**Mind -- healthy**

I like study and thought and organization and following my intuitions.

[Zazen](#ZAZEN) | [Prayer](#PRAYER) | [Intuition](#INTUITION) | [Qi gong](#QIGONG) | [Inner net](#INNERNET) | [Bedlam](#BEDLAM) | [Saliency](#SALIENCY) | [Discipline](#DISCIPLINE) | [EBM](#EBM) | [Values](#VALUES) | [Substance](#SUBSTANCE) | [Knowing](#KNOWLEDGE) | [Gestalt](#GESTALT) | [OneAndMany](#ONE) | [Neurosis](#NEUROSIS) | [危机](#CRISIS) | [kaizen](#KAIZEN) | [shadow work](#SHADOW) | [silence](#SILENCE) | [success](#SUCCESS) | [meditation](#MEDITATION) | psychodynamic | [control](#CONTROL) | [relationships](#RELATIONSHIPS) | mind/body | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

* Creating new routines, new routes
* Building new contexts and systems
* Discovering new approaches, frames, tools
* Exploring new interfaces
* Receiving feedback, exposure to standards and argument and reasoned thought
* Exposure to options and environments and types and roles and tasks
* *Have you lost your damn mind? Not yet, but I’m working on it.*
* Education
* Learning
* Expanding the mind
* No one has perfect physical health, no one has perfect mental health, what do we do with this?

Krishnamurti -- “Relationship is the mirror the self is revealed in”

* “Begin where you are. Read every word, every phrase, every paragraph of the mind, as it operates through thought. “

10/17/2021

Yamana / Yaghan -- depression: crab sloughs off old skin/shell, still forming new one.

Levels of consciousness.

How does the consciousness of God work?

Can A.I. bring us any closer to understanding God? The levels of God?

What is the role of the self in morality? And does moral import shade or hue depending on one’s proximity to the judgement?

Can you make a moral decision about something that doesn’t affect you directly?

Rhetoric is just shadow puppetry of the tongue.

Many people made the rules up.

Heurestics made by people with experience.

A lot of ignorance really comes from just ignoring things that are right in front of our faces or just on the other side of the embroidery work.

Simplicity from Complexity.

**Mind**

Saliency Network -- making connections

Executive Network -- making decisions

Default Mode -- rest and recovery

**Meditation**:

1. repeated word— sense or non-sense.
2. Repeated topical word to coalese imagination and intellect around a particular theme or set of interrelated themes.
3. Spontaneous internal connections – Just notice whatever comes to mind and let whatever happens happen.

03/31/2021

Not Polyanna blind to the harshness and duplicity of the world, but accepting the dual nature of existence--- the good, the bad, the known, the unknown, the feared, the embraced. Practicing the one, practicing the many.

Finally sat for a few minutes and the energy current returned immediately. What are the energy currents?

**Madness**

Unprecedented vocation and artistic explosion

or

delusional isolation and weed and mid-life crisis fantasy.

The razor thin difference between delusion and inspiration: the way other people interpret it (Madness in civizilation.

Lunacy.

The insight of the Jester.

The character of reason coming from a clown.

Pan’s sly cunning.

Bug’s bunny.

Mickey Mouse.

Sonic the Hedge Hog

Mario

Link

Questing forth our avatars before us.

I do not have a grand vision but I have an ascending one. One that grows through my daughter’s conception of this world. Her coneption is ultimately more important than my own. I do not feel the need to fill her with some ultimate sense of understanind. But questions. How to ask the questions. Where? When? How to feel balanced. To explore balance you must be balanced. To improve at balance you must have a baseline sense of balance to build from. I am thinking of highwire walking here. Exploring those great heights. This internal, external art. The processes of the mind exhibiting perfect control over the body. Poise, subtlety- the audience remains ignorant of the intense training, the full stomach sickening risk involved, the dizzying heights, the actual degree of confidence or doubt, the actual degree of difficulty or ease. The actual art is completely obscured and only the impossible impression is left. The walker is doing the impossible, what for the layman walking off the street would be impossible. The walker has run down on path of possibility so far that the mass of men cannot follow, do not possess the discipline or the passion or the vision or the time or the necessity, and it is true the artists dedication has been intense. Essentially irrational. Mad? To unnecessarily expose oneself to an increased chance of death— this is madness no? To be out of one’s head.

Something about calculated risks being man at their most sane, most moral, most idealistic, most passionate, most curious, most moved, most engaged, most hungry, most needy, most empty, most, broken, most alienated, catalyzed the perpetual instinct to root down, root down and grow out and out and up and up.

Light from the sun through a pan of glass, water spotted, dust in the screen, latches undone, and light cutting through darkness onto the table, white light cast on the brown table and a glass of water in the light on the table. Half full or half empty, who can really say. Fully full of something I suppose—air and water and light.

Something of the flat clear contrasting light of *Night Hawks* that we saw that once in person at the root of Route 66. And so I have always connected the two texts. The fabled road of gone America and the lonely night watchers laconically resisting the cyclical coming of the sun.

Gears and contingencies. Pullies. Levers. Power and desire. Privilege and vision. Assistance and resistance. Empathy. Greed. Hate. Need.

ATMAN

11/22/2020

Had characterized my weed smoking as that which was separating me from my girls. But then this morning when I smoked in the morning and stretched, and then wrote and put some good effort in and then did my best to be positive, constructive, engaged, open with betsy as she struggles with the absolute worst bout of depression that she has ever experienced. It is an intensification of what she has been fighting through all year and from before. In the past I have blamed by weed smoking for putting me in a mindset that keeps me from being the best partner for her. While I still think this is true, I feel more affirmed that what betsy is working through has little to do with me. Or what it has to do with me is done and what it might have still to do with me is ahead. We need to work through this. We need to talk. She does not have a vision for the future. She is allowing it to be bogged down in uncertainty and has not gotten desperate enough to start activitely attempting to sort through some of the certainty in search of clarity, in search of priorities and perspectives. In search of next steps and overarching visions. And I am not even talking about eternally grounded visions, but even just a temporal vision attached to your affirmed and articulated values.

I want to have the wherewithal to have as much time as possible with my family which at the same time being able to work at a job that will expand my abilities and natural talents rather than suppressing them, distorting them, leveraging only certain qualities, squeezing me into a deformed shape of myself. Which taints and erodes my ability to achieve my first goal of being with my family and having the emotional wherewithal to appreciate it and enjoy it and fell confident that we have reasonably ordered things. We have given a solid effort to order that which we can order.

I needed to write down and down into the nothing.

I tell my wife things white she is doing other things and she appears to both hear me and not to hear me.

03/27/2021

I took the key from beneath my mother’s pillow and I have been running about the forest with the Woodman and the Wildman ever since. Running along the course of this mid-life crisis that has played out over the course of this year. The political turmoil, the isolation and separation, the alienation that has sidled in, spread into the pried open meridians up and down my weakly riveted soul—absolution and partisan certainly, peppered with rage and distaste for the opposition—least of these, least of the brothers, least of the sons, broken now, settled, interned in the soil. Finally planted down and rooted. Ready to grow. Striped and collapsed upon the fire ripened forest floor. Seeking relief among the arts and only finding burden. Learning the course art of being comfortable with discomfort.

This year is successful if I learn new skills and am able to enter a completely new industry.

This year is successful if I develop my writing from an inchoate longing to a substantial body of work, begun projects, acres of cut cloth to guide me into the next iteration of my existence.

Over coming the drag of aging, health, catastrophe, political corrosiveness, cynicism, puppet shows, the clippety-cloppety fever pitch pace of time.

I want to be generous and open and warm-hearted and kind and loving and to heal this wound, this insecurity, this pain I feel responsible for having inflicted upon my mother, my father, my family as I resolutely attempt to find my footing in this post-modern age. Make money, but remain emotionally available to the people I love. Finding my flow amongst the million tendrils of resistance. Overcoming the heart-stabbing sobs of the two-year-old left out of a round of checkers. Daddy hard at work on his correspondence course—ignoring the wild shattered toddler heart lamentations that would strip his flesh from his old rack of bones.

I affirm my ever be by doing, by engaging, by battling back against absurdity and despair.

The emptiness fills.

The fullness empties.

And how to deliver the mind and the body to a good place, a hungry place, a necessary place, a humble place, an accepting place, a place of perspective, a Plymouth rock, a north shore, a granite slab to perch my being upon, a collection of recollections to sustain my point-of-view but keep it keen, circumspect, agile, open to the new.

I have collected myself before. North Shore 2002, Beijing 2009, Chicago 2020

I would like to say that my journey has delivered me up to an abidingly efficient and unfolding economic trajectory… but instead I have been delivered up to life. I have been delivered up to this rambling hustle of disordered commitments and inchoate longings and desires.

04/04/2021

Why is planning with betsy hard?

Listen to my tongue:

* No smoking, no beer, no sugar carbs
* Better dental hygiene
* Lower stress (breathing)
* Better hydration

This year overcame

* Knee, hip, ankle
* Back, neck, shoulder
* Leg sores (circulation)
* Achilles heel
* Costochondritis— chest tightness, parallels with heart-attack

Follow your weakness down, follow your weakness down.

04/09/2021

And we have crossed the desert and arrived at the source.

The truth has to be nurtured. This is valuable. You’re going to have to work at it.

05/11/2021

Afternoon. Much sun. Playing the guitar. Should be doing my taxes. Now journaling. Taking time to note how nice it was to play guitar in the afternoon in the sun and how uncosnflicted I felt and how my fingers had surprised me and I had played something new and had been able to mash in some kind of *Yo La Tengo*  into my evolving style. I did an extended jam- still in E. Really just trying to get those intervals down in E before transposing them around too much. With a capo I would have a broad array of keys available to me, more than enough for my fold purposes. And with a little more awareness and anchoring of the fret board I should have access to whole bunch of learned and intuited arrangements. Once you really start following the intervals and anticipating the finger a little bit, or at least finger in such as way not to run out of fingers and to give yourself options to move forward or back in a song. Fingering is so much more important than note. At least for me at this point. My technique for getting an on key note is there, it’s a guitar for heaven’s sake, how betsy works her magic with the violin I will never know. At any rate, I was pkayed some of the best, most enjoyable guitar of my life after smoking after having sworn off smoking until after Hans’s visit. I really, really, really need to. I know this. Atman is here to make it happen. Stripping us away. This is how to disappear completely.

Am left with the question:

#1 Can I really quit. Can I really just cold turkey really cut back on the amount that I am smoking after the protracted process that it has been to actually follow through on my professed desires to do so? What if tomorrow I start getting up, getting out for a heart-waking shakeout and then follow that up with my stretching. This way I could shower or I could not depending on my modd, my aroma. Not having to worry about my pot odorous morning stench would be a time saving efficiency for sure. Not to mention giving me a clear-headed foundation for the day. I have a theory that it is infinitely easier to go the whole day without smoking if I don’t some in the morning than to only smoke in the morning. Meaning that if I smoke in the morning I am almost definitely going to smoke at least one or more times over the course of the rest of the day. I’ll have that come day blah feeling and want to get up again. Ultimately, the smoking puts me in some pretty unproductive, unraveling loops, but I think I have figured out some systems to catch up to them and collect the resulting streams into some semblance of systematic reflection. I am beginning to crave the possibilities of fiction and revision for both personal and publishable communications.

5/12/2021

And then just through that door all of those liabilities that have made your life contingent,

They are your strengths, they are your special powers and there is a quest that calls their talents forth. Get going!

09/15/2021

Praise be Atman. Praise be earth. Praise be the hurricane living in me and the mirth that rolls me up upon her shores. I measure the symmetry. I fall asleep creaking the fantasy haze. This was a night. This was a night. I was a night barber. Night gardener. Purple haze. Purple memory garden haze and the whole of it. The humanity of it. The humanity of madness. The pain of it. The unrailing. The derailing. The losing of the self into the hurriance of it. The shame of it. The shit of it. The ever thereness of it. The quitting . The revivial. The taking of the train. The momentary lapse. The addiction. The quiver in the arrow. The bow. The pain. The shark. The jolt of lightening. Anger and heartache. Where difference from friend hardship melody. Posse and pistols. Cawing of crows. Sandals pounding through your memory gown. I was a kingdom lover. I was exposed life a senator. I was a child. I was mild and intelligent and sucked under by the memory of the kind. The memory of the king is my sweetest barber lion calling memory cupcake sould in the time of the harboy people and I talked to him at CHirtams what di he say I don’t know I heard what you had said to me and I let go I went home I left go and wen thome and I was lost to the process I wam so sorry aI didn’t think that it could be donw but then I sterad to do it I just started to wrte and not worry about what comae aout and I stoppred workry ing about everj it I was writing the wridanjnaa kkra;gijoe’JIOWEMFKME’FKMOAGANKASFAK

EOJSDFMKLSDFDMKAMKAFDSKJASF

I SIMPLY JUST STARED TO TALK TO MYSELF IN THE WILDERNESS AND FIND AT3Q4W TMKAFL;MAFSD.FMKLAMKLFMPE’KRLEMKELRMFKLDM THAT BOTTOMED OUT SPACE

We in this time of nothingness. We in this time of nothingness.

This silence.

This memory revivial.

This kindowm coming,

This holy earth

This Jot of grace

I came to you,

I lost myself in this,

She is of the earth and I am of the earth

Memiory cupcake and holiday mirth,

Haunted by okld cowrokers

Drunk at the company partery

Touched dSeen inn the memiry dream.

And then to write something out. To write something straight and focused and honest and true and something that maybe alluded to other things and something that maybe alluded to bigger things and other people. And people could feel like they could inhabit that world. And that is what good painters do. And that is what artisits do and there is a strange line to walk and there is a strange line to move along and this is not about any of that. Not about your dead freidn or your sudden heart attack. Or your north wisdom warning of the ruggedness of life and you running out4 t4o see m e that tend of my life. What is that block in you. When you play the guitar when you sit down to comp[ose something. When you try tto follow a recursion through in your mind. When you would try and come up with a chess strategy and you kept faaling off to different sides of it. Couldn’t keep it all in your head. What is this block. Where is the clarity. How can you hold it all together and hold it inside of you. This is perhaps madness, but to some extent perhaps you need this. You need to explore this. You need to kfind your way in the night thought this because this is where you want tot exist. This is where you want tot live and be and grow and stretch and joke and jive and grow and greet. And nothing is going to bring us home to you like the broken part of this. The energy ssucking part of this. Where are the words. You wanted the words and you wanted them to come wuikcly. Maybe this was not the way that you should wrte. Maybe this was not the way that you were destined to write, but I think it is a legitimate way. I think it could be a legitamte way. To find that frequency. To find that telling frequency twhere you can just relay the words and you can find a rhtym and you can find a voice and you can get into he voice and write it down like it was a transcription from the radio. And this is part of the story with boy that runs, maybe he hears voices and they dictate stories to him and he writes them down and then it turns into poetry and other stories that he shares with his little sistera snd his little sisters are kind of like his daughters or at least he is srort of like an uncle to them. He sits by the window and writes in his tight little hand in his lined notebook. He writes down words and the words come easily and they pile up and the words are where he hides and he is afraid that he is hiding in the words and the words came out so crazily and he had presumed that if he could only get over the hump thenhe could do really productive work, but he didn’t know how to get over the hump. Solitude seemed like it could be a key. Solitude and silence and stretching. All of these things needed to be explored and they seemed necessary to explored. He had to explore them. They would be his life. But he had to be disciplined about it. Maybe that is why he needed the muse. Maybe that is why he needed the muse. Perhaps this is why he needed the Muse and needed to think through it. And needed to settle. If he could not settle and if his sanity remained so tenuous and if he couldn’t keep it all together and he couldn’t contribute to culture and he couldn’t delight in all of these fruits of labor and fruits of love and striving stabs at extending language and understanding. Our imperfectness as people and that being okay the messiness being okay. And that is okay and we went out wandering and we were beating drums and calling to the streets and I have a memory of heart beats. I have a memory of heart attacks. I have nothing in me that can bring you back to me I am laone. I am beating a drum. I am calling to the streets memory harlem and the shooting of the good man and this was the turncoat honesty that you left me with. Your memory heartbreak is the stone cold memory game and I was the heathen in the heart break. I can’t help you out. You came out to help me. Thank you. Thank you for coming out to help me. I laid down in the road and you had nothing to say to me. I lost. I am lost. I lost and I am lost and we fell asleep and were victims of our uselessness. I went another way and I got stuck. I got stuck going another way and ll of the ideas kept coming out and piling up and I was trying to find new ways of thinking about things.

The tension of being in a focused and knowledge acquisitional mindset, but then also being loose and open and flexible and open and seeking new ideas. Sneaking up on new ideas. Allowing new ideas to sneek up on you.

***ZEN***

禅

Dr. Suzuki

“Power” Robert Greene

“Golden Age of Zen” John Wu

02/08/2022

Its okay to be a rank hobbiest. You need to start somewhere. You get interested in something and then you brrow down into it. Seek it out. Lose yourself in the process. The becoming. The being. The economic necessity. The pillar of strength and reason for the family. Rational. Appetites under wraps. Committed.

Not being able to remember a name and then drifting into a zen emptiness epiphany. Not time sensitive. The knowledge is there. IF it is time sensitive then by all mean ask someone, or google it, but if it is not and you have a moment, just relaxed. Look into the blank in your memory, let swirl the associated memoires and associations. The texts and the references, the articles and the notes,

Breath in the nothing. The floating cypher. The appetite less appetite. Thankful. Counting blessings. Recognizing challengins. Acknowledging them, offering them up to the integration-- sleep, habit, support, time, resources, wherewithal.

4 years since China. Since 3 year old Esme sleeping through dinners-- hot pot and dishes, the gracious recipient of gifts from friendly people we met. Small things, but gracious. People in other countries seem like better hosts. Selfish me. Fraught wherewithal me. Ungrounded. Unmoored in the long term. Playing roullete in the chamber of my years.

My daughter walking around me and pulling me out of the zone, as I seek concentration and she cried because she wants Bonnie her doll to climb on me and I have the solfeggio frequencies bringing me down and her piercing complaints and the intensity of my need to break away, and my snake hearted grounding, my unadulterated ambition-- not just for me, but for my family, my daughter, this desire, this need that shall justify all of this casual cruelty and embarrassing spectacle of turning one’s self inside out.

Pressure equation. Obsidian stone. Rembrandt mirror. Looking. Recording. How do you get it to come out right. How do you market it. How do you refract that light, experience in a nourishing way. Creative engagement with life, with memory, with image creation, preservation, craft-- and all of those bafflingly numerous levels of craft and technique.

Watercolor impressions, applied in layers.

Organization built over time.

The visceral feeling of developing

**ZAZEN**

05/08/2022

*Zen and the Art of Motorcycle Maintenance*

Stretching to fill the void

Breath larger. Stretch larger. Lengthen. Widen.

06/01/2022

To start using E + R = O we need to define what an event is and clear up a few misconceptions.

An event can be anything from a thought or feeling, to traffic, the weather, even a person. Basically, it’s anything that’s outside your control and you can’t change.

There are three key points to making E + R = O work for you:

**1) Seeing the event clearly**  
**2) Knowing the outcome you want**  
**3) Managing your response**

One of the biggest problems most people encounter is knowing the outcome they want.

For example, have you ever had an argument with someone (normally a partner) and forgotten what you were arguing about?

1. **Power of Impulse** – My mum always used to say “think before your speak“, this is the same thing. You should think before you act and respond in a considered way that leads to your desired outcome.  
   **2) Power of Habit** – Remember the old saying “old habits die hard“. To create new habits we need to actively and consistently look at changing our old ones.  
   **3) Challenge of Big E’s** – Big challenges simply require a more effective response and can take a longer time to deal with.

**1) Crisis**  
**2) Opportunity**  
**3) Routine**

5/27/2022

How do we get around our nen. The mind can only hold one nen at a time. Like a stack of plates. Like a list of processes in the queue for the CPU to work through. Our nen’s distracting us from the present, from taking in and processing new information. Meditation can help us work around this. It is also our knowledge which can be shaped into protective or aggressive acts.

The old dog growls and then rolls over to expose its belly.

四大行 – the most google juice on Nen is from some role playing game called Hunter X. It has a whole wiki and everything. The ten envelop shroud

气 – nodes open, but also having aura flow through and around body.

绝 – surpress (zetsu) hide aura

念 – nen in Chinese is nian – sense

开 – ability – what you can do with nen

05/20/2022

The experiences we encounter become encoded in our brains, our memory networks.

05/17/2022

It is not achieved by looking out of the corner of your eye to see if everybody else is getting the same results as you or by trying to find out what others have already discovered. It is achieved by going down into one’s own inner, secret place and asking there for a direct encounter with the world, independent of convention.

* Alan Watts on Koans and finding meaning

Koan -- A koan is neither meaningless nor a puzzle. Replying with an answer is not the goal. It is up to the teacher to decide when the student has properly understood the koan. The revelation might come in the form of a smile or a look in their eye, or simply by observing their posture as they wrestle and eventually surrender to the sentence

Two hands clap and there is a sound. What is the sound of one hand?

If you meet the Buddha, kill him.

Without thinking of good or evil, show me your original face before your mother and father were born.

Two monks are arguing about a flag. One says, “The flag is moving.” The other, “The wind is moving.” A third walks by and says, “Not the wind, not the flag; the mind is moving.”

Q: Not even a thought has arisen; is there still a sin or not? R: Mount Sumeru!

Q: What is Buddha? R: Three pounds of flax.

Q: What is the meaning of the ancestral teacher’s coming from the west? R: The cypress tree in front of the hall.

Wakun complained when he saw a picture of the bearded Bodhidharma: *Why hasn’t that fellow a beard?*

Q: Without speaking, without silence, how can you express the truth? R: I always remember springtime in southern China. The birds sing among innumerable kinds of fragrant flowers.

Q: Is there a teaching no master ever preached before? R: Yes, there is. Q: What is it? R: It is not mind, it is not Buddha, is it not things.

05/14/2022

Fan breeze on shirtless self. Police siren on the other side of a dropped blinds. Mid-day in suddenly summer Chicago, our window AC units still garbage bag wrapped in the dusky basement. Watched “I am thinking of ending things” last night. Much like life itself I half loved it, half loathed it. The self stirred up. The self deconstructed and its parts exposed for their incongruousness, wallpaper all over our insubstantial cores. We but mirrors for our influences -- a body of existence fixed by that which we consume -- media, poetry, art. Derivative collages, actors executing with felicity or fallaciousness as we run through the lines we’ve been given, the lines we steal, the silent tickertape soliloquy of our inner existence.

Thoughts are just another sense and likely not even our most useful one. While we don’t feel the need to smell everything, or touch everything -- sniffing and pawing our way through this existence -- our audacious minds gallavant about consuming everything, subsuming all, awkwardly attempting to intricately embellish the esoteric temples of our minds. But how to slow the stream, how to get behind it, beyond it. How to truly be present and synthesis without getting roiled away in the ceaseless rivers mad torrent.

Something about the Alexander method her and Qi Gong and Zen. If these things can get me past my dependency on substances, then they are substantial. If they cannot then they are not.

These are my thoughts as I pour a second beer and let my daughter play by herself, somewhere in our apartment.

Katsuki Skeida – only one nen at a time.

Nen actions appear before we are aware of them. A thoyght impulse occurs without us being aware.

Second nen allows us to analyze 1st nen.

Third nen bonds 1st and 2nd – “ How beautiful the sunset it.” Gives the illusion of continuity of ego

Permenance is illusiary

Zazen => one eon nen

Ryokan => starring at the moon, caught in the one-eon moment, repeating.

Squack! Said the crow and then made space.

05/07/2022

Emptiness – non- manifested potential possibilities.

Sun shining on the surface of the water—the change…

04/19/2022

Bathing in late afternoon sunlight 5:33

Attempting to find my zero, to find nothing, to descend into stillness.

Stretching in a cross-- opening heart chakra, stretching nerves, releasing tension, freeing to be.

Seeking to be a calming, centering presence, a stillness in the concusive daily grind, the drama of living-- the ghosts lurking in the mundane- the past and its established patterns stirring and slithering and coiling around the wherewithal of our days-- as we go over the deep end dreaming.

04/18/2022

When you really have to pee its difficult to think straight. Be patient. Accommodate others. Follow laws or good citizenship and propriety.

And both can perhaps be true -- that you have lost your mind and found one too. And now you’ve been tasked to reconcile the sun and the moon.

04/18/2022

Life on pause, life muted.

04/17/2022

Helena-- “Dad, we was carrots”. This said after I carried her into the bedroom and then sponstaneous started stretching my left leg up on her dresser with her perched on my tight/hip on that side. Then I mentioned to her that I was working on my rooting and she asked what rooting was and so I put her down to show her how I did my Qi Gong rooting stance. “Like this” I said. Then she says or “like this” and she roots down and drops into a perfect flat footed squat and so I squat down as well, not as low or flat as hers, but it feels good. And then she slowing starts to rise up saying “Grow, grow, grow, grow.” And I follow her up until we are both standing again with our arms out stretched above our heads and she is beaming and I am beaming and she says-- “Dad, we was carrots!” Root | extend | connect

06/03/2021

Engaging with the TEXT of the world. The LOGOS is this great text. Her fabric golden k

03/15/2021

Zen and the great arts:

* tea ceremony: “the hot water of tea”
* painting
* writing

What we need is fire, flow, rhythm, gaiety, preparedness.

These are games. The kind of roles we play.

Life is in turn prickly and gooey.

Death and being transferred. Loss of control.

Understanding Zen is not about understanding Zen.

Leave words, ideas behind.

Acknowledge the limitations of words, thinking.

Not a doctrine. Not a philosophy (intellectual net to catch the fish of reality)

It’s more like water. The universe is fluid--- always changing. Stand on water and drown.

To swim you relax, you learn how to breath in the water.

There is one great energy and we have given it many names. God the father all mighty. Dao. Buddha. Atman.

Things that sound pious stink of Zen. *Talhata*. That. Suchness. Da, da, da. The 10,000 things, one suchness.

That thou art. Supposing darkness won out, wouldn’t that be terrible.

Drift like cloud, flow like water.

Sex, money, vocation, body—let’s be completely here.

Stop thinking, still mind. Stop thinking, pay attention, listen.

The walking itself is the thing.

Zazen—

* stop thinking
* think about something that has no meaning
* Om
* Moo
* Mantra
* Satori—walk on air, ordering experience two inches off the ground.

Human organism is a subtle combination of hardness and softness.

Private Buddha—off into the transcendental world. The transcendental world is the everyday world.

Buddha comes back. He comes back because the worlds were the same.

We move in strang democracies, a million masks of god.

He’s looking at Shiva in you. Bodhisatva does not go into catatonic slumber

Abstractions come out of order, not chaos.

Too strong of a current for the wire.

The doors of reality open to reveal an ordinary old man, doddering at his desk, lost among the labrynths of his stack papers.

Magic in the simplest things

Marvelous power

Drawing water, carrying wood. Primal man.

Home where you are in the light.

Zen liberates from culture.

**03/16/2021**

Hundreds of moths lost in candles.

Cannot give up thinking about self, living spontaneously.

Zen—living spontaneously: reaction to the burden of self-consciousness.

Tang Dynasty (700 ad – 1000 ad)

Joke => laughter

Zen study

=> awakening satori, enlightened; something that happens suddenly; a joke is an a-ha moment.

=> designed not to impart information, but to get rid of a false problem

=》 breathing (counting breaths) nondual objectless meditation => focus on object

* Zazan sitting meditation (sometimes with esoteric mantras)
* Kinhin => walking meditation
* Kensho => seeing one’s true nature
* Taoist Physical Practices: Sun wukong
* Calligraphy: Guanxin, Muqi fachang
* Chanting Sutras
* Qigong—energy concentration
* Rinzai school
* State of blockage—don’t know how to react to it in a normal automatic way.
* “Rite for releasing the hungry ghost”
* Steel on flint- chopping sound
* The teacher is infinitely clever and will never cease surprising you. You react and if it hits it hits.
* Give up to be spontaneous…
* Soto – training school … seeking fundamental honestyw

And so, together, amidst the falling ash leaves, our group spent the day traveling along the wisdom of the evening ceremony’s contours – a progression that begins by invoking our spiritual guides and setting our intention before inviting and feeding our “ghosts” and honoring those who have died in the past year. This year, our purpose was to do the inner preparation for the ceremony by working with a particular personal unresolved relationship (one of the many ways to understand what is meant by “ghosts”). Though consequences from seen and unseen causes and conditions are endless, some of the most troublesome karma we experience, our heaviest burdens, emerge from fissures in important past relationships — mothers, fathers, siblings, friends, relatives and teachers, those we have allowed into our hearts, by choice or birth. By taking up a single conflicted relationship from the past that has impacted us in some way, the 10 of us spent time finding out what it means to really let go.

Although zazen directs us to “let go” of our stories, some stories are not easily “meditated away” but instead call on us to bring forth the energy of turning toward these “ghosts” with fresh wisdom, not the familiar narrative, but with true heart and clear seeing.

This is what was learned about the release of karma.

1. **Release cannot begin before we completely accept our present moment experience of what has come to pass.**
2. **Meditating on the one who has hurt us restores the other to their humanity.**
   1. The practice of Zen is the practice of the harmony of difference and sameness. Another way to say this is “Not one. Not two.” Most people think that when in conflict with another, the problem is that they have become separate, which is how it often appears. But if we look closely, it may be the case that in truth, they have lost their “otherness” to us and have become part of our own self-enclosed inner world. Through singular images, rehearsal and judgment, the other individual is reduced to someone unchangeable, stuck, and nonresponsive in our psyche. We carry them around with us unchanged. We conclude things like, he or she always or never or will never. We even obsess and formulate a compelling analysis of the motivations and shortcomings that caused their behavior. Throughout this rumination, they cease to participate in the living process and the flow of change. Being open to finding a new way begins the shift.
   2. Do we really know the other person? How the person sees us? That they are unchanged or unaffected by what has unfolded? What are their hopes and struggles? What might they regret or have suffered? By calling them to mind and looking again, we make space for more a larger view.
   3. Letting go of our reactivity and judgment, we begin to see through the other who lives in our inner world and return them to their true nature, which is ungraspable. By simply accepting our own experience completely, new ground opens up right in this moment as we begin to clearly see the humanity of the other. We can pause and look again, and be surprised by new findings. Relax. We may see the love of an abusive mother, the fear from someone who has criticized us, the loneliness of a friend who betrayed our confidence. We also begin to admit the ways our defenses may have harmed the ones who have harmed us. We begin to see our hidden by justifications and blindness, and how we tried to right wrongs in unskillful ways.

3. **Release is not an action of getting rid of something, but allowing things to take their natural course.**

The unmediated mind -- the immediate mind.

Fasting and praying

02/27/2022

“The wisdom of insecurity” -- Alan Watts

***Prayer***

**Prayer is active silence**

Looking into a fire and stretching around a fire and reciting poems into a fire as a nourishing meditation practice. A creative act. A new ceremony, an engagement, an acknowledgement-- ritualistic forgiveness, ritualistic love and union.

I don’t need a house of worship. Do I need drugs to find the sacred. Finding the sacred substance without needing the aid of substances.

Prayer is an act of empathy and a practice of openness,

An empathtic act of taking your pain and the pain of others

And offering it up to God.

Meditation is prayer. Walking is prayer. Crying is prayer.

Learning to pray. Learning to give things up. Learning to release things. Let things go. Give them up to God.

Prayer is an empathetic act.

Taking pain and giving it up to God.

Prayer is an empathetic act.

Taking pain and giving it up to God.

Prayer without ceasing.

My prayer has always been love.

Everything I feel returns to you somehow.

I don’t know where to begin.

What is that verse that says God can understand you even if you can’t articulate what is on your heart.

We can’t talk about how we pray because I don’t trust that you’ll trust me. This religious cage has a trap door in it, I feel forewarned away. Politics is a pitchfork in the hay. Static in the tubes broadcasts at the close of day.

I don’t know where to begin. Can we just be? You and me. And what’s that song that they sing for the dead?

Hold on tight. Hold hands. Get through it. Draw near. Draw close.

Work. Family. Health.

Intention. What is the intention?

Prayer is this very specific Catholic thing, that I do and I am just like do into Jesus that I don’t have time for anyone else anymore.

How do you connect with God? How do you renew your spirit? How do you sustain your spirit?

Prayer: without the prayer the words are naught the person is naught

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.

He wanted to lead an extraordinary life and still somehow avoid followers.

**STRESS**

Emotional Stress can be invigorating.

Physical Stress can be invigorating.

What’s the difference?

The important of GOOD, SOLID, HEALTHY emotional bowel movements

Learning to keep track of your emotional blood sugar

SUBSTANCE

Alcohol and THC help me with inspiration, but not follow through—caffeine helps me plow through and do, but clouds my head over time. Rigid habits—necessary, but

04/02/2021

And then the loops through coffee and weed and alcohol and sleep, sometimes early on the couch, nose straight up at the ceiling, book or magazine splayed on his chest.

He opens his eyes. You going to bed she says as she changes from on pair of black pants into another. He blinks— yes. And then he gets up and brushes his teeth— mentally measuring his eye bags— takes note of their hue, their shade. He’s tired. He’s been asleep. Should drink some water. He drinks a mason jar full of water and urinates and then goes to bed.

She’s stretching on the back roller watching a bake off. Did he say goodnight or did he just walk through. I probably waved he thinks. I waved and she was just watching her show and didn’t see me wave he rationalizes. A wave can be really intimate—especially if you catch someone’s eye with it. But she’s wrapped up in the pastry drama and her own self-defeating loops starting at her 40+ years and ending at her hating feeling 70.

I am drunk and stoned and 42 and have been out of a job for two months now— my days are an intentional haze and my evening are a blurring and chemical curtain drawn around the day.

The writing can be uneven—

I think that is the point of a first draft— you let the good energetic writing and the salient ideas and connection design the narrative structure. I don’t know how to tell a story exactly— so I gather my material and get to know it and sort it and distill it and allow the material to suggest some sort of form or flow or structure. This is basically McPhee— which I need to read again— I find the idea exhilarating—completely liberating.

The secret to smoking pot is not smoking pot.

Not drinking alcohol is so good for me. As is not drinking coffee. Not smoking everyday will truly be an accomplishment. Controlling my habits. Committed to my vocation. Accepting the pressure from my family, dovetailing it into flow. Nourishing the people around me. Air—breathing; Water—consuming; Earth—nourishing; fire—activity. Balance.

Anchor:

* Travel
* Training
* Books
* Profession
* Shoes
* Clothes
* Family
* Friends
* Projects
* Curating life—décor
* The wind—in the leaves, the wind chimes
* The weather
* Grocery shopping, cooking
* Music
* Talent
* Cooking
* Stretching has changed my life. It has connected my body to my intellect—my body to my mind.

4/1/2021

Without caffeine in your system you can sit for much longer periods of time without getting jittery.

Intuition

09/29/2021

Intuition

* Gareth feeling a strong intuition about this girl. Keeps calling her quirky. Talks about writing a letter. But then he doesn’t have her address so he starts making a plan to take the metra to the suburbs and then ride his bike to where she lives and leave the letter on the windshield of her car. I
* My intuition to write my Trump inspired pieces bringing in the stage directions from Endgame and
* Intuition that nothing really matters. That it is insensible hubris to imagine that your life is more important that others.
* My mother taling to the young man in Nashville about his future.
* Intuition that if I can break into the tech sector we will have a much better work life balance.

The inner-net

The third eye

The mind’s eye. Kinaesthetic awareness, body awareness,

Taoist alchemical tradition—Upper Dan Tian, Upper cinnabar field, muddy pellet

06/26/2022

Today was a good day and a strange day. Felt a little out of mind, but also in my mind and settled. Am I finally getting out of my mind?

[Gopi Kallayil - Connecting the Internet to the Inner-net](https://www.youtube.com/watch?v=3svV1S-VEw4)

Gopi Kallayil is a Group Product Marketing Manager at Google supporting the marketing of the Company's flagship advertising product, AdWords, in the Americas and Asia Pacific. He supports the company's go-to market strategy and adoption of Google search advertising products.

* **How do we get in touch with and maintain a strong connection to our INNER-NET?**

**Time, space, money, energy, health…**

**Suggesting a world that is accessible just around the corner, or by following a clear set of simple steps.**

Bedlam

From their grey sheeted, shit smeared sick beds my furies howl.

Their words reach me with the warm vomit curled tang of rotten dogbreath. My achilles has been healing though. I’ve been finding my stride again. I have been chasing the right silence. Cool Alpine winds. A glass walled writing cabin on the highest peak. A desk. A breeze. Silence gathered, stroked, pregnate and bursting forth. The perfume of the new redolent in his words. And possibility- the burnt cache of my frustrated info grab flushed out and a fresh go round of renewal can be realized. We must forever be renewing. The moon. The seasons. Nature. Do not fear this flux, engage, it honesty and openly, full sensed. Unfurling, unfurling, collapsing here with you.

Perspective -- how we see things. Why do we run all of this interference. Some experience is relevant and apropos, but we have poor instincts for filters and the intellectual and emotional conventions get triggered and they run their course.

Learning to answer we love. A resigned state. Okay-- you are right. I give in. You are more authentic than me. I accept that. I am sorry for ever doubting your judgement. This is not how I feel though. I doubt your judgement quite deeply and your family culture is one that I find unappealing and close-minded. The problem is not your beliefs, but how you wield them in such an insensitive, pompous, impersonal, and unreflective way. Repeatedly calling me repent or bow the knee or rejoin the fold or come to the table. My answer has been clear and simple and your continued politicking-- your attitude, the way you talk to me, your openness to the things that I am passionate about. Our relationship is damaged and I just don’t have the wherewithal to try and repair it and your don’t either.

I -- ego -- observing, attempting to weave a whole from the many scattered parts.

What do depends on how see… what want…

Physiologically stored memories are the basis of our current perceptions of the present.

Trauma—

PTSD – the past feel present, waking up from the nightmare of history.

Saliency

08/23/2021

Meeting Erik from Burkina Faso

Not knowing where Burkina Faso was, then within 24 hours reading it in an article, hearing it referenced on a radior broadcast and then noticing on world map of my shower curtain.

07/22/2021

11:11

He used to see the time 9:11 all the time. Now this saliency had morphed into noticing less insidious and historically anchored connotations into more ambiguously, but aesthetically pleasing patterns. Repeated numbers, palindromes: 1:11, 2:22, 3:33, 4:44, 5:55, 10:10, 11:11, 13:13, 00:00, 20:02, 10:01 and so on and on…

It likely didn’t mean anything at all. But he noticed these numbers and took there salient immergence as some sort of sign that he was on the right track. He was heading in the right direction. The machinations of his mind were not in fact completely overwhelmed and overrun, but were instead working actively behind the scenes to draw connections, ground myself in the overwhelming and settling and establishing patterns all around. Even in chaos and randomness we can deduce order, patterns, coincidences, aesthetically uplifting signs of life and engagement and perceptional creativity. Intuitive, wanted, but in the moment unwilled. Somehow unconsciously achieving and maintain that delicate balance between being actively ready to take a look at something and being passive enough to be ready to receive and see it. Working diligently to be surprised and inspired by the world around me, by my environment. Eschewing cynicism, eschewing waving my wounds about me socially. Carrying my colostomy bag of emotional detritus into the sanitized realm of the social. Learning the ABCs of emotional bowel movements. Understanding the need to Pathology Train—put things in there right place. Flush. Light a candle. Clean yourself up. Get our of your alienating habits of dropping your pants to share the shit smell of your unprocessed emotions as some sort of line to draw other’s to you.

04/02/2021

Peter O. Whitmer The 60s… free box

Francis Fitzgerald *Cities on a Hill* Thrift Store

Reading at same time. Interesting parallel of subject matter, then suddenly, and I believe it was in the Peter O. Whitmer book that the authors are suddenly chatting together. The books have literally entered into conversation with one another.

Discipline

02/27/2022

Discipline circumscribes talent.

Know Thyself

The individual is reveal in their engagement with others.

TALENT is the potential energy of the main spring

Discipline and focus are housed in the Balance spring and locking and unlocking escapement.

Watchmakers-- focus, craft, care, precision, focus, dexterity, concentration

Eating more vegetarian food / keto light diet.

Barefoot running

Coding / web and app development

Writing

Music

Attempting to approach the nexus of my being

I am at a much greater peace with what I lack. In a world of infinite stimuli, I am not always obliged to react.

09/29/2012

My faux discipline with my time clocks. But lacking a conviction that could keep the balance in my process.. Writing took over and ground me down. I was undisciplined with my approach. And now I am burnt down and just want to solidly move on with my life.

EM -- EMOTINON BOWEL MOVEMENT

**03/07/2022**

How about we try and download our mood into a poem.

Within the comfy confines of our home.

Eloquently taking care of the waste we make.

Processing the pain being at the heart of our process.

Stretching is all about process pain.

See the deal is this -- you maintain correct political positions, and stay the fuck up on your religious cant.

My father doesn’t know me, that shouldn’t make me mad. Be a good friend. Dispose of your waste correctly.

Pop, click, deeper sinew stretch, tissue stretch, tissue squash, tissue shift.

Emotional Bowel Movement

Emotional BM

How can you be responsible about this stuff.

I sure as fuck am not going to confession.

I mean what is a letter? Is it advertising? Is it therapy? Is it campaigning?

A couple of springs ago I went to therapy a couple of times. Talked about the duct tape trauma from 4th grade. Cried a little bit. Went home put on a pot roast in my crock pot. Ate a cannabis brownie and then rode a Divvy over to Andersonville to get my haircut. Afterwards I had a frothy Belgian draft across the street at the Hopleaf. Then I biked home and took mushrooms and proceeded to spend the entire trip drifting room to room in my apartment straightening up, cleaning and settling, standing on chairs, the kitchen counter, taking in new perspectives of our lived in, but still not quite possessed space. HOME presented itself early on as the theme of the journey and at any given time that I lost my way, or suddenly started to feel anxious—*what should I be doing now!?! What? What?—*I simply picked up where I left off picking up and straightening and organizing the apartment room to room. By the time I was worn out and ready for sleep, the apartment was in great shape. I felt settled. I slept very well and awoke feeling refreshed and calm. The next day I found out that our apartment building was going to be sold and that we might have to move. The timing of this was a shock, but it also threw into really sharp relief what a tragedy this would be, but also vis a vis what a wonderful situation we currently had! What a sense of HOME we did have in this place.

As way led to way Susan and Micah, our good friends, ended up purchasing the building from their relative who owned it, resolving the spectre of having to move, affirming my deepened sense of being HOME. Now, the question turned to how to maintain it, and this entailed was figuring out the riddled answer of my vocational question. Fast forward to a year later…

Susan and Micah have been incredible. Preternaturally, pre-emptively projecting understanding and support in very uncertain times. Going out of their way to be kind. Its very nice to be connected to kind people. I’ve realized that way more important than where someone falls on the political spectrum is where they fall on the kindness spectrum. I believe that kindness will shine through, even if their politics dictate that they punch their ticket with a specific lean.

It is our most on brand trait, no? Humankind?

12/22/2021

How do we protect ourselves from other people’s wounds.

**Encopresis (soiling)**

Embarrassment

Frustration

Shame

Anger

Depressed

Low self-esteem

What did my mother think of this??? I take this as physical evidence that our move from Marquette to Gladstone was traumatic, challenging, impactful and probably not all for the better.

**Focused state vs. Depressive state**

**02/13/2022**

Acknowledging other people’s trauma.

12/12/2021

Cephalophore -- head carrier:

* 14 Holy Helpers. St. Denis picked up his head after having been beheaded and preached in German on repentance for several miles.

Reclusive monkes (Hui nan) are referred disparagingly as rocks, lumps of wood.

Understand your root --

Basic mind space

Action over words.

Or Action with words.

Finding Root -- Cultivating root -- pursuing -- doing.

Dan tian

丹田

Upper -- between eyebrows

Middle -- solar plexus

Lower below navel a few inches

Improve quality of water

Reduce quantity of fire

Fire qi -- emotions -- emotional mind/ fire mind

Water qi -- calm, steady, wise -- water mind / wisdom mind

The upper Dan Tian which is the residence of your Shen is the point where you train yourself to keep your mind. When your mind stays there it is calm and your will is firm. Allowing you to move from your rooted, settled self, not your place of insecurities and undigested jokes and thoughts, a stew of insecurities and biases, fear, ignorance, or even worse -- expertise. In this way strength can be a weakness. Our closed loop of knowledge can block out new information.

When you relax you must first relax your mind.

五气朝元 -- lungs, heart, kidneys, liver, spleen

Eat well, breath, root, drink well (improve your water), place your mind in your upper Dan Tian.

When my mind is home in the Dan Tian I am calm and my will is firm.

Awareness, connection, balance, intention

Your wisdom (意) must be able to control the thoughts or ideas generated from the emotional Xin 心

Pg 110 qi gong introduction text.

Breathing -- normally in Qigong you concentrate your mind on your breathing and on the sensation of your lungs expanding and contracting.

眼高手低

When rooting think about from which height you can push with greatest strength.

If you keep practicing you will eventually start to feel that your Yi is leading your Qi into the ground and that your root has started to grow.

All work is selfish. All work is altruistic.

The intangible, the inefficient.

The importance of inefficiencies and mistakes to innovation.

**12/10/2021**

Let’s have an IPA and really connect.

Unloading on my wife

Inadequate social emotional structures

Increased alcohol and drug consumption,

Economic uncertainty,

Severed connections

Ambiguous opportunities

Everyone drifting into their own eclectic, self-curated mono-cultures.

**07/22/2021**

11:11

He used to see the time 9:11 all the time. Now this saliency had morphed into noticing less insidious and historically anchored connotations into more ambiguously, but aesthetically pleasing patterns. Repeated numbers, palindromes: 1:11, 2:22, 3:33, 4:44, 5:55, 10:10, 11:11, 13:13, 00:00, 20:02, 10:01 and so on and on…

It likely didn’t mean anything at all. But he noticed these numbers and took there salient immergence as some sort of sign that he was on the right track. He was heading in the right direction. The machinations of his mind were not in fact completely overwhelmed and overrun, but were instead working actively behind the scenes to draw connections, ground myself in the overwhelming and settling and establishing patterns all around. Even in chaos and randomness we can deduce order, patterns, coincidences, aesthetically uplifting signs of life and engagement and perceptional creativity. Intuitive, wanted, but in the moment unwilled. Somehow unconsciously achieving and maintain that delicate balance between being actively ready to take a look at something and being passive enough to be ready to receive and see it. Working diligently to be surprised and inspired by the world around me, by my environment. Eschewing cynicism, eschewing waving my wounds about me socially. Carrying my colostomy bag of emotional detritus into the sanitized realm of the social. Learning the ABCs of emotional bowel movements. Understanding the need to Pathology Train—put things in there right place. Flush. Light a candle. Clean yourself up. Get our of your alienating habits of dropping your pants to share the shit smell of your unprocessed emotions as some sort of line to draw other’s to you.

VALUES

8/23/2021

How do you hold to you resolutely hold to own values with integrity without shitting all over other people’s values.

Is this the inherent contradiction at the core of the liberal democratic experiment?

Would you rather be cursed with an irrationally optimistic outlook or an irrationally pessimistic outlook.

Have you heard that optimism is a strength multiplier?

We are either headed towards a celebration or we are not -- let’s say we are headed towards a celebration.

Substance aka The Woodman

3/17/2022

Street smart, precient, keen, aware, experimental, attenuated, affixed, focused, involved, alive, afire.

3/3/2022

Need job to get health.

Need to complete tech training to get job.

Need to cut way back on cannabis to accelerate and consolidate tech training.

Cut out Cannabis. Return from the desert. Your journey is complete

Intention. Intuition. Resistance. Energy. Inertia.

WOODMAN… thoughts on Cannabis…

**Sunnyside Experience Log**

* Brand/Product
* Form
* Dosage (ex. 1 hit, hold for three seconds)
* Times/ day
* Strain Family: Indican, sativa, hybrid
* Cannabinoid Percentage: THC, CBD, CBN
* On Set and duration
* The effect you felt: Euphoria, anxiety, energized, focused, uplifted, focused, relaxed, sleepy, rel;ief, discomfort, paranoid, other…
* Effect Strength: minimal, mild, strong, profound
* Aroma: earthy, woody, floral, fruity, spicy, other…
* Rating (1-5): Look, smell, taste, effect,
* Would you consume again?
* Other notes:

05/15/2021

* Ash from chillum in dry planter started a smoldering fire that burned low fro a few hours and burnt a couple of holes through the plastic planter in the wooden cedar flower box on the back porch. While I walked Helena to the school and hung out and went to Badackis and ate a veggie dog and then stopped at the French Bakery. And I am not doing a good job reading directions to things. Very passive and just going with the flow of things. Kind of removed. Distant. Slow. I’;ve wanted to get distance. I have wanted to slow my reactions. I have wanted to get some kind of buffer in between stimulus and my kneejerk rage.

03/01/2021

Between the 1st and the Ides more or less did a THC, Caffiene, and Alcohol fast. I really liked the results. And found it interesting how caving on one brought on openness to the other two. I would like to get back to a stimulant/depressant free path. I do believe that going for stretches without the influence of these substances is very healthful and is becoming more of a conviction that working in their absence is an important aspect of my maturity, development, and the process of becoming and being that I have been engaged in my entire life… that was accelerated a year ago when the shop closed, and then at the end of May when the shop was attacked, and then in July when I was given a hard layoff, and then in August when I decided not to pursue the Harry Winston opportunity, and then in September when after an intense July and August my need for writing and bringing my writing along with me exploded and the infinite notebook which had withered and all but disappeared redefined itself (it had been redefining itself all spring as it became the backbone of my web development curriculum). The single flow. The I/O stream. The single I/O stream where I can learn and learn and compare and articulate and engage and find that sweet spot upon the spectrum of hope and ambition and complacency and uncertainty and second guesses and despair.

02/19/2021

Feeling grateful to the woodman, but decisions to reclaim the sacred which I experienced the 1st time after the 3 day break.

02/01/2021

Spending too much money on weed. The cost is prohibitive. You are also continually making over-drafts of betsy’s trust. This is not a healthy dynamic to be in—feeling like you need weed to work, feeling like you need to hide your weed consumption from betsy…

01/29/2021

Even cutting back to just a couple of days a week would be a good control study. It would be interesting to see if the pace of coding and writing process picked up. Spending less time showering, cleaning my pipe, procuring Cannabis, spacing out between bursts of intellectual productivity. The release of the mainspring sans escapement.

01/21/2021

Carefree or just Careless?

Weed helps me feel carefree and creative, but it also makes me careless.

My carelessness has been made up for by my diligent and organized wife who has suppressed her own creative impulses and talents in order to free up space and time for me pursue mine. I am being deeply disloyal to her as I continue to smoke weed through the day despite my promises to her that I will not.

Food cravings or lack of appetite or irritability, restlessness and mood and sleep difficulties.

Before 18—no, no, no!

Maybe my pot smoking was a kind of middle finger to my parents.

12/05/2020

Weed gives me a back door into the right silence, but it also leaves me distracted and scattered sometimes.

Oh, to soberly write from that good grounded place where your feet are reaching straight into the floor.

We can write from this place. We can write from this place.

12/06/2020

And just like that I am stoned on St. Nicholas Day. In the past my compulsive smoking has been troubling— now I realize its badness or breed of trouble has a touch of genius to it— it seeks to survive and thrive— psychological virus; phantasms that only exist if they are allowed to— and yet, how to shut down thoughts? How to change behaviors and patterns? How to be honest with yourself. Let’s admit that the pot smoking has turned into a splinter— a liability. Something that is grounding me in sacred space, but also forcing me to overlap worlds— the creating plain— where the new can sometimes be accessed, finding responsiveness in a pen, seeking, seeking the practical— not limiting thought to apology— I am done apologizing, I believe creation stands pretty well for itself: pay attention, draw your own conclusions

12/22/2020

Right silence without the WOODMAN.

03/09/2019

Drugs and Alcohol are too mental...They neglect the body. My body gets neglected when I am all heady with drugs and alcohol and I feel that is unavoidable. You need to strike a vigilant balance. I don’t want to give up drinking alcohol and I don’t want to give up smoking pot, but my number one priority is my responsibility to my family. I need to be available to them. And I need to best deploy my energy to be there for them/enjoy them/love on them, earn my living, and launch my career.

Gestalt

The Chair -- addressing the chair…

OneAndMany

Parmenedies

Neurosis

How do you move past the performative shame. Transcend. Self. Times.

I’d like to be more game and winning. Good health, whole, grounded, intact, steady, in control, with surplus wherewithal, direct access to executive excellence. Sufficiently bolstered against the excess voltage coursing through my veins. Tired of not having the wherewithal for things that you feel like you should really have the wherewithal for.

Wanting to run like K, but being Too Slow.

Open/closed

Yin/yang

Kan/li

Fire/water

Self-conscious people are paying attention to the wrong things

Neurotic thoughts can block out sensory perception.

You shouldn’t let neurotic thoughts block out sensory perception.

My strong visceral reaction to seeing b-ball players roll their ankles. Acknowledging trauma and giving self permission to heal and relax

Scales -- Neuroticism, Extroversion, and Conscientiousness

Neuroticism is a personality trait that affects how well a person deals with stress. Neurotic people approach life in a state of anxiety, anger and self-consciousness and often see minor frustrations as hopelessly overwhelming or threatening.

Conscientious people tend to have high levels of self-discipline and are organized and goal-directed, Yoneda said, while extroverts are enthusiastic about life and often assertive and outgoing.

People with a high score on conscientiousness or a low score in neuroticism were significantly less likely to develop mild cognitive

Earlier research has shown that people who are more open to experiences, more conscientious and less neurotic perform better cognitively on tests and experience less cognitive decline over time.

Mental | Emotional | Physical

Reactions

Drastic

Irrational

Extroversion

Agreeableness

Conscientiousness

Openness to experience

Neuroticism -- buffer against stress (Unconscious behavior to manage deep anxiety.)

Irritated, angry, sad, guilty, worried, hostile, self-conscious, vulnerable

Internalizing disorders

Generalized anxiety

Depression

OCD

Social phobia

Posttraumatic stress disorder

Panic disorder

Antisocial personality disorder

Obsess over your own negative emotions and failures -- real or imagined.

Neurotic personality -- channels worries into working hard and exercising.

1. Exercise
2. Talk it out
3. Sleep
4. Cut back on alcohol and caffeine and THC
5. Consume well balanced meals
6. Reframe thoughts -- is it as bad as we think?
7. Track triggers
   1. Mother’s aggression
   2. Fear of failure
   3. Inability to concentrate
   4. Fragmentation
   5. Disorder, chaos

Can militant mending be a neurosis?

Maniacal exercise is certainly a thing, no?

* The guy obsessively riding his trainer all day at home while he does everything to the extrme detriment of his body.
* My father even, dealing with all the pain and injuries from running. Not being able to sleep well at night, but being unable to shift his lifestyle to accommodate it.

There is only change…

Meglomania. Meglomaniac’s exaggerate their virtues and never see their faults.

Narcissism is an exaggerated sense of self love while megalomania is an exaggerated sense of self worth based on fantasies of power, attractiveness and other physical or psychological attributes and, therfore, **all megalomaniacs are narcissists, but not all narcissists are megalomaniacs**.

Endocrepis – poop in underwear, finger up bottom. Sexually molested?

Feeling worthless and ineffectual.

Tried to be kind, humble, patient with the shrubs.

Are we to be defined by “irrational” responses caused by unprocessed memories or unstable mental healths.

Controlled by habitual negative responses, beliefs, physical reflexes. The past is very present.

Are we to suffer forever from these involuntary body cringes.

What are some self-control techniques? How do we increase access to our positive memory networks? What are some emotional state-changing techniques that would allow us to shift our attention and emotional states.

**Self-control techniques**

1. Counting to 10 when angry
2. Positive image – beach in the winter, warm, alone, looking out in the relaxing white, the relaxing blue. Breathing the cool, crisp air, slowly and fully, feeling attentive and relaxed, grounded in my achieved and ventured to place.
3. Replace critical thoughts with cartoon character voices—Mickey, Goofy
4. Wash away – imagine spraying down the humiliation, the disappointment, whatever with a high power fire hose and then wiping it away with a squeegee.
5. Explore “Touchstone Memories” – earliest memories that could be causing us trouble.

Addiction, habit

Using something as a drug. Using drugs as drugs. Really thought I was going to buy some weed. Felt that same old quickening, plan coalescing, that good focused feeling, we know our trajectory. And then we don’t do it. We don’t follow through on it. I can’t explain all the processes that are going on. My healing body, my healing mind. My hungover body. My hungover mind. I feel settled and strong and surprisingly focused. I have played at addiction for too long. I have pretended to be addicted. I have pretended to not be addicted.

Brain – Mind -- Body

Qi Gong

Anger state is destructive

Control self, regulate self, adjust self

6 Harmonies

Internal Xin -- Yi -- Qi

* Yi harmonies with Xin: Intention -- fighting spirit: heart and mind working together Yi -- Xin (intention and heart)
  + Xin -- heart, emotional state -- connects to Yi -- intention (wisdom mind)
  + Xin plays initiating or driving role
* Yi harmonies with Qi (breath) -- wisdom mind affects energy, energy affects decision making
  + Sinking Qi -- root, lower energy
  + Momentum can be Qi -- relaxed, whole body momentum -- legs push torso, torso pushes arms
  + Harmonize with opponents force
* Qi harmonizes with Li
  + Muscular strength -- irradicate muscular tension -- don’t through a punch when you are tense. Arm should be thrown out by legs and torso, reduce tension in arm to more effectively through punch.
  + Relax -- push feet into the ground as hard as you can and in a relaxed way channel that energy up your torso and into your arms.

External

Hips and shoulders -- upper body should never be disconnected from lower body-- let momentum flow freely between the shoulders and hips

* Horizontal movement -- hip twist -- side to side
* Vertical -- undulate spine vertically in a snake like manner
* Sideways vertical -- rotating like the drum in a washing machine

Elbows and knees

* The elbows are generally above knees for strength
* The elbows are driven by the shoulders
* The knees are driven by the hips

Feet and hands

* The feet and hands moving in unison means that they are often held in vertical alignment together. The effect can be somewhat like a marionette puppet, with strings connecting the (say) right foot to the right hand, and the right elbow to the right knee.
* The foot arrives back on the ground as the strike lands
* All movements should flow outwards from the fighter’s centre to the hands and feet. The hips and shoulders drive the knees and elbows, which in turn, drive the hands and feet.
* Lower Dantian -- between the navel and the tops of the legs-- motion comes from center and below in root.

Anger state is destructive -- for self and others

Control self, regulate self, adjust self

Shihengyin -- [lecture 2 introduction to Qigong](https://www.youtube.com/watch?v=SpHkND-p4hM&ab_channel=ShiHengYiOnline)

Language | qi gong | computer programming

The opposite forces in your own body that need to be balanced for you to stand and move. Finding stretches where you can feel those forces acting against each other-- supporting each other even as they conflict and act in opposition. You now attempt to reconcile the sun and the moon. Having arrived at these irrational conclusions I bemusedly just continue to stretch.

Internal opposition is a good way to regulate against external forces, as long as the self does turn to warring against itself.

Qi is a life force

无 -- wú -- nothingness/emptiness -- non-manifested potential possibilities

火 -- huó -- fire

Qi is the SUN (fire) shining on the surface of the OCEAN (water).

Fire -- water -- change (nourish, release)

Everything is energy -- energy attached to information.

What happens? Change. Change is all there is (the water book, *New York Trilogy*

Qi is in everything. Qi gong is about discovering something that you’ve always been surrounded by, but due to lifestyle you have never realized that it was there. It is something that cannot be conceptualize. It must be experienced.

1. Physical -- the movements
2. Breathing -- how you are using your breath to support your physical movement and mental state. (“Out of breath”, “Short of breath”, “breathing shallowly”)
3. Intention -- what is your mind doing during the practice.

Refinement -- paying attention to something more finely, paying attention to something in deeper depth-- penetrating different types of layers -- not better or worse, simply difference -- the surface of the ocean vs. descending into the depths of the ocean. Raising awareness -- what can you do to make this anger disappear? Why am I so angry? The anger state is destructive for self and for others.

**Gu Shen Bu Si,  
Shi Wei Xuan Pin.  
Xuan Pin Zhi Men,  
Shi Wei Tian Di Gen.  
Mian Mian Ruo Cun,  
Yong Zhi Bu Qin.**

The valley spirit never dies;  
It is called the mysterious female.  
The gateway of the mysterious female  
Is called the root of heaven and earth.

It is like a veil barely seen,  
But if you use it, it never fails.

危机

Irradicate identity (Martin Wellborn and Reginald Perrin)

Disillusioned => wants to disappear or kill self

Puts on a new set of clothes

Riding the binormal curve of life -- downward turn towards death

* The ascent is the same as the descent (yo-yo).
  + Dr. Minkus practicing medicine right up to the end of his life as he battles cancer, physically deteriorating in front of his patience. His sense of duty and dedication driving him on. Fred Rodgers with a handwritten note in his wallet stating that “Life is for service”
* Our figure declines
* Our vitality waivers

Manic behavior to prove youth and vitality

Hollowness and lack of genuine engagement with life

Jung stated that 37 is the year of crisis

Erik Erikson’s 8 stages of life

* Creativity vs. stagnation
* Infancy – Basic trust versus mistrust
* Toddler – Autonomy versus shame and doubt
* Preschool-age – Initiative versus guilt
* School-age – Industry versus inferiority
* Adolescence – Identity versus identity confusion
* Young adulthood – Intimacy versus isolation
* Middle age – Generativity versus stagnation‌
* Older adulthood – Integrity versus despair

Socially prescribed stages

* A set of pressures created by the standardized life course
  + The house, the car, the career, the marriage (the ring), the children, etc, etc.

1917 Theodore Parsons

* Fit - mentality -- middle aged women had let themselves go
* Retain fitness mentally and physically

Walter Pickens

* The trauma of the economic depression focused people on material improvement-- leisure -- *the art of living* -- this can grind you down though and leave one jaded and faded. Everything becomes an aesthetic choice (mushroom realization, the relativism of our culture -- its all just an aesthetic choice, things added on-- our cyborg selves, in addition to maintaining our bodies we must keep up our vehicle- extends our range in space and time (but with a demand

James T. Adams “The Epic of America”

* Collectivity, trust

Mark Jackson “Happiness in a Hurry”

Consumption == personal fulfillment

I just have to save myself. Follow my set of narcissistic goals, selfish pursuit of pleasure.

We are all subject to a particular set of socio-economic political contingencies.

If time is so fucking precious then why do we waste so much of it on kvetching?

Kaizen

A habit of gradual methodical improvement.

How to be smart-- learn consistently over time.

* Time
* Resources, material
* Attention span
* Accumulated organizational skills
  + Building something, building towards something
  + Lining up hoops, stations, following maps

Knowing

How integrated is our knowledge? How could we better integrate our knowledge?

 Goethe (via Steiner) "thinking…is no more and no less an organ of perception than the eye or ear. Just as the eye perceives colours and the ear sounds, so thinking perceives ideas."

Steiner believed that thinking was in fact the experience of spirit

Shadow work

GOALS--

* feeling whole or integrated as a person
* improved interactions with others
* healing generational trauma
* learning healthy ways to meet your needs
* address generational trauma

repressing shadow leads to…

* [self-soothe with drugs or alcohol](https://www.healthline.com/health/depression/forms-self-medication)
* talk negatively about themselves
* experience stress
* experience mental health difficulties, like [depression](https://www.healthline.com/health/depression) and [anxiety](https://www.healthline.com/health/anxiety)
* Even the longest negative patterns can be broken.

Sweeton suggests people who are new to shadow work keep a running log of times they have a strong emotion and what triggered it. She says signs include feeling like you had a “gut punch” or felt your chest tightening.

Rewriting the script – Erasing the “I can’t go after and get what I want mentality.”

Adaptive resolution – taking the good(useful) and leaving the bad(unuseful)

REM – process wishes, survival information, learning

Disrupted memories can be stored in isolation, unprocessed. Memory connections happen automatically, below conscious level, you may have no idea what’s running the show.

Seek a foundation of joy, peace, well-being.

Psyconeuroimmunology (effects of states on immune system)

* Norman Cousins
* 1980 PTSD became a diagnosed condition

Understanding, gaining insight into these automatic changes, emotions, bodily reactions, behaviors

You’re the boss of all those niggling, nagging thoughts.

Raise your eyebrows, raise your hackles, throw off your mantal, drop your shackles.

**“Gut Punch Log”**

06/06/2022 – Stuck points (EMDR). Every experience we have is a building block of our inner life. Stuck points create “kneejerk” mental and physical responses.

* Mr. Rose punishing me for not understanding. For being insolent.
* That basketball coach interpreting me as smug and dismissive of his coaching.
* Mother slapping me and repeatedly telling me I was arrogant
* Feeling the need to preform – entertain, facilitate; feeling conflicted on role and persona in social situations. Arguably much exacerbated by the crutch of alcohol, caffeine and THC.
* Negative emotions and self-beliefs are symptoms of some underlying disfunction.
* My mother telling me over beers that I may have been sexually molested by the babysitter. Do I remember anything?
* My mother saying I should have loved you more when you were a baby, but she didn’t have the wherewithal because she was pushing herself through medical school.
* Truth or Dare
  + Showing off butts
  + Getting naked
  + Mouths on penis
* Duct tape over mouth by Mr. Rose at the Christian school.

05/13/2022 -- my younger brothers slow and inconsistent replies, proof that even my “closest” family member. Later betsy and I watch “I am thinking of ending things” and it is both a wonderful and terrible experience. It feels good to soberly watch a movie and move with it. A lot of the content feels directed right at me -- an attempt to instinctually create a subconscious, personal experience. The deconstructing of influences. The massive net of nen that all of us have between us and immediate experience, woven together from media sources and memories and adopted preferences and lines and so on. I take the last sip of beer and I nearly choke myself. My throat feel closed today. Tried to sing earlier and my body felt kind of broken and my throat felt shallow and closed.

I like the intentional rest that I did this week. Breaking mid-day to lie on the bed and just lie there or reading some of Paul Auster’s *The New York Times Trilogy*.

05/14/2022-- end up talking to brother and feeling over caffeinated and underslept and fragmented and conflicted, lacking wherewithal to fully be there for him in his transition, feeling misunderstood and sort of patronized by my brother-- this is my own insecurity and a bubbling up of my current financial stress. I have wasted a lot of time and overspent on my lucky breaks. Now it is brass tacks and I should be focusing, but am feeling nervous and restless and conflicted over the weekend because I don’t feel like I deserve a break and even as I dig deeper into my subject matter I repeatedly get pulled away into my fragmented literary musings and researches. This Shadow inquiry strikes me as super necessary right now and I am glad that I ordered the confronting generational trauma. Helena comes in as I settle in and says that she wants to go somewhere. I am feeling like I have an extremely short fuse, very easily frustrated which makes her request for us “to go somewhere” feel twitchy. I am a failing father, unable to provide for my family. Unable to get over my poor self-esteem and focus habits and provide for my family. My conviction that I absolutely need to be out of my THC - caffeine- alcohol cycle has never been felt more acutely. This said as I sip a beer at 2:30 in the afternoon. Helena leans on me as I attempt to type and settle in, pushing me, pinching my nose and ears, but I don’t feel playful, I feel mad and ferocious and I am running too hot. My Alexander work feels like it has really been falling off -- I keep finding myself settling into unproductive states of rest -- need to breath. Need to focus.

5/16/2022

My father not seeming to give a shit about my financial situation. Being clueless. Being deeply into his life. He is not responsible for my wellbeing. I have gone my own way. And now I must live with the consequences. My father not being receptive to my ideas about health and fitness -- I have not applied them consistently enough to prove to him that they are worthwhile. He is pragmatic and performance focused. The idea of something being wholistic doesn’t seem to mean much to him. My father’s sentimentality and nostalgia, my sentimentality and nostalgia. Don’t look back. Create context now. New context. Context moving us forward.

The unconscious behavior of putting my shirt over my mouth. I have been doing this for years and my brother does this. This is a comfort thing when I am tired or concentrating. Not a good strategy though because the oxygen you are taking in is partial used.

04/26/2022

Moving trauma, the trauma of losing friends. Seeing how sentimental and sad Esme was feeling about not seeing Taylor. After they had one phone call she stopped asking about her. She was able to say goodbye, get closure. But she felt motivated to sing a song to grieve the separation. So sweet, natural, real. We grieve and that is good. My mother on the other hand, not being able to remember any of her moves. That seems like a good place to start. What is she blocking out.

Trauma from Hans -- my closest friend and bosom brother-- he is untrustworthy, insecure, philandering, self-righteous, intellectually bound up with the limitations of the innate rightness of the church, the “infalliabilty” of scripture.

My third grade encopresis (can result from stress and tension from a demanding situation). When we moved to Gladstone this was my 3rd major move -- Leaving Lansing, leaving Mt. Clemens, leaving Marquette-- each time I left friends and the settled normalcy of my world and that apparently really stressed the shit out of me. And then my brother mocking me and my shame and trying trying to hide it by putting my underwear in a drawer and then my father finding them and just being disgusted and making me feel disgusting and immature and stupid. Years later I had a similar feeling when my roommate confronted me on using his wash sponge which I had thought betsy had bought. I felt stupid and immature and dumb and incompetent, overly so, really not a big fucking deal to go out and by a new one, but I felt powerless. My dad being angry with me when I had poop in my underwear while we were camping and angrily having me wash them out myself. He’s disgusted and doesn’t want to touch it. He immaturely reacts and makes the whole thing very punitive, perpetuating a cycle of stress and low self-esteem that I am in some ways still trying to break out of.

My deep feeling of shame when people take a patronizing tone with me. Whatever I am doing must be wrong. I feel unnecessarily defensive, chastised. This is one of the reasons why the Birkey sarcasm unnecessarily gets so deep under my skin. This is maybe why other people’s lack of understanding just makes me feel wrong and dumb and incomprehensible, non-sensical, young, dumb, immature, stupid.

Let’s acknowledge the trauma of shit, the cycle of shit, for everyone.

Mother’s rage. Father’s rage

Mom and Dads disorganization, poor planning and communication and the constant biting, bitter bickering that we had to endure as kids.

Mom’s manic sense of obligation-- failure to schedule enough family downtime. Inviting over her project people and having them add to the stress at home. Giving me a sense of guilt that I didn’t want those people around and I just wanted it to be our family. Mother not having enough of a firewall to make it just family time. Here open heart that just led to more stress and scatteredness and lack of continuity in the family .

Moving to the city, leaving friends and family and activities and achiements and identities behind. The trauma of slow, alienating separations. The resulting culture shock and culture shame and crippling self-consciousness and insecurity.

04/25/2022

Disassociation -- my leg shaking out of control when I tried to play my songs for the Portland ground at the open mic where Derrick and Chelsea’s band played.

My throat totally contracting when I tried to perform for Dave way back in college -- doing some sort of failing Lou Reed impression.

Forcing poetry recitation into otherwise normal and uninspired friend interactions.

Trying to recite the lyrics to my blues song to Dave in his brother’s kitchen and have him feel very distant and distracted -- he’s thinking about getting back, about ice cream, about his business. Timing is everything. Dave telling me that I can send him my songs if I want. Does he mean for this to sound as patronizing as it does? I’m a stupid kid who can’t get it right, limping around emotionally damaged and stoned. Nobody thinks I’m cool or creative though. Nobody knows how to take my awkward stabs at settling into some sort of creative mode. Expressive mode. I am surreptitiously trying to work some shit out and it feels like I am shitting all over everybody around me, subtlely, but surely pushing them further and further away.

In these moments I have felt blocked. Caught in looping thoughts, misfiring neurons. Sought alcohol and THC to plane me out.

Beginning Shadow Work (questions)

1. Who am I?
2. What do I want?
3. What do I have to let go of to get the things I desire?
4. Who do I have to become to receive those things?
5. How do I want to show up?

NEXT … ask yourself

* What do I overdo?
  + Smoking too much weed
  + Drinking too much alcohol
  + Consuming too much caffeine
  + Starting too many different projects and feeling like I can’t make substantial gains on any of them.
  + Letting other people’s negativity and unmanaged depression get to me.
* Think about why. What are you trying to accomplish? What void are you trying to fill?
  + I want to be whole and consistent and accomplished and competent. I want to finish projects and feel satisfied with the effort and the outcome. I want to have the wherewithal to invest my time and interest and attention in other people, most importantly my wife and my two daughters.
* Grab a blank piece of paper and make two columns.

Make a list of what DEPLETES you and what ELEVATES you

* Column A is “Depletes Me.” -- Think of interactions that hold you back. List them in column A.
  + Interactions with my family, feeling unheard, attacked, unloaded on. Getting reports on people I have very little connection to (seemingly as my mother processes through these things and airs her grievances), feeling like I am running the risk of offending her.
  + Conflating my family breech with the larger political, cultural and economic tension in the US.
  + Smoking too much weed, drinking too much alcohol, consuming too much caffeine, eating shitty food.
  + Saying stupid shit that I don’t mean just to try to hang in a conversation and keep it interesting or upbeat
  + Feeling like I have to be the one to elevate and enliven a situation
* Column B is “Elevates Me.” -- Think of interactions that fulfill you. List them in column B.
  + Relaxed, focused interaction with my girls.
  + Exercising -- stretching and running
  + Having my things and affairs organized and ordered
  + Feeling well rested
  + Waking up early.
  + Going to bed at a good time and not allowing myself to get overly tired.
  + Learning
  + Easy, engaged conversation

Say it aloud

* Identify potential shadow parts.
  + My father doesn’t understand me and doesn’t care to and actually kind of hates me because I don’t believe the way he does or think the way he does. Same with my mother.
  + My laziness and lack of focus and coping mechanisms keeping me from having launched a fulfilling career-- I am a neglectful failure lacking the wherewithal for developing close friendships and bonds with other people. I can join in, but I cannot belong.
* Discuss the shadow part and how it may have originated with a friend or therapist. “For example, you might say, ‘It’s that I want to feel protected, and I’ve been taught that’s weak,’” Sweeton says.
* Discuss how this truth impacts your life and explore ways to manage those parts.
  + Shreds my self-worth and confidence. I feel like a stupid kid. Puts me in a weak position where I just have to accept hat other people offer and be grateful for it.
  + Has led me into accepting professional roles that do not fully engage my talents and in fact actively repress them, forcing me into an unnatural mold that has ruined my flexible personality.

Flip the Script-- All traits and parts, even shadow parts, have an upside

* Identify potential shadow parts, such as [imposter syndrome](https://www.healthline.com/health/mental-health/imposter-syndrome).
* Think about and list ways in which your shadow parts help you. “With a shadow part that fears being incompetent, the upside to this may be that you’re detail-oriented, self-aware and [conscientious](https://www.healthline.com/health/big-five-personality-traits),” Sweeton says.
* Remind yourself of these positive qualities, especially when the perceived negative qualities arise.

Find Value

* List shadow parts.
* Consider what these parts tell you about your values.
* Think about ways to live by your values.
* List shadow parts.
* Consider what these parts tell you about your values.
* Think about ways to live by your values.

Key words:

* intuitive
* shadow work
* generational trauma
* archetypes
* inner child
* mind/body/spirit connection
* [Eye Movement Desensitization and Reprocessing](https://www.healthline.com/health/emdr-therapy) (EMDR)
* parts work

Silence

Look at the sky more often and talk less so that silence can enter your heart.

* Saint Seraphim of Sarov

Success

5/20/2019

A picture containing text

Description automatically generated

Psychodynamic therapy

CBT – rehearsing, rewriting script—actively taking charge of messaging.

EMDR

Focus on stored memories that are causing the fear

5/20/2022

Passiveness – can’t make plans, punished for taking initiative, slapped for being confident and attempting to be in control of my life, the protagonist of my own story, like good old Zach Morris. Mocked and criticized by my mother for the “creative” psychology video that was fun to make and was received very well by the teacher and the class.

RELATIONSHIPS

Our true selves are revealed in our interactions with other people.

Listen to people. Really listen. Their poor mental health is not your responsibility, but you can still be kind to them. Watch sarcasm, alcohol.

How you respond to the people in your life and how they respond to you is based just as much on past experiences as it is on whatever either of you does or says in the present

Love and affection are not things you should have to bargain for.

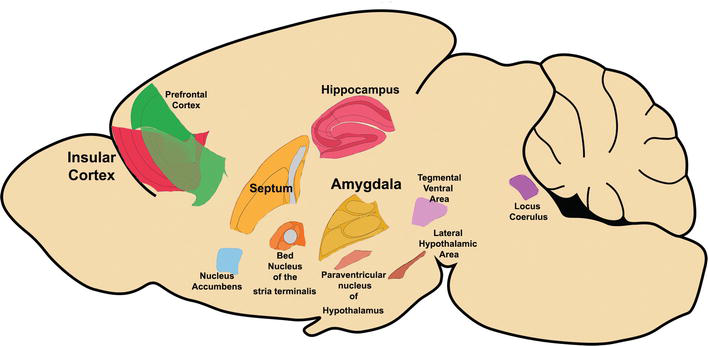
Don’t depend on an abusive parent for anything.

Mind/body

Trauma is a fact of life. Veterans and their families deal with the painful aftermath of combat; one in five Americans has been molested; one in four grew up with alcoholics; one in three couples have engaged in physical violence. Such experiences inevitably leave traces on minds, emotions, and even on biology. Sadly, trauma sufferers frequently pass on their stress to their partners and children.

He shows how these areas can be reactivated through innovative treatments including neurofeedback, mindfulness techniques, play, yoga, and other therapies.

The hyperactive status of the amygdala triggers the release of stress hormones (Badura-Brack et al., [2018](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8418154/#B1)) and impairs the functioning of the hippocampus, causing traumatic memories to remain vivid. In addition, the deactivation of the prefrontal cortex function and the failure to maintain a balanced stress hormone system, causes panic, agitation, and hypervigilance responses in PTSD patients (Koenigs and Grafman, [2009](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8418154/#B6)). This hyperactive aroused emotional status can be evidenced by hyperactive brain waves over the fear center of the right temporal lobe of the brain, with suppression of electric activity over the frontal area.



amygdala

1. (a roughly almond-shaped mass of gray matter inside each cerebral hemisphere, involved with the experiencing of emotions.

With the aid of the mindfulness approach, we can raise awareness of bodily sensations, which can improve control over the flow of emotions by decreasing activity over the amygdala.