**Into the mind's horizon 3**

* Everyone should be game developers in the sense that they can create games out of anything and can manipulate how they do things so they are more playful and therefore more involved
* Crimes can be though of as situations where society hasn’t created the specific game that adapts to that person who made the crime. See the “robber to the stars”
* Médium is the message. This fact damages people like Elon musk in ways people are not aware of, when he tweets so much. There are nuances about a message that can be averted by both displaying more of the emitter, perhaps with video, and by the receiver having more unprejudiced attention, and by the receiver being calm. You get a better idea of is the reality of what wants to be transmitted #Proyects
* Social media. You post the things you’d like to do or places you’d like to go. Software matches friends that would like to do the same things. You could put a priority to the things you’d like to do, and the results come in your order of priority. Or you could prioritize the friends you’d like to do it with. But make it in a conscious manner so it becomes an opportunity to really see everyone as the same as everyone else and as you, and to be with them without prejudices. You could also be notified when someone indicates they’d like to do the same thing as you. #Proyects
* Underlying conversations in different dimensions
* Reason why Kings might be venérated maybe Because You servants may understand that kings are equal to them, and so they noticed their limitations, and that they if they were kings would be more drawn to act favorably towards someone if that someone would treat them nicely, and so they treat kings nicely, of course the ideal would be that they treat everyone nicely, no matter white but they are seeing reality clearly.
* Moving from a push to a pull model when offering any kind of service is very important. You want to offer the service as close to the instant when the need is detected in your client as possible. You don’t want to spend effort in promoting yourself at moments or to people who won’t use your service. Your waste your and everyone’s resources if you do so
* Human cultures evolve just like species do. A similar source energy is available for all cultures in the same way, but the way it is expressed is different in each for various reasons. Probably the other species near that culture play a big role in how it finds expression
* There may be a benefit from going up and down the hierarchy of needs, in that order. As you reach some benefit in the transcendence level, you may focus first on bringing that benefit to your relationships by conducting them more consciously, as opposed to going back to the base and conducting your survival more consciously. Anyway, connecting better with more people will facilitate survival. You then conduct your shelter more consciously and easily, and then your survival. And then you go back up in order
* The reason why we compose pieces with such a variety of instruments is so that we produce vibrations at the most important points that our physiology benefits from
* Body = earth. Mind = water. Emotion = fire. Energy = air.
* Mom should increase her femininity
* Subtler dimensions and elements are related to femininity
* can software be consecrated so that it can be replicated easily and people using it are powerfully benefitted?
* how do chakras work? is it that they are like a signal at a given frequency, and balancing them means keeping that signal at a given absolute or relative amplitude (relative to other chakras)? if so, is it useful for most people to have chakra-specific interventions or is a more generalized approach most useful (and maybe the next step in humanity's evolution is to go for the specific intervention)?
* In the future, there may be a career for Game Masters: individuals with mastery of the skill of game developing and balancing that would shift game's rules on the fly to make them more interesting, or balanced, or whatever goal may be desired at a given moment.
* Everything people do is an attempt to increase their consciousness. It’s just that some methods are more effective. Improving in sports, listening to music, going to church or to the bar, even eating while being distracted, are all an attempt to be more conscious. Spiritual practices more directly addressed this but now some assumptions might appear in peoples minds when considering whether to try spiritual practices, so they need to break those assumptions or find ways to do whatever they are doing, more consciously
* When one proposes resource allocation changes, the next question is: where will resources come from? The answer is: they should at least come from the place where in the current model, you would have spent more in solving the issue this solution aims to solve, and the reason for this is because the solution should be addressing a more root cause of the problem, therefore ensuring that there is a higher probability the solution will be solved. In case a mistake in allocation is made, the more frequently resources allocation is re analyzed, the less effect the mistake will have. Therefore, the faster we can log and process measurements of how on track are we to reach a goal, the more frequently we will be able to keep doing resource allocation analysis
* Monetary value is no indication of the intrinsic value of something. If one is interested in solving problems that stem from or are connected to economic conditions, one must be aware of this key fact. Money is only a temporary indicator of value that gives a snapshot of how the society at a given point in time valued something. Something else might come that changes the value of everything. If one wants to solve problems, one has to provide sensibility or measurement of the intrinsic value of things to people. One could choose to be involved in something that has no monetary value if one sees clearly how that has a more intrinsic value than the current monetary value attached to it. Society could define something as having a given value and find a way to compare everything else to that. Parallel modes of value transfer could be employed (e.g. a given coin is only usable for vital services while another coin is only usable for less vital aspects). Video games can simulate these cases
* People may not support many things because they are not aware of the measurements that have been made in regards to that situation. Without a sense of concrete context they are unable to choose to act because they feel they will not know if they are making progress.
* future live stream model (which will get some recognizable name) in which people play games but they act as well as they can as if they were literally living inside the game world, both inside the game world and outside of it (they would take care of as many details as possible, like the speed they would walk,or what they would answer, and maybe would not be talking repeatedly as is common in games. outside of the game they would be aware of the feelings the game wants to convey and they would choose to feel those feelings consciously. they may be immersed in a way that angers them but they will realize they will be able to control themselves)
* each musical expression is one out of infinite compositions that could exist. when one listens to a tune or plays it, one is choosing to live in that tune. but infinite options are there. is there a benefit to matching more precisely the message one wants to express/the composition one wants to dive into? when one improvises, perhaps one is coming closer to that intended tune. one should not feel limited to play the song one thought of playing. one should feel free to modify it in small or large amounts. one should feel open to express themselves in song, more frequently. is there a benefit to always being surrounded in the sounds one wants to be in? nowadays, there's the concept of a "soundscape". how can one balance being constantly enveloped in sound and the innate push towards stillness? how can we rank tools/instruments (existing or not) in order of how well they allow us to more easily express the compositions we want to express?
* sound may come from a given place in the universe. one can consciously ignore the understanding of where it comes from and focus only on the sound, allowing any other possible world (for example, a world where sound spontaneously bursts forth) to let itself tell us whether they are there or not.
* video game recommending engine. input: current state based on several different dimensions, and desired state on the same dimensions, time available. output: schedule of games to reach the desired state. Or simply input the desired state and output gives you what to play based on a library of games tagged in the required dimensions
* Open sourced meaning making. Open platform to critically analyze positions or tasks and to process them based on a set of previously defined rules. For example, a user can submit a talk (via a YouTube link), and participants can compare the talk to a list of known logical fallacies, to tag the talk at certain timetables with a proposed logical fallacy and the reason why they think that fallacy applies there (justification)
* Attention to detail is the key for my family to become more loving
* IoT for the state of the world. Single screen dashboard to show how the world is doing in general, and then you can dig through to see how it is doing by each metric, and then in each metric you can dig through to see what exactly is pulling that metric down.
* The key benefit of OEE in industry is that it allows you to see data in an actionable manner. The key problem is that information is saved in a way that is not actionable, and does not present potential actions in order of relevance. The benefit of using dashboards is that we can condense information via some processing, and then we can present the results, so that we know in what area to focus, more quickly. we can present in several levels of depth. The ability to see a very low level of processing of data is not necessarily what would be most effective (an ordered list of potential actions ordered by potential impact might be the most effective but would require the way to measure success to be programmable and flexible) but is useful as a diagnostic step towards determining the proper way to measure success
* This will avoid the situation in which people "complain that someone is now supporting a cause when they did not support X cause when it happened". This should make it easy to see everything happening at once, and not depend on news outlets to determine what to focus on at a given moment. I can provide better explanation on request.
* Way to save unidentified plants: take all location tagged pictures of plants on the internet, detect all plants in them, pass each plant through species detecting software, if a species is not found, save a reference to the photo, it’s location, and the percentage of certainty that it has not been identified, to a database. Sort by the percentage and review. Potentially someone can go grab the plant, sequence the DNA, save the seeds in the modern Noah’s ark
* Physical board game where everything is made of paper and at every turn the players can do an attack on others doing a physical action to attempt to aim at and remove enemy pieces. Trebuchets can be used with rubber bands. The point is that proyectiles should come out of the space designated for a given tile. Everything can be paper based. You can shoot the proyectiles with the hands or with some paper contraption helped by a rubber band. You can make it turn based. At every turn, character moves a certain number of steps. Projectiles can be randomly scattered through the map. Aim can be to make enemy pieces fall down, which can encourage design revisions. Limits can be put to the amount of paper used per character. Every player can have an army. Win condition could be to defeat all. A direct atttack can be by players who are next to each other. They would be moved to a box where a paper sumo match can take place. Winning can be determined by making other player drop, which …
* …Encourages research and strategy into different character shapes. Winning could also be by making enemy fall out of the defined arena, or by touching enemy with a paper sword held by the character. Humans should not directly touch paper characters but rather can tap on the box to make them move. Indirect control can be achieved by using an implement that could apply a limited amount of force through a stick by holding the stick horizontally at two points between 2 spun rubber bands, so that if more than the desired force is applied to what is holding the rubber bands, the stick would slide out of them. The human would only grab the structure which is holding the rubber bands, not the stick itself. Game can encourage using recycled paper. Instructions and templates can be made freely available online, and prepared packages can be sold, using recycled papers.
* If we can capture the vibrations of a persons energy body, we could convert the signal through a Fourier transform to indicate which frequencies are currently with a higher or lower amplitude than they should, and what to do about it. Not that I know what the proper amplitude should be for each. Maybe it varies
* Chakras are energy centers. Each vibrates at a given freq. they go increasing as they are higher in the body. If one of them has too little amplitude, it manifests one way. Making that sound helps increase its amplitude.
* Consciousness is awareness of something. When you are aware of the specific efforts you are doing and also of the effort you could be doing to achieve the same goal, you immediately notice the difference between the two and probably automatically go for the one with less effort. For example, when laying in any position you may not be aware of having some muscle unnecessarily contracted. When you create in your mind the possibility of laying in the same place without contracting that muscle, you immediately notice the difference and quickly switch to not contracting it. Technology that scans and notifies of this in order to make you aware faster could jump start humanity’s journey towards consciousness
* Tell isha volunteers about maybe creating a parking spot for mobile homes
* House built around a tree (tree inside the house) while not disturbing the tree’s growth
* Humor is the capacity to see how two seemingly unrelated things have something in common. When being relaxed and in “yoga” (union with everything else), it is easy to be humorous, that is, it is easy to see that situations that seem to be serious actually have a way to relate to situations that are not serious.
* Is enlightenment a one off transformational event or can you u get there step by step?
* Why go deeper and deeper into anything
* Is focus on one easier than focus on all?
* Word cloud with all of Sadhguru’s content. Should say how many words were considered
* Write conscious living/zero waste changes in toilet paper
* Life saving belt to be worn with swimsuit
* Attachment to anything is not divine. Therefore attachment to an outcome is not divine. When we want a specific outcome, we don’t keep open to what else could happen. We must stay open to the fact that we do not know everything about life and the divine. This is the basis of “faith”: that you are calm in the conviction that something else can happen. Whether it is a good or bad thing, depends on other things.
* Blog where ideas of spirituality are explained visually
* People considered as psychotic may simply be solving problems with some metaphor. By itself that might not be a problem but it becomes a problem when they take too little variables into account and then try to live in society with the rest of life.
* It might be that the reason people have to cheat is because they aim for a relationship where a human goal that is too low is solved, so when it is solved they tend to solve a higher one outside of it
* The purpose of talking with someone should not be to feel ok they are talking to you. There should be a purpose more aligned with life, like improving each other (infinite possibilities there)
* Time’s purpose is for it to be the tool through which you learn
* To solve a problem you could think of a metaphor and try to solve the metaphor. Then try to apply the metaphoric solution to the original problem. This feels like how witchcraft solves problems. For example: the idea that one will be fulfilled by being with someone very attractive could feel like it is very strongly stuck to oneself, like a rat trap. The problem is that if one tried to pull a very hard glue from oneself, one might rip the structure of what one is. Which might work, and the next step after it could take a lot of energy (to build oneself back up). But another solution is to use heat. More precisely, a flame. A flame purifies. It removes the sticky surface without destroying your skin. What is fire as a solution for the original problem? Hot showers? Looking at fire? Burning with love and passion? Taking sun? Having passionate intercourse?
* If an undesired and repeated thought has a certain electrical signal in the brain, maybe stimulating with the inverse signal will make the connections to that idea be weaker. Or detecting when you are about to think it can help a computer tell you you Are about to think it And stop you on your tracks. Of course this is just a kickstarter for improvement. The best possibility is that you have ideas, a mental state or a spiritual level that don’t let you reach this point
* ghost data for running
* perhaps being "meditative" can just be described as being in a low energy state because it is the most stable, similarly to how atoms become stable in certain ways because that's how the laws work
* Game idea: a group of players try to gain points. They loop around assigning a drawer for each turn. Each turn, the drawer gets a somewhat random scribble. He has to decide what he plans to draw over the scribble to make the scribble resemble something else. He writes what he decides to draw and starts drawing it. Other players see him drawing and try to guess. The faster a user guesses, the more points it gets. The drawer would repeat the same process with the same scribble two more times. He would start wth the same scribble but try to resemble different objects.
* THe fact I mght want to get a relationship further deep might be dishonest because i know in my soul that that level of deepness is related to deeper levels of connection and therefore not what i should do
* saying "yeah im fine but I dont have X" is the same as saying "i want to be in a good state. i dont have X. i would be good if i had X". the fallacy comes from noticing that there will always be a different X, therefore I will always be in that thought pattern. solution is to be ok with this way.
* the though that there will be a loss when people leave is misleading because 1) see previous point 2) i could always come back 3) only 1/4 leave 4)there are always people everywhere
* Is it possible to “train spiritual muscles” through video games?
* in the past, people had deep insights about the nature of reality because they were more in tune with nature and less identified with ideas
* Since very young, I have like food to be so hot that I can barely eat it. I never though about why, but now I think it was my soul trying to tell me to eat it that way so that it is easier to digest.
* Since very young I have liked to draw mazes, not labyrinths, and didnt know why. It is because labirithns are an archetypal pattern found in the universe.
* Which needs are more stressful to fulfill? (Thinking in terms of maslows hierarchy)
* People evaluate whether to pursue an relationship with another by adding up points in each of these categories: physical attractiveness, willingness of the other to connect, capacity of the other to supply needs, social status change, willingness of the other to support me, intellectual stimulation, capacity of oneself to bring out support from the other.
* Responsible pornography consumption: a user would only consume erotic content of artists/teams deemed in a healthy psychological and physical state, making the market promote that
* Poop drill for constipation
* Lungs vacuum to relieve emphysema
* Creating words for the specific idea you want to promote
* In apparent restriction, which in reality is discipline, we actually end up being freer than before. (because we get skills that allow us to do more than before)
* By focusing on having more changes of speaker per unit of time one might ensure maximum engagement in the topic from all parts
* In order to make events welcoming someone should be attentive of who is coming in, welcome them and introduce them to someone.
* In the same way one shows love to the self by taking care of the body and the mind, consciously cleaning one’s surroundings is a practice of self care that serves to show oneself self care.
* Car with removable separation so that you could car pool with strangers.
* If you have a certain response to something, like not wanting to approach dirty people on the streets, many reasons might be feeding in to generate this output. Physically it happens that a number of connections to this output generate it. Technically there is amount of physical connections for each reason, a strength of connection and a speed at which they trigger. By analyzing these one could determine the relative strength of each reason, and finally answer whether one is doing it mostly because of fear, rejection, etc
* why do we like symmetry? asymmetry indicates it is harder for a person to face the challenges of life. for ex, if a person lacks an arm. other more subtle assimetries are unconsciously considered as well, like facial asimmetry, or others. they are considered because they are an extension of the more noticeably assimmetries. of course, a more careful analysis would conclude that there are reasons to keep those with assimmetries around, because life is complex and those assimmetric people might help us in other ways.
* A transport system that knew everything about everyone on it and then showed the ways they matched and people could decide to find the people they matched with. For example: is this bus there are these many Italians, Serbians, etc. These many people graduated from this high school, these many people love xyz, etc
* Get paid for looking at other commuter’s eyes. (Must be done with care, might be emotional)
* Promoting excuses for people to connect everywhere
* Looking in the eyes for an extended time. Rock balancing. Unstructured play. Social non verbal and verbal cues giving and taking from a healthy position. Caressing the self ( noticing where negative thoughts appear) and others. Time scheduling and following it. Practicing all of those skills alone but also exploiting the fact that there are other people with you. Noticing the most specific good you can on others/thing others need/ ways to help them/ topic they might like. Dance. Creatively writing your own life.
* Plan to radically change people’s brain patterns: takes 21 days, has a bunch of trainings, some sort of drug/s that put you in a place of reset, and healthy sexual exploration. May need to be taken a few times in life to return back to it. Everything that you learn you keep practicing it the next days. Starts with breathing training. Then healthy eating (selection, cooking and eating (mindfully)). Then healthy rest. Then mindfulness of everything. Then movement/exercise. Then cleanliness. exploration of pleasure in a very general sense and being in touch with feelings. Then social skills. Support network creation. Showing oneself healthily. Deprogramming mind. Accepting flaws of self and others. Creativity. goal setting from the infinite potential available to us, not feeling overwhelmed or like we have to comply with a certain personality. Ego death. Noticing how the mind almos unconsciously veers us into an uncreative path.
* Learning to look for the right people. Learning to love all, even those we don’t look for. Goal setting. Habit making. Sexual understanding. telling the truth. Cold exposure. Un attachment. Other specific skills for the outer world.
* trepanation: boring a hole in the skull to treat some things. electric eels, burning the head, warm and sweet bath and trepaning were some of the treatments to headaches. triggers of headaches: changes in sleep, eating, stress, lights, noise, specific foods, tension in body,over triggering of normally functioning signals, physical exertion, too little physical activity, medication, posture, hormones, jaw clenching, straining neck or shoulder muscles. therefore, learning about massages has great potential. conversely, some changes/challenges are needed. ideally they would be done slowly. there are no pain receptors in the brain but there are in a certain layer of it (the pia matter) under a hard layer and a suspending layer, so it might be hard for pressure to reach the nerves and veins.
* How are headaches formed, how to solve them, what are the most common, how do they fit with my knowledge of neuroscience, how did people solve them in the past
* How to most effectively carry out conversations while keeping both parties interested and why is it important
* Why should we care to treat the different steps of a though process differently? Roughly: conditions that make a certain though possible > thinking it > evaluating it > concluding > planning > starting > execu Why the question? Because the law asks one to not do only the last step of a thought process (carrying out the act) while Jesus Christ asks not to do previous steps of the process (not to think them) therefore one could imagine that a more perfect society might go back in the process and catch bad thoughts early. Although a caveat must be considered, and it is that a mind is able to think any thought, which does not mean that the person might do them, but might indicate that they need help, and therefore if a person thinks a bad thing, a decision should not be very drastic. Also, the conditions that took that person to think that should be analyzed to see how they could be improved, if deemed useful. Also, it is useful to be able to think many kinds of thoughts, “good” or “bad”
* Stress actually reduces neurogenesis. Bdnf ngf
* Difference between feeling and expressing emotions.
* Rank of emotions (some are more primitive than others)
* Cortisol facilitates expenditure of energy. It’s related to being in a stressful states. Maybe it keeps skinny people skinny.
* You can be fine wherever you are. Maybe you can be fine in monogamy or in poliamory. There are reasons to be in either. The guide to decide which to follow would be to be honest with how you feel and to become psychologically healthy and communicative. Bare all your shame. If you do monogamy as an act or love (recognizing that you feel impulses to be with other people but choose to be with this one person) that is more healthy than just assuming that you shouldn’t feel impulses. If you decide your brain to be wired for poliamory and you find yourself unable to change that (although there are people that say that one can control the body through the mind) maybe you can talk about it deeply
* When people in a relationship do not get what they need to feel safe in a relationship, they either get it in the safest way they know or they repress it. Repression creates illness in which the person becomes the center of attention because they are about to die, such that their need is met. There are 2 ways to solve it. Get the need met in a healthy way or realize that needs don’t in reality need to be supplied. You can be well. The needs come from imprints of what you think your needs are based on what your parents unconsciously imprinted in you.
* People want novelty because it brings them to the present moment, and that’s where magic happens
* In a fearless society people would just massage each other in public transport if they feel like it
* How to define creativity in terms on neuroscience?
* The fact that people are unhealthy comes from people’s dna activating a certain pattern in their brain calling them to do things that will be better for them (for example, feeling sorrow for missing someone, which is good and natural and is a call to accept that connection is good), and then something else, maybe their emotions, activating a contrary pattern (like fear of being alone, which would move someone to go out and try to hook up), and so being in this differential state creates the conflict that they need to solve. The solution is obviously to heed the call that has prevalence, the one from the dna. This applies to everything like the call to decide how to exercise, to eat, to do, to think, to fuck
* First step to help people improve is to have them listen to themselves to notice if they have something that bothers them. In order to listen they must be calm enough to think. To go into that state they need a reason. The reason is “because something is hurting you!”. After that, either critical thinking, helping people notice that the calculation is hard but that they can do it and that it doesn’t matter if they fail, or emotion desensitization, in some order and with some weight, would be good.
* A shaman asks 5 questions to pinpoint where you went off: when did you stop singing, when did you stop dancing, when did you stop enjoying stories, when did you stop enjoying being alone with yourself, when did you lose awe for life?
* Same as there is a negative vicious cycle in trusting others, there’s a positive one. You try to destroy shame by accepting things about yourself and others, you notice that the calculation (of balancing the good and the bad) is hard but you determine that you are capable of doing the calculation, because you have a brain, but even if you fail, it doesn’t matter, because all your mind is looking for is that you do the things you know you have to do to be better, it doesn’t care whether you actually achieve the results, and so you will feel motivated when trying to do the calculation, which will probably end up making a better calculation, destroying more shame, and so on
* If people are so scared of their faults, how about they just write them all down and share them. To notice that all people have faults. And to notice others’ have the same faults. Ideally, the ideas would be identified with the persin's name, but an intermediate training step could be to do it anonymously.
* what makes a question more interesting than another? when it has more possible valid answers, although only one is the real, honest answer
* How do people decide which values to follow? They compare two contrary values in the following manner. They activate both in their brain. Then they look at all the connections each have. Then they choose to keep the one that has more connections of different types, which would mean that it would be more probable that keeping it would be productive in most situations. For example, when deciding whether to be good or bad,
* Why do, in order to feel more “connected”, people need to find "common ground"? In a very deep level, you trust no one more than yourself for your own survival. When you find in which areas you are similar to others, you notice how they are like you. And then you trust them because they are like you and you trust yourself.
* Why are people open to meet people in some contexts and not in others, if people are basically the same in either context? Which reasons are more easily defeatable? Fear.
* Why is pain such a good teacher, when is it such a dangerous method? Stress promotes neurogenesis. It’s proven to happen in exercise.But also probably emotional stress promotes it as well. And other things might as well.Facing our fears. Sleep. Emotional attachment when seeing or listening to something motivating, like church,sports, talk. New neurons and connections form. But the right connections are not strong enough Yet. Those that you want to promote need Conscious training. Like whenever you learned a new skill.
* At first you had to consciously remember what you wanted to do. At first you remembered a long time after when you needed it. But that made the connection stronger. Until eventually you remembered it on time. And eventually you didn’t even have to think about it. If you have an emotional deficiency that you need to improve, the process is the same. Eventually you will remember in time to be calm. Religion or science or whatever can give you the reasons to be calm, and training will actually get you there.
* That’s why it is said that things take time to learn. You need time for neurogenesis to happen, connections to form and connections to be strengthened. So if you’re motivated to more consistently do the training needed, you will more quickly reach the peace you desire. (So if for example anything makes you feel bad, anything you did or others did, this knowledge can assure you that there is a proof that you can change your brain. Therefore you are motivated to look for a reason to change and to train on changing)
* Asking questions by itself is not damaging, however, when we ask trying to cover an emotional deficiency, the answer won’t solve the deficiency. Even if we get an answer (with proof) that would “solve” the deficiency, the deficiency stays. For example: asking “why is someone interested in me?”, “how can one healthily miss someone and how would it be unhealthy?”. In these cases, it would be ideal that one forego obtaining an answer until one has solved the deficiency. How would solving the deficiency look like? There could be a deeper answer, but one answer is: so that the physiological responses related to the deficiency are not there when asking the question or receiving the answer.
* why did women evolve to reject men but then accept them when they show enough commitment? this way they could prune out candidates that were not mentally capable of taking a defeat and would be blocked by the fear of rejection, which meant they were not the aptest for survival, because life will put many challenges, and those who thrive are those who keep trying. it also showed commitment, and that the candidate was able to put his seed and nurture it wherever he desired. in Christian terms, it showed those who truly loved her. in Buddhist terms, it showed those that detached enough that they could act in peace.
* Catcallers, while disrespectful, probably do not suffer of illnesses related to blockage of the throat chakra. Or suffer more than average
* It doesn’t matter whether ultimately you believe people will save themselves or not. It doesn’t matter if you look into the future and notice that we won’t or that we do. It’s a no-question. No second should be spent trying to answer it. What matters is that if YOU don’t take the hardest challenge you can to help save ourselves, YOU suffer and die.
* Lying is bad because of the following reason: similar to how skill produces a faster response in a certain way (because the brain gets strongly connected in a certain way), having a mental model of only truth makes you respond faster with the truth. When you start lying you change your brain to help you remember the lie faster next time. Eventually the lie is so ingrained in you that it is hard to distinguish it from the truth. And that’s when it is most possible that you mistake the lie for the truth in a situation where you otherwise would have responded correctly. This mistake causes suffering in either you or others. Ignorance is similar in that your brain is wired away from the truth, and your mistake causes suffering, but lying is worse because since you knew you could have avoided it, you reprimand yourself more, either consciously or unconsciously
* Emotions are important because they make the most fundamental/hardest question of a human at any moment “what should I do now?/what is good?” easier to answer. If you’re hungry you tend to that first. If you’re sad that should be your message that you should either change how you treat others, or treat yourself better, or find better people, or all.
* Based on the previous point, How to deal with professional instances that promote lying? Like applying for a job or making a proposal for a project. Well, help the recruiter/decision maker play out the consequences of continuing with a model that promotes lying. Identify the points where suffering would be created. Analyze whether steps are being taken to minimize that suffering, or which steps can be taken. Hopefully they will appreciate your capacity to analizar complex things carefully, and your intent to be honest with a strong reason why you should. If they don’t appreciate it, then you may avoid other problems by not working with them. Of course, make your best effort to constantly improve yourself as best as you can to reduce suffering caused by ignorance.
* The wisdom provided by the past is to be respected for it was attained with much more suffering than new wisdom
* While our culture’s descent into chaos can be seen as dangerous, it might be needed in order to ascend to all that we can become. We can integrate all that we have learned in this modern time and integrate it with our instinctual wisdom. It’s the Hero’s Journey at play. So let’s be calm and accepting of chaos, but work to improve it.
* Religious language is profoundly deep and reveals truths in many other domains
* Game idea: Mix of sliding puzzle and gameboard. Has arrows and walls. objective is to reach certain tile
* Truth reveals itself when seen through multiple dimensions of confirmation (for example, senses)
* The notion that an individual could be though of as sovereign was revolutionary when it arised. When systems line themselves with this idea, they are usually successful
* Christmas trees are filled with lights so that we can act out the proposition that in the darkest moments (winter), light reappears, and that we should celebrate it, and celebrate it as if it’s the birth of the redeemer
* Emotional skills (not living in the past, mitigating angst, etc) should also be practiced in the same manner one goes to the gym or practices other things.
* Real intellectual masterpieces express the fundamental question of existence more vividly than other lower quality works. This question could be formulated as: what is good and what is bad?
* People are itching for long term, deep discussion (see popularity of podcasts and GoT). It is good becAuse it allows for a proposition to be explored to its full extent, presenting evidence or counter arguments to really determine whether it is beneficial.
* The first truth of most religions is the acknowledgment of the existence of suffering (see Buddhism and the cross as the main symbol of Christianity)
* gay men tend to be wooed by an older man that introduces them to that world probably because they have not had a healthy relationship with a paternal figure that would guide them in their time of need. That could develop into other forms of young-old depravations. Solution is evident.
* a good way to test critical thinking in others is asking "where does sound come from when snapping fingers?" and listening for the reasoning used and how to test it. (answer: it comes from two places: from the thumb and the middle index rubbing and from the middle finger hitting the palm fast. but the loudest sound is the hit)
* we suspend disbelief while listening to certain stories because they fit archetipal patterns deeply coded into how we know we should be, therefore even though they are very metaphoric, we understand them. for example, in pinocchio, the father is trapped in the deepest part of the whale, and this is a nod to remember that in our darkest challenges we become our primordial father, our calling.
* governments only build where there is an economic benefit. therefore we can influence governments
* ar powered kite flying game (fly a physical kite and overlay an AR interface with game elements, perhaps using smart lenses. game could be about destroying an entity by physically moving the kite to hit it or by aiming and shooting virtual shots)
* Economists try and mostly fail to correctly predict human behavior. Is it that people who want to become economists are generally just looking for money, therefore they are probably low on emotional intelligence (because they are putting their happiness in money) which might indicate that they are in general low on general intelligence? In other words, if truly intelligent people were to become economists they would better predict human behavior?
* In a more emotionally healthy society, divorce would be as publicly known and supported as marriage. A lot of people would show up to the divorce to support the divorcees. The event would implicitly give the message to the community that the divorcees tried hard to know each other deeply, but failed, and people there would support them by implicitly saying that they recognize that a mistake was made but that it’s ok to make mistakes and they should just try harder next time.
* If personX claimed to personY that he could make personY understand an apparently very hard topic, that would probably motivate personY to understand it.
* the motivation behind an action affects the effect of that action on people. that is, you could do the same action with different motivations and that would affect you differently. For example, fasting for religious reasons, not eating because you don't have food, or not eating because something is more interesting at the moment.
* A hunch: the ways people can externalize ideas shape both the ideas and the people.
* Another hunch: the ways that people’s environments look and function shapes people as well
* What are other implications in our daily lives of the fact that the brain is “imperfect” and fools us (like with optical illusions)?
* if having a specific personality is defined as the extent to which your brain triggers a specific response to a specific type of situation, both in quantity and in speed, then changing this type of response can change a person's personality while not having the new response feel fake. a response can be defined as fake if it takes too much to come out (think being originally surprised at a received message but modulating the response to show coolness; the final response takes a moment to come out) or does not exhibit all the characteristics of an original response (think about how a fake smile does not engage the eyes). A benefit of this definition is that a fake reaction is not one that is new in a person, ie others don't think that a reaction you have to something is fake simply because it is new in you; therefore feel free to change.
* there seems to be a correlation between the number and type of variables in a problem and the conclusion of whether it is np complete or p. try prove that for a certain amount, it goes either way...?
* A way to improve the speed of reaction could be to first try to remember the intended new reaction to the situation as soon as possible after the situation happens. That will prime you to remember it sooner. Then try to remember it sooner and sooner every time the situation happens. Eventually it will be your first reaction. For improving the potency
* Of the reaction , try to "train" yourself to react potently to a similar situation. For example if trying to laugh harder or be more cheerful, you might try to dedicate a certain amount of time every week or every day to laugh harder at funny situations. Which will make your neural pathways for laughing stronger. Then you might try to connect the improved response to the situation more directly, for example by remembering your training whenever the situation comes up (ie being with friends), or every time you notice someone being how you want to become, or even when you notice someone being the contrary of what you want to become. This serves for any other personality trait like calmness, cheerfulness, social awareness, any of the big five personality traits, etc. You might also try to notice in which situations you hold back that response, and try to destroy the reason why you do so, by finding a logical reason why you ought to, and/or by doing some training.
* how attractive was jesus and how did that influence the spread of his message?
* what if people are moved to change by having many very deep emotional responses that create memories in them that slowly and incrementally change the way they are?
* if you are certain that there are people that would like you, because there are and because they should (because everyone's perspective of life is interesting with the right eyes) then there's no reason to worry that apparently few or none are currently appearing to show an interest.
* psychological improvement may be measured by comparing how you react to sometihng now and how you reacted to a similar thing before. if it takes you longer to feel bad or if you feel bad less strongly, or if you dont feel bad in reaction to it, you are improving
* Feedback is effective because you notice what you were assuming unconsciously
* Learning platform for entrepreneurship. Design support for developing the ability to see business opportunities, grow slowly wherever possible, dealing with formalizing, improve business math, improving the self and then developing social skills,
* how would I perceive someone who is trying to be bad but doesn't really want to? is this common? is it not commonly noticed? if it is common, why is it not commonly noticed?
* how powerful is black (or white) "magic"? is it just a psychological trap laid on victims? or can it be imposed on a victim far away, or on a victim nearby that does not understand the language? can the effect detonate in the past, present or future of the "curse" being placed? what are the benefits that can be drawn from this knowledge?
* The first math operation invented was comparison. Others built on it, but at the end we almost always go back to comparison (eg. do some complex economic models [complex math] to see which is more lucrative [comparison]). This way of ordering processes may be useful elsewhere
* Is there a way to make students not fear failing a class? Maybe by somehow removing the economic and social weight of failure? So that they are innately pushed by their curiosity to learn, and possibly do better than if they had those fears
* howd you describe sight to a person born blind
* Does ignoring someone create psychological stress? Why?
* los 3 mayores problemas de interne según su creador:
* 1) Las intenciones deliberadas y maliciosas, como el pirateo y los ataques informáticos apoyados por los Estados, la conducta delictiva y el acoso en Internet.
* 2) El diseño de un sistema que crea incentivos perversos en los que se sacrifica al usuario, como los modelos de ingresos basados en la publicidad que recompensan comercialmente el cibercebo y la difusión viral de la desinformación.
* 3) Las consecuencias negativas involuntarias del diseño benevolente, como el tono enfurecido y polarizado y la calidad de las conversaciones en Internet.
* Determining that good and bad are subjective and that nothing can be done to determine what is better than something else, is admitting yourself unintelligent/un capable of contributing in even a small degree to solving the problem. Don’t do it. You are capable of helping solve the problem of determining what is good and what is bad, even in a small degree.
* How does a [healthy psychological state of two people who hold intimate relationships but that are commonly disapproved by society] look like?
* A more direct way of defining intelligence could be to say that intelligence is the capacity to have more and stronger connections between concepts so that they more quickly serve a given purpose in a given situation
* Men and women are by default better suited for different things and naturally tasked with some tasks. So instead of stressing about one not doing something, play to your strengths and sinergize with the other.
* A cheap display (LEDs?) that lets users play digital soccer (pong?) while standing in commute (use simple hit and hurt boxes?) for entertainment and socializing
* thinking that you are allowed to do x thing because you have good intentions is not reason enough to decide to do x thing and then do nothing else (for example, a political party might think like this). things have to be analyzed carefully to mitigate unthought damages. on the other hand, thinking too much can stall progress. solution: test x thing in low-risk settings, and repeat: test, feedback, improve, scale, test, fb, improve, scale, etc..
* Streetpass but with personal information. You say what you want about yourself. Others can decide to contact or not. You could say false things but that should naturally be an indicator to people that you cannot be trusted. So people should carefully and safely explore whether they are true before connecting further. So the system would generally tend to suppress that behavior. Can be restricted to safe environments like universities or can be open on the street. helps connect people in an honest and more efficient way.
* A different way of testing knowledge wherein for a given topic, many options of problems to solve are presented. One of them has every concept that needs to be tested, so that if a learner solves it, he will get full marks for that topic. The other options have less concepts so learners get less marks if done correctly. In designing this, consider how to allow for some flexibilities
* How about having a naturally occurring “socialism”. You see, society is tending towards more entrepreneurship, because technology automated tasks, which forces you to have your own company, which would make people earn more equally.
* instead of saying how stupid a certain group is (for example flat-earthers), help them understand these complex concepts. if everyone complaining about other's stupidity made an effort to figure out how to make them understand (in any area) we'd be closer to what we want
* Some things about the current way education works should be changed. others probably are good enough. like grades for example. in principle, telling you how well you know something should make you try to get better at it. what needs to be removed is the stress and perceived consequences of having bad grades. that doesnt allow anyone to perform well. teachers should help reduce it. the point of education is learning, not getting a gpa.
* How to reduce the time that it takes to make a learning sciences research or how to reduce the scope of the research while still making it valuable
* For every election in every place, an easily shareable document/media (like an image that inside has a grid presenting the proposals of every candidate in every category) should carefully be made by politically informed and neutral people so that the cost of analyzing proposals is reduced for the public. People would probably share this massively in social media and similarly reaching channels. It should be made carefully and with lots of references to the original sources (because condensing information may distort it). And it should be edited frequently in the moments following its publication, as valid and objective feedback rolls in. Also, ideas presented should say a bit more about how the candidate thinks that he will make it real i.e. saying "X will be free" isn't intelligent enough. This document should say that this candidate is planning to pay for X with Y, for example.
* instead of saying "lets take x percent of money from people every year and somehow make it work" isnt it more intelligent to say "lets calculate how much we need to solve the things we care about, and them ask everyone a proportional part of their help to help solve them". of course, determining what "we should care about" is hard, but by slowing population growth a bit and taking time to calculate well and educate people well, we might get closer to the answer
* Try to make a debating game. Try to simplify an argument and reward those who notice the fault in an argument. Make it competitive (versus)
* How to make learning faster? We know how signals are transmitted in the brain. How the fact that some connections are stronger makes them be more probable to be fired when the neuron they start at is fired. For example, when a kid sees something, a few variables are firing: objectExists, objectPosition, objectColor. If hidden behind a blanket, probably ObjectExist would stop firing because he has no experience to tell him that blanket does no make object stop existing. In other words, the connection from objectExists to objectStillExists is not very strong. It is by hiding and showing again, a lot of times, that this connection gets stronger. If what I understand is correct, and the brain kinda randomly creates connections but it is experiences that solidify them, then to make this process faster one could either: find exactly where those connections are and put melatonin in them. Or figure what overall signal does the desired though create and promote that signal with electric ...
* ...Stimulation. Another way may be to look at adults brains of healthy people and notice that some areas are strongly connected in a specific way or base signals are always present, so maybe we should promote that way in youngsters. This sounds like creating the same person again, which could be dangerous, so efforts should be made to filter out just the most basic patterns that would constitute an improvement from the normal way to develop. Heavy math and statistics should help.
* The brain’s developmental process mimics evolution. Crazy ways to connect the brain happen almost randomly but the daily experiences strengthen or diminish these random connections. Now that I think of it, maybe that’s the reason sleep is so important. I notice I am most creative when I am about to fall asleep. Maybe sleep promotes the creation of these random connections. Since the judgements part of the brain is turned off, the neurons can grow freely. This is why sleep is so important. Imagine if your connections weren’t made in the first place. There would be nothing to improve.
* An idea is the connection of two concepts
* One must understand an idea only as deeply enough that when applying it, the deeper idea applies to as many areas that you should care about as possible, no more. For ex, knowing how the brain works only as deeply as to know that it is a group of neurons connected in a way that changes over time, is enough to apply it in many areas. But if you only stayed at the level of thinking that the brain is complex and helps you think, you can’t use that to create many solutions to many problems
* using dream time as creative work time since you can experience your ideas more vividly and change it as desired.
* Saying that a child in the zone of proximal development for a certain task cannot do some tasks without the help of others is over simplifying. A person could learn a language by speaking random sounds and noting the effects they had on people, until eventually they built a model for the language. But it would be slow and impractical, and the person may get frustrated, or, in moments of repeating something they know, bored.
* Speech is important in psychological development. It is a major psychological tool in the child’s development of thinking. 6 assumptions: adults tell children how the world works. Thoughts and language are initially separated because speech is first for communicating and socializing but is later used for thinking, as noticed when a child talks to itself. Complex mental processes begin as social activities. Children do more with better help. Hard tasks make children weed out better ways of thinking faster. Play helps simulate tasks.
* Promote faster connections of all possible connections of ideas to more quickly weed out the bad ones, having determined why they are so
* outsourced, gamified work: certain work that can't be automated is gamified and outsourced to people playing the game