Pt. A.

For the mindfulness practice, I do yoga every day. This is how things are done. I would fully check what is critical in every part of my body, grab out what is critical and handle this: e.g. Urgent situation handling, especially when OCD-like thoughts strikes– This clears out the way to do what is necessary, now and future.

What happened during the mindfulness is fully handling the anti-biological OCD thoughts(You know what happened for all the propagandas–No matter from Whom– that misleads people– That ruins and kills, so to be responsible to myself, I should handle them directly. ) strikes by fully getting rid of this piece of Memory that contains faulty thoughts. You can write 0, you can specify this case is an edge case or derived from another more general rule, so this piece of memory can be freed, and so on. We have a super efficient brain with computation-storage integrated capabilities by getting a lot of tasks done distributively and locally, but that means the stored contents must be clean so that your behavior is safe.

After the meditation things went pretty clear, because getting rid of junk subjects yourself to a better regulation, so you will have more better choices and become very unlikely to be submitted. You can have more places to store, synthesize and implement all the good behaviors and get rid of the bad ones.

There could be challenges: During the meditation, things went hard by having tons of junk being processed, which means I should always take care of it by physical actions– Bad ideas are tough, intrusive, and you can only fully free this piece of memory. The good news is, the mindfulness is working and handing what to get rid of efficiently, and causing less actions over time– Which itself becomes overcoming itself.

Pt. B.

For WHAT and HOW skills I have practiced, these are already a new form of methodology and a positive Obsession: I always want a fully analytic solution! Currently I seem to lack of nothing mentioned in the set and I should give analytic solution as always, because the world is my place to practice all the skill required and is the boot camp itself. here should be an example:

During the PHYS321 class(Electromagnetism I) I am taking, with the core MATH 334 and MATH 335 integrated properly, I can Observe the geometric structure to describe the topology of the target set, and then participate by applying whatever analytic-applicable mathematical rules and use what seems to be most essential all the time.

Later the HOW part: I do not need to judge this shape’s geometry emotionally during the task, so with distractions suppressed, I can Effectively solve the differential equation I just built during the first step.

Above is a pretty valid task-focused implementation. Now the life skill I recently extended from indicated set: What happened on WHAT: 1. Always see the essence by recursively cut edges of what is irrelevant, and merge phenomena into a canonical description which always passes synthesis– If not quite for now, link all relevant theories and extremely simplify, verify then canonicalize. This entire thing turns into a participation with a lot of idea exploration and generalizations involved. So for the HOW skills, I had a good design on determine if I need to emotionally engaged at first(most things would not need so!), then good strategies on distraction suppression, then effectively getting things done. The last one remains good due to my persistent engagement on the core of knowledge, but the distraction suppression part needs some further refinement due to below: the existing implementation had already blocked away anything irrelevant (all titty-tainment, relentlessly; and all incoming propaganda’s non-logical part, all harmful and destructive on you; all vice, including ban on drug, smoking and alcohol on principle, and later ban on negative and useless habits for survival & multiplication, including banning all the pornograph & all usage of phone during work, except occasional look-up on knowledge.), but it cannot provide any finer grained control on the useful things on Survival & Multiplication sometimes(rarely), and may cause excessive brain resource cost on attempting to gain full-analytic solutions, but it matters not because I am considering a much more advanced approach.

Based on indicated skillset, I will feel scared and a little repulsed due to evolution strategies inside the human-life LUT, but it’s my responsibility to know the formation of such LUT and give correct analytic solution to avoid being cheated easily, to be in charge of my own life. The immediate later thought was “I feel scared and a little repulsive because those animals with very small brain can behave quite unpredictive and a lot of them had evolved poison for survival. With such creature in a possible attack position on human, someone in our society might be in danger– on a group living species that co-operate and has responsibility to assist one another a lot of time, this means extended risks and cost on species, no matter amount.

After above analysis, things went better. I have the full scientific(logical cover with no fallacy) reasoning and I know what to do and what not to do. With all the correct (beneficial to survival & multiplication) behaviors done, I can sleep well. Nothing will save you from laziness on thinking, even a much higher amount of labor can not do so a lot of time. There are things that you later verify as falsehood, so you should repent.