over the long run. The flashy, the thrilling, the articulate might be good for newbies and for an introduction. But ultimately, you want to solve your problem of failing to live a good life as you see it, don't you? You want somebody to help you/inspire you/motivate you to do this. That's true value and massive value. Make medicine easier for people to take and get them to take their own medicine and you will be liked, loved, admired, etc. People want to change in their heart of hearts when you strip all the entertainment and distraction out of it. But a good teacher gets results too. You're not a good teacher if you can't help people change in ways they want to change and cannot make this process as easy/painless as possible for them. So, if you're doing your job right as a teacher the value is there. Value is not your problem, it might be something else (there are other factors to success), but the value (the foundation) is there.

I'm done excusing people with bad character under the guise of accepting reality. That's spiritual bypassing. The reason bad people get away with what they do is because people excuse them and/or refuse to stand up to them. That is unjust! I may not directly attack somebody with bad character, but I'm sure as hell not going to support them and/or help carry them. If somebody has shit on me in the past and continues to shit on me and doesn't seem to ever reform themselves -- I've got to move on. I've got to cut them off at a minimum and go after them at a maximum. Remember, for Aristotle, Righteous Indignation and the anger that accompanies it is a virtue and part of good character. Bad people are enabled by bad people/bad society not standing up to them. Both of those are vicious (vices). One is acting like a bully; the other is acting like a coward. The

courageous/brave person is the virtuous mean between these two extremes. What I see is that people find the bully exciting, captivating, entertaining, so they give them a pass. This is cowardly conduct and enabling the bully to not reform himself/herself. Is that fair/just (1) to the bully and (2) to the people that the bully manipulates/harms? I think to ask this question is to answer it.

There's a big problem in spirituality and religion regarding excusing vicious people instead of confronting them. This is a form of spiritual bypassing. Remember, if you fail to do the right things, you're part of the problem too! You're enabling bad people to take advantage of others.

My compassion for others doesn't go so far as to undermine my own health/flourishing/happiness/sense of right and wrong. You've got to balance acceptance with free choice. It's not my job/duty to save or tolerate everybody. In fact, it's my duty to fight/challenge things that I think are wrong/unwise/foolish/harmful to me or to others. To do otherwise would be unjust and cowardly.

The first step in dealing with an anger management problem is to decide to walk away and cool down when you want to lash out in anger verbally or in writing. If you don't even want to do this, then you're not going to fix this problem. If one or both parties in a relationship has an anger management problem, there needs to be a protocol set up in advance that is agreed upon. This protocol is to allow a time interval apart and resist the temptation to be abusive in anger or rage. If this protocol cannot be achieved, consider severing the relation and find someone else to relate to. This solution only works if both parties are onboard with the agreed upon protocol in advance. Nobody should tolerate abusive behavior, but perhaps give the relationship a chance by trying to come up with a system for how to give each other space when you or they (or both) are angry/rageful and want to lash out verbally or in writing. If this doesn't work, I suggest walking away from the relationship. Life is too short to either be abusive or be abused. There's plenty of fish in the sea to relate to. Find someone more suitable.

Resolve to stop any "trauma bonding" you're doing. Google "traumatic bonding".

If you don't think you deserve more than being in an abusive relationship, yes, the abuser is at fault -- but you're at fault too for tolerating that abuse and not fighting for something better for yourself and for them too. It is not noble or virtuous or just to tolerate abuse! It shows a lack of self-love and self-respect which is just as bad as being an abuser. To allow abuse on your watch that you could have stopped is just as bad and unjust as abusing or bullying others. So, it's time to wake up regarding this. Time to grow a backbone if you need it. If you're siding with an abuser or bully who is harming others, that's bad too. You're a coward and an enabler in that case. And you lack compassion despite what spiritual "words" you like to clothe yourself with.

You know someone feels superior to you when they get to ignore your emails. Fools! Nobody is superior. All they're doing is revealing how little they regard the relation between you and them. And you should take notice of that! Be aware. Don't invest in people who are not friends. Be selective in who/whom/what you invest in.

If you hate yourself, you do have a responsibility to fix that in yourself.

If you have an anger management problem, you do have a responsibility to fix that in yourself.

You should be able to know yourself before anything else at some point. If you must ask, what am I? Tell me who I am! Tell me what I am! That shows you don't yet have a stable confidence yet of who you are for at least all practical purposes. You're the one who is going to have to die for yourself and be proud of your work. On some level, this life is all about you - but you can do this non-selfishly! These are some of the things that doing spiritual work can help you achieve for your life and for other people and systems and networks of systems that come into relation or contact with you. Resolving the issue of knowing yourself is in fact, from a practical perspective, more important than knowing any other so-called fact of the world.

Nobody can play games with truth over the long run. Reality will whiplash that down after a period. I think it's best to have an open-minded attitude about truth rather than shoving your truth down everybody's throat as The Truth. When you make a business out of Spirituality, and you have nothing else to sell — it's tempting but also extremely risky to try to commodify your truth as The Truth. You can do this by setting up a kind of cultish echo chamber filled with young men looking for a leader to put their trust in, but this is not going to be ultimately aligned with truth, which is the problem! Talk and actuality as Spinoza understood relate best when they go together. If the talk is wrong or a confused idea, it goes against the will of the whole or reason or the laws that govern nature. It's sort of like a child pretending that they're the smartest person in the world, and then turning that premise into a business model. But doing this is fundamentally going to put you at odds with the truth, and you're going to have to hide from the truth to survive! This is not a wise way to set up a business model in my opinion.

In my video "Integrating the Hunter/Huntress" I mention my insight that Spirituality is something I can create myself for my own life — even if I don't believe in religion or in spiritual truths. I can build and practice my own Spirituality to aid my own life. This is a powerful insight that I had around 2016 or so.

I said in my video Spinoza++ that Yoga is a type of Vedanta which was incorrect. Let me clarify and fix this here. Both Advaita Vedanta and Yoga are forms of Hinduism, but Yoga is not a form of Vedanta. There are six "orthodox" schools in Indian Philosophy:

Both Vedanta and Yoga are two of these six schools. In Indian Philosophy, we can make a distinction between orthodox and non-orthodox schools. The 6 Orthodox Schools go in pairs traditionally: Vedanta goes with Mimamsa. Yoga goes with Samkya. Vaisheshika goes with Nyaya. So, there are 3 pairs of orthodox schools in Indian Philosophy. Don't let these kinds of meta theory distinctions limit you though. This helps you understand Indian Philosophy. The Non-Orthodox Indian Philosophy schools include Buddhism and Jainism and others (Charvaka, Ajivika, etc.)

One of the things I really love about Yoga Hinduism practice is the consciousness that it makes you of the body. You can even make a distinction between bodily or affective consciousness vs. mental or cognitive consciousness. It's worth exploring this duality because we tend to assume mental or cognitive consciousness is all that exists. We tend to privilege the mind (masculine) over the body (feminine). Breathing exercises and meditation exercises are very useful for becoming conscious of the body and the relation between the body and the mind.

Spiritual bypassing is where a person bypasses taking action by hiding out in spiritual concepts and the imagination. Spiritual bypassing is distracting yourself from taking adult-level responsibility for managing your life. Just because you read a lot of books on jazz theory does not substitute for doing daily methodical practice on your instrument. Your Spirituality should be helping you to do actual development work and measurably grow in your life — which means you're changing for the better and handling your responsibilities better over time!

True self love should manifest in you taking more right actions for yourself and for the network of relations that you're responsible for. If Spirituality is just another video game-like distraction for you to avoid responsibility, then whatever the pros are to your life there are deep and devastating cons to your life as well. This is why the responsibility rests on the teacher of Spirituality to make sure people aren't bypassing in Spiritual concepts to avoid doing the development work that Spirituality when used properly can aid you to do. People have been bamboozled and distracted by the romance of Spiritual Enlightenment for long enough in human history. You do Spirituality, don't let Spirituality or a Spiritual teacher's need for money do you. You may achieve a poor result at the end of the line — which is the opposite of what you were hoping for when you got into this work! Mere talking about jazz all day long does not turn you into a great or even rookie jazz musician. Talking about women all day long but never actually approaching one is the same kind of bypassing.

Your Spirituality should be about, fundamentally — you overcoming any inferiority complex that manifests in reality as: You yourself holding back your own life!

Inner development (Development Work) can look like laziness. But some people really do grow! So, sometimes, what looks to you like someone who is stagnating — that person might be growing a lot in that period. So, it's important to be cautious in judging other people relative to your own myopic (short sided) interests and values at that specific place and time! The human artform wants to evolve! — it's just that it has both order and chaos to deal (contend) with in that venture, which can befuddle us (to a greater or lesser extent), the very ones who are living it! Nietzsche famously said (paraphrased) that: Human beings must (learn to) account for their own stupidity! And we can frame (or re-frame) stupidity as chaos. Order is reason, good judgment, right action, etc. Learn to love and accept the part of you that is defective, wrong, loathsome, ugly, disabled, immature, incompetent, imperfect, stupid, unwise, an asshole, paranoid, a child, etc. Carl Jung really understood this issue and devoted his life to trying to help people accept Chaos in reality, even if you don't at first glance like it! It's us! It's me and it's you! We're all both living and being lived on some level, and we can see this — it's obvious! We're both imperfectly perfect and perfectly imperfect — and neither! You choose your narratives just like you choose your clothing, habitually and systemically.

You can think of “Step Up Your Game” as Step Up Your Gig, your Artistry. You are a piece of Performance Art in reality. Everything you do can be refined by realizing this — although necessarily imperfectly. But this imperfection or chaos will be accounted for by you in advance, and you will learn how to bob and weave and compromise with chaos in the System of Reality. Game is Stage Orange. Stage Mauve realizes life is not a game: Life is about you stepping up and fashioning a version of yourself like an artist fashions artworks.

Understanding alone does not equate to embodiment a.k.a. living it. Maybe in mathematics understanding alone is enough, but this doesn't analogously work for Spirituality. The whole point of Spirituality is embodiment; and understanding takes a second seat to embodiment in terms of priority. Living it is the goal. Understanding is a means to the end of living it.

Dying is dealing with “I can't be here anymore!” No matter how much I want to, I can't be here anymore. I'm being cancelled!

We are pattern making and pattern following systems.

Spiritual bypassing is also an addiction. This is where you come up with spiritual rationalizations for not taking responsibility in your life. This is not good spirituality; this is bad spirituality. This is spirituality that holds you back rather than truly and measurably uplifting you. You're responsible for constructing and maintaining a spirituality, if you're so inclined, that is truly and measurably helping you. God forbid

you're using spirituality as just another reason to slack off! Examine that sneaky mind of yours (and mine) on this issue.

Don't live your parents' mistakes! Don't live your culture's mistakes! Your job is avoid falling into these traps that you have a reasonable opportunity to learn about if you take responsibility for looking into it.

You've got to stop blaming your parents for your problems. Today and tomorrow, your problems are your responsibility. You know what happened. You're here. Now, you take the reins and drive the train any direction you choose. This learned helplessness shit is really a problem. Be careful of how you rationalize being a small person instead of really taking action and impressing yourself and others.

Talk (and marketing) is cheap. Some people don't evolve or (actually) refuse to evolve and get more and more deluded on huffing their own farts regarding their delusions. You must be able to self-correct, especially if you're someone who is already prone to delusion or depression or blaming other people, etc. You're either going to do it or you're not. Your talk and your art are not going to do your pushups for you. Now is the time to live into those lofty ideas you've made an incidental career mouthing off about. You prove you can live what you said you would do, what you mouthed off about! Do that, and I will be impressed. And I hold myself to this same standard, so don't feel like I'm being unreasonable here. I admit my flaws and I work on them even though I fail almost every day. I make slow measurable progress because I refuse to huff my own farts about what I believe and refuse to mouth off about things in order avoid taking adult-level responsibility to (1) freely create my life and (2) live up to the things I've said to others and promised to myself. It's so sad to see someone led astray because they couldn't stop themselves or listen to others. It's like a system that needs a reset, but nobody knows where the reset button is!

The duality of Free Will vs. No Free Will has to be integrated and transcended.

We have a little bit of a friendship with our problems which explains why there's a fear of success in finally nipping them in the bud.

I find that getting away from people that are fervent about spirituality and talking about it a lot -- has helped me study and learn about my own spirituality with new eyes and ears. This is one of the reasons why meditation and psychedelics are useful too. You've got to connect with what's going on with you. Sometimes all the noise and all the talk can get you to start to think spirituality is something ideological, which takes you away from yourself.

Knowledge of your weaknesses has pros and cons. What you have labeled linguistically as a weakness may not in actuality help you and may not even be true. I would be very



Careful in thinking you have a weakness and believing that by hammering that in all the time. That is, you holding yourself back, you limiting yourself. That is the opposite of what spiritual work should be doing for you. Spirituality is all about you waking up in a way that serves the life you've already inherited by liberating yourself from yourself, gaining clarity, and taking responsibility.

One thing that really bugs me about many (but not all) spiritual teachers is they do the tear down part very well but the buildup part poorly. In other words, they help you challenge your current beliefs of self for example -- and then instead of putting the ball back in your court to re-create yourself, they try to give you "the truth" as they see it -- some even call the truth they've found the "Absolute Truth"! This stance from a spiritual teacher is totally wrong because (1) you want to get away from other people's concepts when you do the buildup part, and (2) the whole point of the buildup part is to gain distance from concepts not to replace one set of concepts with their set! It just seems irresistible for some teachers to want to strongly suggest their concepts as the truth (even if they hand-wavingly say, "you've got to confirm I'm right for yourself!"). This is not the way to teach spirituality in my opinion! First, there is only so much you can learn about spirituality from another person. It's like Sadhguru says, you can teach skills but not wisdom. You can help someone identify issues as a spiritual teacher, but ultimately, you've got to let your "students" create their own spirituality for themselves based on looking at their life underneath all the concepts of self that they're clinging to.

Epictetus seems to take the view that if you're 100% focused and on point with what you can control, you don't need to worry about (1) what anyone else says to you or others about you, (2) what they do to you, or (3) what they think about you.

If you try to strategically acquire spiritual growth you might turn into a spiritual ego and get little actual spiritual achievement. Spirituality is a weird subject because just like wisdom and love you can't buy it directly. You can buy things that might lead to spiritual growth, wisdom, and love -- like planting seeds, but you can't strategically acquire spirituality like a commodity. If you try to do this, you will get another ideology to supplement your old one with which will take you in the opposite direction from achieving spirituality. Spirituality is like wisdom and love -- they come when you are ready! It doesn't matter how much a 5-year-old wants to be president of the United States and works at it, he's just not ready. But he might sow the seeds of becoming president in his 40's for example! Spirituality comes when it comes and I find that when you stop looking for it and just let it be, it's a very effortless thing. But it's there in your life -- you have achieved a spirituality for your life. And this doesn't have anything to do with others, it's completely an individual accomplishment. There's a double-edged sword to consulting with other people regarding doing your own achieving spirituality work. Spirituality is a bit different from most other subjects in the sense that nobody can try

your ideal spirituality on for you. You must try it on and see how it fits and then wear it awhile and see if it sticks. It's like a good friend that stays by your side even when you don't give it attention? That's a good sign! Spirituality is different from belief or worldview.

Spirituality has to do with how you think, sense, intuit, and feel about self and relations to self. It's tempting to think of Religion as a form of Spirituality, but I don't want to digress here. And these kinds of classifications have pros and cons. Every person thinks their beliefs are the best and stand on their own without being reduced to something else. Our Ego loves to reduce all human knowledge to what we believe and doesn't really want to be challenged! That's one of the things that's great about Stage Orange is you can learn to reasonably challenge everything based on expertise and authority rather than induction from observable instances.

It's weird how sometimes we can easily spot other people's assumptions but be totally blind to our own assumptions. There's sometimes a blind spot there. If you think an assumption is false, that means you're holding some other assumption you think is true. What's good for the goose is also good for the gander in the sense that maybe your spiritual assumptions about truth are false assumptions too. But see you're not going to admit that because your survival depends on you attaching to certain spiritual truths. But if you're going to make a big deal about this -- apply it thoroughly to yourself first! You go live it, and then come tell us about how that affected you. Now you have something to truly share with others. Otherwise, you're criticizing others for not sharing the spiritual assumptions your ego prefers to call true. I don't need to explain why this is not an integrated way to react or respond to the world. It's like saying I get to try to fix you on an issue but ignore the same issue in myself. That's backwards and is not helping you as a teacher but especially as a student. The way to teach and learn is (1) fix an issue in yourself conceptually, (2) get a measurable result by applying the idea to your own life, and (3) then teach it to others (if you want to) so that they can achieve the same measurable result you did.

In Minecraft (the video game) I notice that I become more willing to violate my ethics on killing animals for example when I want something and getting it without killing an animal would be much more difficult and I really want and need the result to move my ball forward. And let's say I've made a reasonable effort to try to get the result without violating my ethic of not killing animals. This is so analogous to life. It shows that our ethics is dependent on our survival in the sense that we often do violate our principles when they become an unreasonable nuisance to our survival. This doesn't make trying to be ethical bad, and this doesn't make killing systems to aid your survival bad either. But you can become much more conscious of the killing that you do and the reasons why you did it. We balance survival with divinity, and we work on the relation between survival

and divinity. It's not one or the other it's the link or relation between the two that's best focused on.

One of the things I appreciate about Stage Blue is identification with country. If this can be done in a healthy and nuanced way -- it can be a huge component to your spirituality! It's not just you: It's you and all your relations, including your nation, state, community, family, home, online community, place of work, etc. As a development work teacher, I like teaching about how to become a good social citizen and appreciate the rights and duties of being a citizen of your (my) country, in my case the United States of America. It's not just you, it's also the communities you choose to relate to and how you choose to relate to them! Doing this kind of work is integrating some of the pros of Stage Blue. It adds more to your spirituality when you can identify with the pros of being a good US citizen. However, you get to decide what good means. One of the cons of Stage Blue is the notion that "good" in that sense already has a meaning and it's not decided by you it's decided by the collective (or some collective). Shake that part of it off! Only you get to decide how you're going to be a good social citizen including but not limited to a good US citizen. But don't throw the baby out with the bathwater regarding Stage Blue -- you can take and use the good and simply leave the bad behind. Each Spiral Stage has a good bit to it that's worth building a relation to (integrating) and a bad bit to it that's worth severing a relation to (separation). There's a duality between integration vs./and separation that must be properly appreciated and interpreted. I'm going to make a video at a near point in the future about: Your Legal Rights and Duties as a US Citizen.

The United States of America is founded on a marketplace of competing ideas, products, and services idea. This is at the core of what our legal system protects when you study unfair competition law -- which is your freedom to participate in this competitive marketplace to earn a living for yourself and your business (if you have one). So, you can either accept this system and move into the rules or you can resist this system! Your choice! But no matter what you do, this is the system inside of the United States of America: Earning a living is based on the exchange of value in a competitive and free marketplace of ideas, things, and services. The fundamental freedom the government of the US provides to you and I is the full freedom to participate in this marketplace so long as we do not violate the law. This is often called the freedom to contract in law. Every citizen has the freedom to enter into contracts with other citizens. A contract is a court-enforceable written or oral agreement between two or more persons. Fundamentally, the US government gives you a set of rights and duties with regard to how you can or might choose to engage with this marketplace of ideas, things, and services -- which you need to confidently know so that you can relate to this existing marketplace in a way that advances your career mastery and life purpose goals. If you don't know what you can do (if you don't know the rules), you're less likely to do anything due to fear or unreasonable caution. So, each of us needs to understand what rights we have as someone relating to

the existing marketplace that the US government protects for everyone. And then we can take action and play the game confident that we know the rules.

My most important spiritual practice is to continually remind myself of what I want to become — the changes that I want to make and the priorities that I want to set and keep.

Courage (ability to reasonably stand up to fear) is the virtuous mean between recklessness (not enough fear) and cowardice (too much fear) in a specific context. Courage is a moral virtue for Aristotle.

Temperance (ability to reasonably stand up to desire) is the virtuous mean between obsession (too much desire) and sloth (not enough desire) in a specific context. Temperance is a moral virtue for Aristotle.

Believing that for every success there's got to be a failure is a limiting belief (and a false belief). Success can be created on its own and does not depend on failure to exist. Especially for you, you can create success out of your work which doesn't depend on failure per se, although you will experience failure more if you engage with the world more. I think people have a confusion that I want to help clear up. Yes, you will fail more when you engage with the world more, but success does not depend on failure to exist. Chances are though, you're going to have to engage with the world more to get success! However, don't interpret those failures as being a necessary condition for success. You might get success right away! In that case, move on to the next smart goal. Failures are chaos that is just part of life. The key is to stop making the same failures repeatedly because of you refusing to change your thinking or your actions regarding satisfying some objective or goal you have. You could get success right now if you simply take the logical and reasonable actions to sustainably get and keep something. You've got to satisfy the systemic and relational conditions between you and the system that controls what or who gets those results. There's a protocol, law, principle, rule there that needs to be accurately learned and then applied and mastered like an ongoing skill.

The importance of not acting like a loose cannon is something that can be integrated with benefit from Stage Blue. You can create your life like a craftsman which requires relating the passions to the intellect, the feminine to the masculine. This is not about dominating the passions with the intellect. This is the perfect relation (or relationship) between the passions (feminine) and the intellect (masculine) that we're looking for.

No technique can substitute for your artistic intuition. Technique can only be in service of your artistic intuition. Assume you already have enough technique and go take action anyway. But also, become wise and practice every day to master the skills you need to accomplish the life you want for yourself. You don't want to stop yourself because you feel like you're not good enough to take action right now. You are good enough right now! You are good enough right now! Possessing the confidence to act is key. You've

got to feel like you're enough to act right now, which is a spiritual achievement if you don't have it already in that particular area of life.

I like Robert Augustus Masters' approach (who wrote the book "Spiritual Bypassing) to actively look at all the ways you are bad (pursuant to your own values) and be compassionate about them. It's a full-time job to try to reprogram yourself into being a good person pursuant to your own values. My #1 skill to master is building and reinforcing positive habits and eliminating negative habits.

It's hard to change yourself because only you have the last word on that. If you spot areas where you're routinely not doing what you want to be doing that's step one. You're lucky if you've reached step one. There are many people who never reach step one because they're blind to the ways they're routinely fucking up regarding honoring their own values. Step two is to change those routines. The worst thing you can have wrong with you is being blind to where you're not behaving properly and the second worst thing you can have wrong with you is to not be able to right your own ship and get your actions aligned with your values and life purpose.

This applies to every addiction analogously: I hate to say this but people who are fat tend to stay fat. The reasons for this are various: addiction to food, social boundary problems, fear of being attractive, fear of success, fear of being lean, hard, and fit, not having the self-esteem to present attractively in the world. Losing weight is only about diet in one aspect. There are so many more potential reasons why your system rejects success in this area. You must really dig deep and find out why your system doesn't want to lose the excess fat that plagues your body and holds you back from respecting yourself fully and presenting in (showing up in) the world optimally.

We must first be "spiritually behind" changing our actions from what our higher self doesn't want to what it wants. Therefore, it's important to have an explicitly expressed Vision and have clearly stated SMART Goals.

Not knowing is often not the problem. It's knowing but not bringing ourselves to take action that's the problem. We simply don't bring ourselves to do. People need more motivation to act not necessarily more theory. But of course, sometimes more theory is needed too. Oftentimes theory functions to increase motivation. But what I'm saying here is we already know what needs to be done and how to do it. What we don't want to do is methodically practice to increase skills and we don't want to take any action that is outside our comfort zone.

In Minecraft, now I'm ready to start getting into automatic farming to manage my resources. I want to make a Blaze farm and get into brewing the various potions. I've got to learn more technical stuff now that I've got all the basics of survival down. I have everything I need, now I just need to make it all more efficient and use more knowledge

and intellect to improve things. I feel like I'm at the point where I have a business that works but I do everything myself! Also, it's more dangerous to have to hunt for everything you need yourself rather than making it or acquiring those resources more intelligently. Minecraft teaches you how to think about survival and to always be thinking of the best way to provide resources needed to flourish according to my own values in the game. It teaches you to provide security to yourself, security to your valued property, and your ability to obtain the resources you need to survive and thrive. It teaches you all about the detours and traps of the game just like there are detours and traps in life. One of the biggest traps is to never do any research, just like in life! The more research you do, the more you realize your options for implementing (or better implementing) your values and your purpose in the game. I'm at a crossroads in the game now where I need to step up my game or else, I'm just operating at the same level of performance with slow and scant variation. To progress beyond where I am now, I need to use my head more and plan systems that move my ball forward much faster. I don't like to waste time in life doing the same shit -- I like to improve! Some of us really value growth and feeling like we're growing. Other people are cool to just walk a routine, even a simple one. I like the thrill of using my intellect to improve my life and other people's lives. I feel inspired when I gain advantage using intellect.

I like the medium of video, but I find that there's a lot of bloviating in videos that has pros and cons that writing may or may not have. Speech has lower standards than writing. One of the things you're taught in law, for better or for worse, is how to write from an outline, which gets your writing crisp, on point, free of distraction, etc. In law school, one strategy is (1) first you outline, (2) then you write. In other words, (maybe) good writers outline before they write. You can listen to many audiobooks in the same amount of time that you could listen to one bloviating video! Efficiency of time is not the only issue. A good source is something that'll energize you to improve on the values you know are good for you! What you want is a spiritual connection with what you want to do. That's more important than the value of "truth". You're working with harmonizing several values not just one.

I found out what a "shill" is in my last trip to Las Vegas -- we've all heard this word used. A shill is an employee of a casino that pretends to be a regular person playing at a table game, but they're really an employee of the casino. Casinos regularly do this to keep the action up in table games. So, you can see how sock-puppet accounts on an online forum are sort of like shills -- but even more deceptive than shills are! Many dealers will play table games as shills as part of their shifts -- and, of course, the chips shills use are provided to them by the casino.

Here's a question/issue from my point of view. What's worth more to you: improving motivation to act vs. pursuance of discovering truth? I'm not saying there's an inherent

disconnect here. But what I notice is that there's a gap that can be discussed. Truth is only one value among several human values. I argue that a good human life involves the harmonization or balancing of more than one value. This is what Law shows as well when you study Jurisprudence. One value that is just as important to truth is inspiration to act or motivation to act. What you need is motivation sometimes, and that's ok -- and you don't need to reduce that intellectually to any other value, including truth necessarily. Truth sounds good intellectually and superficially, but it isn't always what we most urgently need practically. So, here we see Yin separating from Yang and exposing a different perspective. The feminine is about inspiration and motivation whereas the masculine is about truth and conception. These must be balanced among other values in a good or wise human life.

A bad bargain is where you lose a lot of your resources for very little gain comparatively. You've got to recognize this situation quickly. Don't lose too much while experimenting. Choose a better approach in that scenario. There should be a better approach, but it often requires regrouping, humility, reason, research, planning, etc.

If you want love and value from others -- the best strategy is to give love and value habitually without expecting anything in return. Therefore, successful people attract success and people who lack have nothing. "It takes money to make money" is another saying that sort of gets at this too. Being able to "pay it forward" is the value here. Paying it forward means that you're a source of value and love for others. So, methodically and habitually practicing paying it forward is a skill to acquire if you can. The opposite of this is giving little value and love to others and then naturally receiving nothing in return. So, happy and abundant people who work on paying it forward attract success because of the value and love they emit.

The problem with being too into marketing might manifest as an attachment to be "flashy" in subject areas where that has more cons than pros. Plato's attacks on the Sophists captures this. Having a "marketing mindset" has pros and cons. Personally, I distrust marketing and advertising. I'm all about creating products that sell themselves, maybe even after my death! This gets into not being financially dependent on your career mastery. Remember when I said there are 3 categories to keep separate; namely: (1) Life Purpose; (2) Making Money; (3) Career Mastery? You don't want to confuse 2 for 3. Once need for money corrupts 3, that's a trap! It's better to keep 3 pure and clean by having a side gig or side hustle in 2 unless and until you can do 3 without being financially needy. It takes a lifetime to establish a reputation and a second to lose it. Keep that in mind!

You can see how Spinoza's concept of the "humble devil" influenced Nietzsche's critique of Christian values and feminine values (taken to be true without masculine balance). The "humble devil" is the ego that relies on humility to gain a sense of power in contrast

to relying on overt expressions of power. It's a covert power grab basically for Nietzsche. But you can see how this goes all the way back to Spinoza's critique of the "humble devil"; namely, the Ego that survives by sacrificing the self -- but no ego can do this in reality! So, this is always a magician's front and a farse for Nietzsche. It's a way of acquiring power via trickery vs. acquiring power overtly (and in line with truth). Spinoza and Nietzsche both had egoic views regarding human beings, i.e., all human beings are ultimately striving after increasing their power.

You've got to clarify what your high-consciousness work is. Then allow that to happen. Don't cling too hard to theory and allow things to just unfold.

Everything that is happening to me is setting me up with an opportunity to learn and to grow.

Army of one! If you don't believe in you and your mission, no-one else will. Hang in there! This works for any skill you're trying to acquire including playing Jazz. You're not going to get respect and encouragement when you're not that good from other musicians. When you're already good, then you get love from musicians who all want to play with you and make money having you at the gig. But you had to hang in there to get good, and that's when you had no support. So, you must be willing to do it for you and slug it out in the beginning stages of any new or intermediate venture. Therefore, self-love and self-friendship are so important because you must love you and support you when no one else will. There's nothing in it for anyone else to support you until you're already great. Then everybody supports you not for you but for themselves. And that's fine! That's what you want. That means that you're emitting high value at that point and you have fans. One must admire something (or otherwise find it valuable or useful) to want to possess it or assimilate it. Friendship is fickle. Self-friendship doesn't have to be.

There might be pros and cons to trying to prove that you're a real man. If you have an insecurity that you're trying to overcome — that must be dealt with as smartly as possible. Be careful you're not transferring your own self-hatred into abusing others to feel like you're a man. I'm not against reasonable actions in dating and so on but look at your motives. Are you conquering young women to pursue a goal of increased masculinity? If so, that might be the lower way (maybe not) of getting there. I'm open to being wrong and invite discussion on this head. A real man doesn't need anything to feel like a man. This is a part of what spirituality is for: You being ok and at peace with nothing and then building on top of that — which will give you a wholesome foundation to grow right habits regarding actions and speech.

One piece of theory that I've really gotten a lot of fruit from in my life so far is as follows: Always treat other human beings as ends not merely as a means. I'll unpack



this more as time goes on, but I'm sure that most people understand this even without further information. Human beings are not at the same level as other toys that you may decide to "play" around with. We'll get into this more and I'm open to all voices on this issue for the sake of having the most informed discussion possible. And to that extent, the best role for me would be to be (a kind of) good umpire. This is the role of the community moderator.

One thing that I really like about Aristotle is he roots for the good and makes us realize that we like good people because they make us better. The highest level of friendship for Aristotle is admiring the character of someone. Bad people are going to be threatened by good people though, so you must accept that too. Only people who understand the good and desire the good will admire good character. Vicious people (or people who practice and desire vice) will hate good people -- just like good people tend to hate vicious people. There's a way to move beyond Stage Blue though in thinking about this -- where you can accept this without getting individually caught up by it. This is the difference between Stage Blue and Stage Turquoise, which are both feminine stages at different levels of consciousness/perspective. Stage Blue has pros to it though that Stage Turquoise can't completely bypass and has to accept and integrate. One of those is that there is bad human character and people choose it and don't do anything about it when they can do something about it -- but due to ignorance and laziness make bad decisions in their life. It takes a lot to make anything good including yourself. Any kind of craft or artform shows this. It makes sense that a good human life requires a lot of work just like any well-designed or engineered system. Good engineering doesn't just happen by itself: Someone had to force things to happen a certain way if that system didn't already exist.

Regarding Stephen Covey's 4 Quadrants Model -- If you fail to work enough on Quadrant 2, you're going to be looking for money in Quadrant 3 instead of Quadrant 1 because the element of "importance" will be missing. Quadrant 3 is urgent but not important. This is all your crap ploys to get money rather than earning money by sharing excellent products and services that you would do for free (this might be a little idealistic, but I think it's somewhat sound). Selling out as an artist is substituting Quadrant 3 for Quadrant 1 due to failure to invest enough in Quadrant 2 (which is practicing your career mastery work). When you get desperate for money due to not practicing Quadrant 2 enough, that's when you (even if you want to be a good person) might substitute Quadrant 3 for Quadrant 1. And what this does is it gets you money, but it also fucks up your brand and your reputation. Remember, it takes a lifetime to earn a good reputation, but just moments to lose it. All of us know artworks that "jump the shark" that we see as bad moves in the careers that we otherwise, formerly admired and followed. So, you can see how getting these quadrants right is essential to almost everything in your life. If you're spending too much time in Quadrant 4, you must cut that out! That's eating up all your time and forcing you to make desperate moves to make money! Now, you can recover, but you've

got to fix this in your life. Plenty of artists released great artworks after throwing out a few doozies. Just fix it, don't wallow, or get caught up in past errors. Everyone respects someone who fixes a problem!

The idea of wasted time only makes sense if -- you would have or could have put that time to better use, not just as an idea but as an actual practice. You might trade one wasted time with another wasted time or what you think of as a waste of time (i.e., working for money) might keep your discipline together which permits you to do your valuable time (your Quadrant 1 and Quadrant 2 tasks). For example, playing Minecraft, which could be labeled as waste of time, a little bit every day, actually helps me do my schedule and set a daily intention as to what I want to get done that day.

What I like about Aristotle is he realizes that virtue is about more than "saying the right things" -- it's (1) doing the right things, (2) understanding what's right, and (3) actually wanting, desiring, and having your emotions behind doing the right thing. There are so many people who have poor character that think saying the right things or understanding the right things alone is somehow going to transform their character. Aristotle would say you're missing two elements in this approach, namely: (1) you must actually do the right thing and (2) you must actually want/desire to do the right thing. I've seen so many people that talk a lot about good character (as they see it) but when you see them closely and look at their actions you realize they have poor/bad character. You can't fix yourself through theory alone when it comes to developing good character -- you must reprogram the habitual actions and feelings/desires you have as well as know something intellectually about the good.

Righteous indignation and the anger that accompanies it is a virtue for Aristotle. Don't confuse Righteous Indignation for Envy. For Aristotle Envy is a vice. When you attack something that is unjust for the right reasons, with the right understanding, accompanied by the right desire or feeling, in the right context: That's good/virtuous character for Aristotle! Anger and attack are not bad or good in themselves -- they are bad or good in a more nuanced sense. When you attack someone who is harming other people for vicious reasons, that's different than harming someone due to Envy or Malice, which are the two vices on the left side and right side of the virtue of Righteous Indignation respectively. A lot of people try to slander Righteous Indignation and the anger that comes from it by reducing it to either Envy or Malice. For Aristotle, this is poor/confused understanding of a virtuous character. The good/virtuous person/character will fight injustice and feel anger in the right circumstance, with the right understanding, with the right desire/feeling, with the right actions. People who shit on anger or aggression as bad in themselves miss the mark of Virtue for Aristotle. That kind of view, actions, and desire taken that way would actually form a Vicious (Vice is the root of

vicious) character who is too lax/passive/unjust/irresponsible/childlike, etc. to be a good human being.

All of us (including me) can still change. That's the good thing! Keep up hope! Life is long. You're going to be ok if you pay attention and take responsibility. Life is complex. There's lots of elements to this experience. Hang in there! Be smart but don't forget to act smartly too. Not all of us began at the same point either! If you want to be great you need to think great and act great! That's a tall order. Your job is to do this over time -- you're not going to be great at first. Accept always being the white belt and always looking to glean something whether intellectual or prudential that has worth and keep it. Ultimately, you'll apply the best of what you know in all these meanings and traditions. Life is good. Life is not a test, it's your test! You can do whatever you choose in this one life and that's part of what's great about it.

It bothers me that people tend to call devilry "Zen Devilry". This isn't fair as Zen is one of the very highest teachings! It's a deflection. You can be an Advaita Vedanta Devil too! I know more of those than I do Zen Devils. I'm not knocking Advaita Vedanta, my point is that devilry is devilry. You can be poor character and wrap yourself around any worldview, including Western religions.

Some people mean well they're just clueless, naive, gullible, childlike, ignorant, confused, etc. They prefer the secondary over the primary. I've tried to help people who don't even acknowledge me -- they don't see me! They see something else. I'm trying to get their attention and they still don't see me. I'm trying to give them something for free that can help their goals. I don't take this personally; I just realize that not everyone who assumes a leadership position is a leader. I always assume: this guy/gal could benefit from this, but then they're distracted by some trifle. Let them learn! Allow space for people who don't have your strengths to learn on their own timetable. This might be in part genetic, cultural, and depending on who/whom had occasion and circumstance to influence them. Cut people some slack but not too much slack! Help people but do so smartly. Help yourself first though, and don't be full of shit either! Teaching can sometimes be a distraction from doing the work you know you want to do and have known for a long time! Oh, if I teach, I did it -- but that might be the ultimate egoic rationalization! I teach others to distract myself/bypass from addressing my own self-hatred. In this case, I can't teach myself and that's been my problem, see? That's always been my problem! Other people can do it, I can't. I've learned to excuse my behavior by finding some kind of excuse/reason/rationalization/projection that never involves/includes myself! "I can't do it so I have to pretend that I'm a teacher" see! This is more common that you think because -- instead of humility and being honest about their own mistakes/weaknesses, most people defer to narcissism and fake confidence, which is a cheap form/false form of self-esteem.

Others will not undo you; you will undo yourself. This is why when you become a leader you have to be a good one. Good character is important, it's not just some kind of lip service or something to throw poo at and mouth off about how stupid morality is. No, morality is what we like in people. Moral people can be trusted. Good leaders are trusted because they have good character. They do the right things, not just mouth off. People should be treated as ends never as a means -- as Kant I believe famously said.

“It’s not the years in your life that count. It’s the life in your years.” I'm unsure who originally said this great quote. My brother told me this last night and I was blown away with how astute and true this is.

I agree with some of Jordan Peterson’s content/ideas but not all. I like some of his basic self-help advice but when he starts talking about other matters, I find him to be kind of wrong or off in ways that an overly intellectual person can be wrong, i.e., when he starts talking about the sexes, dating, and philosophy. I like when he talks about personality theory because that was his research area as a psychology professor. I only bring this up because I took a little bit of a deep dive into his content and watched like 20 of his videos on YouTube on a variety of topics.

Know it all ism is a huge red flag. In spiritual communities this can manifest when someone thinks they have the Absolute Truth, and they call everyone else (literally "everyone else") devils/lesser than/necessarily inferior. Nobody is ever in the know/or could be in the know as much as they are. The truly wise person realizes the know it all is a fool at worst and a con artist/manipulator at best. Notice they can't handle another smart/intelligent/wise person around them, especially someone who sees through their ruse and is willing to call them out/challenge them on their absolute (no possibility of being wrong)/self-serving claims.

Your job is not to save everybody. Your job is to save those who can hear you. That might only be only 1 person, and that's ok. It may only be yourself and that's ok too. That's great! One person is enough to make it worthwhile.

#### Minecraft (video game) meets Spiral Dynamics:

- Beige: Resides in the Over World. Prefers to live in a village. This might be like analogous to the Nitwit mob in the game. (Mob means mobile not a villain in Minecraft. Anything that moves and is alive is a mob.). Beige is protected by the village but doesn’t really want to do anything other than close-quartered wandering, relaxing, sleeping, and staying safe and out of harm’s way.
- Purple: Resides in the Over World. Prefers to live in a village. Acts similar to a Villager mob in the game. Basic gameplay. Looking to survive dangers around the village especially at night. Looking for safety in community. Purple wants to find a village fast and stay there.

- Red: Resides in the Over World. Prefers to live in a village or just outside the vicinity of a village. Steals anything they can “ground score” even other players’ loot in chests they stumble upon.
- Blue: Resides in the Over World. Prefers to reside in a village. Works to set rules for and to fortify a village against invasions from the outside and the inside. Willing to verbally and physically fight others who violate the rules. Likes to build impressive architecture.
- Orange: Resides in the Over World. Prefers to reside in a village or maybe more than one. Trades with two or more villages. Automatic farming. Obtains a map and likes to explore for the sake of acquiring loot through trade or finding it. Doesn’t steal others’ loot if they happen upon it. Likes to build impressive architecture.
- Green: Resides in the Over World. Prefers to reside in one village or maybe more than one. Trades with two or more villages. Tries not to eat animals or treat them poorly. Likes to care for the animals and sell incidentals from doing so like wool, eggs, food they made like cake, etc.
- Yellow: Resides in the Over World. Obtains a map and likes to explore for the sake of exploration. Goes off on their own. May build a boat and cross a huge ocean just to see what’s on the other side.
- Turquoise: Resides in the Over World. Looks at the big picture of the game and then creates a strategy for beating the game as a whole. Not really concerned with acquiring loot for the sole sake of acquiring loot. Has a clear sense of mission dictated by reason and doesn’t get bogged down doing stupid shit. Cares for the animals and nature by leaving them alone unless absolutely necessary.
- Coral: May reside in the Nether World the Over World or both. Concerned mostly with acquiring enchanted diamond armor, working in the Nether World, and building a residence within the Nether World. Builds engineering structures in the Nether World to be able to safely access key locations. Mostly concerned with acquiring diamonds to make armor and working in the Nether World.
- Teal: May reside in the Nether World the Over World or both. Experiments doing every kind of job, role, or move in the game just to do it. Integrates the duality between utility and beauty and survival and creation when it comes to enjoying the game and taking actions. Integrates and enjoys every aspect of the game while also strategically moving their ball forward in the game as well. Not in a rush to beat the game. Enjoys every moment just playing the game no matter what they’re doing. Wants to experience or apply every rule rather than merely “know” every rule like Turquoise.
- Mauve: May reside in the Nether World the Over World or The End or all three. Understands and applies every technical aspect of the game strategically to gain

survival advantage. Knows how to create trap doors, use pistons, and build red stone circuitry for various relevant survival purposes. Master at brewing potions and can personally access all ingredients for doing so. Can strategically use every kind of potion. Top notch war and defensive capability if required. Has lots of experience points due to rarely dying, and therefore has the highest-level enchantment for armor and weapons.

There are two kinds of people — those that will take action and those who won't. This all hinges on you actually honoring your integrity. Right Action is scary but it's the sincerest way for you to love yourself and the world.

Here's my 7-step checklist for taking massive action:

1. High Energy
2. High Industriousness
3. Gameplan Driven/Objective Focused
4. Temperance
5. Low Comfort Mentality
6. No Limitations
7. Fast Execution

I love the Korean concept of Ppalli Ppalli or hurry hurry or chop chop or Andale or move your ass muscles!

There are pros and cons to dissatisfaction. Great achievements often result from great dissatisfaction. Dissatisfaction is good! There's a lot of energy behind dissatisfaction that can be used to motivate you to take massive action. A good exercise would be to write down a list of 10 reasons why you're dissatisfied with either your life or with reality.

Rule #1 is always do what you say you will do.

Sometimes it's about picking one vehicle to get somewhere and sticking to that and not letting yourself get distracted away from it.

You've got to look at what people actually do — and take what they say with a grain of salt. Let a person's actions speak and learn to hear their actions as louder than their empty words.

You can get better at anything through the right kind of massive practice.

Tasks can be reframed and dismissed by the sneaky over-intellectualized mind as stupid busy work. This is the way that the mind can bypass action — by dismissing it as foolish, inane, mechanical busy work. No, this foolish busy work just is the most reasonable stuff you could be doing with your time!

What people hope and say they will do dwarfs what they actually do — and for some people this gap is wider than it is for others. Good intentions mean nothing if actions are never taken. Passivity has costs to it — most notably, getting high huffing the paint of good intentions but never actually doing anything to manifest them in reality! Having really good ideas but never implementing them is a tragedy for your life and for the network of relations you're responsible for.

The problem with the Feminine (Yin) dominating the Masculine (Yang) is — passivity is not always the answer!

100 Ways to Live an Unhappy Life (written by me):

1. Lack of sufficient contentments wired into your schedule
2. Chronic alcohol addiction
3. Chronic smoking addiction
4. Chronic Internet addiction
5. Chronic gaming addiction
6. Chronic comfort mentality and laziness addiction
7. Chronic food and beverage addiction
8. Chronic obesity
9. Failure to earn enough money
10. Lack of assertive communication style
11. Failure to give love back to reality
12. Poor self-love
13. Poor self-friendship
14. Poor quality relationships
15. No true friends
16. Low motivation to change
17. Low energy and chronic fatigue

18. Feeling physically unwell
19. Feeling mentally unwell
20. No life purpose identified
21. Failure to go from child to adult
22. Failure to back up promises with timely actions
23. Lack of game-plan or objective focus
24. Lack of clarity regarding goals
25. No big and ambitious goals
26. Chronic avoidance of conflict
27. Rarely reading or studying
28. Chronic TV viewing
29. Poor time management
30. Narcissistic personality issue
31. Chronic lying and deception
32. Playing games with relationships
33. Passive communication style
34. Passive-Aggressive communication style
35. Aggressive communication style
36. Poor anger management skills
37. Being a dog that doesn't know how to hunt
38. Being a human that doesn't know how to empathize
39. Failure to, take seriously, good advice from others
40. Failure to stand up for what's right
41. Being a person who is full of shit or a bullshitter
42. Being a person who tends to abuse others verbally or physically without remorse
43. Being a mooch
44. Treating relations or others as a means rather than as ends



45. Acting like a cult-leader
46. Acting like a cult-leader's flying monkey
47. Acting like a cult-leader's useful idiot
48. Being a sycophantic type of person
49. Poor reason and truth sense
50. Lack of common sense
51. Unwillingness to dig for and weigh evidence
52. Trusting without verifying
53. Preferring imagination over reality and truth
54. Lack of a clear and workable sense of self
55. Poor knowledge of your strengths
56. Poor knowledge of your weaknesses
57. Poor knowledge of personality theory
58. Lack of personal sovereignty
59. Poor self-respect
60. Poor ability to show others respect and treat others with dignity
61. Choosing a life partner with poor character
62. Choosing a business partner with poor character
63. Failure to do career mastery work
64. Never traveling to learn, expand, and grow
65. Failure to know your ideal medium as a creator
66. Failure to know what your craft is regarding career mastery work
67. Few actual life achievements, few clippings to display
68. Violating your values to earn money
69. Job or career not aligned with your life purpose
70. Unwillingness to try to coach others you could help
71. Unwillingness to stand up for others you care for

72. Failure to understand the values and requirements of your job or career
73. Failure to live up to the values and requirements of your job or career
74. Being almost incapable of being humble around others
75. Never being willing to laugh at yourself
76. Living with self-shame
77. Routinely bringing about the results you fear most
78. Never reading or studying about relationships and interpersonal development work
79. Failure to use your voice and take your own voice first
80. Over-indulgence in theory without taking any actions or obtaining measurable results
81. Hard drug addiction
82. Severe procrastination problem
83. Allowing yourself to become distracted too often
84. Not getting enough sleep, rest, and meditation time in
85. Not respecting the value of money properly, gambling addiction
86. Wasting/losing money on stupid shit
87. Not following through on your plans
88. Failure to properly “manage up” in your job or career
89. Failure to attain enough intimacy in your life
90. Failure to take full responsibility for doing self-development work
91. Failure to adequately balance work with play
92. Failure to create or join a system that helps hold you accountable
93. Lack of a sense of spirituality or divinity
94. Being stuck in limited and limiting patterns of thinking
95. Pretending to be a know-it-all
96. Lacking clarity regarding the battles worth fighting for in your life
97. Being too soft rather than being lean and hard

98. Being unconcerned with doing reasonable persona work regarding improving how you come off to others

99. Poor ability to act professionally

100. Lack of emotional mastery

The first step towards solving any problem is to first start seeing it as a problem. This is good! This means that you're starting to become conscious of the problem rather than ignoring it. I know it's painful but see this as a good thing in your journey (maybe a lifelong journey) to solve that problem.

People don't emphasize the fit or relation enough between theory and practice — they assume there's a one-size-fits-all theory that can dominate practice or a one-size-fits-all practice that can dominate theory.

Isn't this the greatest thing? You're up against some semi-formidable yet unwise opponent and you tell everyone — "Sit back and watch me do this!" And then you do a bang-up job and wind up better off than where you started! That's worthy of a couple of pats on your back! You executed on doing the right thing and you announced it publicly in advance. We love to see this as humans. We love power. Spinoza understood the centrality of the concept of power in metaphysics. I'll talk about this because it's very important for your life how you think about power. You already have some ideas about power but it's wise to examine and refine those ideas. Power is a tricky concept, and we have all kinds of feelings and beliefs about it — but what if some of those feelings and beliefs you have about power are unwise?

When you're dealing with someone who is an asshole and an abuser you may be obsessed with trying to understand why. I would suggest that this is not the primary issue. The primary issue is why are you still around this person, especially if you have the choice to leave? You don't need to know why to take action to get away from someone who is an abuser.

Playing the role of the victim is being a child. And if you don't want to stop playing the victim, you're going to be treated like a child and you're going to act like a child until you grow up and act like an adult. Playing the role of the victim is a choice you are making! That part of it is your fault, despite what others say or do to you. If people know you're weak, they're going to act any way they want with you -- including bullying you if you're dealing with a real asshole. You must take responsibility and the laboring oar to take action to extract yourself from this playing the victim mentality. If you don't want to take any adult actions to help yourself, then you're responsible for that, not anyone else!

It's a lot easier to parasite off someone else's abundance than to create your own abundance. The ego will choose the former instead of the latter if given a choice. Why

work when you can get what you need right now by asking someone else! This keeps you weak though. It looks like you're strong because you got what you needed -- but the way you did that was by bumming off the wealth of another person. What happens here is you never learn how to become wealthy like they did! They had something in them that said, "I must go out into the world and be a hunter not a parasite!" One of the cons (as in pros and cons) of childhood is it teaches you to be a parasite. In fact, one of the best things your parents could have done for you is wean you off that at some point and teach you how to hunt -- and then you would have been teed up for adult work properly. The problem is many parents do not help their child do this. So, what happens is you get the "man-child syndrome" or "woman-child syndrome" -- and the only person that can pull you out of this is you! One of the first things you can do is to never ask anyone for anything and try to build up your own abundance of wealth in the form of money. Inner wealth such as working on the soul is great, but we're talking about survival here. You can be a high-consciousness parasite too!

I find that often we have all the theory we need, we just don't want to take action and apply it! So, we bypass in theory because we can't bring ourselves to take action. This is a nasty trap. You must be able to (1) spot it as an issue and (2) avoid bypassing in theory on this basis. Bypassing in Theory is like Spiritual Bypassing, both put you in a holding pattern where you have the illusion of growth. All of us have fallen victim to this. And it's time we resolve to target this trap and work to measurably move beyond and thru it.

We tend to not question what we spend so much time in school learning, but as fabulous as I think calculus is, I've never actually had much of an occasion to use it in my real life. So, one of the things that Zen teaches you is how to unlearn what you've been taught, which is called emptying your cup of learning. You don't want to resent, repress, or suppress anything you've learned or been exposed to up to this point. But it is useful to start to question what learning is important for you now and what is not. And a full cup of learning doesn't learn well -- if your cup is already full, you're attached to that network of learning so tightly that you become rigid and ideological and it's hard for you to learn more. So, that's why in Zen the process of unlearning and not knowing are emphasized so that you can empty your cup and then decide how to fill it as you wish depending on circumstance, context, and occasion.

Failure is only good if you learn from it and change your actions. Otherwise, failure is bad because that means you're not doing things in a certain area well, and unless you change course all you can expect is serial quitting or being quit on, and more failures, until you learn how to sustainably change course to gain successes instead. And only you can do this! You can get stuck in holding patterns of cycles of repeated failure. You must (1) be able to observe this happening in your life in a certain area, and (2) be able to change your strategy and actions to achieve measurable success in that area. The #1

thing you need to be able to do to avoid failure is to change your actions. Therefore, I'm so fascinated with change. Being able to self-change your actions is something that most of us are not very good at and is probably the #1 skill to acquire in life. All the reading and theory in the world was just a distraction if what you really wanted all along was to be able to change your actions -- and you never did that! You could have spent so much time doing something else. So, you don't want to waste any more time not applying the theory you already have! It's the ability to change our actions that we most want -- and if you learn to value this and methodically practice doing this daily, you can expect to get better at the skill of changing your actions. There are some cons (as in pros and cons) to the cliché that failure is good. Yes and no. Failure is basically valuable information that you can heed or not heed regarding changing your actions to go from a lesser state of perfection to a greater state of perfection in certain areas of your life and your relations (the systems that are influenced by your actions and omissions).

#1 Killer Tactic: Get started right away. Don't put stuff off. Jump on stuff right away. When you get an assignment, don't wait for the deadline to submit it -- submit it right away!

I'm applying the IRAC method of legal analysis as follows:

1. Issue/Question
2. Rule/Principle
3. Application
4. Conclusion/Holding

//

1. Issue/Question:

Am I ever going to learn the skill of doing what I say (or promise) I will do?

2. Rule/Principle:

You can learn any skill that you methodically and systematically practice on a daily or semi-daily basis.

3. Application/Rationale:

A #1 Killer Tactic = Master the skill of doing what I say (or promise) I will do.

4. Conclusion/Holding:

Methodically and systematically practice the skill of doing what I say (or promise) I will do a daily or semi-daily basis. We must figure out the method (as in methodical) of practice (as in drilling) for ourselves.

My #1 skill to master is building and reinforcing positive habits and eliminating negative habits.

It's cool how you'll be working on building momentum for a while, and then suddenly, you get a measurable improvement in your results that happens all by itself and seems to happen effortlessly. The key is to (1) keep practicing when you're building momentum and (2) don't stop practicing after you get a little bit of results. Keep practicing every day regardless of results. At a minimum you're gaining momentum to take the action to get the results you're looking for. You'll know when you have the required momentum when you bring yourself to take actions that bring back results -- and this can feel effortless when it happens. But that's just because you forgot the momentum you built and the force of habit that's like a wind at your back. It's not easy and it wasn't easy for you -- but it appears easy in that moment of confident action taking.

Planning the next day the night before is probably the #1 killer habit I've discovered regarding increasing productivity. We all know this but see what happens when you practice this! Make a checklist of what you want to do and don't want to do tomorrow on a small or medium size yellow pad. You can put this title on the top of the page: "Plan for [enter date]" and underline it. Make sure you give yourself time to establish this daily habit. See how much actually you do what you promise to do each day. Repeat this habit everyday even if your results are terrible! Accept the fact that we're all human and necessarily imperfect; however, at least you're facing the issue head on and you're going to steadily improve through consistent, methodical daily practice.

I have a little anecdote about habits and programming that I want to share here. On my city block in San Francisco where I live there's a hobbit-looking little old homeless man, clearly not dealing with a full deck but able to care for himself, living in the doorway of a fire door to a restaurant. For about a year and a half now, everybody has sort of left this guy alone and let him stay and sleep in that little doorway space, even the restaurant turned a blind eye. But about a month and a half ago I could tell the restaurant has tried to get this guy out of that space. They poured buckets of ice to keep him out of there. But I noticed that despite all this the old man still comes back at night after the ice has melted and sleeps there. Sometimes he's there during the day too. He's so programmed to be there that it's going to take a lot of energy both internally and externally for his system to find a new solution to the problem of safe place to be and sleep. A ship doesn't turn on a dime except for a huge amount of energy applied or being forced into a situation where the old option is simply unavailable. To me this just shows how difficult it is to change a habit even when you want to. You'll find yourself going back to the familiar even when the familiar no longer wants you.

These are the items I'm going to work on:

1. Freelance paralegal work
2. Freelance web dev work
3. Trumpet
4. Accountability Partners Community
5. Minecraft with 10 Others
6. Firstphilosophy.org
7. Author
8. Blogger/Vlogger

One of the things that can really be a limiting issue is when you put off taking an action because you haven't yet fashioned a guiding vision. I'm guilty of this so bad. First you need a vision, second you need to believe you can have that vision, third you need to take the actions that cause that vision to become a reality.

I'm excellent at planning but suck at sustainably taking actions in the world. I've got to get good at the latter. That's my goal.

There's the "perpetual starter syndrome" where we love to start things but quit soon after and hit rock bottom just to build up momentum to start again and quit soon after that, etc.... This is a yo-yo type of oscillating system. The perpetual starter self-sabotages. George Leonard talks about this in his book "Mastery" as 'the Dabbler'.

There's the "taking lots of action yet taking no action syndrome". This is where you do a shit ton of planning. But whatever comes out of all this planning in terms of behavior change and results?

Not knowing is not the problem -- it's knowing but not doing that's the problem. We don't bring ourselves to do.

#### Changes I Need to Make:

1. At my computer ready to work and bright eyed and bushy tailed at 9am every day
2. Focus only on Workday Projects Pipeline from 9am-5pm every day
3. Master the skill of being an excellent freelance paralegal
4. Focus on Non-Workday Projects Pipeline after 5pm every day
5. (Private)
6. (Private)

7. Clean diet
8. Lyon Steps
9. Trumpet Chrissy Field
10. Spinoza content
11. Web Dev tutorials
12. Improve firstphilosophy.org
13. Work on Sunday video
14. Stay in Covey Quadrants I and II
15. (Private)
16. Do Nothing Meditation for 1 hour per day for cravings
17. Plan every minute of the day – keep time
18. Review Vision, One Sheet, and Smart Goals

List of Weaknesses (I know using this word might be controversial):

- Rebel/Disruptive/Troublemaker
- Alcoholism
- Mental Illness
- Paranoia
- Emotions Mastery Problems
- Anger Management Problems
- No Family or Friends Support
- Egotistical
- Lonely
- Autism Spectrum
- Addiction Problems
- Distraction Problems
- Subconscious Deathwish
- Fear of Success



- Fundamentally Insecure
- Procrastination Problem
- Self-Destructs
- Emotionally Disturbed
- Argumentative
- Falls Off the Wagon
- Overpromises/Underdelivers
- Up and Down Swinging Moods

Some categories I came up with for Development Work:

- Addictions Work/Temperance
- Distractions Work
- Spiritual Work/The Big Leap/Courage/Piety
- Life Purpose/Career Mastery Work
- Daily Schedule Work
- Daily Routine Work
- Emotions Mastery Work
- Financial Responsibility Work
- Accountability Work
- Assertiveness and Boundaries Work
- Relations Building Work
- Taking Action Work/Right Action Work
- Managing Smart Goals and Project Binder Work
- Right Speech Work/Anger Management Work/Justice
- Reprogramming Habits Work
- Hobbies Work
- Pre-Action Planning Work
- Learning to Manage Pressure Work

- Learning to Be Persistent Work
- Learning from Prior Failures Work

One habit that I'm really getting a lot of fruit from is at the beginning of every week I make an audio recording of what I want to get done that week by looking at Habitica, then I listen to that recording at the start of every day. I use the Voice Memos feature on my phone.

What's great about quitting an addiction is you really don't even have to do anything — you simply must *not do* certain things. Just don't buy it, don't smoke it, don't eat it, don't do it. You have the power to put the brakes on any attachment or relation when the premise is simply to not do something. No action is required — its non-action that's required.

You're allowing an attachment or relation to happen between you and an addiction node (in the network) that you don't want any relation to every day. Those relations aren't there until you allow them to be there. You can use an Assertive No and thwart this evil process. And it is evil because it's you allowing something to hold you back that you can gain control over. It's like — you had the cure, but you wouldn't take it!

There's a grief process that you and I should expect when we're working on change. Expect to feel a sense of losing a friend when you leave an addiction relation. This is why change is such hard work. Our body-mind sends sabotaging signals to us when we dare to change. But you hang in there! This is all to be expected and is the battle itself. To change, something else must die or be re-fashioned. And this thing that must change is working for you now. This is why changing is so hard — it's similar to relationship breakup or grief after a death work. You're going to get some hard blowback when you insist on change. It helps to know what you're getting yourself into so you can prepare to face this.

One key tactic in addiction cessation work is as follows: Systematically cut back and watch your cravings lower. If your stomach volume capacity is large or your substance tolerance is high, you're going to have more massive cravings. When you cut back your stomach volume capacity shrinks and your substance tolerance gets lower. You'll have fewer cravings and it'll take less to satisfy them. This is a gradual, systemic "cutting back" process that you can implement. I'll talk about this more as I apply it to my life.

Don't let thoughts about unwise people dominate your thoughts or occupy real estate in your mind. Otherwise, you're acting unwisely too! I know it's tempting to worry about how much of an asshole someone else is but think of how much of an asshole the attachment (relation) you permit yourself to have to them is! You're choosing to look at them, be around them, listen to them, be in their community, etc. Your solution is:

distance and deprogram yourself from unwise, toxic relations or attachments in your life. This is like addiction cessation work.

What makes alcohol bad for me is that it screws up my priorities. And in survival, your priorities are your game plan. Therefore, alcohol is a stupid move when it comes to survival. Even though I'm addicted to alcohol, I'm coming to re-understand why it's so debilitating to my survival interests -- yet this causes me to resist it more and more, which is good! But more measurable progress needs to be made. I think it's especially dangerous if you drink during the day. One initial move you might consider is only drinking after 6pm and never before! It's a process to dial down an alcohol addiction just like it is for any hard addiction problem including food addiction.

Fatigue/napping also screws up my priorities and is associated with alcohol use and overeating. Think about it -- what's worse for survival than tuning out too much due to fatigue/napping instead of working on your game plan! I can see now how alcohol use and overeating really take a bite out of my productivity. And it's not like I'm a workaholic either. These things are parasitical on me spending reasonable time consistently working every day on stuff that I want to be working on. When I look at these from this kind of a clear picture, it becomes clear that I that must do something about this right now. I'm realizing that kicking the alcohol is #1 because the overeating in many cases goes with the drinking for me. There's a network relation between alcohol and overeating where one signals the other and both tend to go together like a pair.

Resist the idea that you have an addiction beat. It's going to take a very long time to truly beat an addiction, if ever. Every day you have to say an assertive no to an addiction maybe you quit years ago. All it takes is one slip up and you're back to square one! Strategically, set up a system where that is unlikely to happen by taking a little bit of time every day to review your addictions and resolve to quit them. But if you can gain enough momentum to actually quit for 1 day, that's the hardest thing! -- now all you must do is stay quit. The hardest thing is to take that initial action of quitting for 1 day. It takes so much momentum to even get to that point. That momentum can take months to achieve. It just depends. Don't make that a limiting belief. You can quit right now! I'm just saying, from a practical perspective, you can work on your momentum to quit by doing certain consistent practices. Check out my videos titled "Career Mastery Work", "Truth In Action" and "Integrating The Hunter/Huntress", which all deal with the topic of addiction cessation work and how to build momentum to do that work.

We can methodically practice daily the skill of becoming conscious or mindful of cravings and our decisions in response to those cravings.

Cravings are invaders that get us to choose wrong actions. The mind and body can sneakily self-sabotage.

You've got to resolve to not "trauma bond" with relations, including but not limited to people. It's a bad habit and pattern that you must be willing to break once and for all. You've got to take better care of yourself than that. Let the other person go if you need to. Use an internet blocker to block sites that trigger you into forming or reinforcing a trauma bond. Trauma bonds can be formed with people, communities, even ideologies. Any relation between you and something can be a trauma bond. You may have a trauma bond with certain memories or stories that you tell yourself about your past. The problem with a trauma bond is it keeps you stuck (little to no growth), it's a waste of energy and time, and it's a huge source of suffering. A trauma bond is attractive because it gives you the illusion that you're working on yourself. No, working on yourself is the exact opposite -- it's severing all trauma bonds. But that requires you facing you without needing someone else (or some other relation) in the middle of that. You don't need a middleman.

I see Advaita Vedanta as a Stage Coral vehicle. Not the only Coral vehicle, but one that exists and has been used for this purpose by humans for thousands of years now in India and in other parts of the world.

I tend to think that a particular Ethic follows from a particular view/belief/theory of reality which is called a Metaphysic. Depending on what Metaphysic you cling to, there's going to be an Ethic that follows from that almost logically. So, it makes sense to examine your question about what to do in the light of two very popular Metaphysics; namely, Advaita Vedanta and Spinoza.

- For Advaita Vedanta, only consciousness actually exists and it is one. For Spinoza, only mind (ideas) and body (extension) exist and they are one underlying Substance in actuality, not two. Spinoza doesn't make consciousness (awareness) an ontological category in his Metaphysic. In Advaita Vedanta, the single consciousness (awareness) that exists is God which is also you! For Spinoza, God is not you, God is the whole mind-body complex in actuality. For Spinoza, you as a thing in yourself is a confused and illusory idea. For Advaita Vedanta, mind (ideas) and body (extension) are confused and illusory because only a single consciousness (awareness) actually exists.
- Spinoza might weigh in as follows: Spinoza might say that visualizing yourself as being another physical object might help you realize that God is the whole, that parts are ultimately an illusion, and you (thought of as) an independent thing is an illusion. The whole is the only being and parts are a confused idea from an absolute perspective.
- Advaita Vedanta might weigh in as follows: Visualizing yourself as another object might cause you to realize that all body (extension) is an illusion, and the only real thing is the single consciousness (awareness) that lies quietly behind all

experience and mind (ideas). Even mind (ideas) are illusions in the play of the movie being watched by the sole existing singular consciousness.

One of the best pieces of advice I was taught at UCLA while studying philosophy is to regard the Ancient Greeks as like us and not like us. It's important to realize that in many ways the Ancient Greeks were not like us. That difference yet similarity is what makes studying the Ancient Greeks so interesting.

The Four Cardinal Virtues for Aristotle are as follows:

(1) Temperance

(2) Piety -- Spiritual humility. One who knows one's place in the presence of the Divine or whole.

(3) Justice

(4) Courage

- These are the elemental Virtues for Aristotle. He thinks each of these 4 Cardinal Virtues involve each other. You can't split the 4 Cardinal Virtues apart from each other -- they involve and share in each other. Aristotle thinks all other Virtues are built from (involve) these 4 Cardinal Virtues.

Eudaimonia for Aristotle is not a feeling, it's an activity or action.

For Aristotle, lack of Temperance (intemperance) includes too much desire for something. Think of the 7 Deadly Sins. Lack of Temperance also includes too little desire for Aristotle. This is because desire is what drives us to live life. We want a certain level/measure of desire to be healthy.

In Aristotle's theory of Ethics, you cannot have too much of a Virtue. That's a good kind of excess. The bad kind of excess for Aristotle is to have too much or too little of the Virtue in question at the right place, time, and with the right feeling. Virtues are in themselves extremes (extreme actions). This is something that is a little bit tricky to get at first. This keeps you from thinking that Virtue is some kind of "squishy mean". Yes, Virtues are means between 2 extremes, but Virtue is also extreme act -- it's like a craft or skill that must be mastered over the course of your life. Virtue is a proper managing or proper balancing of actions (behavior) in specific life circumstances by you.

Virtue Ethics does not mean balance in all things. Virtue is not synonymous with balance. Being a mean between two extremes is its own independent trajectory. And that trajectory is not some kind of squishy balance. Virtues are principles of right action and right character, not some kind of excuse or post hoc rationalization for taking "less than virtuous actions" in a particular circumstance. Virtue is not a compromise. There's

a difference between "balance" and "Virtue" in the way that those two words are used in development work. Virtues are not the low road, they're the high road. So, we must be careful of thinking of Virtues as means between extremes. That's useful for thinking, but Virtue in the moment depends on right action and right speech in a particular context. This can be conceptualized to an extent, but Virtue is more about character and action than theory or concepts for Aristotle.

Good character for Aristotle means predisposed (or trained or habituated) to act in virtuous ways.

For Aristotle, the virtue that deals with fear is courage.

It's important to understand that when Aristotle uses the word "character" he's using it in the sense of habits. A person of good character habitually does good actions. A person of good character in Aristotle's sense methodically practices taking right actions and avoids taking wrong actions. So, character has to do with choosing and taking right actions habitually for Aristotle. Morality is a skill or craft or something that one perfects their actions with.

Topic: Integrating and transcending the maybe it's bad vs. maybe it's good duality. You can take anything and play with this thought in your mind: Maybe it's good . . . Maybe it's bad . . . When one door closes another door opens. Maybe you can see the good in the "bad" that happens to you. Can you see the bad in the "good" that happens to you?

Change = Opportunity

If you can't be self-independent that's a huge problem because you are dependent on others to survive. And the people you depend on most likely are shitty people.

There are 4 communication styles: (1) assertive, (2) passive-aggressive, (3) aggressive, and (4) passive. Source: "The Assertiveness Workbook" by Randy Patterson.

The problem with the aggressive communication style is if you blow up around people it's hard to re-salvage the relations after conflicts. I've made this mistake myself many times. What's great about the assertive communication style is you can deal with conflict in a way that doesn't destroy relations. People will leave you if you default to the aggressive style because it can arguably but also misleadingly show that a person needs to handle themselves despite what their complaint is. We need to learn how to "fight" without blowing up the store in the process. Even if you could have a good point - going about it disruptively and aggressively can, alone, make you look like you're the one too. I fully understand this is difficult work and I've made mistakes in this area probably more than most people. Learning how to fight assertively rather than aggressively, passively, or passive-aggressively is key. Unless you really do want to destroy the relation - and if

that's the case - don't ask to come back. Self-respecting people don't want to endure that repeatedly from you or anybody.

I want you to know that I'm almost never a smartass in my communication style. I say things with the intent to be honest and direct and mean what I say and say what I mean. I don't like using the indirect communication style. I can deal with people who use this style, so don't feel like I'm against this style of relating. It's just not my preference. So, when I speak and write I aim to be literal, bluntly honest, and transparent - and ultimately embodying the assertive style of communication.

Loyalty is an element of being in a romantic relation with someone. If your partner doesn't satisfy this element, you need to enforce it, demand it, or set a boundary on your end of "friends only". Don't try to change them, enforce your boundaries instead. If someone wants to "friend zone" you, that's fine. But you must enforce that boundary on your end of it. You deserve the best, but you must continually earn that by protecting your boundaries.

You don't have to explain yourself. Don't let people put you on the defensive by suggesting you need to explain yourself. That's a them problem not a you problem.

You don't do assertiveness communication style for other people primarily — you do it for yourself!

Avoid being melodramatic in your conflict management style in relations you care about.

Creating a daily schedule can be thought of as enforcing boundaries that cause your priorities to be properly emphasized over other possible tasks.

Stop entertaining/letting in people who are not your friends/not good people/people who talk unreasonable shit about you or others (to your face or when they think you don't notice). Have/create a higher standard regarding who/whom you choose to relate to! It's not your duty and it's not noble/just/courageous to relate to everyone without discernment. There are people who are against you that you're relating to. Is that smart? Is that helping you do your thing in life? Fuck no they're not! These people are selfish, manipulative, assholes and you shouldn't engage them. Realize what a predator is! You don't go offering yourself as food to a predator, do you? There are good people out there -- associate with them in abundance and see how that changes your life for the better.

You can always say and think this – "I'm unsure how I feel about this person at this time." Say this to yourself aloud in your own mind. Let the evidence reveal over time how you should feel about them rather than being too trusting/open in advance. The Masculine (Yang) is about discernment/judgment whereas the Feminine (Yin) is about acceptance/allowing being to be itself. You need to integrate and transcend both of these monalities (which form a duality put in opposition or synthesis together) at the highest

levels of development work/stages on the Spiral. But hear me women or young men -- don't forget about the masculine! You can't wish it away. The masculine is about right discernment/right judgment. Open/squeegee that Third Eye Chakra (which is a masculine chakra)!

Dr. Phil uses the word "bit player" in his BAITER Model and EVIL 8 Model video (see above Phil in the Blanks Part 8 video). I looked up the definition. According to the online Miriam-Webster Dictionary a "bit player" = "a person who performs a very small role in a play or movie." What Dr. Phil wants to say/instruct us is the following -- you don't want to be a bit player in your own life!

I'm starting to make a distinction between life purpose, career mastery, and earning money honorably. Career for most people but not all is an eventual achievement. The process of achieving a career might take up much of the early years of your "career" if that makes sense. I'll talk about this in my next video which will be titled Earning Money Honorably. I think the key to Career Mastery is the following: Career Is Created. Nobody falls into a career in this sense. A career is an achievement over your work life over time. A career is a goal, a vision, a strategy that you form, shape, and deliberately "live into" over time. All careers in this sense require life purpose but not all life purposes require a career. You could be independently wealthy or somebody resigned to poverty and have a life purpose that has nothing to do with earning money. You can earn money honorably without necessarily doing career mastery work as well.

Because earning money is almost by necessity about cultivating and maintaining relations with other people, the following paradox or duality emerges — How to take your own voice first AND also keep, maintain, and increase work relations?

I think it's important to select the humans you want to work with for career work very carefully. Even if you're going to be an employee rather than an independent contractor, this is just as important. As an independent contractor you most likely can exercise more control and selection over who you choose to work with and who your clients are. We two groups of career relations: (1) coworkers and (2) customers or clients.

One thing to work on in Career Mastery work is — (1) Find or determine and (2) uphold or produce the key values of a particular role or profession or position in the economic marketplace. This is a great video by Ross Perot on higher conscious business and entrepreneurship.

One of the tricky things for Stage Green on up the spiral is to learn how to chop chop like Orange does regarding earning money — but to do so honorably. But still, one has to chop chop! — we still must build in a hustle for money. Stage Orange leaves such a bad taste in Green's mouth regarding earning money that it's tempting for Green to despise earning money. But we don't want to throw the baby out with the bathwater here.



Earning money, even a lot of money, is not in itself bad or wrong. It's how one goes about earning money that can be bad or wrong depending on your values, your life purpose, the law, etc.

Poverty in and of itself is not a virtue. We should aim to make as much money as we need and want to make to pursue our happiness according to the laws. It's 100% on you to you to get clear about money goals — and then play the chess pieces as needed to create the result you set out for.

I'm setting a SMART Goal to bring in at least 60k for the year 2022 in earned income.

Sometimes the dog doesn't like the dog food, and you as a business builder then have a decision to make. Maybe you should stick with it and build trust over time that way. If you're committed others will feel safe to commit too over time. But you must be that pillar of being for your brand and company.

Being uncool has pros and cons. Uncool is the inverse of popular. But uncool can be cool too if it is respected by others. The key is to play your hand to the fullest. This is fun. You're here, you might as well have fun with it all. But this doesn't mean engaging in excessive and shameful gamesmanship either, especially with people.

This community is not about my project — it's about your project. That's the key characteristic of this community. This is a support network or support community. We support each other's accountability. That's what I'm hoping will be of super-valuable use to reality. The value to you of — real and numerous accountability partnerships or relations. There's no question as to whether this is an unmet need or not — It is. The only question is, how best to set up and continually revise a system or network that over time fulfills this unmet need. That's the project as I see it from a practical standpoint. Eventually, we will get some people in this community or its future incarnations who will push all of us forward. I'm going to make this project the nucleus of my career mastery work from now on.

If you can't use an assertive communication style with a potential relation — probably it's best to pass on that relation. This is a key litmus test in this area. There's a lot of people that expect to have their ass kissed and therefore prefer that you kiss their ass. That ain't me! And I don't expect anybody to kiss my ass either. That's a stupid distracting game and a waste of time and energy. I want people around me who see the best in me and like me.

I came with an idea for my first book, which will be on Spinoza — “Spinoza and Me: A Journey into Personal Development”.

## 10 CAREER MASTERY FAILURE POINTS

1. Failure to do what you say you will do before or by the deadline you agreed to.
2. Failure to assertively and effectively manage your pipeline of work so that it's achievable by you. Failure to get the projects done you already promised to do before taking on new work — greed for projects can eff you up if you have a lot of work projects but nobody is happy with your slow and over-burdened service.
3. Failing to act professionally, losing your cool, lack of emotional mastery.
4. Failure to get started on an assignment right away and not valuing getting stuff done quickly.
5. Failure to focus exclusively without distraction on work projects during your designated work hours (Say 9-5 Mon thru Fri).
6. Failure to stay on top of your invoicing, which you should manage a little bit daily.
7. Failure to adequately select clients who properly fit your business model and boundaries.
8. Failure to take adult-level responsibility for maintaining high-quality work relations on your end.
9. Failure to protect your weekends and after hours' time: you need this time to do the rest of your non- work-related projects.
10. Failure to get face to face time in with your client who is your golden goose who lays the Golden eggs, which are the assignments they give you.

The importance of packaging and visual art in marketing and selling a product or service should not be underestimated. This is the reason why Stage Orange wears a suit and tie and has a closely shaved face. The strategy here is to make your product or service as attractive, safe, and smart-looking as possible. This is persona work. Persona is how you choose to show up in the world. And you can either be concerned with this or not, there are pros and cons to both. But people who are interested in business relations or transaction relations might want to take a second look at cultivating a persona that helps you rather than hinders you.

One of the mistakes you can make is making your client or customer feel bad due to narcissism or some other cause of bad service. E.g., you make it seem like you're doing your customer/client a favor and not the other way around. You've got to get rid of any attitude problem you have! Entitlement is not for people who want to be great transactions! Check your ego and superiority at the door when you clock on your workday. If you don't want to work, fix that first, and then go look for work. Don't make your problem other people's problem! If you do this, you may be tolerated but

you're always going to be "a work in progress" as well on the organization you relate to. You must take 100% responsibility to ensure that you're behaving rightly when you go into any kind of transaction relation or business relation. Do not create problems for your work relations — your job is to consistently solve problems and to communicate like a grown up. You need to be assertive not a part of the problem — part of the solution, part of the leadership, which is needed to create and manifest or actualize the solution!

When you choose a bad relation to become part of your management team in your business — not only are you subjecting yourself to that person, but you're also subjecting your customers/clients, your coworkers, and your image and brand to that person's weaknesses as well. Number one is to choose these relations carefully and number two is to have the balls to fire people that you mistakenly gave the keys to your store to. It's better to admit a mistake and correct it than to be afraid of taking right action by firing or demoting someone. The buck stops with you as the leader and you're going to be held responsible for the actions of the so called "leaders" that you promote to mind your store! I see it all the time in Yelp reviews where there's one or more bad actors that the owner keeps around, and people talk about this. Don't think people don't know! People can spot a poor fit very easily. Don't let a poor business relation become a factor in your failure to manage your own business well. Poor leadership begins and ends with you, the founder and chief manager.

The scary thing about being a leader in your life is no one can do this for you — you will rise and fall solely based on your own decisions for better or for worse. The old saying, "you've made your bed, now you've got to lay in it" rings very true. The quality of your own self-leadership should never be ignored by you — in fact, this should be your #1 focus all the time. Always ask: Am I being a great leader pursuant to my values and interests right now? If not, where am I making poor decisions and how do I correct course? Every great leader has got to be unafraid of change! And every great leader must be able to actualize change at the right places and at the right time. It's sad to see an otherwise talented person shoot holes in the bottom of their own boat due to leadership blind spots they have and can't surmount. Another bad thing you can do as a leader is not listen to others who try to help you. Thinking you know best has pros and cons in leadership. The worst thing that you could let happen to you is to be handed the cure by someone but be unwilling to take it due to mental blind spots you might have.

You can't afford to become a character problem in your network of work relations. Despite what other people (systems) are doing in that network, you've got to be holding up your end of the agreements you make to your co-workers excellently and nip your anger issues and crazy issues in the bud because you don't ever want to lose your cool around your coworkers. You must be the one that is the most prepared and wisest of everybody you deal with. Some of this is about making a proper choice as to who your

work relations are in the first place. Don't hook up with bad characters in your work relations in the first place! Take the selection process seriously on your end.

I know it's kind of intimidating because I've been posting a lot of stuff on here to fill it out. But this is not my blog! This is a community. You are free to post here too! I don't want to take up all the oxygen on here. Don't feel like you're messing up my work by contributing on here. Make it more beautiful by tastefully adding your brush strokes to it. Engage with the information I have filled in. There are pros and cons to all of it. One con is it's coming from me. For you, at best it's all hearsay because this stuff is what resonates with me -- and you must find what resonates with you. My hope is that you share on here what resonates with you, and then that will be hearsay to me! But the goal is to have a variety of content on here that inspires a random person to do this work and find their resources that benefit them. Insofar as I'm playing the role of the leader of this community -- I'm not against anybody, including politics and religion. In my private life, just like everybody else, I currently have preferences regarding beliefs about religion and politics. But what I want to do on here is craft a professional and tolerant persona that tries to be inclusive of things that are currently outside of my private comfort zone. I must work to be bigger than myself if I want to methodically practice the skill of being a leader.

These are the roles I want to master by methodical practicing daily or semi-daily skills. I'll list the skills in a second post. In this post I just want to list the roles I want to master.

1. Freelance Paralegal (Priority)
2. Full Stack Web Developer/Designer
3. Jazz Trumpet Player
4. Blog Writer
5. Book Author
6. Audiobook Author
7. Video Maker
8. Speaker
9. Accountability Partners Community Moderator
10. Life Coach/Teacher/Role Model

The importance of priority/prioritization:

- (1) What is to be prioritized?

(2) How do I hold myself accountable to (1)?

(3) How do I know (1) is correct?

My #1 Career Mastery goal is to eventually make my living exclusively as a personal development teacher. I've got to make sure all my arrows ultimately lead in this direction.

What 20 daily tasks can I do that either (1) bring in money now or (2) are reasonably (and practically) calculated to bring in money in the future? (This is a list that's worth revising from time to time). Your projects that you're getting paid to do right now are Quadrant 1 (Important and Urgent) and everything else is Quadrant 2 (Important and Not Urgent). Make sure to prioritize Quadrant 1 over Quadrant 2. Getting this priority backwards has caused me a lot of suffering. A bird in the hand is better than two in the bush.

1. Get current on MCLE requirements for freelance paralegal
2. Register as a sole proprietor at City Hall
3. Apply for/seek out freelance paralegal work
4. Work on mastery of the skill of being an excellent freelance paralegal
5. Work on my Spinoza videos, book, audiobook
6. Work on web dev tutorials
7. Work on mastery of the skill of being an excellent freelance web developer
8. Develop my website firstphilosophy.org into something amazing over time
9. Create written, video, audio content for firstphilosophy.org
10. Work on improving my appearance
11. Work on improving my videos
12. Work on improving my speaking
13. Work on improving my writing
14. Work on book reviews
15. Work on my blog
16. Work on my book/audiobook on "How to change your life"
17. Work on my Sunday video
18. Work on my philosophy (reviewing other philosophers) videos, writing, audio

19. Start a forum on firstphilosophy.org

20. Work on art in everything I do and make it all world class, beautiful, articulate, succinct (no bullshit fluff), apply-able

These are my results from doing Leo Gura's Ultimate Life Purpose Course the first time in 2017. I did the course a second time in 2019 and I'll post those results in this thread later. The results were almost identical. My value for Health raises substantially in the second list of values.

My Life Purpose: To deep-dive issues and projects to help myself and others increase levels of self-acceptance and acceptance of reality by optimizing the use of the mind.

My Top 10 Values (in order):

1. Personal Development
2. Independence
3. Contribution
4. Peace of Mind
5. Knowledge
6. Self-Expression
7. Kindness
8. Equality
9. Travel
10. Health

My Zone of Genius: Deep-diving issues and projects.

My Impact Statement: To help myself and others increase levels of self-acceptance and acceptance of reality by optimizing the use of the mind.

My Top 5 Strengths (in no order):

1. Bravery
2. Creativity and originality
3. Curiosity
4. Love of learning
5. Perspective awareness

## My Ideal Medium: Writing

I made an investment on the book I want to write on Spinoza. I purchased the following materials:

- (1) "The Collected Works of Spinoza Vols. 1 and 2" translated and edited by Edwin Curley
- (2) "Spinoza's Religion" by Claire Carlisle
- (3) "Spinoza A Life" by Steven Nadler
- (4) "The Cambridge Companion to Spinoza's Ethics" edited by Olli Koistinen
- (5) "The Cambridge Companion to Spinoza" edited by Don Garrett
- (6) "The Ethics" by Spinoza narrated by Joe Bianco. This is an audiobook.

Sometimes I think, fundamentally, that many Europeans are systemically inclined/programmed to think/want to believe that most (if not all) Americans are idiots. That's not a good relation for me. There are pros and cons to having a long history. When I traveled to Athens, Greece, for 2 weeks in 2014 I could tell by talking to the youth there that they were struggling with how to surpass their great history. You know the way to surpass history? -- create something new! And relate to people who appreciate what novelties you bring to the table! If someone tells you no, move on! Don't waste your time. Just keep moving forward and do your work. Don't let other systems bog you down. Only relate to those that allow your voice to be heard fully. You'll eventually need to create your own community/communities. No one likes an outlier/an other. It's tribal, see. Even so called "woke" people can be extremely tribal. You need to rise above that. So, having little history sometimes is good. You're less bogged down by circumstantial prejudice, maybe. I tend to think that the future/next step of Western culture is happening/germinating here on the West Coast of the United States. This is where the Far East truly meets the West, unless you want to travel to Taipei, Taiwan, which I did for 2 weeks back in the winter of 2016.

There are two sides to art. There's the anal side to art and there's the relaxed side to art. The anal side to art is you thinking you aren't good enough now to do your art. The relaxed side to art is where you realize you're actually really good! ... And what you think needs practice might distract you from what you're already good at doing if you only set yourself 100% free to be now. You've got to balance the left brain with the right brain in your art. The left brain is always saying you need more -- but the right brain is doing it right here, right now! So, the paradox to balance is: Do it right now but sharpen the saw as well. Don't let the idea that you don't have a sharp enough saw slow you down from doing what you want to do now. That's the biggest trap. This is where your mind can

work against you. Go for what you want right now, but still sharpen the saw on things that you personally value and want to improve. The phrase "Sharpen the Saw" comes from the book, "The Seven Habits of Highly Effective People" by Stephen Covey. Sharpen the saw just means work to improve skills that you know you'll need to achieve your big vision over the course of your life. Don't let the left brain rule the right brain. Don't let the right brain rule the left brain. Intellectuals tend to have the problem of the left brain trying to rule the right brain. Seeing the limits of that and getting over that is hard and easy at the same time. Embracing the paradox of practicing but also not needing to practice is key. The idea that you need to practice must be held in the right way or else it can function as a limiting belief. No. You're good enough right now. You've been good enough for some time now. But you should still practice! Delusionally thinking you're too good to practice or not acting because you don't think you're good enough yet are the worst traps. Confidence to act is key -- then as you act, you can learn as you go or do.

One of the things I'm learning by playing Minecraft is after I have enough money and resources to cover my basic expenses, it's not necessary to greedily chase money or resources. Once you get basic sustainable financial independence, even though you could chase after more money, you can also pursue other objectives. Once you put systems into place to get your basic survival handled, you can then decide whether it's useful to thicken that insurance by going after more money and resources or whether it's time now to pursue other objectives like locating a Nether Fortress and doing some deep work to advance other objectives in the game (if you have any). Sustainably ensuring survival is good and necessary, but that's only the beginning of the game! Now what are you going to do? That's where the fun starts for me. I've learned to love working at survival, but my passion lies after survival has been obtained, now what do I do! But it's important to take working on survival seriously and to be proud of what you obtain regarding shoring up your survival interests through your own work and planning. I've achieved this in Minecraft. Now it's time to develop deep objectives I have for playing the game. One of those objectives is to become a skilled brewer of every kind of potion. But for that, I need resources that only exist in the Nether World, so I must shift gears to focusing there now.

There's a little bit of a tension between the approaches of Mastery and Deep Work, which are two approaches to career development work by authors George Leonard and Cal Newport respectively. What we're balancing here is practice (skills) vs. products (artworks). Mastery is focused on practice and the development of skills as the primary focus. Deep Work, in contrast, is all about bringing forth high quality artworks into the public space.



Money is tricky in career mastery work because it functions like a necessary but not a sufficient condition. Career mastery is about making money -- but making money alone doesn't constitute career mastery work. Money is a resource, but you can't buy fulfillment with money. But at the same time, we need a sustainable income source for all the money we will require both in our own life and for other relations and commitments we hold ourselves responsible for. Let's say you had a terrible job that took up all your time, but you made loads and loads of money. That ain't a good result either! That's just as bad as doing your career mastery work for years and years but not yet making any money. Both are imbalanced regarding doing career mastery work. For career mastery work, the goal is to obtain the resources we need to live our life purpose -- but the second half of that is to live/actualize our life purpose! Eventually you want to weave your life purpose together with how you bring in the resources you require in your life (including but not limited to money). There are also the social goods that you can't buy with money like love and real friendship and even self-friendship. Money can't buy you deciding to take 110% responsibility to do career mastery work. Money can't make good decisions for you.

It's important for me to keep my videos as few as possible and as practical as possible because I actually routinely watch or listen to my videos and use them to keep myself on track. If you have too many videos and repeat yourself too much, you're going to reduce the likelihood that you'll continue to review all of them. Each video I make is tackling some issue that I want to fix in myself and then I'm sharing that with others using the skill of teaching. But fundamentally, my art is for me in the same way that a musician might make the album they prefer most and then sell it to others as a secondary but still important priority. Imagine a musician made an album that gives them all the information and motivation they need to become a better musician! And they listen to that album as well as share it with others. This is a beautiful place to get to when you're looking to make a win-win contribution with your creations/artworks. It benefits me, I use it. And it benefits you too, and you use it. How could there be a better result than this regarding the creation of products? Many engineers and designers make stuff for themselves that others find valuable -- but primarily they made it for themselves. Steve Jobs comes to mind as the obvious case of this, but there are many others. Linus Torvalds comes to mind.

Leadership is being able to change your priorities and strategies intelligently or wisely on a dime to accord with changing circumstances and knowledge. Failure is part of the learning, seeking, and trial needed to advance toward your right actions. This process is both linear and non-linear. The worst thing that could happen to you is you're deaf to good advice from others and from your own mistakes. Therefore, a great leader is usually a great person -- there's an overlap between good character and good leadership. Bad character can lead, but chances are they will fizzle out over time or must resort to

underhanded or below-board tactics to survive. But is that a good life? Is that aligned with your life purpose? Does that give you a sense of deep fulfillment?

The underlying assumptions behind life purpose work is (1) that you want to change your life and (2) that you actually will change your life. You need both elements concerning changing your life for life purpose work to manifest for you. Ditto for career mastery work which relies upon and sits on top of your life purpose work.

As an artist you must learn to respect what people take away from your work instead of trying to control everything.

The essence of this work is to integrate and transcend the duality of being a child vs. being an adult. Most people need to go from child to adult more, but there are some people who need to go from adult to child more. The key in this work is achieving adulthood which requires self-independence and self-sovereignty.

You can think of adult work as integrating and transcending the divine masculine vs. divine feminine duality. That's the adult from a theory or map standpoint.

If you act like a kid don't be surprised if others treat you like a kid. This can have affects in your work relations.

Sometimes we learn to act like a child as a defense mechanism to people who threatened to hurt us in the past. When I act like a child the threat goes away. This is like an animal exposing its neck to a dominant animal laying down basically saying I'm no threat to you. I'm a weak and helpless little baby, not an adult that could kill you. But this is not the healthiest strategy to deal with this problem, and if you do this, you're going to have to deprogram this about yourself.

One thing I've noticed about communities that are based around "right thinking" is they tend to become tribal as to that way of thinking -- where other ways of thinking are seen as /become "bad". This is one reason why I want APC to be a practical community because oftentimes we bypass in searching for right theory and clinging to that in lieu of taking actions in our lives to benefit ourselves and others. The feminine stages on the Spiral tend to fall into this trap: Purple, Blue, Green, Turquoise, Teal, etc. There must be something that holds the community together, some glue/adhesive -- and in those communities it's their version of "right thinking". Can you have a community that's based on right thinking without this tribalism emerging? How would that happen/manifest? I think the US Constitution's First Amendment tries to get at stopping this problem. This is one reason why I'm deleting all my writings and commentary from APC. Theory can be a double-edged sword when it comes to right action/right conduct. On the one hand, it helps, but on the other hand it's allusive/conceptual allure can distract from the whole aim of such a practical community.

The lazy decision is the decision that requires the least amount of adult-like autonomy.

I must love me and do good for me now — this is my #1 responsibility and #1 priority. I can no longer afford to act like a child.

The adult is on top of a problem whereas the child is behind or in front of a problem.

It's important to nurture the relation between the adult and child rather than to try to dominate the child with the adult or dominate the adult with the child. How do we best connect the child with the adult and the adult with the child?

Here's an insight I just had — Masculine or Yang energy is about control whereas Feminine or Yin energy is about acceptance. Yin has a different point of view regarding Chaos than Yang does. Yang wants Order. But Yang or the Masculine doesn't always get what it wants. And the question becomes, how do you or I interpret this? What kind of idea do I carry on an index card in my pocket about this that helps me live my life from a practical perspective?

What kinds of art do you do? When you do art, especially performance art, like taking a jazz solo or telling a story on stage like a standup comic -- there's a pacing that can be understood in terms of energy. You can become more conscious of energy in terms of creating energy and using energy that's already there. I call this Energy Metaphysics, which is a feminine theory of metaphysics because it involves the body and intuition. I'll talk more about how I see this and I'm perfectly fine with being disagreed with. Creating art also teaches you that it's process and results that matter not good intentions or thoughts in advance including planning or the sausage-making process you used to create the artwork. No one cares about that. It's the result of consuming the art that we care for, not any other detail. Also, being forced on stage or the bandstand helps you understand that your judgment about your art is secondary -- what matters primarily is the degree to which others form a relation with the result or the artwork itself. And you may think the art sucked while you were creating it, but you should keep your mouth shut about that -- because each person makes a personal assessment and relation of the artwork for themselves, and that should be respected by the artist. The consumer of the art owns the art for themselves. So, when an artist releases artworks into the world, he's releasing ownership of it, on some level, to each person who makes it part of themselves. Every person is entitled to own artworks for themselves, not in a monetary sense, but in a personal or spiritual sense.

The feminine fights for being(s). The masculine fights for ideas.

One of the reasons why it's important for women to do masculine development work is to avoid selling your soul or self to relations. Relations are links between you and others.

There's a masculine and feminine way of thinking about the relative vs. the absolute. The feminine thinks of relative in terms of body (extension) and the masculine thinks of relative in terms of mind (ideas). The feminine sees the relative in terms of finite being in the sense you being the you you are pursuant to your own little life and idiosyncratic opinions and prejudices. In contrast, the masculine tends to think of the relative in terms of ideas. The relative is reduced to relative truth for the masculine — who prefers ideas over being. Being is feminine. So masculine relativity is a different animal than feminine relativity in this scheme. The masculine absolute is mental, conceptual, judging. The feminine absolute is the being of the group, community, or network of beings as a whole.

There's a beautiful harmony between theory and practice that you can cultivate for your own life's development work. It's a mistake to suppress or repress theory. That's the feminine overcorrecting by dominating the masculine. The masculine is all about theory.

One of the greatest distractions is to substitute 'talking' for 'doing'. We want to feel like we're doing -- by talking. The problem with this is, it's good for a start but it will never sustain mastery of anything. It will be a mere knowing, a shadow side to doing. It's almost like Plato had it backwards -- It's the practical that's real and the theoretical that's half-imaginary. I still love Plato and his influence on Spinoza and others. The key here is to make sure -- you and I -- to practice our theory every day. And if we can't do that, then we're working to do that. Sometimes you've got to build momentum. But don't get stuck at the beginner/starter stage indefinitely. You're keeping yourself stuck as a child in that instance! The adult has full autonomy and creative control over his or her life. The adult wants to right the wrongs of his or her youth, which is a very personal thing for each of us.

Anger can be good. Don't pooh-pooh anger as always bad. Anger is often a great motivator for change.

If a system is going from a lesser degree of perfection to greater degree of perfection through the vehicle of the emotion of anger — then that's good!

When you lack emotional mastery, you become a conduit of the abuse of others by sharing the abuse with others or transferring the abuse to others. What you've got to realize is that no one can hurt you without your consent. You must learn how say fuck you and fuck off to people who act sideways with you. That's them not you — don't let them penetrate you with their stuff. Boundaries, boundaries, boundaries!

Sometimes being mad or sad can be good in the sense that it is a motivator to make changes to go from a lesser degree of perfection to a greater degree of perfection — a stimulus for your own growth! See the good in the apparent bad. Being miserable can be good if you react to it in a way that motivates you to improve your life.

Avoid blowing up in writing/text (unless you really want to and are willing to pay the price):

- You'll pay a price, which may be bad or may be good, depending on what you want to do with that relation.
- For relations you care about, avoid texting/emailing your grievances. Call or do face to face later.
- Don't let people drag you into arguing in email/written/text form. Manage your reactivity and impulse to lash out in text or in response to text you receive!

Meditation really does work wonders. I've been meditating (do nothing meditation) for 1 hour per day for about a month now. I can definitely tell the results I get from it.

Meditation is like psychedelics (if used properly), it has a spiritual cleansing effect in the mind-body relation.

People who transfer their own abuse to others vs. people who don't. Emotional mastery is a social health issue. People who lack emotional mastery transfer their abuse, pain, suffering to others.

Emotional mastery is one of the hardest areas of development work to practice. One thing I've learned though is that when you get angry, you've just got to go away for a while and the other person needs to let you go away for a while. A couple of hours. You agree in advance on the protocol you'll both use when you get angry. Being able to walk away seems so counter-intuitive when you are enraged, but that's exactly what you must do. And the other person needs to let you walk away and cool down. Anger is temporary and goes away after a couple of hours. I'll admit that I have an anger management problem that I need to work on.

You must learn to take your own voice first.

I want to help people understand cult dynamics so that they can eventually become empowered to leave all cults entirely on their own — including cult members, flying monkeys, and others.

In a cult, you might get the prohibition of outside of the community contact or even the mention of any other community. This is definitely a red flag. The rationale for this may be to keep people safe or keep people to oneself (which could be a more honest reason)—but punishing members for letting others know about the existence of other communities may be part of the ISOLATION and SURVEILLANCE elements of cult dynamics making the rule unethical, untruthful, controlling, isolating, jealous. Is this what you want, or think is best?

The messaging from the cult is probably going to be: We're protecting you and us from the evil outsiders by prohibiting you from learning about other communities and their leaders in our community. An opposite view might be — this is how you keep members from accessing information outside of the community. It could be the elements of ISOLATION and SURVEILLANCE in cult dynamics.

The cult leader wants you to feel better about them as a result of their shitting on everybody else.

Remember — if you're constantly bitching about the way certain people treat you, usually the same people over and over — these people have control over your mind, your time, and the way you infect others by transferring their words and deeds outside of yourself.

When a truth teller starts to tell the truth within a cult — it can get violent. The cult leader and his or her cult needs falsity (and to have falsity protected) to survive!

Here's a good piece of advice for anyone moderating/leading an online community of any kind: Don't create a forum or online community if you don't want people to post in it! You can't be too controlling in that way. What you'll have there is a bunch of people just sitting there like potted plants too scared to post anything. You must be willing to allow people to post and to break the rules a little bit. This applies to APC as well. You're welcome to post here. If you want a blog, create a blog, and only allow certain people to post to it. On the other hand, if what you want is an online community where anyone can join, you've got to let people post and be willing to hold your nose sometimes as the moderator/leader. It's a tough balance sometimes because if you're a perfectionist like me you've got to get over that! Otherwise, your community will stagnate and will remain a waste of time for everyone including yourself as the moderator/leader. What's the point of belonging to a community where nobody posts anything? You'll spend all your time looking at each other's profiles or looking at your own profile. But what good is that? I encourage everyone to post content on here. That's why we create these communities in the first place so everyone can participate! If I wanted to hear my own voice, I'd read my voluminous writings and videos, which I do too. It's a learning process being a leader/moderator in these kinds of online settings. If you pull the reins too hard the horse will buck and you'll lose valuable members. You've got to let people develop an ownership in the community by feeling like they're welcome and their content posted in good faith is welcome. If you want an exclusive community where you only want certain kinds of people in it, you should be up front about that. This is a community for everyone! Moreover, you should leave a community right away that you don't feel welcome in, or you don't feel your voice/content is welcome in.

Someone needs to come up with/create a website/web app that allows people to keep/post/organize/share their Web links. I find this service lacking today. Let's build the Instagram of posting/organizing/directing web links. We've done this for video (YouTube) and photos (Instagram). Time to up the ante and do it for Web links, i.e., sites, writings, etc. We need the ability to create playlists comprised of Web links. And then there needs to be a Website/Web app where we can house/place this service/product.

Be careful of creating a cult of cult diagnosis. There could be a sneaky trap here too. Who's making a career/money/fame/etc. off this? Always think about that. You must think for yourself.

There are pros and cons to gaming, but I there are pros. The key is to take the analogy of the game and apply it to your life. I play Minecraft.

How and why do you regulate your own behavior in Minecraft: How do you treat the animals? How do you obtain what you eat and what do you eat? How do you treat property that you find? How do you treat other players and their property and boundaries? How do you treat the environment? How do you treat the villagers and their property? How do you interfere with (fight) and manage the threat of hostile mobs? How do you secure your property from risk of being stolen or damaged? What property is worth acquiring and maintaining?

Tomorrow I'm going to start playing Minecraft again. I want to play with other people. I think one thing to explore is freedom. Every player should have the freedom to build relations with other players — or not — as they see fit. Yeah, it's a game, but it's also a mirror of life. I want every player to decide for themselves how they want to relate to anything in Minecraft. You can choose to build alliances with other players, or you may choose to avoid other players except for very wise reasons or purposes.

Playing Minecraft intelligently can teach you a lot about survival that you can apply to your real life too. It can teach you how to set priorities, avoid stupid moves, to be patient, and to enjoy the process. It shows you that strategizing and knowing what you want in advance pays off. We need to bolster our faith in our own planning! It's all about determining (1) what do I want? and (2) what is the strategy to get what I want? and (3) implementing the plan and not losing focus.

I play Minecraft for 1 hour only per day. I find it useful to set an intention or goals or SMART Goals before every session I play. If you think about it, this is a habit you should apply to your own life either the night before or first thing in the morning.

Five values that I will adopt in Minecraft are as follows: (1) I will not kill or eat animals unless I absolutely must. (2) I will not throw anything away or dump anything. I will aim to use or at least store away every item I acquire. (3) I will not unnecessarily destroy

nature. (4) I will try to use items I have in surplus to create beautiful or functional architecture or artworks. (5) I will not steal any property belonging to someone else, including property found in villages.

I notice that it's often greed or try to go too fast (overhastiness) or impatience that causes you to die in Minecraft. You don't have to go for every piece of value, especially if the danger to value ratio is high. Also, it's good to slow down, flee from enemies if you can rather than fight, and don't have anything on you that you're not willing to lose. Both times that I've died so far have been preceded by stupid decisions on my part. Don't waste diamonds especially. When you behave like a greedy brutal asshole in Minecraft eventually, you'll get it back in spades. I'm striving to be as high consciousness as I can while also trying to advance my ball. You've got to be careful of becoming too much of a fighter. Then you start killing animals and hostile mobs just to do it. You can see how you can become Stage Red in the game. It's not personal and the best thing to do is avoid killing anything unless you choose to. Operate methodically by objectives formulated in if you can. Avoiding trouble (Yin/The Feminine) is just as wise as confronting trouble (Yang/The Masculine) depending on the context. Don't lose a full set of full diamond armor by trying to grab 5 pieces of coal where there's a high risk of falling into lava! The risk to reward ratio is too high. There's plenty of coal all around you don't need to be so greedy and risk your life to snatch everything up. You can leave some value there and go look in safer places for value. Unless it's diamonds, and then very carefully attempt to retrieve them. Iron armor is often sufficient for mining, so don't wear diamond armor in mines because if you die, you'll lose it. I think it's important to always have a diamond sword and one backup iron sword, even in the mines.

Also, in Minecraft, one thing I'm learning is to avoid being a perfectionist. Don't get distracted away from your goal or intention for the game session. Go after the things that you need in the most efficient way possible and don't waste too much time dilly-dallying around grabbing a bunch of property or resources that you're never going to use. Don't destroy stuff just to destroy stuff. Every game session, have an intention and focus on meeting that intention. Maybe your intention is to find between 8 to 12 diamonds in your one-hour session. You're going to need as many diamonds, gold, and apples as you can possess once you start operating in the Nether World. Apples are used to make golden apples which are almost a necessity to survive in the Nether.

I'm finding in Minecraft that I've got to balance mining for resources in a way that least destroys the environment. So, I try to practice high-consciousness mining where I only mine in one area and I don't pursue a kind of scorched earth path. I could if I wanted to! I could find diamonds way faster by making a bunch of tunnels that will only confuse me and others that come into the realm. So, I try to mine the shit out of one relatively small



area before I expand my mining too much. I always put torches on the left so I can follow them out on the right.

One thing I'm noticing as I do more research into cult dynamics is how painful it is for a former or current cult member to come to terms with the fact that they too did some things that helped to prop up the cult and the cult leader. Nobody wants to face that! The cult leader is just one part (a very large part, but not the only part) of the dynamics that prop up/sustain/maintain a cult. Did you help gaslight people who tried to tell the truth, did you help pile on them and shut them down, did you help tell them that everything is in their head? Own it. I've done this myself. Don't think I'm excusing myself of this. I'm dealing with all the emotions of this myself. It takes a village/community to create/sustain/maintain a cult. And don't think cult members are stupid either, sometimes these people are very intelligent/educated/wise, they've just been captured by the cult dynamics of a cult. To deprogram yourself from a cult is painful because you must come to terms with the fact that you were wrong. That doesn't make you a bad person. Don't interpret it that way. But you/I/we were caught up in certain cult dynamics. Everybody deserves a chance to create/fashion a better/more truthful/more above-board future for themselves, even a current or former cult leader or flying monkey.

In Minecraft, I've learned to take a moment to assess my surroundings when I exit a safe place because you never know what danger lurks right outside -- maybe a Creeper destroys your battery of wealth and supplies because you didn't take a moment to scan the lay of the land -- and you were dealt a setback because of your complacency! Reality is full of dangers and chaotic causal impingements that can waste your time and set you back on your expectations for what you want to be doing.

In Minecraft, I make it a rule to not just ground-score everything I see. For example, I don't take from most chests that stumble upon or destroy things just to get a few pieces of gold. I can get as much gold as I need from the mines. The only time I might steal or borrow something from a chest is if it's a chest that is adjacent to a hostile mob spawner or the item is something that I really need and don't have that's also hard to get -- like a horse saddle. But I will replace what I borrowed when I find another one unless it's a chest that's adjacent to a spawner -- that's the only situation where I might steal something by borrowing it and not replacing it. With the chests that are adjacent to a spawner, I will only steal an item if (1) it's immediately useful to me and (2) it's otherwise very hard to find. But I try to operate by the principle of generating all my own wealth and property, and not touching any property that I stumble upon that belongs to somebody else or to nature. It's good to leave some wealth untouched -- and it makes for more beauty in the surroundings too.

I don't expect other people who play Minecraft in my (our) Realm to operate the way I do. Don't assume I'm laying down any rules. You should be able to make your own rules

and principles in Minecraft. So, don't let my ideas about how I operate take away from your path of finding the ideas and principles, if any, that you'll operate by. There's a growth process you can find as you gain experience in the game. You'll learn from making many mistakes. Every player in the Realm must give room for the egos of the other players all functioning at different mindsets with differing levels of big picture and small picture understanding, which ultimately is (in part) going to be subjective to each player. And you don't have to be friendly to me either as a player in the Realm! It is perfectly ok to act like a hostile mob in the game if that's what you think is best and that's how you want to approach playing. I might have to set up defenses against you to protect myself and my property in the game. So, there are pros and cons to reading my posts on Minecraft. Don't let me take you out of your own authentic sense of how to want to approach the game in our common Realm. You can look at it like a mere game and behave like a total asshole, and you can also look at it like a game that reflects the kind of values, thought process, and bodily actions that you want to mirror in real life. The beautiful thing is it's your choice and your choice alone! I support that. Also don't assume I'm going to be friendly to you -- I might prefer to dwell underground, in the Nether, or in The End by myself. I choose my relations very carefully in the game and in life. I have my own agenda that I'm pursuing and don't want to be distracted away from that. But who knows -- maybe we could find a way to collaborate where  $1 + 1 = 3$ ! One thing that you must think about is solidly protecting your property and yourself in the game: survival.

In Minecraft I notice my willingness to kill something is directly proportional to how much of a nuisance they are to me systemically. If there's a lot of systemic nuisances, I'm much more likely to rationalize that killing something is justified and feel reasonable in so doing. This applies to plants, animals, things, natural things, places, etc. Sometimes we will a few things just to have the area around us neat, clean, and organized. But we can resist damaging the environment (including killing things in the environment) just so that we can feel better about the environment. Maybe we're being assholes in that instance to the natural world. It's best to leave stuff alone unless you really feel it's reasonable to tweak it!

I'm learning about the difference between leadership and management by playing Minecraft. Leadership is: what should I do next? Management is: how do I accomplish what I want I want to do next? Oftentimes, in leadership an unorthodox idea can be useful: You'll get a non-linear shift sometimes on what you think your next move should be. Management is about efficient and risk sensitive implementation of objectives.

In Minecraft, I'm noticing that my strength of bravery (this is one of my top 5 strengths) causes me problems sometimes. I've died a few times and lost a lot of wealth due to leaning into risky and reckless actions in a dangerous situation rather than taking

reasonable caution and minimization of risk. I'm like this in real life too. My lack of fear has cons to it as well as pros. I'm the kind of person that could benefit from mastery of the skill of taking a step back and making a more reasonable decision in certain high-risk situations. Generals are trained in the military to not take a risk that they don't need to take. It's when we make unreasonable, hasty, reckless decisions that we end up getting our ass kicked in life. So, if you're like me where you're the kind of person that thumbs their nose at fear and caution -- this has pros as well as cons to it. We've got to learn how to leverage the pros of our fearlessness and to prevent the cons of it as well. I think mindfulness and the skill of stopping for a moment and taking a look first and thinking before acting is the key. That must be methodically practiced though to create or program in a habit over time.

In Minecraft, I notice that I have more catastrophic failures the less game plan driven I am. The more game plan driven I am, the less I fail because I'm not off course acting like a loose cannon. By game plan driven, I mean having an objective for a game session. Almost all my catastrophic failures or deaths in the game so far have been when I was just fearlessly and recklessly winging it without much of an objective.

One of the things that Minecraft is teaching me is you never get over doing the basics in life. Sometimes you get set back where you have to re-work basics for a while, but then do you this faster! It's good to never lose sight of being the white belt or being the beginner.

Sometimes it's about picking one vehicle to get somewhere and sticking to that and not letting yourself get distracted away from it.

Nietzsche famously said that we must account for our own and others' stupidity. This is an important systems concept. We must struggle with the duality between free will vs. no free will because we know full-well from our own lives that there are many things we wanted to do but could not bring ourselves to do! This is a deep puzzle for us because it seems, prima facie, that we don't have full free will in the sense that people think they do. It's more of a compromise where sometimes the mind is ahead of the body or actuality or reality. Sometimes the body is ahead of the mind, and you feel like you're being lived. All these ideologies must be interpreted by you and every person or system in the right way as to pick them up and put them down with wisdom; not with fancy sounding words alone or ad hoc gambler mentality action-taking. Just like Aristotle understood there's a balance that lies at the heart of ethics. You can see this in Chinese Philosophy as well. Order must be balanced with Chaos; and it's reasonable to appreciate the pros and cons of each, respectively, as we make higher-quality decisions in our now moments. It really does come down to this: (1) making better quality decisions and (2) taking better quality actions. If we can master this, we're ahead of almost everybody including ourselves.

Sometimes, doing art is just as much about leaving space as it is about providing tone.

Motif and trope mean the same thing — a turn, melody, lick, structure, order, etc.

Sometimes the snob can be stupid, especially when they assess their own work. In art the best place for a critic is the end user alone. When an artist denounces their own work that is loved by many — this shows an arrogance that is destructive and controlling and low-consciousness and unempathetic. The snob can be a narcissist. One thing the artist needs to realize is that when they birth an artwork into the public world — it's no longer exclusively their own! Others make it a part of themselves and their life's path. And that's good — that's what we want! As an artist you must be willing to let your child roam free after you deliver it into the world! Don't criticize it, just let it do what it's destined to do. It's like releasing a meme or a signal into the world that resonates with many nodes in the network of nodes as a function of time and place. Creativity creates the artwork, but history determines its importance. Hegel understood this.

It's important to see periods and change in Western Art Music. Classical Music, Blues Music, Jazz Music, R&B and Soul Music, Country & Western, Rock Music, Folk Rock Music, Electronic Music, World Music, Heavy Metal Music, Rap/Hip Hop Music, Post Rock Music, Post Metal Music. Each of these genres are both (1) a node in a network and (2) a network of nodes in themselves. Musicians don't like categories, but they can't fully escape them either! As soon as you produce or birth an artwork into the Public World, its influences are obvious; despite what the artist says or prefers others say about it.

It's possible to manifest both great and poor artworks. This is something to watch out for as you create artworks and release them into the public space for consumption. You can have a kind of head up your own ass syndrome as an artist, especially if you have a bunch of yes men or echo chamber around you telling you that everything you do is great. Just because you produced a great artwork in the past does not mean everything you do is high quality.

Some principles of the artform of being a good human being (in no certain order):

- (1) Financial Independence
- (2) Housing
- (3) High Quality Information/Education
- (4) Knowing Your Life Purpose
- (5) Freedom to Pursue your Happiness
- (6) Ability to Control your Circumstances

(7) Ability to Go from a Child to an Adult

(8) Good Health

It's interesting that verbs in grammar make a distinction between "state of being" vs. actions. Emotions are considered to be a state of being. When you say you felt bad you are expressing a state of being not an action.

Every writer that is working on their craft should find a style book that they like and learn it. Dictionaries tell you how words are used descriptively even if not "correct". In contrast, style books tell how words should be used, or used prescriptively, e.g., The Associated Press Stylebook. There's also the Chicago Manual of Style, the MLA Style Guidelines, the APA Style Guidelines, etc. The Associated Press Stylebook is the loosest one because it's geared towards journalists. But I like it the most because it's bare bones and I get to pick my own style book as a freelance writer.

Whatever theory you study and that informs your practice in Jazz should never restrict you from playing what you want to play in the moment. As Louis Armstrong famously said, "If it sounds good, it is good." Theory allows you to generalize and particularize over parts of chord progressions when you take an improvised solo. So, there's different approaches for the same tune regarding playing over the harmony. These will inform your practice. But when you perform, you're going to just play. If your practice and theory is restricting you too much, that's not good. It's best to practice the fundamentals of music, in this case chords and scales which can be applied to everything. I've already posted my practice method above which is heavily focused on practicing jazz chords and scales. Jazz is about freedom to explore with the rules of the tune and the rules of music. But the craftsman who knows the rules can sometimes gloss or break the rules too and it works because they know how to dip in and out of the rules to create tension and release. There are ways to dip in and out of the harmony where you're balancing touching bases with key points in the harmony while also retaining the flexibility of generalizing one scale or chord over a stretch of chords if you want to. For example, you might generalize an entire chord progression as C, and then just play all the notes that work with the C triad chord. Notice how this includes way more notes than are found in the C Major scale. These are called altered notes which you can play. It's good to think in terms of pools of available notes corresponding to chords in addition to scales corresponding to chords. Therefore, it's important to practice lots of scales so you have lots of altered notes that work that you can select from when you're improvising. Jazz is about freedom, a certain kind of craftsmanship to hold the music together while also improvising, and about rules too just like the other fine arts.

After visiting Las Vegas, my appreciation for country & western music has increased. I've always sort of liked it, but seeing it performed there in that set and setting live was

really a treat! The stark mountains in the background in the middle of the Nevada desert; the old west. Las Vegas does music well for those of you who love music of all kinds.

## MY PERSONALITY DETAILS

### Myers Briggs Type Indicator (MBTI):

ENTJ

Decisive strategist

Straightforward and decisive, you're often happy taking charge of the situation around you. You're quick to notice anything that you see as illogical or inefficient, and you like to find systematic ways to solve problems. You usually enjoy developing long-term plans, expanding your knowledge, or passing knowledge on to others. You tend to thrive in leadership or management roles. (This text was given with my ENTJ result.)

### Enneagram of Personality:

Type 4 (The Eccentric)

Instinct Stack: sx-so-sp

### Big 5 Personality Traits:

(1) Openness to Experience: High

Intellect: Very High

Openness: Moderately High

(2) Conscientiousness: Moderately High

Industriousness: Moderately High

Orderliness: Moderately High

(3) Extraversion: High

Enthusiasm: Moderately High

Assertiveness: Very High

(4) Agreeableness: Moderately Low

Compassion: Moderately High

Politeness: Very Low

(5) Neuroticism: Moderately Low

Withdrawal: Moderately Low

Volatility: Low

My low politeness and high assertiveness have pros and cons regarding making room for other voices to be heard. I assume everybody is or should be just as forceful and assertive as me — but I'm realizing now that this is not the case. This is where politeness is important in the sense of: maintaining space for others to be heard in a way that is comfortable to them. It's reasonable and important for me to work on increasing politeness in this sense.

I hate to say this but people who are fat tend to stay fat. The reasons for this are various: addiction to food, laziness, unresolved depression, social boundary problems, fear of being attractive, fear of success, fear of being lean, hard, and fit, not having the self-esteem to present attractively in the world. Losing weight is only about diet in one aspect. There are so many more potential reasons why your system rejects success in this area. You must really dig deep and find out why your system doesn't want to lose the excess fat that plagues your body and holds you back from respecting yourself fully.

How do you know when you're rationalizing away your fear by labeling it as caution? This comes down to the skill of managing risk. But I would hate to see someone have the false limiting belief that they are acting reasonably cautiously in order to rationalize their fear in some particular circumstance. And you're not necessarily the best judge of this! Other people are often the best judge of where you're not pushing yourself hard enough. We have blind spots. Therefore, it's good to have a life coach or other people in your life who tell you where you're holding yourself back. You're not always the best judge of that because your ego is inclined to rationalize what you're already doing, feeling, and thinking. You have a thermostat as to what you think is proper for you in each context that is programmed in. This is why it's important to practice the skill of acting outside your comfort zone in areas where you have limiting beliefs or are otherwise holding yourself back from going from a lesser degree of perfection to a greater degree of perfection. A good life coach can help you do this work if you're ready. If you're not ready, the best life coach in the world can't help and you'll resent them attempting to do so. You want to stay in your comfort zone and not venture too much out of it by default. So, if you want to grow, you've got to habitually and methodically practice acting outside your comfort zone. Because if you don't do this, you'll never appreciate and go beyond you holding yourself back. You can call this fear or term it however you like. The point is to realize you have a comfort zone system that functions like a thermostat where it likes to self-preserve itself. You've got to re-program that comfort zone to get a change in some area, because if you were already comfortable doing something you would already have it and there would be no issue.

It's interesting how fear is related to limiting beliefs. Fear is an emotion whereas beliefs are conceptual ideas. So, we see here that there's a correlation or correspondence between ideas/mind (masculine) and feelings/body (feminine). Spinoza would say that ideas and emotions are one thing differently expressed rather than two things relating to each other.

Beliefs are ideas you hold true or false about reality. Thus, limiting beliefs are ideas you hold true or false about reality. You can think of holding as meaning attachment. So, you can get this reframe: Limiting beliefs are ideas that you're currently attached to as true or false about reality.

My problem is usually not having enough fear rather than having too much fear. I can be reckless, foolish, stupid, crazy, bold, etc. The virtue of Courage for Aristotle is the mean between the extremes of recklessness and cowardice for Aristotle. Bravery is one of my top 5 strengths.

Every relation sets up its own group. You might think of a group or collective as a network of relations with nodes and links. Nodes are systems and links are relations among nodes. Nodes are spheres and links are lines in network graph theory. Watch the following video series on Network Theory.

There are very different commitments depending on the type of relation. Therefore, you need to clarify the nature of each relation you're in. A best friend is a different relation from a marriage partner. Also, a friend is a different relation from a coworker. Your client or boss are not your friend. Your boss is not your parent. All these issues about the nature of your relations are super important to gain clarity about.

I think one of the things that the toxic feminine does is praise her mate no matter who he is as a person. She's just his brainwashed right-hand-man with the praise and the support and the following of his orders — even if he's not worthy of that kind of slavish devotion relation from you! You should not give away your identity like this! Surrender does not mean stupidity. If you go too far into the feminine without integrating the masculine: You might become a victim in reality and actuality, even if you don't typically think of yourself as a victim. There's a higher-level balance that must be learned here regarding integrating parts of the masculine — like having your own agenda and standing up for that — not just merely saying that you will. The world respects action not good intentions.

There are personal relations and work relations. Relations include but are not limited to friends. "Friend" is a specific type of relation. Friend is overused as well. A friend is someone that has a lot of heart for you without expecting anything from you. Good Acquaintance is probably a better term for many people we sloppily call friends. I'm



interested in what you think the distinguishing elements of ‘friend’ are: Friend vs. acquaintance.

I read the other day that one quality that women find attractive in a man is boldness along with being able to make her laugh. Boldness is an interesting trait. I’ve been thinking about what it is behaviorally and the corresponding mental state that goes along with it if that mental state can be identified as one thing. What is this boldness that women love to see in a man? I’m sure this is best answered initially by pointing out examples in real life, movies, and TV. Is it reasonable to cultivate boldness as a man or a woman? How would one go about doing this work?

I like to relate to things (nodes) that make me feel good about myself and to people who feel good about me. And I must be the one to enforce this on my end ultimately.

Dependency creates resentment. This happens with young people and with the elderly and with middle-aged people who still haven't grown up.

#### INTERPERSONAL DEVELOPMENT CHECKLIST:

1. Politeness/Respectfulness (See Big 5 Theory of Personality)
2. Social Activity
3. Flirtatiousness/Lightheartedness
4. Fun
5. Low Volatility (See Big 5 Theory of Personality)
6. Low Withdrawal (See Big 5 theory of Personality)
7. Community Building

Drunk emails and/or unreasonable written messages can kill relationships, relations, work relations, even your good relationship to yourself. Alcohol has pros and cons. One of the cons for me, and I've dealt with this for many years, is how alcohol affects my ability to manage my anger and my ability to hold back lashing out at others because I feel bad. I look forward to not having to deal with this issue anymore through sobriety from alcohol. This, of course, only takes account of me and my actions. The actions of other people that related with me must account for their own causes in addition to my poor choices.

I'll say this regarding someone you plan to be with or marry. Make sure this person really has your back and is worth the time and effort of that kind of commitment. Otherwise, find someone else who can do this or nobody at all. Loyalty is very important. If your partner talks about other men or women around you that they're attracted to that's a huge red flag. You want someone who's attracted to you, not

someone who's conflicted on that basis. Think about the time commitment that you're giving to this person! You must choose wisely, or you might end up squandering several years and feeling on something that is doomed to failure that was an illusion and poor decision all along. A good marriage partner probably makes life easier, but a bad marriage or relationship makes life a living hell. You're best off by yourself unless you take the "selection process" seriously if you do decide to get into a marriage or committed romantic relationship. Make sure, before you get attached, to use your reason to decide if that person is worth it. Early fights and breakups in the relationship are a good indication of "systemic problems" that might never go away. I need a strong, mature, committed woman who fully has my back and wants to work with me regarding my life purpose goals. Of course, I need to be a man who deserves this and lives up to an equal standard on my end.

One of the most treasured things to find in an intimate relationship is care and support. This is something that may not always be strong and both parties need it, but when it's absent it's hard to keep the relationship together because it's almost like missing an essential ingredient. True care, empathy, support, tenderness, concern, that's what makes an intimate relationship work well. It's much deeper than just sex, although I'm not knocking the importance of having a healthy sexual component to your relationship. It's personality and character (including habits) on both sides that's most important as well as being able to resolve disagreements like adults instead of fighting like kids. I find the most important principle for relationships is what I call the Principle of 200%. It's 100% your responsibility and 100% their responsibility to do relationship building work. One person can't and won't hold up a side to a relationship when the other person just drops their side and refuses or can't hold up their end. I'm not saying I've been a great partner either, quite the contrary. Therefore, it's important if you're in an intimate relationship, if you can, both of you should be doing regular work on your relationship. I call this Relationship Building Work. This includes reading books, planning, spending quality time together, working on rough spots in the relationship. This also shows and creates commitment which is huge in a relationship like a marriage.

A good relationship (or relation more broadly) pays hopeful and true dividends and is one of the blessings in life. However, a bad relationship (or relation more broadly) becomes a distraction, waste of time and energy, and a source of a large quantity of suffering. Every relation has the potential to give you fruit and also to give you poison. So, choosing your relations using reason and removing relationships using reason is paramount to not get caught up, distracted, mentally tortured, etc. Also, every relation you have in addition to the relation between you and yourself -- compounds your problems because you're going to take on the problems (to a certain extent) of the people or things you relate to. The reasonable person would always ask: What am I getting out of this? Is what I'm getting (and contributing) better than not relating with this person or system? Etc. Less can be

more with relations, especially if you really want to include high quality relations in your life. The worst thing that can happen is you hitch your wagon to the wrong stars and invest your time and energy into something that at the end of the day was a huge waste of life energy, attention, and time. Once hope is lost, it's best to move on from relations that aren't working rather than to stay in something that you know in your heart of hearts is too damaged to ever work for you. Every good relation to you is built on trust that there's a wholesome aspect to it that benefits your life. If a relation becomes corrupted due to poor character (including habits) of the other person, you must decide if you want to deal with that or not. The best relations get in your way in a positive way so to speak. The worst relations serve to buttress you holding yourself back, getting distracted over useless shit, and becoming emotionally attached to a person or system that takes more from you than it gives. Good relations (for you) care for you as much as they care for themselves.

To me this is an inspiring intimate relationship or marriage relation. A good intimate relation or marriage is constructive, inspiring, and larger than the sum of its parts -- it's a partnership. That is what makes marriage worth it and something to keep hope for. But you must pick the right person. The selection process is key. There's an old saying that rings quite true -- "Behind every great man is a great woman". The worst thing that could happen to you is the opposite where your intimate relationship or marriage helps hold you back and keep you down.

You're not going to sustainably treat others any better than you treat yourself. You can fake it, but this isn't going to last forever. You're not going to be able to pull off an act forever. Therefore, self-hatred is an issue. If you hate yourself and you treat yourself poorly, that's how you're going to treat other people. So, if you want to treat other people well, you must tackle your own self-hatred first.

If you're going to have a sustainable relationship, you must be able to work through problems which requires you recognizing and then attempting to fix your end of it. If you're incapable of ever faulting yourself (it's always other people's fault), that's a dealbreaker for relationship mastery work.

There are certain conditions/properties a system must have -- to even be able to establish a healthy relation to/with it. This includes but is not limited to people. Assuming you're healthy (an assumption), it's going to be impossible to relate to someone who has a victim mentality, is always blaming other people, never takes any responsibility for their own conduct, never thinks they must change, and who is verbally (or maybe physically) abusive to boot. It's a systems issue, it's not even personal. It's a systemic incompatibility, if what you're looking for is to establish a healthy relation with that person. It just ain't gonna happen! Using reason and logic you can see that it's not going to happen. It's not personal at all. Just like oil and water don't mix is not personal. To make any relationship sustainable, you've got to be able to work together to solve

problems that arise, which requires a mutual willingness to admit fault and to change. There are people who never admit fault believe it or not -- they always turn it back on you instead. Those people must fix themselves first before they can even be in the running to be a healthy relationship connection to someone else. A reasonable/healthy person will admit their own fault and not deflect that blame by always turning it back around on you. You can try to fix something, but if/when you realize it can't be fixed, the most compassionate thing you can do is sever the trauma bond, because that's what it will become over time. A relationship that has lost all hope becomes a trauma bond over time -- and it just gets more and more toxic and codependent. It's tough to cut ties, but it could be/likely is the right thing to do for both of you as sad as it is to have to do it. It's never going to be what you wanted and now you have all this toxic history together that's like a dark cloud over what was once seen as a very hopeful opportunity for mutual gain and interpersonal flourishing/synergy.

Friendship is deeper than talk or assumption. Never assume a person will have your back unless they have something to personally gain or hope to gain by doing so.

Self-friendship is needed to enforce the maxim: You deserve the best.

Am I a bum piece of shit or the only sovereign? Who do you think has the last word on this? The only relevant question is: When will you start to deeply care for you? No one else will or can do this for you. Self-friendship is 100% your baby.

Self-friendship took me forty-three years to fully understand the importance of and the full ramifications of — including the useful maxim that: No one is coming. No one is coming but you. You're going to come to your own assistance and care. That requires some development work to achieve and to teach.

We can include work on developing self-love here too. In a way self-friendship is the action arm of self-love. Self-friendship is you caring for yourself like you would your greatest possible friend.

A friend has these elements for you as I see it right now: loyalty, confidentiality, respect, protection, care/heart for you, and the relationship is not based on tit-for-tat. A friend doesn't expect to get anything from you in the sense of, e.g., using someone. A friend is almost like an ideal brother or sister without the blood tie. Anything else is an acquaintance relation rather than a friend relation. Of course, this is just a model I'm creating to create a caution about assuming someone is your friend when they're not.

Yes, if you want to receive love, give love. But the nature of the relation matters too. What is this person's character like concerning you?

Here's another very important practical rule of thumb: Never assume someone who is not a friend will have your back. And never assume your friend will have your back either. Never assume anyone has your back.

This is where it can get even more effed up -- when somebody tells you they will have your back and they let you down. This is when you must realize another rule of thumb to live by: Talk is cheap. Talk is always cheap. We know this because we don't even honor promises we make to ourselves!

There are people who want to say to hell with your life purpose, to you, or to your work. These people are not your friends. Humans are imperfect and you can decide how you want to relate to other humans very cautiously and carefully.

I think sub-conscious deathwish can be a thing. This is where you really want to die but you don't want to be fully conscious of that. But this is how you live. This is your energy. Life for you is rough. You don't fit in. Things that are easy for others are hard for you. And you dogpaddle through life and don't have any big goals for your life. This is something that's holding you back that you can fix. But someone who has a deathwish tends to self-sabotage any measurable and notable success.

One element of integrity is: Own something rather than lie about it. For example, don't lie and say you did something if you didn't. It's better to just tell the truth and own it because every time you lie like this you know what happened even if you fool others. This will damage your self-respect and self-esteem because you know on some level, you're full of shit. If you are a shit and you own that, that is still better than being full of shit. I would not recommend either of these poor strategies. It's better to just be honest and say, look I have an alcohol addiction. I'm trying to deal with that. I'm not going to be perfect in my battle against the addiction either. People spend so much of their time hiding their "warts" which takes away all the relateableness that others could have with you. We're all dealing with our darker side and that's what makes us collectively and characteristically human.

You don't get out of being an incel by tricking women to have sex with you. The incel needs increased self-esteem and self-love which comes from taking lots and lots of right action.

One really helpful test that Spinoza gives us regarding reasonability is — does this act or idea lead to a greater perfection of you or others or not (a system more generally).

Spinoza does not have an overly rosy view of human beings. Man (Spinoza's term) is a system that is struggling to survive and thrive in a network of competing systems. This is an egoic picture of the basic station of Man. Man can improve himself by possessing

truer ideas and applying them to get more reasonable results for himself and for those he cares for.

You can see how Nietzsche was influenced by Spinoza. The difference is Nietzsche elevates power over truth and reason whereas Spinoza makes power a consequence of truth and reason. Power for Spinoza are effects of the laws that govern nature whereas reason just is the laws that govern nature. For Spinoza power and reason are two sides of the same coin. For Nietzsche power wears the pants over reason and truth. That's a huge difference between them.

Spinoza would disagree with this famous Einstein quote: "Imagination is more important than knowledge". For Spinoza imagination is falsity and knowledge is truth. Imagination is only useful to the extent that it leads to true ideas which actually manifest into something tangible/real in the external world.

What would Spinoza think of visualization work? I think Spinoza would respect and value any process that would lead a system from a lesser to a greater degree of perfection. So, he would say useful is useful. But Spinoza makes a distinction between utility and truth. Imagination can be a means to a manifestation but it's never the actual manifestation. And it's only the actual manifestation of some process that is real and corresponds with a true idea in the strictest sense. So, Spinoza has no problem with imagination as a kind of middleman. What Spinoza objects to is making imagination real or true or an end in itself. He would see this as a kind of bypassing in falsity. Just like spiritual bypassing, you can have people who bypass reality by languishing in the imagination. And Spinoza saw that as a less true or less conscious way to live.

Someone needs to come up with/create a website/web app that allows people to keep/post/organize/share their Web links. I find this service lacking today. Let's build the Instagram of posting/organizing/directing web links. We've done this for video (YouTube) and photos (Instagram). Time to up the ante and do it for Web links, i.e., sites, writings, etc. We need the ability to create playlists comprised of Web links. And then there needs to be a Website/Web app where we can house/place this service/product.

Bad people/bad actors are afraid of the FBI and rightly so. The feds can and will often take action that the states won't take. Federal law is superior to state law if the feds have subject-matter or personal jurisdiction over the actions/omissions/actors in question. The feds have their own criminal statutes, courts, and prisons alongside whatever state criminal statutes, courts, and prisons apply where you live. You can look up the federal criminal code – all criminal law must be based in statute and available for public review.

It's not exactly true that what you think is what you become. This gives way too much emphasis and credit to the mind, which is the masculine, and not enough credit to the body (or physical extension) which is the feminine. You can think anything you want —

but that does not make it actual alone. It's really the Mind-Body relation or network that is the central idea to be considered, as Spinoza understood. For Spinoza, the Mind does not control the Body and the Body does not control the Mind. Thinking this way is a confused idea according to Spinoza. The Mind-Body duality is a relation that must be managed using reason, which for Spinoza are true ideas; namely, ideas "that correspond to" actuality of body or in other words actual reality.

A superior method of practice contains two elements: (1) what to practice, and (2) how to practice.

Pipeline is an important word. There are two pipelines in your life: (1) your Work Tasks Pipeline and (2) your Non-Work Tasks Pipeline. Moreover, there's a pipeline, and then there's tasks in the pipeline, and then there's you running the pipeline — or not!

It's wise to realize when you're not willing or able to make a change all by yourself that you've been wanting to make for a long time. This is something that's obvious if you look at the facts of your life — but it's hard to admit! The smart move would be to say — I need help! I need to partner up with somebody who is going to help me hold myself accountable! This is what a good personal trainer does for their clients. If you need help, don't be too proud to admit that! We're all in that same boat individually in our lives — we need support! And that's not shameful to admit. The wise person can get beyond this illusory shame, admit this, and then find a better way to handle this problem better for their life and others they're in relation with.

In Jazz daily methodical practicing is called woodshedding because back in the old days a horn player went out to the woodshed by himself and methodically practiced alone for like 4+ hours a day.

It's not important to find a teaching method that actually gives you measurable results and progress. A poor teacher or poor teaching method gives you little to no measurable results.

For me I'm finding that happiness is when I'm actually doing the habits I want to be doing.

There's a balance between daily routine vs. deep work. Daily routine is where your whole life is broken up and fit into a semi-constant or constant process. Deep work is where you focus on one thing to the exclusion of everything else and just nail that one thing. I'll discuss this in my new video on Sunday where I'll discuss how I balance these: Mastery (daily routine) vs. Deep Work. It's not always one to the exclusion of the other. Think about this: Are you going to write a better book if you (1) work on it for 10 minutes per day for who knows how long, or (2) you book yourself into a hotel for a month somewhere remote and just write the book and don't do anything else? I'm not

sure there's an answer in terms of one to the exclusion to the other; maybe we can do both in a mixture. It's interesting that these two books lay out different perspectives on practicing vs. results. Mastery is more focused on practice and skill formation. Deep work is more focused on targeting one project with everything you got and then nailing it and completing it.

There's a big difference with how stages red, blue, orange, and green utilize and teach self-help/personal development work/interpersonal development work. You can even extend this to the stages past green; namely: yellow, turquoise, teal, and mauve. All spiral stages have different values regarding the issue of self-help/development work/interpersonal development work -- but there's a stark difference/huge gulf between how low-consciousness stage orange and high-consciousness stage green do this. For every spiral stage, there's a lower-consciousness and higher-consciousness spectrum. Therefore, there's a major difference between how low-consciousness and high-consciousness stage orange treat these issues. We want to integrate the pros of each spiral stage and leave the cons behind.

Contemplate this: What if the idea that there is something wrong with you or the idea that you are incomplete are both false and confused ideas. What if the value of integration and being integrous has pros and cons?

I tend to think a very high consciousness way of looking at Zen captures a lot of what Stage Mauve is about -- Integrating and transcending the duality between trust vs. truth.

You've got to be careful with Zen theory because Zen is always integrating and transcending the trust vs. truth duality, which gives Zen a kind of shiftiness in the minds of persons lower down on the spiral. Maybe you're misinterpreting what you frame as shiftiness. I'm not saying every Zen practice is the highest consciousness Zen practice. What I'm saying is Zen can be a vehicle for Stage Mauve work. People have been integrating these higher spiral stages for thousands of years. In this case it's East Asian Culture where we see the relevant fruit/result/vehicle emerge.

I think another Stage Mauve topic of contemplation is: Maybe friendship is a hoax. Maybe friendship is Maya. Maybe social life is Maya. Maybe the key to friendship is do what you can control which is — Cultivate self-friendship. With self-friendship you can take or leave everything else in reality. But you don't need to be at Red or Orange to have self-friendship. You can also be at Coral or Mauve and have self-friendship which are higher-consciousness masculine stages. Stage Coral also understands the Maya of social life, and this is a theme that runs up to Stage Mauve, which in the next masculine stage up the spiral.

Mauve has a respect for high character. Mauve is about the individual and the system of virtues that go along with Individualism. The Masculine (Yang) is about individualism.



In contrast, the Feminine (Yin) is about the community or we might say collectivism. Ism means “theory of” — so collectivism means literally theory of the collective and you can figure out what individualism means similarly; namely, theory of the individual.

Needing to conceptually know the Absolute Truth can be a stopping point for you in terms of advancing beyond Stage Teal. You must integrate and transcend the duality between Knowing vs Not Knowing. This is entirely different than the game of truth that you’ve been exclusively playing!

The Realist looks at it like — seeing is believing. If you can see it, then it’s wise to believe it. Tailor your belief to what is present, to what you can see. You’re improving and not improving in certain ways — you can see it. Don’t think but rather look! Look at your reality. Your habitual actions (for better or for worse) are creating your life/experience/trip.

Individual sovereignty is the goal of the Masculine (Yang).

Great jazz improvisation is like writing really well without the need to revise.

I tend to think a very high consciousness way of looking at Carl Jung's Work captures a lot of what Stage Teal is about; namely, nonduality and integration. I recommend the following book: “A Guided Tour of The Collected Works of Carl Jung” by Robert Hopke

Teal is a feminine stage, but Teal is less metaphysical or philosophical than Turquoise is and more mystical or spiritual. Teal holds theory more in the way of Jung or the later Wittgenstein — looser and favoring utility over truth in the truth vs. utility duality.

Turquoise is focused on truth even though it pushes into mysticism from philosophy.

Turquoise wants to assert the proposition that everything is one. That’s a proposition, a stance, a belief, a monality, a claim of fact. Teal has a totally looser way of dealing with ideas and theory. Teal is focused on the practical integration and transcendence of dualities, especially regarding the Self, which is The Ego vs. The Shadow duality. You can see how Teal is starting to transcend truth, but Teal doesn’t throw the baby out with the bathwater regarding using reason.

Teal loves and is conscious of the dark side of the moon side of themselves and live in such a way practically as to live as One with all their nature — both light and dark, Masculine (Yang) and Feminine (Yin), ordered and chaotic, moral and immoral, healthy and sick, etc.

The duality between Absolute Truth vs. Relative Truth can be both integrated and transcended.

The key to realize is that all the garbage is in you too. This doesn't mean you give everybody a pass or yourself a pass. But it should make you more patient with yourself and how far you've got to go.

What I personally got the most out of doing shadow work is, for a long time, Assertive Joseph was in my shadow. I was trained to be unassertive in my youth. I was held back from being a man or becoming a man: That would have put too much strain on certain relations I was beholden to.

There's love of truth but there's also love of falsity. How do you integrate and transcend the duality between Love of Truth vs. Love of Falsity?

Embodiment is a different animal than understanding.

This book, "Spiritual Bypassing" by Robert Augustus Masters, is helping me focus on the parts of myself that are ugly and unwanted and to ground my spirituality in loving (giving compassion to) that part of myself. I highly recommend this book for doing stage teal work.

One of the characteristics of Stage Turquoise and Stage Coral in my observation is that both of these stages value truth and metaphysical pictures of reality that they think they know. I call these two stages The Mystical-Metaphysical Stages on the Spiral.

I find that Stages Turquoise and Coral tends to cling to "thinking of myself as a \_\_\_\_\_ (something)". Therefore, I call Coral and Turquoise Metaphysical Stages. There's a reduction of the self to a conceptual picture.

Individual sovereignty is the goal of the masculine.

Achieving Collective Sovereignty in development work is one of the key elements of Stage Turquoise in my opinion. We can discuss this here. I think Spinoza is a good example of turquoise. Everything is One. The problem is Ego. The Ego doesn't exist. And so on. It's the collective, the whole, designating itself as the Sovereign. You can see how this is the feminine integrated with much more masculine than Stage Green is. Turquoise is a full-blown systems thinker. There's a characteristic intellectual quality and application of theory to resolve practical problems which is masculine.

Network Theory is characteristic of Stage Turquoise in a similar way that Systems Thinking is characteristic of Stage Yellow. Turquoise is a feminine stage: it's about the community. But it's a high consciousness way of looking at community that also incorporates a lot of high-level masculine following Stage Yellow, which is a masculine stage.

Attachments can be thought of as network relations or links between a person node and some other node, say between you and poor diet.

Idealists tend to believe that reality is perceived imperfectly by the senses and therefore we need to use ideas to get at truth. Realists on the other hand tend to think that ideas are the source of illusion not perception. You can see the tension between the duality of Idealism vs. Realism, which needs to be integrated and transcended ultimately. Idealists tend to think that possessing the right ideas is a requirement for possessing the highest truth. Realists tend to think that closely monitoring perception is a requirement for possessing the highest truth. Locke is a Realist but does not consider ideas to be symbols, he considers ideas to be representations of that which is perceived. Therefore, you can compare Locke and Whitehead with respect to their differing accounts of Realism.

Some characteristics of Stage Yellow are – Open-mindedness, ability to see every side to an issue, sees pros and cons in everything, applies systems thinking. Think of a highly conscious Law Professor, highly conscious University Professor, or highly conscious general on the battlefield. Stage Yellow appreciates Sun Tsu's the Art of War because it systematizes the feminine or Yin approach to battle. There are both masculine and feminine approaches to waging war.

Here's a good way to practice Stage Yellow from a practical standpoint. Find the cons in every "good" you encounter and find the pros in every "bad" you encounter. Actually make lists. Carry around blank index cards and a pen in your pocket for this purpose. Writing is skin in the game. If it's not written down it's sloppy. Mathematics is written down on this basis as well. Writing things down enforces a standard of clarity. And also notice this — when you frame something in writing it's closer to being actionable, which is the A in my preference of the SMART Goal acronym.

#### My preferred framing for A SMART Goal:

S = Specific

M = Measurable

A = Actionable

R = Relevant

T = Time-bound

- Specific means the goal can be clearly and distinctly stated in writing.
- Measurable means the goal has some concrete, actual ball advancement between before and after.
- Accountable means being able to do what you say you will do, which I'm hoping this community (APC Discord server) can help with.
- Relevant means that the goal is aligned with your values, life purpose, vision, true interests.

- Timebound means: by when? When are we getting the result?

This is a principle of complex adaptive systems: When a system is trained to act or show up in the world in a certain way, that habit will stay constant unless some intervening cause sustainably changes that programming using force or power. Therefore, Spinoza understood: The importance of understanding and applying the dynamics of power in our lives reasonably. And he influenced a lot of philosophers like Schopenhauer, Bergson, Emerson Nietzsche, Ayn Rand.

It's weird how human beings overcomplicate simple things and oversimplify complex things. Being able to avoid doing this is one of the key benefits of doing intellect mastery work.

Once you hit Stage Green making a living might become harder for you than others because you're going to want to live a code of ethical values in addition to making money. Therefore, life purpose work is so important for Green on up. And you also want to do career mastery work and money and budgeting work as well.

The biggest problem with Orange is that if you're Green or up, Orange values just won't cut it in their own. And you must realize this maybe through a Ph.D. program in the School of Hard Knocks, which I partially have earned. At certain points in my earlier life, I thought I could re-train myself to be Orange from Green. This was a huge mistake of fact and of law!

If you're Green and above I want you to take a moment to realize: You're going to need more information to figure out how you're going to earn money and develop your career. Don't assume that you can re-train yourself to go down the Spiral. You can't unevolve yourself! Reality will never go along with you if you try to do this. You can't put the pin back in the grenade after it explodes. We're always getting smarter and wiser. Evolution has a positive slope, for you calculus students out there.

Career mastery for Stage Green on up is much trickier than for Stage Orange on down. Green wants to do the right thing — take right actions. Green wants to take lots of right action. Green has a rational morality rather than an authoritative morality.

Stage Green has room for the trickster or magician as well. The false spiritual prophet for example is a problem for Green. Green also likes to use tricksters in the form of comedians to laugh at Stage Orange and Stage Blue. Green uses the trickster on themselves whereas Orange uses the trickster on other people. Green might willingly do psychedelics or other mind-expanding substances. Green embodies irony, contradiction, art, experimentation, relativism of taste, humanism, music, poetry, performance art, university liberal arts education, openness to experience, idleness being good, satire regarding normal people, absurdity, reason, mysticism, family, friends, community or the

collective, etc. Green is a feminine stage that stands on the shoulders of but transcends Stage Orange.

“On up” means for example Stage Green on up the spiral. “On down” would mean Spiral Stage X on down the spiral unless you’re at Stage Beige which is at the bottom. There is no top of the spiral.

I think Stage Green is where philosophy becomes important enough to outweigh or overrule practical considerations. There’s a difference in the way that Stage Orange and Stage Green view the ramifications of the free will vs. no free will debate. Green beholds themselves to truth in a way that Orange doesn’t. Green is more philosophical than Orange for better or for worse.

Stage Orange is crafty with social filter. Stage Green prefers to have less social filter for better or for worse — a willingness to be unfiltered.

I think part of healthy Stage Orange integration work is to, yes, build and maintain a social filter aka persona — but have that based in reason and truth not in mere pragmatic self-protection alone.

Stage Green sees the systemic problem of having the most value control the deal making process. In other words, focusing value alone doesn't consider the big picture, the collective, the whole, the sustainable. But exchange of legal local value is what the economy runs on. You can see how Stage Green is much more holistic than Stage Orange is. Stage Green sees a moral responsibility to the collective, the environment, which is feminine, but will defend this principle using the masculine. Green masculine is all about protecting the network of relations that they feel are left out of Stage Orange culture to our detriment. It's a shitting where you eat issue that Stage Green sees and tries to remedy. Stage Green appreciates sustainable systems which take everything into account. Stage Green integrates the pros of Stage Orange and is likely to be an entrepreneur or someone who starts a non-profit or maybe someone who is working a job but also doing career mastery work on the side.

Stage Green might give change or money or food or items to a homeless person on a semi-routine or routine basis. They're not doing this for religious reasons but for humanitarian reasons. The root of humanitarian is human which is also the root of humanism and humanity. Stage Green is a humanist and sees everybody in society as deserving of dignity, respect, and care.

Stage Green appreciates a University Education, especially the Liberal Arts majors.

Stage Green doesn't want to lie, fib, or bullshit to make money. Green wants to practice right action, right speech, etc.

Contemplate this: To what practical extent can Stage Orange be deliberately integrated where the pros are taken away and the cons left behind?

In many ways Stage Orange is the Merchant's Ethic — which goes way back in human history. The English were very Stage Orange in certain ways. As were the Dutch. Individualist, Lawful, and Mercantile Ethic seem to be the three basic elements. The Merchant thinks for himself or herself and questions things according whether they work or not — not whether they're true or not. And the Merchant is focused first and foremost on earning or making money. I always find making money kind of an unfortunate term because money is created for free unless you're printing money at home. The Merchant ain't no Saint and he or she is ok with that. They're in it for the money. But Orange is not a scoundrel like Red. Orange wants to be on the up and up at least legally regarding how they make money. Orange follows the law but is not as concerned beyond that standard like the higher stages on the spiral are. Investing in the Stock Market is very Stage Orange because you're concerned with making money off any company regardless of what they do. Morality doesn't factor into it. Stage Orange is very transactional, very tit-for-tat programmed. What do you have to offer me financially is the key question. Green sees that it's just money. It's just money. It's the most basic thing and does not rise to the level on its own of virtue. Even the rich person will die and must be proud of themselves and how they used their time while they were here.

I would say one of the characteristics of Stage Orange is faith in the legal system as a vehicle to organize and govern Trade. Orange is higher consciousness than Red because Orange wants to follow the Law. And if you think about it, Law and Lawyers are very Stage Orange because Law for the most part is concerned with protecting Property Rights of citizens. You must own some right to be able to sue someone.

To what extent are Trickster or Magician values honored at Stage Orange? Being a professional magician is very Stage Orange is it not? I will lie to you, entertaining you thereby — for a tip in the hat.

A lot of career mastery work is integrating the pros of Stage Orange. So, it can be considered Stage Orange work. Healthy Stage Orange.

Let the best idea win is very Stage Orange. Let the most reasonable idea from a practical perspective win.

Sometimes the error is in trying to win in the first place. There are pros and cons to this kind of super-protective mentality. When you're operating close to or closer to survival, you're going to have a personality that's controlling. With knowledge comes the capacity for control, for better or for worse. And I think no matter what Spiral stage you're currently at, it's a virtue to integrate the pros of the masculine regarding survival.

I find that sometimes Stage Orange is straw-manned as being Stage Red. There's a huge difference between Stage Red and Stage Orange. A person functioning at Stage Orange is much healthier and happier than a person functioning at Stage Red. Stage Orange is interested in Development Work and is usually college educated and values professionalism, reason, work ethic, and lawful behavior.

A great retort to anyone who is full of shit or possibly full of shit is — How do you know that? You can see why Epistemology is so important. Stage Orange doesn't buy any snake oil.

Fear of going broke has pros and cons. But if we leverage the pros and direct this energy towards getting shit done aka taking lots of action — then we can transform a shitty feeling (fear) into a motivating force to achieve smart goals. Life is worrying, but we can leverage this worry into fuel for action that transforms us from a lesser degree of perfection into a greater degree of perfection. We suffer but we know that we're doing everything we can to create a better tomorrow, and we know what our objectives are. It's just going to take time, and everything will work out in the wash. Hang in there!

To truly value freedom one must value financial independence. If you don't value financial independence, you don't truly value freedom.

Stage Orange sees everything as a potential strategy to get something or to otherwise obtain some self-interested value. If you teach Stage Orange higher-consciousness ideas they're going to be most excited to be able to practically apply them to improve their own life and others they care most about. Stage Orange at its most high consciousness state achieves the true prize of financial independence, which is a prerequisite to or required element of the good life in our time here on earth. Stage Orange is very concerned about money and property. You can integrate the pros of Stage Orange and get your financial independence and whatever property you need PLUS work on yourself and grow beyond Stage Orange to Stage Green. Some people never grow beyond Stage Orange, so you must accept that too! My late father stayed Stage Orange his whole life and it worked out ok for him. There's a lot of people that resist moving into Stage Green.

High-consciousness Stage Orange appreciates a university education in the practical majors and doesn't buy any snake oil.

Stage Orange is good to fight, but they want to do so legally. Unlike Stage Red, Stage Orange wants to follow the law, even if they interpret the law in a very self-serving way. Stage Orange is above-board in a way that Stage Red is not. Stage Orange has a professionalism and wants to marry a good product or service with a consumer who could use it! You see that lack of express deception in Stage Orange. If Stage Orange twists things it does so semantically and then faces legal action if someone sues which ultimately decides the matter.

Stage Orange might rip you off by intentionally selling you more than you need or getting you to sign a contract that is heavily biased in their favor and then holding you to it until you completely pay it off. Stage Orange looks at it like and rationalizes their behavior as -- let the buyer beware! But then they take full advantage of you when they know you're not aware or not pushing back. They're sneaky about padding more charges to your account than what you need. You might call this "up selling" which is something that low-consciousness Stage Orange takes full advantage of. High-consciousness Stage Orange doesn't want to sell you anything you don't really need. My dad was high-consciousness Stage Orange and started his career selling computer systems for Digital Equipment Corporation. I read something in my dad's paperwork where he got a commendation from the company for his gentle sales style, which in that company and time was preferred over the showing the sale down your throat sales style. Low-consciousness Stage Orange is the archetype of The Killer in their sales style, pressuring and persuading the buyer to buy as much as possible for as long as possible. The Killer may also be Stage Red, but Stage Red is usually not working for a big, reputable company without a Stage Orange persona in fact. You can see this in Gordon Gekko's persona in the movie Wall Street -- but Gekko was clearly Stage Red somewhat hiding behind a Stage Orange persona. Or the movie American Psycho same thing, Stage Red hiding behind a Stage Orange persona. Stage Orange respects your independence, Stage Red wants to strip you of your independence!

In Contract Law, unless the court rules the agreement is totally unconscionable, if you signed it, even if it's one of those form adhesion contracts -- you're bound to it! The Government expressly does not want to adjudicate the value ratio in deals -- that is a freedom that is left to individual Citizens. Stage Orange know this and will gain an advantage by having you sign the contract document their lawyer prepared. And often this is presented as take it or leave it deal -- and it's why it's called an Adhesion Contract. Stage Orange follows the law, but they take every advantage for themselves and then force you into their version of your agreement, which you better believe it protects their best interests in the deal over yours! In a fair contracting situation, the terms of the contract document are hammered out (negotiated) by the lawyers of both sides of the deal. An adhesion contract is a take it or leave it agreement that is court enforceable. You didn't have to sign it! -- but you couldn't negotiate the terms either. It's a good example of how Stage Orange, yes, follows the law, but they stack the deck entirely in their own favor using their lawyers to craft self-serving adhesion contracts.

Low-Consciousness Stage Orange can use the Passive-Aggressive Communication Style. This is common with lawyers. The reason why is there's usually no legal duty to act, so ignoring someone is not technically illegal. It might be immoral, but that's a different issue. Stage Orange wants to follow the law, and there's a distinction between legality and morality. There are many immoral acts and omission to act that are not against the



law. So, low-consciousness Stage Orange knows this and tends to apply it to persons that they have power over or advantage over. Instead of telling you to fuck off like Stage Red, Stage Orange will ignore your email, your complaint. Lawyers do this a lot. There's no legal punishment for this, it's just assholeish behavior which you can't necessarily sue someone over. A typical response to someone hurt by this kind of treatment is -- if you don't like it, go pound sand! This is because even though you don't like being ignored, it's not illegal. They look at it like it's your problem, not theirs! Adhering to the law in a very self-centered way is very low-consciousness Stage Orange. Ross Perot famously said, "Never ask the question, is it legal! -- The question is, is it moral".

Stage blue understands that legality does not equal morality. In other words, one has moral duties that sit above and before their legal duties. Toxic stage orange ignores moral duties and focuses exclusively on legal duties. Now, keep in mind: There's a difference/distinction between toxic stage orange and healthy stage orange.

Contemplate this: to what practical extent can Stage Blue be deliberately integrated where the pros are taken away and the cons left behind?

There's this Stage Blue acquaintance of mine who I like a lot. But he's a Muslim and I can tell every time I eat pork in his presence, he loses respect for me. It's as if all my divinity was scrubbed in an instant. He's an honorable guy though; he's just very much a practitioner and believer in the Islam vehicle of religion and/or spirituality. He's from Palestine and he's around my age. Then I think to myself - should I even be eating pigs or cows or chickens or fish or fucking anything! There's a slippery slope here. But I get it. On some level eating anything is gross.

I admire how stoic and duty-bound Stage Blue people are. This obviously has pros and cons. One of the cons of Stage Blue is being dependent on a toxic group and resisting speaking up to give a dose of truth to power like Stage Orange would likely do. Stage Orange doesn't tolerate tribalistic workplace cultures, unreasonable family cultures, or organized religions. There are pros to be integrated from Stage Blue, but I've always seen Stage Blue people as rather limited. They might be nice people, but they are limited and for whatever reason they weren't able to transcend that and move into Stage Orange. Stage Orange appreciates a university education in the practical majors and also doesn't buy any snake oil. In contrast, Stage Blue tends to ridicule and pooh-poooh a University Education unless you're studying to be a professional of some kind. Stage Blue appreciates being part of communities and respects those in positions of power, even if they're total assholes. The military mindset is very Stage Blue in terms of chain of command and following orders and so on. You can see how for Stage Blue it's natural to have a religion or spirituality where God is a father figure or political leader of the group of humanity and ultimately in charge. You can see the family archetype being brought in

because Stage Blue is a Feminine Stage and focused on privileging the collective over the individual. The term "loose cannon" is a Stage Blue epithet that they will label anyone who takes their independence or freedom too seriously.

One of the pros of Stage Blue to integrate is developing a virtuous character i.e., re-programming yourself to take pleasure in doing virtuous actions rather than vicious (vice) actions.

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Your character (which you can control) determines your destiny. Character is your system of actions, i.e., your habitual actions.

Aristotle proves that Stage Blue can have a rationally based morality not exclusively an authoritative or religious-based morality. A lot of people assume Stage Blue is religious, but this is not necessarily true. Some Stage Blue people are religious, and some are not. Some are spiritual but not religious. Some are rational and religious, and some are atheists and authoritative. Some are philosophical and rational, and some are traditional and follow custom and traditions.

Contemplate this: to what practical extent can Stage Red be deliberately integrated where the pros are taken away and the cons left behind?

I want to make it clear here that there are both pros and cons to Stage Red. We should integrate the pros of Stage Red and deprogram ourselves from relating to the cons of Stage Red. The virtue of Boldness comes from integrating the pros of Stage Red.

Stage Red in one of its worst manifestations can become the Game Player in life. If you treat like a game you're going to be functioning from a myopic and selfish perspective primarily — which cheapens your life and makes it unreasonably defensive. Going through life as a deluded, authoritarian, game-playing asshole is not something I would wish on anyone!

Intentionally totally ripping someone off in a premeditated way is very low-consciousness Stage Red. There are lower and higher consciousness Stage Red people. Setting up a snare with the premeditated intention of stealing from someone is also very low-consciousness Stage Red. Stage Red people take their selfishness, and craftiness to gain any advantage over the weaknesses of others, as a virtue! That makes me the winner! I win because I'm playing a super selfish game to take advantage of others, which most people don't want to do. Stage Red sees these so called "moral people" as weak and pathetic and sees them as playing a power game of their own to dominate

others. Stage Red is the hunter who values power and craftiness; and doesn't really dig morals, seeing morality as a weakness to overcome. Stage Red rationalizes to themselves that those people who are stupid enough to be taken advantage of deserve to be taken advantage of. Other people are fair game for Stage Red, who is 100% looking out for themselves often at the expense of tricking or fooling or swindling others out of their money or their time.

The pros of Stage Red is to capture that masculine warrior-hunter energy but to make wiser use of it. Stage Red does one thing very well -- they take care of themselves first! We can all do that too without being a real asshole in life. Stage Orange is the next masculine stage up the Spiral, and Stage Orange is good to fight, but they want to do so legally. Unlike Stage Red, Stage Orange wants to follow the law, even if they interpret the law in a very self-serving way. Stage Orange is above-board in a way that Stage Red is not. Stage Orange has a professionalism and wants to marry a good product or service with a consumer who could use it! You see that lack of express deception in Stage Orange. If Stage Orange twists things it does so semantically and then faces legal action if someone sues which ultimately decides the matter.

Low consciousness Stage Red can buy into the strategy and social identifier -- I win you lose! But it's not power over other people that delivers power to the self. Conquering others will never conquer the blocks to you self-sabotaging yourself!

Contemplate this: to what practical extent can Stage Purple be deliberately integrated where the pros are taken away and the cons left behind?

Contemplate this: to what practical extent can Stage Beige be deliberately integrated where the pros are taken away and the cons left behind?

You might think Beige is useless but in fact Beige can be revisited and integrated in Feminine Development Work such as Inner Child Work. The book "Homecoming" by John Bradshaw is great book to have and use for this work. So, we want to both integrate and transcend each spiral stage both up and down the spiral. This gives us a map for our development work.

I like to think of Beige work as integrating and transcending the baby in you. I hear you in the sense that inner child work extends beyond stage beige work. I agree. With mindfulness you can observe the baby within yourself. Work in this area would be work on your inner baby: that initial and frequent form or being of human consciousness that every human has within themselves. I'm conscious of my inner baby. And the key is to learn how to both care for and transcend your inner baby. I think Stage Green also does some inner child work as well. Every feminine stage re-examines the collective, which includes examining all parts of ourselves. The masculine stages, in contrast, tend to

prefer to think of the self as one thing or an individual rather than a collective or community of things.

Timebound challenges include 30, 60, 90-day challenges, Fall, Spring, Summer challenges, quarterly challenges, and any custom timeframe you make up challenge -- like a weekly challenge, etc.

At the end of each day write down the one thing you did that day that you're most proud of yourself of. Keep a notebook or sheet of paper for these daily entries.

Whitehead makes a distinction between affective consciousness (or bodily consciousness) and cognitive consciousness (or consciousness of ideas). This is cool because it includes the feminine which is awareness or consciousness applied to the body, which Spinoza also forecasted in his account of emotions. In contrast, the masculine is consciousness of the mind or ideas. Spinoza included the body but was skewed towards consciousness of the mind as being primary. Whitehead, on the other hand, flips that around -- the primary focus is on bodily (or affective) consciousness. So, for Whitehead you feel the punch in the face before any ideas come up about it! Affective (bodily) awareness or consciousness precedes cognitive consciousness for Whitehead. Spinoza would disagree and would say that every bodily fact corresponds directly to a "true idea" in the mind. Whitehead would retort: No, you feel reality first with the body, and then ideas (which are mere symbols for Whitehead), emerge as possibilities for decision, and then once a decision is made, the natural process continues. The body is often given short shrift in favor of the mind in philosophy. Whitehead says no, body consciousness which is feminine wears the pants over consciousness of ideas which is masculine. Ideas are mere symbols for Whitehead and only arise in an actual event or happening that calls for decision, and after that event the ideas or symbols lose situational relevance, and the natural process continues to the next event that calls for a decision and a novel set of symbolic ideas that facilitate consciousness of decision possibilities.

In contrast to Whitehead, Spinoza was much more of an idealist and tended to believe that true ideas are necessary to manage the affective or body consciousness. You can see how Plato was also an idealist in this sense too -- ideas are needed to correct for the illusions of the body. In contrast to this account, Whitehead is much more like Zen where he takes direct presentational awareness (body or affective consciousness) as primary and sees ideas (cognitive consciousness) are mere symbols that facilitate decision in a real event in a natural process. You can see how Whitehead flips Plato and Spinoza totally around regarding the body vs. mind duality. Whitehead privileges the body over the mind whereas Plato and Spinoza privilege the mind over the body. Whitehead is a realist not an idealist.

It's interesting to juxtapose Kierkegaard's account of "decision as always arising due to uncertainty" with Whitehead's account of decision (the decisive event). Even though this video is titled "Sartre" the comments about Kierkegaard's view precede the discussion on Sartre. Even Sartre talks about decision being fundamental, so it's worth watching the entire video and reviewing the intro to my video titled "The Role of Art in Development Work" where I summarize Whitehead's account of decision.

You can see how Wittgenstein was directly influenced by Spinoza in his "Tractatus Logico-Philosophicus." Instead of true ideas being correlated with actual things which is Spinoza's view — Wittgenstein simply changes this to: true propositions being correlated with actual things.

I'm of the mind, and there are people who disagree with this, to refer to Zen as Zen not as Zen Buddhism. Zen is entirely different from Indian Buddhism. Zen takes influence from Buddhism, but in its highest form Zen transcends Buddhism and all theory. Be careful of relating Zen too strictly to Buddhism! Zen is a non-linear shift away from doctrine and Truth. Zen is about integrating and transcending the duality of Trust vs. Truth in my opinion.

If it is true that we must all choose our battles in life — what are yours? And what are you going to do about those? Make a top 5 list. This will undoubtedly be very personal, so you do not need to list them here. But you should become conscious of them through listing them.

I'm different — and people will try to use this fact to their advantage over me— my dad talked to me about this and how I need to be and stay strong.

You're responsible for continuing to let your past weigh you down and hold you back.

I buy the idea that cravings can start to move from friend to enemy. But what about emotions and visions? To what extent are emotions and visions enemies? And then the second question is, what do we do about this?

#### Changes I Need to Make:

1. At your computer ready to work and bright eyed and bushy tailed at 9am every day
2. Focus only on Work Day Projects Pipeline from 9am-5pm every day
3. Master the skill of being an excellent freelance paralegal
4. Focus on Non Work Day Projects Pipeline after 5pm every day
5. (Private)
6. (Private)

7. Clean diet
8. Lyon Steps
9. Trumpet Chrissy Field
10. Spinoza content
11. Web Dev tutorials
12. Improve firstphilosophy.org
13. Work on Sunday video
14. Stay in Covey Quadrants I and II
15. (Private)
16. Do Nothing Meditation for 1 hour per day for cravings
17. Plan every minute of the day – keep time
18. Review Vision, One Sheet, and Smart Goals

List of Weaknesses (I know using this word might be controversial):

- Rebel/Disruptive/Troublemaker
- Alcoholism
- Mental Illness
- Paranoia
- Emotions Mastery Problems
- Anger Management Problems
- No Family or Friends Support
- Egotistical
- Lonely
- Autism/Aspergers
- Addiction Problems
- Distraction Problems
- Subconscious Deathwish
- Fear of Success

- Fundamentally Insecure
- Procrastination Problem
- Self-Destructs
- Emotionally Disturbed
- Argumentative
- Falls Off the Wagon
- Overpromises/Underdelivers
- Up and Down Swinging Moods

If you're on drugs/including psychedelic drugs, you need to realize (and others need to realize) you're on drugs for better or for worse. Let's not deny reality. There are pros and cons to drugs, but if you're posturing as a teacher, people should know what substances you're using. Be brave and honest. Don't try to hide behind/deny your drug/alcohol use in order to try to gain an advantage over others. If you were a true teacher, you would disclose all of your helpers, if any. Truth is about transparency and honesty. Live it, lead by example, do it. Don't try to conceal your weaknesses. You're better off operating from honesty in everything you do. Your shame is holding you back. All of us humans are imperfect, stop hiding/concealing your flaws! That only makes you look like a poseur. You're going to gain much more traction by being brutally honest about yourself in life. It's counter-intuitive to the ego default that you've been programmed with through learning or through your genetics. Look at your parents -- how far away from them have you actually gone? Be honest about this. Maybe you're doing the same sort of things they did much more so than you think/realize. And I'm not exempting myself from this either. Because I see this in myself -- I feel the need to express it to others.