

Manifesto

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Today, I promise to myself fight constantly to chaos and mediocrity. I spent forty years of this magical time called life producing what I perceive as very little. I know this is a intangible reality created by our minds on a more non-uniform reality closed off to us. This I knew early on in my life probably around the time I was nine years old. I believe that we can harness immense powers from within. at my forty years of age I decide that it is enough of being a parasite to this planet. I am going to use all my powers for the best and the betterment. Of my own spirit and my body. I will help as many people as possible with my connection and my ideas. There is not much time left, I know it in the bottom of my heart and I keep not doing anything. I will change all of these with a solemn invitation into my life to powerful thoughts to take possession of my physical body, my physical mind and my spirit to guide and transform me in what I think I should become. Today become a carcass of my own self to become what I have promised. I know it because it is looking back. I know because I felt it, in all its magnitude.

I am changing into a better version one step at the time. for me and my family, for the betterment of humanity and my planet

Chaos and mediocrity

This universe has many mysteries, too many mysteries, and few little answers. Even when we found an answer when we figure out a way of connecting the dots the universe has an underlying way of stopping our efforts. The majority is closed off to our minds. If we examine our behavior and our way of thinking, we go to autopilot most of the time. This is by design, our minds are bombarded with stimuli, the reality of our problems and mistakes does not come clear unless we make an effort to balance the inputs. The streams of data are vast but we can only manage as many inputs as we can speak back or move the levers with our appendages, the input to output ratio is gigantic. In other words, we can not manage the sensory overload.

Chaos is a measurement of time, yes it is. Chaos is a form of entropy and without entropy we can not measure time, maybe time itself is a construct and we can perceive it that way because it suits our chimp brain, maybe we can transcend it one day, in a different generation of evolved humans or maybe our descendants the machines can do it. For our case time is intangible incomprehensible but way to real to leave it as is. So time and chaos go hand to hand, there is no way we can win the fight against time or disorder but we must try. How?

The best alternative to chaos is order but for us unique lifeforms – the perfect entropy mechanism adding disorder by simply existing – is not so easy. Because order presupposes a well thought off purpose, ideals and goals. Unfortunately in our society after eighteen to twenty one years of a shelter upbringing the perfect path stops abruptly, no notion of a goal is known, and depression and anxiety settles. Many people can go for another decade in a haze to find themselves all of the sudden with panic to a

This is also a feature of our universe our existence. For most of our time, we have to fight with this multitude of images and dreams and ideas, most of them are just unsolvable, vapor in the ether, mere nothing. But some are tangible are encompassing are possible. Those ideas and goals are where we have to aspire for. Of course, no-one can teach you to want to strive for but a measurement of a great goal is length and effort. Climbing a high mountain, running a marathon, playing a difficult song, drawing a portrait or meditate every day.

The Plan in Action

Body

Work, I need to find a path that makes me more creative and really pushes me to learn even more, path that is transferable into a service or a business that can give to Rafa as a Legacy.

Gym, I still need to go to the gym but use my time effectively maybe find a coach, while playing basketball be smarter, stretch and be gentle with my knees

Mind

Meditate almost daily as many times as possible, take a nap, positive and negative thoughts, be a true stoic

Spirit

Meditation

Help of others, there are ways of helping other, teach a class
Have more real friendship, meaningful friendships

Mind

Learn how to play the guitar (triads)
Code 7alent0 for yourself
Learn German and Japanese

Plan for my family

Rafa's more engagement at school
Tara and I have more meaningful time together
Take tara for dates without previous knowledge and also do things together
Be involved with Santy, My parents and Dany, los Serranos
Plan Community maybe basketball
Take care of my Bromeliads

Plan for humanity

All the endeavors I have most be conducive to achieve my goals

Plan for the planet

Bring back the hummingbird to Quito