**APPROACH**

[**zero sum**](#zerosum) **|**

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

02/14/2021

Social media takes the tone of advertising.

Never compromise

Don’t question

Uncertainty means you are wrong

Nuance is for traitors

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

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

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

Gatekeeper

02/26/2021

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

**Performance vs existence or experience**

**09/08/2021**

What is your approach then to all of this uncertainty?

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

**06/07/2021**

Mom’s messages

Imam’s messages

Cardinal Ratzinger (Hans)

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

**05/25/2021**

**Approach**

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

**01/15/2021**

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

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

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

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

3/22

I want out of this cycle of argument and altar call

SUM GAME

06/11/2021

Fraud, confidence scheme, game…

04/04/2021

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

PERFORMANCE vs. FUNCTION and FLOW

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

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

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

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