**APPROACH**

[**zero sum**](#zerosum) **|** [**focus state**](#focusstate) **|** [**conversation**](#conversation)

**Aka “Our very special messages and behaviors”**

**07/27/2022**

Boundaries in the program are the program.

**05/30/2022**

Tech learnings, Chinese practice, guitar and song writing, writing, fitness and body work, socializing, family rearing, finding the happy things,

05/16/2022

The Badness is the funniness

What would you change? What is changing? What would you change about the change?

Relationship—is our relationship only contingent on past, put moded interfaces????? The didstance is suddenly extremely palable. At worst a sticky morass. At best a second bottle of wine, an action packed act of cultural propaganda. Kaufamna is in onit and is trying to deconstruct it and warn us. Find some beauty, in it, not in the singularity of some finally honed tone or theme, but in the bewildering presentation of the star.

Kill, nostalgia, kill nen, create context moving forward, deconstruction creates space, questions circumvent the inevitable answers.

Pain is your most articulate and constant coach-- you do’'t have to listen to it, but you likely should.

**05/16/2022**

Estrogen / testosterone =-- lust, carnal, procreation

Early relationship, more dopamine, softens part of brain that regulates criticval thinking and rational behavior, honeymoon period – 18 months

Attachment – oxytocin => cuddle hormone, acupressure—skin to skin connection, vasopressin +> after sex..

People fall in love and stay in love evdry single minute…

Attached to coach.. audible, mentoring, coaching, life-changing, working hard, resilient..

02/14/2021

Social media takes the tone of advertising.

Never compromise

Don’t question

Uncertainty means you are wrong

Nuance is for traitors

Patriots don’t need nuance or even new information or factual information.

We just need bias and strong leaders and enthusiasm and superlatives.

Quote from Pres. In HGTTG about presidents just distracting from power.

Gatekeeper

02/26/2021

Esme’s kindergarten teacher did a really poor job integrating the student’s personal and sometimes really clever or interesting responses into the class discussions. This was a said miss, especially with such a bright bunch of kids.

**Performance vs existence or experience**

**09/08/2021**

What is your approach then to all of this uncertainty?

Quiet -- seek the silence -- seek to be loving -- seek to be supportive -- seek to understand first.

**06/07/2021**

If you mention it then you are coupled to it.

Mom’s messages

Imam’s messages

Cardinal Ratzinger (Hans)

Trying to find the right mindset -- the correct approach, the peace that passeth understanding, a quieting, a calming, a settling, a rooting, a peaceful communion with the all. Finding that baseline, that consolidated space. That settled mind. That settled body.

**05/25/2021**

**Approach**

* **OBJECTS**
  + **Behaviors (we use behavior to regular state)**
  + **Data (we use behavior to regulate state**
  + **State (maintain state)**
    - **Mother’s violin**
    - **Hans’s cooking, racing**
      * stakes are very low, lots of anxiety
* **OBJECTS interact via messages** 
  + **Communication with be effective if interfaces are intact, compatible and intentions are compatible.**

**01/15/2021**

I am writing all of this in my approach. I am approaching as I write this—the mind approaches as it creates. This doing is an overflow of being. We work and maintain and nurture—your personal project is not the national political project. Be clear on what you are working towards and mark the blessings where they’re met. Your values will be shoehorned somewhere—vote as such. This political project goes on and on and the fight for its legitimacy and ability to maintain legitimacy is a struggle worth the effort, but it is far from the only struggle in the world and thankfully compared to most personal struggles it is but a cacophonous backdrop. Our modern condition brings messages like weather and wind. Some go in one ear and right out the other. Some messages are stickier.

Your family pushed you out of its culture as it closed ranks around their conservative Catholicism. And so here we are finally. Firmly cast out into the family of man.

Like returning to that job with the corrosive culture and disorganized bosswoman.

Similar tension and mania in my family—activites, go, plan, add anxiety, add 6 kids and 19 grandchildren, pile on the blessings—how we possibly grow close with this configuration. We can grow—yes, we can, we are growing and we will have negative emotions when our differences alienate us from one another, but there is a deeper love, a deeper wisdom, a deeper commitment that can assuage this chest tightening emotion, this brain browning out gust—distant, dislocated, tight and caught in our old thoughts—corrosive loops, a centrifuge of short-comings sped up and smashed into one another in the quiet, reflective moments of your life.

3/22

I want out of this cycle of argument and altar call

SUM GAME

06/25/2022

Performative action vs. Practice action.

Where does this self-consciousness come from. Self-creation.

Pressure leading to pain. Leading to error messages, leading to the debugging of the body.

06/02/2022

Its all about approach. What can you learn from this error message

Problem (state/articulate)

Drinking – hangovers, energy deplete, feeling low, carrying excess weight, wasting time

Resources (manifest)

Other beverages, other rewards: greens, fruits, vegetables, water, yoga. meditation

Steps (articulate/state)

Stop being so casual and unconscious about your beer consumption, bring it to consciousness, question it, analyze it, let the question hang around in the air.

More sober socializing – stop using alcohol and weed as your social crutches

Execute (manifest)

Wanted to check in on June 9th to see where I was at – since then have had a least three evenings where I drank more than I should have – just before our trip, on our trip with all that gin, drinking the better part of a 12 pack just because. Have not been running as much since my respiratory challenge and having entered another iterative chapter in my study—more sitting, need to keep striving for that balance. Balance isn’t something that is achieved and help, it is something that is maintained, continually returned to, it is breath and hydration and rest and tied up in the processes of all of those.

06/11/2021

Fraud, confidence scheme, game…

4/25/2022

Not enough water and oxygen, but lots of alcohol, unhealthy food, sleep deprivation, sensory deprevation—shoes, clothes, temperature control, television, smart phones, VR, the metaverse, multiverse, post-modernism, ideas, religious conclusions.

I have this thing that I don’t give enough water to or oxygen really either. These things are basically free and I don’t take advantage of them. I also don’t move it enough. It used to be a really enthusiastic moving thing, but since I have been increasingly limiting its movements it seems to be losing interest in really moving much at all.

Then the body starts operating in this really debauched, compensating sort of way which leads to more pain and discomfort. The you gain weight and seek out less envolved ways to settle your body. Have a cocktail. Have a pain pill.

Lacrosse balls, foam roller, stool.

04/26/2022

We are relatively good at balancing our physical loads—putting down one thing before picking up the next. Mental processes are more difficult to square our attention on. More difficult to manage the picking up and putting down of them.

We are constantly pulled out of the moment by unconstructive looping sequences of thought which are not constructive or problem solving, they are kvetching and idling refrains, the mental equivalent of aching or spasming muscles. How do you sink below the aching muscle, the accumulated nen to something more settled and substantive.

Rooting and settling in a relaxed writing state with Lake Superior rock under my foot for conditioning and stimulation

04/04/2021

This is not a zero sum game. A zero sum life. If you are right then what about everyone else. And I don’t mean just being hell bound, but beyond that-- if everyone who is not a Roman Catholic is then lost, in darkness, in rebellion, ignorant, narrow-minded, confused, evil, why did you support Trump and his “Big Lie” campaign? 1) Were you dumb? 2) Were you racist? 3) Hate Democracy? 4) Or just too pure to be held accountable when the means of your holy ends start sounding shrill and angry and aggressive and aggrieved and unchristian and the Governor becomes a Nazi and your son’s mind becomes a narrow liberal one.

PERFORMANCE vs. FUNCTION and FLOW

* Straining vs. relaxing
* Methodical, responsible, beholden vs. free flowing, responsive, creative, playful

Stretching for balance and grounding and rooting and release as opposed to strain and effort.

Same thing with running -- running to push the body vs. running to settle the body.

Goal -- maintaining and growing strength while necessitating minimal recovery from training. Thus, the training is more just like living, engaging, than some sort of macabre preparation.

6/26/2022

I slip my reassuring THC jacket on or sneak a cigarette, or watch a TV show, slide into some neutral way of being, some sort of neutral mode. Why is the enjoyment mode, enjoyment state so hard to reach. Or maybe it is not. My values have clarified. Having the wherewithal for my daughters. Being up for playing with them. Staying in shape. Protecting my health. Why did I drink so many beers last night? This joblessness and the uncertainty about turning the corner with it is starting to really tear me up. It has been two years since I left my retail job. Two fucking years. I have been learning to code. I have been writing. I have smoked a lot of weed and drank a fair amount of beer. I have been locked in a process. A focused consumption pattern.

I have been trying to work through my creative block. Allow myself to develop things. All myself to develop. Allow myself to grow and expand.

My leg shaking in Portland. My stage anxiety at Valpo. Pushing myself out of my comfort zone. Going to work for Graff to see diamonds. Pushing myself outside of myself. Retreating into weed to get back to some semblance of internalized being, circumscribed being.

Why do we lose our ability to work. My existential compass. Come unhinged. Unaligned. Work sets our place in society. Establishes our most accessible social scene.

Values – we must move from values. Our wife and our kids are everything. I think this and I get a spike of adrenaline. I have to go buy weed and a six pack, paper over cracks.

Your context is everything. Your 上下文. Can somebody create their own context? Chance and resources play a part in this.

FOCUS STATE

The Weight is a lightness. The lightness is a weight. Ground with weight. Lead with lightness.

The inert gaseous lift and motivating force of weight, conflict, struggle, ambiguity, difference, mindset, approach

Squared attention – focus with no aim, no target, focus with no focus???

Listening

Listening, paying attention, blocking out your blocks and being aware. Are you meditating????

I want to be a visual listener. Associations without needing to spay associations all over someone else’s statements. I heard this. I associate this with this and triangulating that back to the person—relevant, irrelevant? Perhaps a future twist. Could make a note. Benchmark. Actively directing conversation.

Wherewithal—anger, pain, disappointment, low energy, low motivation, inability to concentrate, diminished senses, inability to follow relax without the assistance of additives, piling distractions on top of distractions.

Build confidence by completing the arch on projects, tracking progress. Taking note of when the previously disorienting and foreign has become familiar, helpful, second nature.

Think deeply, of course, but also do deeply!

Our most enjoyable times are when we are deeply engaged in things.

Flow. Focus. Doing. Accomplishing. Improving. Consolidating. Organizing. Bringing order. Forging ahead.

My father’s bliss state being running, moving, in rhythm, over oxygenating, oxygen deprevation, muscle firing, focus, pain confronting state – cross over of dealing with/ process emotional trauma through physical exertion. Connect extreme tension and strain with effort. A different approach could bring similarly improved physical health without the over straining and punishing effort.

Enjoyment state

Focused head – into the task at hand, accepting, enthusiastic, committed to a timeframe of

Effort

Focus and effort…

Settled body—heavy legs, rooted, supporting

Appropriate, ordered, anticipating, invested, clear and unconflicted.

Wherewithal for other people—stoniness cloisters me away, puts me on another plane, I am overrun with nen / none

Need a job to settle state with others, make room for my hobbies—word play, music play

Challenges to focus

Digital dislocation / dysfunction

* + - Physical hoarding is obviously a dysfunctional
    - Digital hoarding and disorder is less obviously so

Physical dislocation / dysfunction

* + - We learn to tolerate and accommodate all sorts of physical issues
    - Denying them, drugging them, putting parts of ourselves to sleep.

Attention is NOTHING – our greatest form of respect, our most precious resource. Our most precious resource, but we so often give it away for free. Idle it away. Fritter it mindlessly away to pass the time. We struggle to square our attention. Achieve attentive ease. We stab at efficiency. We scramble to stay current.

Current as now. Current as nothing.

What is gravity? Is it an element?

Too little useless. Too much useless.

Balance. The right amount of resistance. The correct amount of force/effort/insistence.

All acts involve strength and release.

Take responsibility for your breaks… your breakdowns, helping seeing other people through, oiling the saw.

Awareness

What is working?

What is not working

Conversation

Slow the fuck down with your facts—you don’t have to inundate with the new. Lead with questions. They are the fuel for the car of the conversation.

Who, what, when, where, why, how

Ask questions and then listen

Radical sobriety

Radical listening

Are you communicating WITH someone or are you just free associating, following your trauma established reflexes. Platitudes. Cliches. Hiding behind the obvious. Playing a role. Saying the easy, obvious, immediate thing.