

Definitions

Energy is a powering force

Order is structure of parameters

Connection is influence between and among

Perspective is where one is looking at

Understanding is the ability to relate something to something similar

Satisfaction is a choice

Nature is Gods creation

Optimism is yearning for the future

Principles

Energy

Jehovah created physical energy

Energy cannot be created

Energy cannot be destroyed

Energy is everywhere

Energy can change forms

Energy changes

A high effect requires high energy

High energy is made of combined little energy

Order and connection without energy isn't

Energy can be gathered, organized, and expressed

Energy flows from the outside to the inside to the outside of something

Energy is always changing for the benefit or detriment, relative

Energy blocked will more intensely express in the open way

Energy will equalize a vacuum of energy

Energy causes change

Energy can overflow

Energy connected to anything empowers it

Anything in want of energy stagnates

Energy can be transferred

Energy will become like its surrounding energy

Potential is everywhere

Humans need change

Humans are always changing

Energy can be used beneficially or detrimentally

Energy takes a path in people

Energy is absorbed through people's bodies

Energy is understood by people's minds

Energy affects emotions

Emotions want to effect energy

Minds work out plans for energy

Bodies connect energy

Energy must be taken in and released to sustain oneself

Focusing on something empowers it and stagnates the opposite way

Action is the result of energy

Order

Jehovah created physical order, modeling it after Himself
Everything has parameters
The foundation of everything is energy, order, and connection
Everything is a part of a spectrum
Everything is similar

Everything takes in energy and gives out
Everything either impels a purpose or supports the impelling
Everything has a cycle
Cycles are sustained by balance
Cycles are deteriorated by imbalance
Cycles take a bell curve
Energy and connection without order isn't

Leverage is relative
Sentiment is leverage
Information is leverage
Levers are leverage
Human relationships are leverage

Humans are similar
Humans have limits to all their ways
Humans adapt to their environment
Humans are never identical
There is order in humans
Humans have spiritual needs, which are most basic
Humans have emotional needs
Humans have cognitive needs
Humans have physical needs
Humans have interpersonal needs
Humans have indicators of how well they're balanced in each need
Spiritual balance results in blessings
Spiritual imbalance results in death
Emotional balance results in happiness
Emotional imbalance results in disquieting feelings
Cognitive balance results in an ability to understand
Cognitive imbalance results in an inability to understand
Physical balance results in a healthy body
Physical imbalance results in sickness
Interpersonal balance results in strong relationships
Interpersonal imbalance results in self centeredness

New things are interesting to humans

C o n n e c t i o n

Jehovah is the original cause
Connection is maintained by energy
Energy transferred is diluted
Energy seen is a small part of the whole

Clarity increases potential

Things affect each other
Everything is related
All effects have a cause
Effecting affects everything connected to it
What is going in is what is coming out
Energy and order without connection isn't

Experience is the best teacher
Love something and you will never get enough of it
Imposing anything different than truth is temporary and build weakness
Nothing worth doing is easy
Supporting each other is stronger than supporting ourselves

Everything can be likened to something else
Energy passed between two people is diluted
Everybody is constantly going through a phase
Being around people is being influenced by them
Being alone is being influenced by yourself
Admiring oneself feeds self-centeredness
All kinds of energy is always around, it is up to us to breathe it
The way you are on the inside is the way you'll be on the outside

Things affect people
People affect each other
Things are what you make of them
Everything you do affects your future
Emotions are contagious
You are what you do
There are things you can affect and there are things you can't
People become the way they are treated by others or by themselves

Illustrations







Optimum

Energy

Respecting Jehovah for energy
Thanking Jehovah for energy
Focusing on channelling energy well
Continuing to try
Using good energy from anywhere eclectically
Making sure the result is possible based on the energy of the parts
Making the little energy that forms bigger energy count
Keeping energy important

Taking in energy, organizing energy, and expressing energy
Having an environment supporting your purposes
Keeping the main reason reminding us
Aligning something where it will benefit from the from the change to occur
Peaking in something by blocking other ways
Directing energy by vacuums
Pushing in good

Having energy
Going into everything knowing your limits and your strengths
Taking it reasonably most of the time
Perceiving only things you want, ignore what you don't
Maintaining important things
Letting die without killing

Pondering intently on the effect energy will cause
Steering people in a better direction, toward balance

Making art

Taking in energy
Giving first energy to first priority
Going for good
Amplifying what is good
Using energy

Order

Thanking Jehovah for beautiful order
Doing to the limits of applicable parameters
Giving anything good energy, order, and connection
Keeping on improvement
Appreciating the relationships of things
Using the similarities of things to advantage

Having a cycle
Knowing other cycles for leverage
Learning the cycle of things and ride its waves
Planning to account for change of anything
Taking life one day at a time, one thing at a time
Planning to effect something well relative to somethings bell curve
Warming up in the beginning
Balancing my cycle
Riding the bell curve
Keeping order important

Leveraging with a long lever
Holding depth over distance

Saying what you wish others would say
Pacing something well to keep progress
Having a good environment
Seeing something special in everyone

Maintaining balance between foundation and flourish
Doing things in the order of spiritual, emotional, cognitive, physical, and interpersonal
Balancing yourself spiritually, emotionally, cognitively, physically, and interpersonally
Viewing things as a means to balance

Teaching in new ways

C o n n e c t i o n

Thanking Jehovah for the love that caused life
Depending on Jehovah for everything
Having a relationship with God
Keeping energy consistent
Powering connections well
Having continuation

Realizing perception is diluted
Listening really listening
Cleaning everything often
Clarifying everything

Compartmentalizing things
Realizing heart to action without slant
Visualizing what it looks, feels like
Having two levels between you and problems
Mixing things needing change
Laughing
Doing things together
Varying
Thinking of consequences
Realizing the interconnection of things beheld
Affecting the root cause
Keeping connection very important

Experiencing
Loving important things
Loving selectively
Keeping genuineness
Growing within reasonable means
Continuing through hardships with things worth doing
Getting help
Supporting others

Teaching with metaphors
Affecting people beneficially
Treating people best according to peoples current state
Hanging with beneficial people
Associate with good secpily
Avoiding detrimental people
Getting some reflective time
Observing your surroundings
Taking care of your feelings and thoughts

Doing sipce healthy things
Having something to look forward to
Doing things to their optimum
Doing good now
Focusing on effecting what you can

Realizing what caused people to become the way they are

H a b i t s

S p i r i t u a l

spiritual in: Hear Jehovah

spiritual out: Pray

emotional in: Enjoy

emotional out: Love

cognitive in: Study

cognitive out: Apply

physical in: Eat

physical out: Exert

interpersonal in: Be upbuilt

interpersonal out: Upbuild

E m o t i o n a l

spiritual in: Enjoy

spiritual out: Love

emotional in: Feel my feelings

emotional out: Express my feelings

cognitive in: Read emotion

cognitive out: Make art

physical in: Read body language

physical out: Gesture

interpersonal in: Empathize

interpersonal out: Care

C o g n i t i v e

spiritual in: Study

spiritual out: Apply

emotional in: Read emotion in things

emotional out: Make art

cognitive in: Think

cognitive out: Understand

physical in: Experience

physical out: Test

interpersonal in: Absorb others ideas

interpersonal out: Express my ideas

P h y s i c a l

spiritual in: Eat

spiritual out: Exert

emotional in: Read body language

emotional out: Gesture

cognitive in: Experience

cognitive out: Test

physical in: Sleep

physical out: Clean

interpersonal in: Receive

interpersonal out: Give

I n t e r p e r s o n a l

spiritual in: Be upbuilt

spiritual out: Upbuild

emotional in: Empathize

emotional out: Care

cognitive in: Absorb ideas

cognitive out: Express ideas

physical in: Receive

physical out: Give

interpersonal in: Listen

interpersonal out: Speak

H o w - T o

Spiritual

Hear Jehovah:

See how Jehovah affects your life

Study His word

See what He is telling us today through the publications

Pray:

Ask for help in my purposes

Ask for forgiveness

Ask for Holy Spirit

Ask to help others

Keep on asking to show depth of heart

Try to pray outside

Give reasons why you want what you want

Ask with a pure motive and a clean heart

Keep on asking to show heart

Tell Jehovah how you feel right now

Thank for all the help in sipce

Praise creation

Say thanks for stuff

Confess

Make vows

Be respectful, prayer is more than merely talking to

Enjoy:

Look for the good in things

Enjoy everything

Love:

Give a talk to the best of your ability

Be nice to people first. Smile. Even when there are bad moods.

Reassure the worried

Send letters to people

Study:

Pray

Take in through His word and through the food from the slave

Relate to Jah, Angeles, cosmos, earth, animals, people

Record

For km prepare a 3 on a sticky

Apply:

Eat:

M a i n M e a l s

Toast

Plantains

Oatmeal
PB&J
Tacos
Bagels
Steak
Chicken

S n a c k s
Yogurt
Popcorn

D r i n k s
Coconut Milk
Pu Erh Tou Cha Tea - tealeaves.com
Eaglerock Beer
Water

Work:

Go in service
Help regional
Support the congregation
Serve at bethel
Make money

Be upbuilt:

Go to a meeting
Talk to a spiritual person

Upbuild:

S e r v i c e
Pray
Talk about good of Jehovah

M e t t i n g s

Commend about something special and good of that person
Impart good through a talk

Emotional

Feel your feelings:

Sit somewhere and honestly feel your feelings

Look at causes

Express your feelings:

Skim

Write in my journal

Express with my heart

Read emotion in things:

Observe stuff in good environments

Observe films

Observe nature

Observe paintings

Observe people

Observe music

Make art:

Read body language:

Gesture:

Dance

Empathize:

Imagine how that persons spirituality is like

Imagine how that persons emotions are

Imagine how that persons cognition feels like

Imagine how that persons body feels like

Imagine how that persons friends feels like

Care:

Cognitive

Think:

Think

Understand:

Write the the ways of my spirituality, emotion, cognition, physique, and interpersonal
Plan tomorrow

Experience:

Take the expected amount of days worth of items, then travel

Test:

Make assumptions about future experience

Experience

Compare to actuality

Absorb others ideas:

Take in as much as you can

Listen to people

Look at nature

Read books

Read magazines

Skim tumblr

Watch shows

Read gq

Keep ip with J. Crew

Keep up with S&H

Browse styleseek

Always continue to explore for new sources

Express my ideas:

Give talks

Post on lookbook

Make films

Make music

Write

Physical

Sleep:

Go to sleep enjoying everything
Imaging yourself in a different universe
Sleep early

Clean:

I n n e r B o d y

Skimboard
Stretch

H a i r

Wash:
Shampoo till lather
Rinse

Moisturize:
Let hair dry for 5 min
Soak hair in moisturizer
Apply control agent
Rub off
Comb

T e e t h

Brush teeth including gums and tongue
Leave toothpaste in mouth for at least 2 minutes to whiten teeth
Floss

F a c e

Wash:
Wash hands in hot water
Lather cleanser on hands then face
Rinse warm
Pat dry

Oil Wash:
Mix oil together 45/45/10
Massage face to dilute existing face oil
Take a hot cloth and steam face
Use a hot cloth to wipe face of oil

Exfoliate:
Wash hands
Smear a layer on face and neck
Wash off dead skin
Rinse warm

Pat dry

Deep Clean:

Wash hands

Smear a layer of masque on face and neck

Leave for 10 min

Rinse warm

Pat dry

Trim:

Wash area warm

Shave cleanly

Pluck excess hair

Rinse warm

Pat dry

Moisturize:

Let face dry for at least 5 min after washing

Apply moisturizer on face

Dap excess off

Reduce Oil:

Wash hands

Wipe face with reducer

Repeat as necessary

Benzol Treatment:

Wash hands

Make sure face has dried for at least 5 min after washing

Smear bp over face, especially on heavier areas

Wash hands

Nighttime Moisturize:

Clean hands

Take one pump moisturizer

Mix in 2 drops jojoba oil

Pat over face

Rub into face to let it absorb

Be gentle

Aha:

Wash hands

After bp dries, smear aha over scar areas

Take aspirin

Green Tea Mask:

Boil green tea in clean pot

Take clean shirts and dip

Let on face

Let dry

Repeat

Rinse

B o d y

Wash:

Lather body with soap

Rinse

Trim Nails:

Cut nails

Scent:

Rub scent on warm areas

Excrete:

Wipe damp

Wipe dry

Wash hands

C l o t h e s

Spot Clean:

Wet a rag with warm water

Rub out

Wipe dry

Wash:

Soak cold

Lather gently

Rinse cold

Spray with alcohol

Wring

Dry:

Hang in shade until dry

Hang in the sun inside out

S t u f f

Rid of trash

Arrange remaining things into their groups

Set groups in arranged areas

Receive:

Buy from:

Farmers markets

Kauffman Mercantile

J. Crew

S&H

Give:

Buy or give my things to peeps

Interpersonal

Listen:

Ask questions

Show you've listened

Eat with someone

Speak:

Stories

Give talks

Tell an emotional story

Tell a cognitive story

Tell a physical story

Tell an interpersonal story

Apologize

Acknowledge what happened

Apologize for what happened to the apology

Amend

S c h e d u l e

M o n d a y

Kingdom ministry

T u e s d a y

Emotional

W e d n e s d a y

Cognitive

Personal study (be, gods love, research)

T h u r s d a y

Physical

Watchtower

F r i d a y

Congregation bible reading

S a t u r d a y

Interpersonal

Bookstudy

S u n d a y

Spiritual

Service study

Service