



Those that study nature, community, language and comprehension consistently and adamantly will see further than those that do not. Especially here, where statements are designed to be meditated upon over thoroughly to advance the clarity, meaning and applications of these ideas.

## **Intro.) The Purpose of Presentation**

This writing has been designed to identify, discuss and improve: Goals, strategies, exercises, and scientific facts backed by multitudes of sources, criticisms, shares, observations that have been shaped by peers and research in an elaborative step by step pace that will help expand thinking capabilities about a variety of subjects.

This writing is focused around helpful and important ideas related to cultivating an

empowered body, mind and spirit through education and training that has been based off an independent search for truth, righteousness and optimization.

I have broken down and gone into detail about numerous noteworthy points that relate to several real world fields of study.

I believe learning about these ideas, discussing them and meditating upon them will enhance life, may you find purpose and joy here.

**Thank you for embarking upon this journey of consciousness.**

As explanations for why these subjects are important and how they can be utilized, learned and advanced, allow for ideas, comments, growth, critiques, notes, suggestions, additions or changes to come to mind and please feel free to act to the fullest extent of your desire. Relax and don't rush yourself while going over this arrangement of words as they are made to engage new thoughts of growth and are imbued with the passion for knowledge, growth, culture, modern arts, definition and truth: finely shaped to enhance understanding, trajectory and ambition.

This collection of writings has been procured to generate an in depth understanding of goals, time management, success, strategy and learning. Originating from a strengthening daily routine, a love for education, rigorous and endless studying of philosophical and scientific entries, reports and sources... sharing, understanding, and growing, this work is a declaration of power towards indie research, learning and modern educational resources.

There are countless atoms in this universe that can be interconnected into different molecules through combining them to form over 100 discovered elements and combining them again to form theoretically a googolplex(a number with 100 zeros) of different molecular compounds with no correlative patterns to their unique and profound properties. The search for new elements, compounds, properties, and discoveries continue on even to this day. Many places list their discoveries through stories and dictionaries by levels of importance or other methods of education about their discoveries however and the search continues to this day.

# 1.) Meditation & Consciousness

## A.) Techniques & Tactics

It is especially crucial to dedicate a long period of time daily to the sole purpose of getting thoughts out of the mind and sharing them with people that you find to be especially good listeners who you can discuss every value, depth, eloquence, limits, points and details about every idea, subject, question, concern or point that one can muster. This is an essential standard foundation to the growth of every individual. As humans we rely on and are so deeply woven into our superpower of cooperation and teamwork that without it we wouldn't be human beings and we wouldn't have parties or parents or friendships or togetherness and THAT is why I have opened this research document with Meditation & Consciousness... A powerful pair of ideas that have moved mountains together and through dedication, understanding, and focusing on thought, expression and feedback people continue utilizing the powerful catalyst for discussion, learning and collaboration and will do so for as long as we can pull off environmental resource management through study, education, action and regulation.

Meditational exercises for finding inspiration, discussion, growth, passion, direction and just about everything you can think of are all naturally occurring process that has been wildly revered, praised, noted, focused on, shared, glorified, defined and popularized to the point where it branches prolifically into our societal economy with many forms of value resulting in vast ranges of fields of study, industries, professionals, educators, researchers, discoverers documentation, philosophies and an ever growing collection of knowledge and questions all born through the power of focused thought. The heart of all art, science, invention and personality... Meditation a word that many believe it's meaning is to clear one's mind... However, I believe meditation is better to be seen as more synonymous with focus. Although clearing your mind is one of the many powerful forms of meditations which brings focus point to a higher state of self reflection, casting out the distraction of input, witnessing your own thoughts and consciously relaxing the mind which is a powerful and necessary tool that synergize and rely on its opposite, which are action and focus meaning it is a practice to be taken in moderation as reflection is as important as expression so experiment often with focusing on many different questions, ideas, feelings, and allow yourself to be inspired by the conclusions of your meditation as you navigate and familiarize the utilities that nature has manifested upon the reader.

Many of us are only beginning to learn about unlocking the true power and potential of meditation. As we slowly direct the intention of our being our abilities shift, genes change, organs were born, society manifests, people invent and procurement of the most fascinating inventions and ideas are birthed.

Meditation is a skill of focusing on a specific idea or goal. Sometimes answers do not come immediately and sometimes answers do not get answered fully right away, so it is important to revisit great ideas and questions often. Scheduling, regulation, ritual and repetition are powerful exercises that when combined with meditation, will accelerate the potency of the

exercise therefore conscious work towards developing a strategy for efficient moderation and a variety of daily activities is highly recommended.

Writing is a powerful meditation and a great way to get your mind and body focused on a creative language exercise which strengthens many points of personality and wellness. Drawing, Painting, Music, Sculpting, Acting, Gaming, Gardening, Exercise, Diet, Work, Sleep are all highly revered forms of meditations with studies, writings, opinions, declarations and conclusions galore about them. In this generation there is no shortage of skill sets. Finding your favored forms of meditation is all about exploring, studying, learning and inventing alongside the vastly growing collection of human declarations.

If you haven't questioned, weighed, evaluated, judged, understood and governed a behavior you possess, it is quite likely it is of relative subconscious nature and can be grown into a stronger trait through refinement, consciousness and meditation. Many people have so many great talents, abilities, skills and characteristics that could be benefiting them but have not dealt with subconscious barriers that rule their behavior, therapy (in its many forms) can often bring these subconscious systems to light by juxtaposing ideas that lead the mind into revelatory places, healing and repairing old beliefs that have in some cases anchored themselves deep into the foundation of who people are and why they do what they do. Well formed meditations, dietary resources, and a persistent and rigorous education are the best medicines for growth when revelations are called for.

The art of forming and discussing opinions with a variety of perspectives is so pivotally crucial to the evolution of the relationship between the self and society that I recommend daily exercises and tactical action on the subject in a variety of different measurable manners to best develop the skills clearly and effectively. Methodology for training the mind for better brainstorms can be practiced in a plethora of different ways. Personally I've witnessed most people getting their brainstorming naturally through social interaction, gossip, side talk, and cultural norms of the such but harnessing the core of the exercise and applying it to a more refined, effective, measurable and moderate regulation will result in rapid social ability growth and can open many doors for networking, sharing, learning, growing, understanding and healing.

Another point to make is that in this modern age of digital information sharing, the internet can be a powerful place to get feedback on your ideas and productions. From video-blogs to podcasts, tweets, reddit and many more groups and forms have organized structure to allow the specialized and revolutionarily rapid connection of ideas through online discussion. This allowance for unprecedentedly & historically rapid communication has paved possibilities into the modern media. Though the internet and its utilities potential for good is astounding, our young society still has much to learn and overcome before we can trust anything we see online and great deals of research are required before accepting suggestions as factual. Brainstorm & Share on finding where your trusted knowledge is developed as it is a great factor into getting truth, righteousness and goodness to overcome ignorance as we evolve out of primitive emotions and into harmonic actualization of the entirety of society.

Choosing where to share can be tricky and the places that give the best feedback often require a very big portfolio to get the attention of... But there are potential friends everywhere

doing all sorts of different things with all sorts of different opinions! A true friend adds to content you create though it is important to have several and to consistently be making new friends and discussing everything about life and health and science and education with as many people as possible to ensure the highest quality growth and health of a society and its individuals.

Be a Radical and Not an Extremist

## **B.) Language**

Learn many languages to enhance your perception of culture.

## **2.) Exercises & Health**

### **A.) A Science to Essential Nutrients**

One must understand that nutrition is the foundation and key to life. For whatever one's goals are there will be equal nutritional needs. Consuming difficult to process substances commonly like excessive sugars, carbohydrates, brake dust, gasoline exhaust, dust and other toxins can wreak havoc on the body and different types and nutrients are required to process these toxins than are required to say... run a marathon or feed your mind and soul or recover from cancer...

Dietary experimentation is highly prevalent in modernized earth civilizations, many utilize references of individuals of great success and accomplishment to get ideas for experimentations with their own bodies for their goals... In this section there are lists of facts, research, and priority ideas about the subject of nutrition.

After concluding the above paragraph, one might wonder what types of nutrition are needed for the lifestyles they are desiring and if they are getting the most efficient fuels to accomplish the jobs they want to do. And if one is wondering such ideas, one would next need to define what they are looking to accomplish out of this life. Many have pitched many a dreams towards the measurement of success and many even share boundless goals amongst one another which are communal and essentially so systematically woven into individuality that the bridge between the self and community is truly an omnidirectional force of nature which exists within peace and harmony and are directly correlated to the development of one another and thus must be considered deeply when embarking on the journey of self actualization or realization of definition.

From heroes to athletes there's new books (how many?) on diets being published constantly across the globe, famous stories make their way along the telephone wires and vibrating

through the air on bandwaves that flicker faster than  $4 \times 10^9$  times per second, that's 4000000000 or four billion pulses a second in flashing lights with little scribbles on them, automated and efficient, communication is enhancing the rate of learning that people are discovering new nutrients, diets, goals, poisons, medicines and theories on the definition of successful nutrition. The only thing that we can all be sure of, is that everybody is different, and your body is the only body that can tell you what you need, so if you're testing new diets and changing your nutritional regime, it is recommended to do so with caution, ease, slowness, and lots of listening and feeling your body as you do so.

I personally would recommend to consume nutrition out of the sole goal of being the best team member you can possibly be to your community. From this point of view, toxins, taste compulsions, and bad diets and habits are especially distasteful and this technique can be incredibly motivating for healing, growing, loving and so many growing processes.

Did you know that 98% of the planet doesn't know what types of proteins they need and how much of each? That most people don't even know there are many different proteins that rely on one another to even work? Can you name the 9 essential amino acids that your body needs in order to build everything that your body can build? Below will be some examples of well documented discoveries that may assist you in desiring to know more about what types of foods to eat but before you begin associating food types with nutrition types you must know that there is an entire universe of difference between the corn that is grown to be converted into high fructose corn syrup and an heirloom corn that has been growing in a nutritiously rich environment for generations, all interactions over lifetimes affect the physiology of food that people consume... the process of mapping nutritions of different families of plants and finding what specific nutrition is inside and what types of nutritions you will need is an ongoing occurrence within this era as modern equipment to measure such things as molecular contents in consistently perceivable patterns utilize things like electron microscopes, laboratories, spectrograms and lots of computational processing, As we organize our species and strengthen the fundamental qualities of harmony we will ever push forward towards assessing and observing these informations in different ways more easily, accelerating the process of utopia exponentially... in the meantime... good luck and thanks

<https://www.nutrition.gov/>

Has some resources as to some experiments on "average" foods

#### Amino acids

Amino acids are organic compounds that combine to form [proteins](#). Amino acids and proteins are the building blocks of life.

When proteins are digested or broken down, amino acids are left. The human body uses amino acids to make proteins to help the body:

- Break down food
- Grow
- Repair body tissue
- Perform many other body functions

Amino acids can also be used as a source of energy by the body.

Amino acids are classified into three groups:

- Essential amino acids

- Nonessential amino acids
- Conditional amino acids

#### ESSENTIAL AMINO ACIDS

- Essential amino acids cannot be made by the body. As a result, they must come from food.
- The 9 essential amino acids are: histidine, isoleucine, leucine, lysine, methionine, phenylalanine, threonine, [tryptophan](#), and valine.

#### NONESSENTIAL AMINO ACIDS

Nonessential means that our bodies produce an amino acid, even if we do not get it from the food we eat. Nonessential amino acids include: alanine, arginine, asparagine, aspartic acid, cysteine, glutamic acid, glutamine, glycine, proline, serine, and tyrosine.

#### CONDITIONAL AMINO ACIDS

- Conditional amino acids are usually not essential, except in times of illness and stress.
- Conditional amino acids include: arginine, cysteine, glutamine, tyrosine, glycine, ornithine, proline, and serine.

You do not need to eat essential and nonessential amino acids at every meal, but getting a balance of them over the whole day is important. A diet based on a single plant item will not be adequate, but we no longer worry about pairing proteins (such as beans with rice) at a single meal. Instead we look at the adequacy of the diet overall throughout the day.

It is additionally important to note that not having just one of those 9 essential amino acids can wreak havoc on the body and cause diseases of many types.

Information on the essentialness of these nutrients are everywhere:

“The monoamines play central roles in our mood states as well as in our experience of fear and pleasure. They are also believed to play a key role in many cognitive functions, such as attention, learning, and memory. There is abundant evidence that complex interactions among these various neurotransmitter systems are more the rule than the exception, making their study very difficult. Disruptions in the levels and balance among the neurotransmitters contribute to the cognitive impairments associated with many psychiatric disorders, such as depression, schizophrenia, and attention-deficit hyperactivity disorder (ADHD), and with neurological disorders, such as Parkinson’s disease. Even in the absence of such maladies, however, age takes its toll on our levels of these neurotransmitters (see the sidebar “The Incredible Shrinking Brain”).

Harrison BJ, Olver JS, Norman TR, Burrows, GD, Wesnes KA, Nathan PJ. Selective effects of acute serotonin and catecholamine depletion on memory in healthy women. *J Psychopharmacol* 2004;18(1):32-40.  
Matrenza C, Hughes J-M, Kemp AH, Wesnes KA, Harrison BJ, Nathan PJ. Simultaneous depletion of serotonin and catecholamines impairs sustained attention in healthy female subjects without affecting learning and memory.

It’s clear here there is a great complexity to the entirety of the nutritional system of the human body. So as I’ve mentioned above, experimenting with diet knowledge is a huge part of

having a healthy body and a healthy society. I highly encourage everyone to routinely experiment and learn about what parts of their foods are responsible for what processes, and how eating different diets can affect behavior, mood, mind-set, health and just about everything else... After all... You are what you eat.

So once you've begun to understand moderating your macro and micro nutrient levels as an overall dietary experience and developing a routine that allows for the conscious and clear studying of the effects of your dietary routine over long periods of time and eventually become confident in your health and nutritional supply... You may find

## **B.) Energy, Power & Wellness**

Understanding macro nutrient types and finding your balance, eating varieties of foods, counting calories, blood tests, nutrient deficiencies, genetic variances, random mutation. If you want to live a healthier life one of the quickest things you can do is begin researching diets and nutrition. Learning about incomplete proteins, daily nutritional requirements, nutritional blood tests, elimination diet experiments, and other dietary researchers experiences can help bolster your energy levels, motivation, happiness, strength and so much more. I highly recommend incorporation of full spectrum nutrition studies, discussion and application into daily routine if you're looking for more growth and haven't touched into the subject yet deeply. Be sure to get a thorough amount of references for any information on diet before experimenting on yourself, failure to fully nutritionalize is catastrophic to the human condition and is often the cause of many diseases.

Exercises fit for your body for your life: Finding the right amount of time and varieties of exercises.

Leading cause of death of heart disease and cardiovascular system failure from overconsumption of carbohydrates, trans fats, poly-unsaturated fats (eggs, dairy, meats, fish)

From brake dust to carbon monoxide, over consumption of carbohydrates and lacking a full understanding of nutrition and diet, inflammation, disease, and their causes and cures often go unknown leaving a dreadful wake of disease along its path... further research on inflammation can dramatically improve the quality of your life!

Develop a routine of strengthening fueling and recovery to account for the life you want to live.

Living a life full of variety and accomplishment, achievement and success is a crucial element of human psychology.

Exercise meditation: Focus daily on cognitive activities that push your knowledge, networking, truths, abilities and growth.

Balance and moderation are additional key elements to exercise and health. Utilizing



varieties of activities that challenge and grow different areas of your creativity, intelligence and strengths are great ways to keep your mind fresh and perspective sharpened. From politics to games, sports, writing, music, discussion, drawing, stretching, breathing, focusing, learning, feeding, sleeping, dreaming, and even thinking, balance is an essential and powerful ingredient that requires constant adjustment and calibration, just as wisdom is attained through experience.

I'm very interested in creating a visual representation of my routines and consistencies for both my own daily viewing (to further permeate my consciousness and assist in building a heightened sense of importance towards these topics of dedication a commitment to conscious goals... but I get the sense that a thorough explanation is much more elaborate than a visual aid that I would use myself, so I recommend developing a comfortable routine for you and designing a meaningful visual aid to place in a well traveled location in order to enhance and develop a strong routine.

Indoor plants for air quality improvement:

Spathiphyllum (Peace Lily) ...  
Chrysanthemum morifolium (Florist's Chrysanthemum) ...  
Epipremnum aureum (Devil's Ivy) ...  
Dracaena reflexa (Red-Edged Dracaena) ...  
Sansevieria trifasciata (Snake Plant) ...  
Rhapis excelsa (Lady Palm) ...  
Anthurium andraeanum (Flamingo Lily)

### **3.) Community**

\*Express Creativity, Motivate, Enlighten, Grow, Refine, Share, Empower

Community is the most powerful force an individual can have and dualistically also the most destructive, therefore learning about the differences in communities can be very beneficial to learning, growing and transforming not just yourself but communities everywhere. In this section you'll find, written, many poignant ideas revolving around the

#### **A.) Community Artforms**

Art is a tree with many branches of styles and use. Many of its practices reap powerful advancements and insight into life itself, opening doors and revealing the potential in ability both the producer and receiver. With anything of great complexity and value, it should be broken down greatly to get a better idea of what it is and its values. In this section we will discuss forms

of art, their value, and how to foster an involvement in communal arts.

**A true artist's entire life is a canvas.** Draw inspiration from all fields and work to be an artist with every action, filling every moment with gratitude and study to paint priceless scenes at every encounter. Art forms of all sorts have been well identified, some glorified, pedestalized, commonalized... beyond that of most careers... Music, painting, sculpting, writing, acting and comedy: All well known subjects that support millions of individuals completely and beyond that are well known by the vast majority of the population. Often both verb-ing and noun-ing simultaneously in conversation, art wraps itself in art, only ever proving greater its value and worthiness.

## **B.) Music as Art**

### **1. Hands On.**

From vocals to trash can lids the possibilities are endless if you develop the drive, creativity and willpower! Though some instruments are more challenging and elaborate and thus opportune for greater intricacy and appreciation, the apparent love for music of vast diversity, uniqueness, intricacy and depth, states that no matter what instrument you choose to practice, if you do it with uniqueness, empathy, understanding, style and timing, then you can grow and share and give and receive goodness through it.

### **2. Listen to music**

From digital to analog, combining and cascading vibrational sound frequencies in beautiful patterns... Music is the appreciation of well placed sound. Dedicating daily time to understanding this subject deeply will strengthen your creativity, intelligence, social abilities, and open up countless opportunities for a fun, unique and powerful life.

Where to better get information on a subject than the source? Music predates recorded history and some of the oldest songs that are still known are from thousands of years ago! A truly powerful force of humanity, spreading culture and knowledge and ideas faster than any other media form... The art of music is truly a big part of all of our lives and there are endless places to find it and a massive amount of things to learn from it.

### **3. Discuss, read, write and share ideas about art**

Discussion and collaboration are vital to this game plan regime manifesto and it is an absolute fact that if you talk to the right people about the right subjects you will definitely learn things that you had no idea about or are only beginning to understand.

## 4.) Comedy

### A.)The study of funny.

Comedy is a word that best describes social gestures performed with wholesome consideration that stimulate the mind into thinking and feeling in a way that seems to benefit the observer by some means of fulfilling the innate needs of the human psyche through providing a resource, guidance, riddle or directive at the time of a desired provocation where the desirer either cannot or will not obtain the insight on their own which is an essential point of the practice of comedy itself and through experiencing situations that breach multitudes of cultural perspectives and growing social muscles, individuals can strengthen their understanding, abilities, and relationships through the arts and skills that make comedy such a powerful, healthy, enriching practice to both learn from and practice.

So in consideration with the above statement and realization of the current status of the global culture I theorize the opportunity for the utilization of comedy in this modern era is perfect for incorporation of comedical sciences and practices to improve qualities of life across the planet.

Comedy is also booming industry in which I've begun speculating formulas to

\*Intelligence, Learning, Growing, Motivating, Understanding, Thinking  
Skits, Jokes, Scenes, Stories, Research, Write, Look, Train, Invest, Profit  
Some types of comedies are:

\*Puns!  
\*Anger!  
\*Creativity!  
\*

Laughter is a valuable tool for helping deal with emotions.

Why is comedy important?

SMILE! FEELS GOOD! LAUGH, FEELS NICE!

Stimulating & creative truth!

Naturally occurring shared joy

Powerful way to grow yourself & others.

Psychedelics are funny but they can be too funny which concludes that there are

sociological balances to human nature. The evolution of humor has been guided by many types of comedies that have prolifically expressed themselves upon the great variety of uniqueness that are our individual personalities, relationships, insights and pointers.

### **A.)The study of laughter.**

What is a Laugh but a short old Breath?  
Do you wonder where the air travels next?  
Or listen to the steps between inhalation and tone?  
I'm telling you Nutrition is a Wonder to Behold.  
Laughter as Medicine Aids Growth and Ledger.  
Teach us standards, teach us behavior.  
Navigating Magic Creator Endeavors To Expand their Neighbors.  
Fighting Famine with Knowledge, Resource, and Grand Exacerbaters.  
Building Stories for Home and Glory while Journeying to Be less Thorny.  
Capitalizing like the Olden Days when Their Journey was Grayer  
Studying Holy Books With Holy Eyes From Multitudes of Cultural Proverbs At Greater Rates  
Than I Knew To Create and I Set The Pace to Show my Grace with Humility and Dance to  
Stance at a once Glance rant as I best dare Enhance.

## **5.) Fun & Games?!**

- Fun, Skills, Challenges, Friends, Learning, Growing

### **A.) Exercises in Development**

A game is a concentration of interactable mechanisms that challenge the human ability to think by engaging participants in wide varieties of situations that are meaningful and challenging. There are many known games that are powerful utilities for many occasions and to this day the debate on what makes a game great continues... Some say it is to challenge agility, some say strategy and coordination but in the end the thing we can all be sure of is that games bring people together and that is definitely what I love about them.

Why play games?

Upon presenting this digital document with pressing urgency towards the mightiest most respected minds I have found in this life, I have received many beautiful pointers on things to think about, expand upon, be grateful for, focus on, continue with...

What is fun?

Challenges, Creativity, Uniquity, Togetherness, Imagination!

What games to play?!

Lots of different games,

## **6.)Networking**

\*Learn, Share, Grow, Reach, Collaborate

### **A.) Modern Communication Tools**

The internet as a networking utility:

I have completed, attended, and learned from several college courses that are centralized around technology and communication, as well as having completed countless projects of my own drive and accord through the power of digital information transfer that is the internet... and its incredible. WHAT A TIME TO BE ALIVE, it's like we've developed sudo psychic abilities are are duplicating and transmitting images, thoughts, videos, words, ideas across the globe at near the speed of light... In two years I produced artwork and effort into marketing and networking and made personal contact with millions of individuals through the power of this revolutionary tool.

Where to meet people?

Everywhere: Events:Music,Sports,Groups,Hobbies

How to meet people?

With kindness, invitational, active listening, extending assistance creates friendships, co-accomplish goals to unite souls.

### **B.) Why diversify?**

Have you wondered where the centralization of information is in your community?

It pays to know your neighbors, so ask around!

The fastest way to learn quickly is through group organization. By working together we can quickly share understanding and knowledge. Through language we guide one another's minds towards revelation and growth... advancing ability and empowering our team efforts at exponential rates... How has your relationship with society been lately? Where can we improve? What can we do that best makes our lives and the world a better place? What goals are important to you?

**Special Thanks To: Family & Friends & PenPallin' Peer Reviewers**

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