

MY MISSION STATEMENT FOR JOURNAL VOLUME 15

I'm gonna keep on truckin' with what I was doing in Journal Vol 14, but that journal just seemed to go on and on, so I decided to cut it off and start this one. When a journal gets too big, I start to feel suffocated by that. So, in a way, this is kinda like Journal Vol 14 Part 2. I wanna experiment with going the minimalistic text style/layout in this journal instead of going into all the colors and uppercase and sh*t. I wanna pare things down and make my writing look more clean and professional in this Journal Vol 15.

ON HIGH INTELLECT -- HOW TO USE IT WITHOUT IT USING YOU

High Intellect is the capacity/skill for depth of thinking basically. But this can turn into (1) depth of on-point problem-solving, or (2) depth of delusion and hiding away from on-point problem-solving. It's not only how powerful your firehose is: it's where it's aimed that matters too.

ON HIGH IQ

You don't need particularly high IQ to find the #1 killer tactic to meet all your most sought-after objectives and then to execute those tactics on a regular basis until you've achieved your most sought-after results. High IQ is not as useful as we might think in Personal/Interpersonal Development work.

STAGE TURQUOISE IS MUCH MORE ADVANCED THAN STAGE GREEN IS -- I AND OTHERS HAVE BEEN GUILTY OF PROJECTING GREEN ONTO TURQUOISE -- NO, TURQUOISE IS FAR BEYOND YOUR TYPICAL ENLIGHTENED GURU WHO IS MOST LIKELY AT GREEN -- TURQUOISE HAS THE COGNITIVE BODY OF YELLOW -- GREEN LACKS THIS -- TURQUOISE IS ABOUT EMBODYING THE NETWORK OF PERSPECTIVES -- TURQUOISE IS A SYSTEMS THINKER WHO IS BEYOND IDEOLOGY -- I THINK A LOT OF US ARE CONFUSING GREEN FOR TURQUOISE -- CAREFUL!

#1 KILLER TACTIC FOR IMPROVING INTELLECT -- RESPECT THAT EACH CONTEXT CALLS FOR A UNIQUE RESPONSE THAT THEORY CAN HELP YOU WITH, BUT ULTIMATELY THE CHOICE IS YOURS AS TO WHAT HAPPENS

OUR #1 DUTY IN LIFE

Your/my #1 duty in life is to not be poor.

ALL BELIEFS ARE EXCUSES

All beliefs are excuses. Those who do do. Those who can't do teach. When we can't do, our Ego-Mind needs to justify itself by weaving a suit of theory/rationalization that can be clung to like a child's blanket. People create teachings when they can't bring themselves to do. After all, if you could do, you would just do, there would be no issue/problem.

ON BEING

Being is knowing who/what you are to the extent that you can use the Mind without the Mind using you.

ON THE FUTURE

The future is a concept/visualization in God's Mind. Create the future by changing your actions right now. Tell the Mind to f*ck itself and go do what you know you need to do. People don't know how to do this and thus they imprison themselves.

WHAT WOMEN WANT

Women want a man not a man-child. If you're a male, it's almost best to fake it until you make it. This is why pussy guys who put on a front still get girls. But the sustainable solution to get a woman wired in

your life is to be evolved and still have balls, if that makes sense. Women wanna see the archetype of God in a man.

MY EVENING PUNCLIST (MON-FRI)

(in no certain order)

1. Mindfulness Meditation (60 mins)
2. Vitamins/ Supplements
3. Gym
4. Shower
5. Meds
6. Family/ friends/ acquaintances
7. Teeth
8. Card on table
9. Asleep by 1am
10. Journaling on Actualized.org
11. Gratitude journal
12. Optimism journal
13. Prepare for Tomorrow's Work Day; Planning/ Strategizing/ Re-programming
14. Dinner
15. Store
16. Cook
17. Review file cabinet
18. Shake

THESE ARE MY SIX #1 KILLER CAREER TACTICS* DERIVED FROM MY LIST OF TOP 7 SKILLS

1. Self-help Industry => Monetize now
2. Web Development => Take coding courses/ practice on my own
3. Life Coaching => Get IPEC Certification/ start life coaching now though
4. Speaking => Toastmasters every week
5. Writing => Blog, books, articles, audiobooks, courses, seminars, videos, podcasts, interviews
6. Multi-media Publishing => Blog, books, articles, audiobooks, courses, seminars, videos, podcasts, interviews
7. Legal Skills => Publishing Law

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MY SIX #1 KILLER CAREER TACTICS

1. Monetize now
2. Take coding courses/ practice on my own

3. Get IPEC Certification/ start life coaching now though
4. Toastmasters every week
5. Blog, books, articles, audiobooks, courses, seminars, videos, podcasts, interviews
6. Publishing Law

ON POLITICS -- EXPLAINING MY STANCE AND MOTIVE

I apply the Paradox of Conservatism and Liberalism.

On the Forum though, I do feel like as a life coach I need to make the Conservatism (Yang) correction to white-knuckle clinging too hard to the Liberalism (Yin) end of the paradox.

The way I would approach this issue (political matters) is to make a punchlist of what my most sought-after objectives are first. What are the most sought-after objectives for each system in the overall system? How can those systems synergize?

I'm interested in actually wiring in sustainable solutions to systems' most sought-after objectives operating within a network of systems. Talk and ideology is not what I'm interested in. I'm interested in results, even if that result is one tiny sustainable systemic improvement.

What about Conservative and Liberal politics instead of Conservative or Liberal politics? Can you integrate the pros of Conservatism and Liberalism and leave the cons of those stages behind? How might this be done? See how I'm opening your mind rather than encouraging you to clamp down on a belief or a judgment?

ON PARADOXES -- OPEN-MINDED MICRO-CLIMATES FOR THE EMERGENCE OF IDEAS TO TEST OUT

Paradoxes are not beliefs, they're models. Paradoxes are systems that create a open-minded climate for solutions to non-linearly emerge. I don't expect language to capture being. Map vs. Territory.

Be careful about re-framing paradoxes within the Paradigm of Belief that you're likely operating from. When you're a hammer, everything looks like a nail. Paradoxes are not beliefs, they're conceptual tools to keep the mind open so the right idea can emerge for the problem at hand.

There aren't many paradoxes around yet because most people lack the groove in their brain to think in terms of paradox because they haven't integrated Stage Yellow fully. I rarely see people thinking in terms of systems and paradox on here or balancing pros and cons, see. All these are Yellow. I'm trying to demonstrate Stage Yellow thinking and it never rubs off. People just stay at Green mostly thinking they're at Turquoise. No no no, see. First you get the Brown belt before you get the Black one. No, I want to jump to the Black Belt. I will declare myself a Black Belt! That's my ticket. Ain't gonna work.

PEOPLE WHO WHITE-KNUCKLE CLING TO THE PARADIGM OF BELIEF SEEM TO REALLY GET TRAPPED/BLOCKED/DISTRACTED BY TALK AND IDEOLOGY -- THEY GET WEIGHED DOWN WHICH KEEPS THEM FROM BEING SMART, NIMBLE, OPEN-MINDED, FLEXIBLE, PRAGMATIC PROBLEM-SOLVERS -- YOU WANNA APPLY THE PARADOX OF BELIEF AND NO BELIEF -- HERE'S A GOOD QUESTION TO ASK YOURSELF: HOW IS THIS

CONCEPT/BELIEF/IDEA HELPING ME ACHIEVE ONE OR MORE OF MY MOST SOUGHT-AFTER OBJECTIVES? -- THE PARADIGM OF BELIEF IS A PARADIGM, IT'S A CONCEPTUAL MODEL, A CONCEPTUAL TOOL -- THE PROBLEM IS, AS ALMOST ALL CONCEPTUAL TOOLS, IT HAS PROS AND CONS AND CONTEXT MUST BE TAKEN INTO CONSIDERATION TO USE THE MODEL CONSTRUCTIVELY -- ALL CONCEPTS/BELIEFS/IDEAS HAVE THE POTENTIAL TO FUNCTION AS A DOUBLE-EDGED SWORD IF YOU'RE NOT WISE IN THE AREA OF CONCEPTUAL UNDERSTANDING WORK, WHICH IS A SUBJECT IN PERSONAL/ INTERPERSONAL DEVELOPMENT WORK .

ENMESHMENT IS AN INTERESTING CONCEPT FOR US TO PLAY WITH -- YOU CAN THINK OF YOURSELF AS BEING SEMI-ENMESHED WITHIN PERSONS (AS IN INDIVIDUAL PEOPLE), PERSONAS (AS IN YOUR PERSONAS), IDEOLOGIES, GEOGRAPHIC LOCATIONS, CULTURAL SYSTEMS -- TRY TO IDENTIFY ALL THE WAYS THAT YOU ARE SEMI-ENMESHED AND MAKE A LIST OF LIKE THE TOP 30 WAYS YOU'RE SEMI-ENMESHED IN SYSTEMS AND NETWORKS OF SYSTEMS -- A PERSON IS A COMPLEX ADAPTIVE SYSTEM* -- IT'S AMAZING THE SCOPE OF THINGS THAT YOU CAN RE-FRAME AS COMPLEX ADAPTIVE SYSTEMS -- IT'S A POWERFUL CONCEPT/TOOL/MODEL

COGNITIVE SCIENCE IS ANOTHER SUBJECT AREA THAT WE CAN MINE FOR IDEAS IN PERSONAL/ INTERPERSONAL DEVELOPMENT WORK -- I WILL EXPLORE THIS STUFF AND NOTE WHAT I THINK IS GOOD THAT WE CAN USE FOR OUR PURPOSES

INSIGHT -- THE QUALITY OF YOUR LIFE IS A MIRROR OF THE QUALITY OF YOUR IDEAS -- PEOPLE (COMPLEX ADAPTIVE SYSTEMS MORE GENERALLY) ALWAYS DO WHAT THEY THINK IS BEST PURSUANT TO THEIR CURRENT STATE OF BEING/AWARENESS

BE THE CREATOR IN REALITY

I support actively solving problems not coming up with mental-masturbation theories/excuses to avoid taking adult-like responsibilities. I'm against that meme spreading like a virus. The easiest way for the Ego to get what it wants is to steal/leech/pirate from another Ego. That's a loser mentality in life. You're a scavenger at best. You wanna be the source of all creation.

I RECOMMEND DOING 20 MINUTES OF MINDFULNESS MEDITATION EVERY DAY AS PART OF YOUR DAILY ROUTINE FOR THE REST OF YOUR LIFE -- I DO 60 MINS OF MINDFULNESS MEDITATION EVERY DAY (USUALLY JOINTLY WITH MY GIRLFRIEND) -- THIS IS A GOOD PRACTICE TO DO IN YOUR RELATIONSHIP THAT WILL ACTUALLY HELP YOU IN YOUR PERSONAL/ INTERPERSONAL DEVELOPMENT WORK -- DOING THIS IS LIKE GOING TO THE GYM EVERY DAY, IT'S ONE OF THOSE KEY HABITS -- YOU WANNA MASTER THE SKILL OF MINDFULNESS BY PRACTICING IT FOR 20 MINS PER DAY

DON'T HATE THE GAME -- OWN THE GAME

The people in life standing on the sidelines of life screaming "no fair" often just don't like the game. Don't hate the game. Own the game.

ON KNOWLEDGE-SIGNALING

The Ego loves to feel like it has the truth. Not just an opinion or useful model to me -- but *the truth*. That allows the Ego to knowledge-signal to other Egos and feel like it's on top of the Totem Pole of Egos by comparison.

STRATEGY -- TRADING YOUR RESOURCES AND VALUE FOR OTHER PEOPLE'S MONEY IS THE #1 KILLER TACTIC TO ATTRACT MONEY TO YOUR LIFE -- THIS SYSTEM HAS TO BE SET UP STRATEGICALLY IN YOUR LIFE BY YOU -- THIS DOESN'T JUST HAPPEN ON ITS OWN -- YOU GOTTA GAME PLAN THIS SYSTEM AND WORK THIS SYSTEM ON A DAILY ROUTINE -- AND YOU ALSO HAVE TO HAVE THE BALLS TO PUT YOURSELF OUT THERE IN THE PUBLIC SPACE, INTO THE PUBLIC MARKETPLACE -- YOU NEED TO HAVE A GRAND STALL IN THE PUBLIC MARKETPLACE FOR PEOPLE TO COME TRADE THEIR MONEY FOR YOUR AMAZING PRODUCT/SERVICE -- THIS "MONEY PUMP"* HAS TO BE DELIBERATELY DESIGNED AND IMPLEMENTED BY YOU -- THE MONEY PUMP IS A SYSTEM THAT NEEDS TO BE DESIGNED AND THEN WIRED INTO YOUR LIFE -- AFTER A PERIOD OF TIME THAT MONEY PUMP MIGHT START GUSHING MONEY FOR YOU IF YOU'RE ACTUALLY LIVING THE STRATEGY AND DOING THE WORK

"Creating a money pump gushing money" idea comes from Ross Perot. SOURCE: second video.

A FEATURES & BENEFITS* RE-FRAME -- LIFE PURPOSE IS THE FEATURE, STARTING A BUSINESS IS THE BENEFIT -- A LOT OF PEOPLE FOCUS TOO MUCH ON THE FEATURE(S) BUT LOSE SIGHT OF THE BENEFIT(S) -- LIFE PURPOSE IS ONLY THE PRE-PLANNING STAGE FOR STARTING A BUSINESS -- WE NEED TO RE-FOCUS ON THE BENEFIT: THE BUSINESS YOU'RE GONNA START -- WE NEED PRINCIPLES/ STRATEGIES/ TACTICS FOR STARTING A KILLER BUSINESS!

The Mind likes to focus on features and lose sight of benefits. You gotta re-frame benefits as your focus and put the features on the back-burner:

ON VIRTUE-SIGNALING

Ego is not bad. You do want a cultivated Ego though. Pride and ambition are good. I get annoyed by this kind of Virtue-Signaling by some on here. It's a cheap way to feel superior without having to do anything but talk.

ON GOD

The buck stops with God. God doesn't mentally-masturbate or invent excuses. God doesn't believe that he's not enough. God is way beyond that!

THE ESSENCE OF VIRTUE-SIGNALING AND KNOWLEDGE-SIGNALING

- KNOWLEDGE-SIGNALING -- My Ego is superior to your Ego on the basis that I know something you don't.
- VIRTUE-SIGNALING -- My Ego is superior to your Ego because I'm a better person/more noble person than you are.

ON LIBERATION -- YOU GOTTA SET YOURSELF FREE OF THE MIND AND THE MIND'S TALK - - USE THE MIND, BUT KEEP THE MIND IN ITS PLACE TOO

INSIGHT -- THEORY IS OUR GREATEST TOOL IN PERSONAL/ INTERPERSONAL DEVELOPMENT WORK AND ALSO OUR GREATEST DISTRACTION FROM TAKING THE ACTION REQUIRED TO ACTUALLY DO THAT WORK -- WE NEED TO PUT THEORY IN A BOX IN OUR SCHEDULE SO WE DON'T GET TOO DISTRACTED BY IT

THERE ARE PROS AND CONS TO THE NEED TO BE RIGHT

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DESIGN YOUR OWN LIFE

Just remember this -- you can't take anything with you when you die. So, design a cool life for yourself and the world and don't be too hard on yourself. This is the good time of your life. Imagine you're building a little video game character's life. If you're a designer or an engineer type, life is a playground of opportunities. Play the game; own the game.

TO INCREASE MACRO-MOMENTUM* YOU GOTTA PERFORM A DAILY ROUTINE FOR MANY DAYS IN A ROW -- TO INCREASE MICRO-MOMENTUM, YOU NEED TO UNDERSTAND AND WORK WITH YOUR ENERGY CACHE THROUGHOUT YOUR DAY -- I'LL WRITE MORE ABOUT THIS TOPIC BECAUSE INCREASING MOMENTUM DOVETAILS NICELY WITH WISELY USING YOUR WILLPOWER CACHE AND ALSO ACHIEVING YOUR GOAL OF FAST EXECUTION OF THE TASKS YOU HAVE PLANNED TO DO IN YOUR DAY -- SOME TACTICS FOR INCREASING MOMENTUM RIGHT NOW IF YOU'RE BEGINNER ARE TO MOVE AROUND MORE, STOP BEING SO STATIONARY, AND GET A STANDING DESK SO YOU'RE NOT SITTING ON YOUR ASS AS MUCH -- THERE'S EVEN DESKS THAT HAVE A SLOW-MOVING TREADMILL UNDERNEATH SO YOU WALK WHILE YOU'RE WORKING ON YOUR COMPUTER, I SAW LINUS TORVALDS USING ONE OF THESE! -- THAT GETS ALL YOUR ENERGY FLOWING WHILE YOU'RE WORKING

SOURCE:

"Macro and Micro Momentum" are Leo's terms, see the Peak Performance video for the source.

OBSTACLE -- ONE MAJOR OBSTACLE I NOTICED FOR MYSELF IS FEELING FATIGUE -- I'M KEEPING AN EYE ON THIS -- I'M GONNA TARGET AND HIT EVERY ELEMENT/BULLETPPOINT STRATEGICALLY TO INCREASE MY ENERGY

STRATEGY -- RE-FRAME/RE-PROGRAM HOW YOU THINK ABOUT YOUR DAY JOB (CAREER, EVEN YOUR LIFE-PURPOSE CAREER) AS BEING YOUR TRAINING GROUND FOR CULTIVATING SELF CONTROL, WILLPOWER, FAST EXECUTION, AND PEAK PERFORMANCE

STRATEGY -- YOU GOTTA PUT BUSINESS FRONT AND CENTER IN YOUR LIFE IN TERMS OF PRIORITY -- IN OTHER WORDS, YOU'RE NOT FARTING AROUND WITH SH*T THAT'S NOT ALIGNED WITH YOU IMPROVING YOUR BUSINESS

WHY THERE IS RESISTANCE

Systems conflict. You need to engineer/design and wire in patches to deal with these problems.

STRATEGY -- ACHIEVING MASLOW STAGE 5 (SELF-ACTUALIZATION) AND INTEGRATING ALL THE LOWER STAGES (M1-M4) IS THE #1 KILLER TACTIC TO ACHIEVING SUSTAINABLE #2 PASSION ON THE EMOTIONAL SCALE*

ON SCIENCE

Despite your exhibition of freedom, a lot of things can be systemically understood and therefore systemically controlled. Science is possible as one side of a paradox. Apply the Paradox of Science and No Science.

WILLING IS AN ENERGY NOT A THOUGHT -- IT'S BEST TO LOOK AT WILLING THROUGH THE LENS/PARADIGM OF ENERGY METAPHYSICS -- LEMME TAKE A LITTLE TIME HERE TO TALK ABOUT LENSES/PARADIGMS OF METAPHYSICS AND HOW TO APPLY THEM

12 Information Ports Into Awareness for Mindfulness Meditation*

- 1. Outer hearing
- 2. Outer seeing
- 3. Outer smelling
- 4. Outer tasting
- 5. Outer touching
- 6. Inner hearing
- 7. Inner seeing (visualization)
- 8. Inner smelling
- 9. Inner tasting
- 10. Inner touching (feelings, emotions)
- 11. Conception (thoughts)
- 12. Willing (energy)

Benefit of Mindfulness Meditation: It allows you to see through the Mind's bullshit.

WHY MOST DEBATING AND ARGUING JUST SUCKS

Because debating like a gentleman/gentlewoman requires social maturity (interpersonal development).

STRATEGY -- ACHIEVING MASLOW STAGE 6 (SELF-TRANSCENDENCE) AND INTEGRATING ALL THE LOWER STAGES (M1-M5) IS THE #1 KILLER TACTIC TO ACHIEVING SUSTAINABLE #1 JOY/APPRECIATION/EMPOWERMENT/FREEDOM/LOVE ON THE EMOTIONAL SCALE*

***The Emotional Scale**

STRATEGY -- SUSTAINABLY ACHIEVING 7. CONTENTMENT ON THE EMOTIONAL SCALE* IS IMPORTANT FOR SUSTAINING HIGH INDUSTRIOUSNESS AND FAST EXECUTION BECAUSE IT'S THE FIRST OF THE "HEALTH ZONE" EMOTIONS -- STRATEGY: DO THINGS IN YOUR DAY WHERE YOU'RE VIBRATING AT CONTENTMENT EVEN IF IN ONLY LIKE A 20 MINUTE TIMEBOX -- PUT THESE THINGS IN A TIMEBOX IN YOUR SCHEDULE BECAUSE ALL OF THESE ITEMS (CONTENTMENTS) CAN BECOME DISTRACTIONS IF NOT PUT ON A SHORT-LEASH (IN A BOX) BY YOU -- NOW, A CONTENTMENT IS NOT SOMETHING YOU'RE DOING TO INVEST IN ANYTHING (INCLUDING YOURSELF), IT'S SOMETHING YOU DO WITHOUT INVESTMENT IN MIND -- A CONTENTMENT IS SOMETHING THAT YOU TAKE PLEASURE IN DOING IN AND FOR ITSELF -- IF YOUR PROPOSED ITEM IS SOMETHING THAT YOU DO IN ORDER TO STRATEGICALLY OBTAIN SOMETHING FURTHER ON DOWN THE ROAD, THAT'S NOT A CONTENTMENT -- A CONTENTMENT IS SOMETHING YOU ENJOY DOING IN AND FOR ITSELF WITHOUT ANY FURTHER MOTIVE NEEDED

LIST OF MY 7 CONTENTMENTS (I NEED TO DO THESE EVERY DAY TO BUILD UP SEROTONIN IN MY BRAIN)

- 1. Studying law
- 2. Reading books

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3. Journaling

4. Watching YouTube videos

5. Social activity

6. Listening to music

7. Sharing my insights

***Emotional Scale**

"THE TAO THAT CAN BE NAMED [CONCEPTUALIZED/VISUALIZED] IS NOT THE ETERNAL TAO" BASICALLY MEANS THE MAP IS NOT THE TERRITORY -- IN OTHER WORDS, ALTHOUGH SOMETIMES USEFUL, THE MIND'S CONCEPTUALIZATIONS/VISUALIZATIONS DO NOT CAPTURE OR CONTAIN *BEING*

WHAT THE PAST AND THE FUTURE ACTUALLY ARE

The Past and Future are all the following Inputs into Awareness occurring in the NOW: Conception (thought) + inner hearing + inner seeing (visualization) + inner smelling + inner tasting + inner touching (feelings/emotions).

NOTE TO SELF

I gotta study Kriya Yoga. That's on my short list of things to explore.

A DISCLAIMER ON MY TEACHINGS JUST TO BE FAIR TO MY READERS -- I AM NOT A FOLLOWER OF THE LOW EFFORT HACK; I AM A FOLLOWER OF THE HIGH EFFORT HACK -- I'M ALL ABOUT APPLYING HIGH EFFORT TO YOUR LIFE -- THAT'S MY TEACHING STANCE JUST SO PEOPLE KNOW THAT UP FRONT -- I'M ALL ABOUT TAKING EXTRAORDINARY ACTION IN YOUR LIFE -- MY TEACHINGS/PATH IS ALL ABOUT YOU STEPPING UP INTO BEING AN ADULT IN THE WORLD FULL FORCE

INDUSTRIOUSNESS AND ENERGY IN A PUNCHLIST

The 10 Elements of High Industriousness

(1) High Energy*

(2) Task Punchlist (Tasks are Concrete & Specific Actionable Steps)

(3) Immunity to Fear and Limiting-Beliefs

(4) Momentum Coming from Regular Disciplined Practice

(5) No Addictions (Temperate)

(6) Mentality of Just Get Busy (Just Do It)

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(7) No Distractions

(8) Game Plan Driven (Objective-focused)

(9) Low Comfort Mentality

(10) Maximum Positive Motivation

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* Energy is so important it has its own punchlist:

14 Ways to Increase Energy

1. Have an intimate partner (being in a relationship just gives you an energy boost for some reason)
2. No alcohol (or minimal alcohol)
3. Take any kind of sleep-inducing meds before you go to bed not in the morning
4. Take vitamins
5. Eat fruits and veggies and avoid fats and proteins (they make you tired/ eat those at night)
6. Do pushups/situps
7. Exercise every day (even if it's just you doing some social walking)
8. Hydration is #1 (when you feel fatigue hydrate with water and it'll perk you up like magic)
9. Watch your shit information intake* (everything you're letting in is wearing on you)
10. No allergies (take the allergy meds and get the allergies under control)
11. Adequate sleep (you gotta do this and get 7,8,9 hours of sleep per night, whatever you need to feel A+ rested)
12. Do 60 mins daily meditation every day (do your meditation at the right time of your day to maximize energy)
13. Take a nap at a strategic time of the day where you need an energy recharge (napping is good for energy work!)
14. No smoking weed (vape if you must use cannabis but don't smoke it because the smoke taxes your body)

INSIGHT -- I FINALLY DISCOVERED WHAT CONFIDENCE IS GETTING AT IN PERSONAL/INTERPERSONAL DEVELOPMENT WORK -- IT'S WHERE THE TRAIT OF

EXTROVERSION IN THE BIG FIVE ASPECTS MODEL* FITS IN WITH PERSONAL/ INTERPERSONAL DEVELOPMENT WORK

Extroversion (Enthusiasm, Assertiveness) = Social Confidence

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***The Big Five Aspects of Personality**

1. Openness to Experience (Openness/ Creativity, Intellect)
2. Conscientiousness (Orderliness, Industriousness)
3. **Extroversion (Enthusiasm, Assertiveness)**
4. Agreeableness [Politeness (alternate word Respectfulness), Compassion (alternate word Empathy)]
5. Emotional Stability (Low Volatility, Low Withdrawal)

INSIGHT -- STAGES BLUE, GREEN, TURQUOISE, AND TEAL ALL HAVE MORE YIN ENERGY THAN YANG ENERGY WHEREAS STAGES ORANGE, YELLOW, AND CORAL ALL HAVE MORE YANG ENERGY THAN YIN ENERGY -- BUT OF COURSE ALL SPIRAL STAGES HAVE A MIXTURE OF BOTH YIN AND YANG ENERGY -- SO, THERE'S CERTAIN THINGS THAT THE YIN STAGES WILL ALL SORT OF RESONATE WITH AND THERE'S CERTAIN THINGS THAT THE YANG STAGES WILL ALL SORT OF RESONATE WITH -- SOMETIMES IT'S HARD TO DIFFERENTIATE YIN STAGES FROM EACH OTHER AND YANG STAGES FROM EACH OTHER FOR THIS REASON -- BUT YOU CAN DIFFERENTIATE ALL THE STAGES -- REMEMBER: YOU WANNA RACE UP THE SPIRAL BUT ALSO INTEGRATE THE PROS OF EVERY STAGE DOWN THE SPIRAL AND LEAVE THE CONS OF EVERY STAGE BEHIND

SOME DESTINATIONS WORTH EXPLORING ON YOUR JOURNEY/PATH

- (1) Being
- (2) Divine feminine & divine masculine
- (3) Personality mastery
- (4) Oneness
- (5) Healing energy
- (6) Ego awareness
- (7) Non-judgement
- (8) Humility
- (9) Selfless living
- (10) Not-knowing
- (11) Sacrifice self for greater consciousness

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- (12) Gratitude
- (13) Unity
- (14) Presence, mindfulness
- (15) Spiritual purification
- (16) Unconditional love, compassion for all
- (17) Elevating Mankind's consciousness
- (18) Honesty
- (19) Transparency
- (20) Authenticity
- (21) Being vs. knowing, doing, having
- (22) Human wellness

THERE ARE PROS AND CONS TO CONCEIVING/THINKING OF YOUR LIFE AS A GAME

Game is just a useful concept/model. *Being* is not capturable or limited by any of the Mind's conceptualizations/models/visualizations. Don't let these concepts we use limit you in any way. Err on the side of No Limitations. If there's a limitation, it's not a real limitation because there's always a Plan B that works too -- and you just keep moving forward. Apply the Paradox of Limitations and No Limitations. Make it your game to see how many of the Mind's "limitations" you can walk right through. That's a game worth playing and investing time and energy in to get proficient at.

IMMANUEL KANT PUT FORWARD AN INTERESTING MODEL/SYSTEM OF TRANSCENDENTAL METAPHYSICS THAT SEEMS LIKELY WAS INFLUENCED BY INDIAN PHILOSOPHY* -- THE GERMAN INLIGHTENMENT PHILOSOPHERS HAD ACCESS TO INDIAN PHILOSOPHY TEXTS AS GERMAN INTELLECTUAL CULTURE WAS VERY COSMOPOLITAN AT THAT TIME -- YOU CAN SEE A LOT OF OVERTONES OF INDIAN PHILOSOPHY IN THE GERMAN PHILOSOPHERS INCLUDING AND AFTER KANT

RECOMMENDED READING -- "THE ADAPT MODEL OF HUMAN GROWTH"

THE BIGGEST TRAP YOU CAN FALL INTO WHEN YOU STUDY ENLIGHTENMENT: RATIONALIZING A LOW-EFFORT LIFE

I think one of the saddest things about the way Enlightenment is often taught is the notion/idea that there's some kind of conflict with Enlightenment and living a high-effort life.

ON NON-DUALITY

Being is not capturable by concepts, even that one. Non-duality is just a model. *Being* is that which we allow to surprise our Minds. Our silly Mind, we can't shake it -- the Mind has long claws which penetrate deep.

TWO FOUNDATIONAL OBJECTIVES IN PERSONAL/ INTERPERSONAL DEVELOPMENT WORK

1. Understanding and mastery of the Cognitive System (aka the Cognitive Body)*
2. Understanding and mastery of the Emotional System (aka the Emotional Body)

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*NOTE: I think Cognitive System and Emotional System sound more modern than Cognitive Body and Emotional Body, but I'm still hesitant to do a terminology shift until I sit with the language for a while. Cognitive System might have come connotations I don't want.

STAGE TEAL TRANSCENDS THE PARADIGM OF BELIEF AND THE PARADIGM OF TRUTH

SOME DIFFERENCES BETWEEN TURQUOISE AND CORAL -- TURQUOISE BELIEVES METAPHYSICALLY THAT THEY'RE THE ENTIRE NETWORK OF EGOS: THE ALL -- CORAL BELIEVES THAT THE NETWORK OF PERSPECTIVES IS JUST A MODEL/A SYSTEM AND CORAL DOESN'T MISTAKE THE MAP FOR THE TERRITORY AND TAKE *BEING* TO BE THAT -- CORAL BELIEVES THAT *BEING* IS ONLY ME -- CORAL UNDERSTANDS AND BELIEVES THAT THERE'S ONLY ONE GOD AWARENESS, AND THAT EVERYTHING CHANGING THAT'S OCCURRING WITHIN THAT UNCHANGING GOD AWARENESS IS AN ILLUSION/MAYA -- CORAL RESONATES WITH THE IDEA THAT: GOD, YOU, ARE THE UNCHANGING GOD AWARENESS AND THAT EVERYTHING CHANGING IS MAYA/ILLUSION/IMPERMANENT/NOT TO WORRY ABOUT -- SO CORAL IS IDENTIFYING BEING WITH GOD AWARENESS -- FOR CORAL, BEING = GOD AWARENESS -- FOR TURQUOISE, BEING = THE ALL -- THIS IS WHY I CALL TURQUOISE AND CORAL THE "METAPHYSICAL STAGES" ON THE SPIRAL BECAUSE BOTH DEFINE *BEING*, BUT THEY DO SO DIFFERENTLY -- AND YOU CAN SEE HOW THERE'S A SHIFT FROM THE COLLECTIVE (YIN) TO THE INDIVIDUAL (YANG) WITH TURQUOISE (YIN) MOVING TO CORAL (YANG) -- SO THE FEMININE WANTS TO MOVE TO THE MASCULINE AND THE MASCULINE WANTS TO MOVE TO THE FEMININE IN STAGES OF HIGHER AND HIGHER CONSCIOUSNESS -- THE MASCULINE/FEMININE (TINYANG) INTEGRATION IS CENTRAL TO PERSONAL/ INTERPERSONAL DEVELOPMENT WORK -- WE SHOULD STUDY THE BALLS OFF MASCULINITY AND FEMININITY IN THIS WORK: THIS IS WHERE ENERGY SEEMS TO COMES FROM, THIS YIN/YANG MECHANISM/DYNAMIC/PROCESS/SYSTEM -- FREUD TALKED ABOUT SEXUAL ENERGY DRIVING EVERYTHING, AND THAT WAS A GOOD, ALBEIT TOO RESTRICTED INSIGHT OF A LARGER MASCULINE/ FEMININE (YIN/YANG) PROCESS THAT UNFOLDS AS WE INCREASE CONSCIOUSNESS -- THIS IS WHY YIN/YANG THEORY* IS SO FUNDAMENTAL AND USEFUL IN OUR WORK -- A MODEL/SYSTEM THAT COMES FROM CHINESE PHILOSOPHY THAT WE CAN INCORPORATE FOR OUR USE/PURPOSES IN PERSONAL/ INTERPERSONAL DEVELOPMENT WORK**

THIS IS A GREAT SUMMARY OF SOME PRINCIPLES OF CHINESE PHILOSOPHY WHICH I'M DIRECTLY QUOTING HERE FROM WIKIPEDIA (SOURCE LINK BELOW*)

Although the individual philosophical schools differ considerably, they nevertheless share a common vocabulary and set of concerns.

Among the terms commonly found in Chinese philosophy are:

1. 道 Dao (the Way, or one's doctrine)
2. 德 De (virtue, power)
3. 理 Li (principle)
4. 氣 Qi (vital energy or material force)

The Taiji (Great Heavenly Axis) forms a unity of the two complimentary polarities, Yin and Yang. The word Yin originally referred to a hillside facing away from the sun. Philosophically, it stands the dark, passive, feminine principle; whereas Yang (the hillside facing the sun) stands for the bright, active, masculine principle. Yin and Yang are not antagonistic, they alternate in inverse proportion to one another—like the rise and fall of a wave.

Among the commonalities of Chinese philosophies are:

1. The tendency not to view man as separate from nature.
2. Questions about the nature and existence of a monotheistic deity, which have profoundly influenced Western philosophy, have not been important in Chinese philosophies or a source of great conflict in Chinese traditional religion.
3. The belief that the purpose of philosophy is primarily to serve as an ethical and practical guide.
4. The political focus: most scholars of the Hundred Schools were trying to convince the ruler to behave in the way they defended.

TEAL REALIZES THAT YOU CAN PUT DOWN ANY MENTAL MODEL/TOOL WHEN IT'S NO LONGER USEFUL FOR THE CONTEXT AT HAND, AND PICK UP ANOTHER MODEL/TOOL OF YOUR CHOICE WHICH IS MORE ALIGNED WITH SOLVING THE NEXT ISSUE/PROBLEM AT HAND -- TEAL IS NOT WHITE-KNUCKLE CLINGING TO BELIEF, TRUTH, OR METAPHYSICS -- TEAL FULLY GROKS THE MAP VS. TERRITORY TEACHING -- BUT TEAL USES MAPS LIKE A CHAMP TO IMPROVE SYSTEMS, LIKE ALL STAGES INCLUDING AND ABOVE STAGE YELLOW DO -- BUT TEAL, UNLIKE TURQUOISE AND CORAL IS NOT A METAPHYSICAL STAGE -- TEAL HAS FIGURED OUT A WAY TO USE THE MIND WITHOUT THE MIND USING THEM -- TEAL HAS FIGURED OUT A WAY TO PUT THE MIND IN ITS PLACE -- SO TEAL IS NOT DEFINING *BEING* -- TEAL USES THOUGHT BUT DOESN'T GET TRAPPED IN OR MESMERIZED/HYPNOTIZED BY THOUGHT -- BUT TEAL CAN USE THE METAPHYSICAL LENSES/PARADIGMS OF TURQUOISE AND/OR CORAL WHEN SITUATIONS/CONTEXTS ARISE WHERE THOSE MODELS BECOME USEFUL TO OBTAINING/ADVANCING THE BALL TOWARDS ACHIEVING SOME OBJECTIVE -- TEAL LIKES THE TURQUOISE NETWORK OF PERSPECTIVES MODEL AND USES THAT LENS/PARADIGM FROM TIME TO TIME IN ORDER TO FOCUS, GAIN PERSPECTIVE, PRIORITIZE, AND DIAL-DOWN THE MASCULINE (YANG) EGO ENERGY -- BUT TEAL MIGHT ALSO USE THE LENS/PARADIGM OF CORAL WHEN HE WANTS TO FEEL LIKE HE HAS NO LIMITATIONS AND THAT IF HE PUTS ENOUGH ACTION/EFFORT INTO SOMETHING, HE'S GOD, SO ANYTHING IS POSSIBLE -- GOD IS THE GREAT CREATOR AT STAGE CORAL, AND YOU ARE GOD -- SO, TEAL PLAYS WITH THESE LENSES/PARADIGMS FROM CONTEXT TO CONTEXT AND USES THEM TO KEEP HIMSELF CENTERED, OBJECTIVE-FOCUSED, ACTION ORIENTED, PRIORITIZED, AGREEABLE, IN THE HEALTH-ZONE EMOTIONS, ACCEPTING OF EGOS (INCLUDING HIS OWN), LOW NEUROTICISM, GROUNDED, AND DOING GOOD DEEDS FOR HUMANITY -- TEAL IS INTERESTED IN CREATING/DEVELOPING AND WIRING IN SYSTEM PATCHES TO MAKE SYSTEM IMPROVEMENTS THAT HE'S INTERNALLY DRIVEN TO MAKE IN HIS LIFE AND FOR HUMANITY -- TEAL IS CONSTANTLY RE-FRAMING WITH CHANGING MODELS/SYSTEMS IN ORDER TO CONTROL/REMOVE RESISTANCE OF THE COGNITIVE BODY AND EMOTIONAL BODY AS THE SITUATIONS/CONTEXTS CHANGE IN ORDER TO TAKE THE ACTIONS/MAKE THE IMPROVEMENTS THAT THEY WANT TO MAKE -- TEAL IS ALL ABOUT LIVING NO LIMITATIONS, ESPECIALLY THOSE LIMITATIONS SPOKEN BY THE MIND

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