

LEADERSHIP and NEW GUITAR

Thursday, July 23, 2020

(Also last entry into New Leaf Journal 8)

Grab the Leadership Life

Leadership is very important.

I am a leader.

But what will I lead?

Start with my businesses.

I've been on lock down long enough. I'm ready to return to work. Back to work!

Yes, back to the tours and folk dance business that I love.

My businesses is where I lead. That's the primary place where my leadership talents and skill can blossom.

Up to now, I've favored my miracle schedule (see note) over business but perhaps now, after this long period of corona virus isolation, I'm ready to include it in the schedule.

Can business ever be a miracle? Maybe.

My miracle schedule is about the inner life of imagination and creativity. Up to now, I've seen businesses as belonging to external life with little place for imagination and creativity. I haven't given my social director skills, and business savvy it due. Instead, I've focused mostly on the inner chamber of imagination, artistic endeavors, miracle schedule, my dream and creative life. Although I'm good at both, I've only given credit and credence to one.

I wonder why.

Well, perhaps its time for a change of attitude, time to realize and make peace with the deep awareness that inner and outer are connected by imagination and creativity, and thus, in cosmic and divine universe, inner and outer are One.

Strangely, I have to thank the corona virus lock down for this new attitude of connection and understanding. Losing my total folk dancer and tour business, gave me an enraging, panic-stricken, frustrating business break. In the whirlwind of rage, panic, and frustration that followed for months, I was slowly able to recognize this truth.

Result is that now the former dichotomy of inner “artistic” me, and outer “business” me has disintegrated, fallen apart. In its place stands the union of art and business, of imagination and creativity, the inseparability of inner and outer. They work together, and, in the process, create my life and influence.

Thus, perhaps I need a new name for this combination of miracle schedule and business, this fusion of creativity, imagination, and spirit.

Yes, I’m ready for a new name, new unified direction, new way of looking at things, and life beyond dichotomy.

What would this new name be?

“The Leadership Life” is a good name to start with.

“Leadership Life” emphasizes creativity, imagination, dynamism, social direction, performance, and uses imagination and creativity to change the world. Not a bad start.

So I ask again: What will this new name be?

Perhaps The Leadership Life is the right name.

But it feels so bold. Am I so bold?

But the name popped up naturally and spontaneously from my unconscious mind and fell directly onto my New Leaf writing page. (Therefore, it has the power of natural, born deep in the unconscious, cooked, and startled, instinctual truth.

Perhaps I'm just not used to such boldness, such going public,

This would mean The Leadership Life combines both miracle schedule and business.

Hmm, like it or not, comfortable or not, this leadership name seems, and even feels right.

Dare I be so bold? Dare I transition into the next stage?

Is there even a choice?

Well, get used to it.

Dare to be bold. Grab the leadership life!

New Guitar

Simplify:

I need mental and physical time and space to implement my, realize, and make real my New Guitar vision.

Thus, as a start, I need to simplify my stock market. This to give my mind free

time/space, to know and practice New Guitar state.

This feels like the end of a New Leaf, ‘

And it is.

Friday, July 24, 2020

Audience as Motivator and Energizer

It is a very big deal, and took place in only seconds. As I was walking along Cedar Lane. I saw that I was slightly stooped as I walked slowly. Suddenly, in my mind, I saw my sister telling me to walk with long strides. Walk “correctly.” With her in mind, I straightened my neck, straightened with pride, lengthened my stride.

Why is this important?

Because suddenly I realized that the audience watching me from the inside, my inner audience, the one I have fought with for years, trying to escape its ever-critical eye, is not a clamp, lid, blanket, or push-down, repressive force, but instead a grand motivator, an energizer!

What I used to see as primarily fear, with its flip side excitement hidden far beneath the surface, was now suddenly transformed, reversed. Excitement, in the form of energy and motivation shot to the surface, forcing me to straighten, stand proud, walk straight, and “do it right!”

Why this happened now, after so many years of inner struggle, I'll never know. I supposed I'm simply "ready for it," ready to see it, ready to change.

Well, whatever the reason, it did happen. And I am now the grand beneficiary.

From now on, my inner audience, and thus my external audience, the public, will; be my grand energizer and motivator. In truth, it always has been. But seeing it as primarily critical, wanting to secretly and/or openly destroy me created great fears. And along with the fears came retreats, and/or the desire to retreat. To where? My inner creative chamber, the beautiful inner monastery of my imagination.

But now I can go public.

The fear of my inner (and outer) audience has been transformed into motivator and energizer.

This is a simple but utterly amazing switch. It takes the brakes off my car. Now I can roll down the road in glorious amazement.

The coin has flipped, and changed my life.

We'll see where this leads.

Will I Perform?

Now that I've freed my mind and am free to perform, will I?

Now that I can do it, am I motivated enough, inspired enough, willing enough to make the effort, will I?

Will I put my guitar playing, folk dance teaching, even Carlos the Cloud reading on

Zoom, video, and more?

Now that I can do it, am free to do it, will I do it?

Now that I have realized, or decided, that my old audience fears were really motivations and energy packettes in disguise, and I have reinterpreted my fears as clouded inspirations filled with rains of enthusiasm, power, and even courage, what will I do with them?

I am now free to choose.

I can choose nothing, the life of total vacation, floating lazily on the sea under a calm blue sky.

Or go with the sun, and make a fiery dive.

Or a combination of both.

We'll see.

New Guitar

This New Guitar. With its right wrist, physical relaxation technique, is the gateway to other parts of my life.

Focus of physical relaxation.

Then move on with the focus to yoga, running, exercise, dancing, etc. Then beyond (whatever that means).

My only "fear" now is I won't remember all this, that I'll forget all this glorious understanding and how to use/apply it.

Of course, whether I remember or forget is not up to me. It's up to God. I just have to follow my path in faith.

Do I have faith?

Good question.

I guess I don't escape this easy. This is a sudden terror.

And I'm getting a sudden headache.

What is enraging me?

The pressure to remember my glory, my sudden "mastery" of this marvel-filled relaxation guitar technique, that now I've finally "got it," and am finally perfect?

Yes, that's it!

I've been in this place many times before. This headache is nothing new.

Progress to "perfection" is slow. Plus I'll never get there! So important to remember this.

Time to Move On!

Here's what I just learned: when I start worrying about remember or forget, it means I've already mastered my new skill, a done deal, I've gone as far as I can go with it, for now.

Its time to move on!

Audience means en energy.

New Guitar with relaxed, loose right wrist is a done deal.

Saturday, July 25, 2020

As a model from my son is his daily schedule. Inspiring.

Miracle Schedule is my Road

I heard on the radio this morning: “In the beginning of the pandemic, most folks thought they would return to their jobs. Now, six months later, most are saying “These jobs are not coming back.”

That’s a good way for me to think. My job, my business, is not coming back. I am totally unemployed, retired, and out of work. That’s the way it is, and will be.

Now what?

This is a good way for me to think.

Why?

First, it may well be true into the future.

Second, it is certainly true in the present.

Third, it gives me total open, empty space ahead where I can move in any direction.

Forth, it gives me the opportunity to discover what I really want out of life. What is the essence of miracle schedule? If totally free, which I now am, what do I really need and want to do?

How then does my present miracle schedule work?

1. Start morning with (Hebrew) study

a. Writing: New Leaf entries. Scatter New Leaf writing throughout miracle

schedule, whenever it arrives. This is where writing, in its most natural form, fits into my miracle schedule.

2. Then guitar (music)
3. Then yoga/running/weights/exercise, (dance?)
4. Breakfast
5. Desk work: It means Business. How I can and do affect/effect the outside world.

Afternoon siesta, and off.

Late afternoon.

Repeat above, but shorter

Supper, etc.

Pre-sleep

Repeat above, but just a touch of it. Maybe 15-20 minutes.

Miracle schedule is my discovery for personal fulfillment and happiness. When I follow it, I feel fulfilled, competent, useful, content, satisfied, happy.

When I neglect it, I feel useless, lost, depressed, unsatisfied, unhappy.

Miracle schedule is my road.

Draw from it three times a day.

Guitar Wisdom

Guitar: No question the relaxation point is the power source.

Relaxation point is somewhere in my right wrist, mystically clad. Meaning I can't quite say or pinpoint it. Like HaShem, it remains nameless. Naming it, diminished and limits it, and thus hides its power.

Very wise, indeed. Now how can I keep it, maintain it?

Well, my very question and desire, immediately diminishes my experience, and once again hides the power.

Asking means the experience is over.

Thus, don't ask. Just dive in and do.

Keeping the Faith

Keeping the faith means realizing I am having an affect/effect, even though no one emails me, tells me, and I don't hear from anyone, or hear about it.

Thus, keep sending out the Dances of the Week, create a blog, keep pushing the envelop of the outside world.

Keep the faith. I'm having an affect/effect, even though I don't directly know about it.

Hypothenar Muscle Spread and Happy Control

Focusing on my fingers, or rather including them in my tremolo, spreads my hypothenar muscle and thumb. And gives me a feeling of happy control.

I wonder why that is. (Does it even matter why that is? Just realize/accept that it is,

and do it.)

Tremolo

I realize I've got it!

But I'm hesitant to hold on to it.

How do I cross the confidence line?

Entering Ever-Confident Land

How to cross the confidence line and enter ever-confident land:

Order of focus

1. Focus on thumb spread, hypothenar spread
2. Focus on fingers
3. Focus on relaxed right wrist "Whatever combo": wrist, shoulder, wrist, etc.
4. Everything combined

Maybe I need God's help to step over the line. I need His help to enter Ever-Confident Land.

I need His help as a guitarist. Is He a guitar player, too?

Maybe, like Moses, I should become His servant.

Maybe, secretly, I am His servant.

How scary is this?

To step over the line.

I would be giving up my identity. As a guitarist, and other things as well.

Guitar Glory

I do need a post-CV (corona virus) conversion.

Otherwise, I won't be able to do it.

I am really ashamed and afraid to do this. And to go public with it? How shameful for a secular guy.

But am I really a secular guy?

Secretly, and not so secretly, I know I am not. I am a mystic believer. I do it alone and in my own way.

Thus, as a mystic believer, it is perfectly "reasonable" for me to believe in a Higher Master, a Universal Power, a Melt-Down Beauty, a Hidden Magnificent.

I've experienced it so often, in music and more.

Thus it is perfectly reasonable for me to ask for God's help, to become his servant in my quest for guitar glory.

Blog

Idea: Add New Leaf writings to my blog (Dance of the Week) in the "Read More" section.

I'd be opening myself up to the world, letting all know who I really am.

Again I ask: Is this wise? Dare I do it? Is it good for business? On the other hand, I have no business. So perhaps I can bypass that question.

And if I do, would such exposure of my true self be good for me?

I think so. It's certainly good practice.

But I better ask, or at least consult with Mr. Meltdown first.

These are huge steps forward in daring and openness.

So I can ask, will I have any regrets after I die? Will I regret that I didn't tell the world who I am, didn't let them get to know the real me? Did I fail in this courageous act?

Will I regret not doing it?

I think I will. So perhaps I'd better do it, take the chance, or else!

This would be the first step into Ever-Confident land.

Perhaps it goes with my tremolo.

(No more trembling over the tremolo)

Sunday, July 26, 2020

Changing Habits

That would be a nice goat: Top connect with the Higher Forces every morning, every day. My prayer, go forward, and reminder form.

How would I do it?

Start with Hebrew study, and bible reading. I do this now. But expand it to other "miracle schedule" activities. Why, after all, do I even call them miracle schedule activities if

HaShem is not directly or indirectly involved. When I see them correctly, these scheduled activities are, in essence, little miracles which I perform with higher help every day.

So, truth is, I am already doing them, already creating little miracles. I just don't see into them correctly. I have been avoiding their shine. By avoiding their glow, I let the glory of their existence pass me by.

Nice words and totally true. But easier said than done.

Of course, "easier said than done" is just another excuse. But, out of long time habit, I'm making it anyway. And generally, I keep making it.

Can I change my habit from hardened ho hum to glory?

Emails and the Higher Forces

Can my emails be involved with the Higher Forces as well?

Of course they can. But it requires a new way of thinking about them, a mental leap on my part.

New Power and Motivation

Basically, I'm looking for a new way of empowering and motivating myself. And this through opening my inner gates to entry of the all-and-ever-existing Higher Self.

To do this, I "merely" must recognize it already lives within me.

Yes indeed, that is a nice "goal:"

To come out of this covid period with a new source of power and motivation. To

change my outlook and approach to life completely. To come back totally new and refresh and a renaissance of power and glory.

That would be nice.

Crossing the Jordan

In Hebrew, and in life, I'm crossing the Jordan and entering the Promised Land.

How to live there, is my next stage, the next step.

Guitar-wise: Playing Alhambra in Promised Land style.

Creating and living in the glory tremolo.

Glory tremolo is within me, just as the Higher Force is within me. I "merely" have to say hello, recognize and accept it, break down the wall, release it from its hiding place, and, most important: Welcome this secret and hidden part of me into my arena. Take this gold nugget, let all the fingers shine, and play in glory.

New Leaf is my psalm.

Glory Tremolo

The glory tremolo, with all its fingers, is crystallizing.

I'm crossing the Jordan, but I'm not ready for Zoom yet.

From crystallizing to solidifying.

Monday, August 3, 2020

Create and Follow New Goals Within Them

A new day, a new month. I'm in a new and consolidating place.

Remember my miracle schedule values.

Create and follow new goals within them.

Beautiful Blog Project

What a project! Collecting, creating, using, and pushing all my talents and skills into one Beautiful Blog.

1. New dance of the week. Dance. (Could even be new choreo)
2. New art picture of the week. Art. "Canva creation." Place after "Read More".
3. New story (or NL) of the week. Writing.
4. New guitar piece (or song) of the week. Music.

Then make "good enough" videos.(Not perfect but "good enough,")

Corona Virus Period

Conquests, Conclusions, and Reinvention Summary

1. Alhambra/guitar playing/marketing adventure/new business
2. Stock market trading/new business

3. Book sales/new business
4. Marketing adventure/Bass for all old and new businesses
5. Blog: New consolidation creation

Meaning of my Blog

Note also that my blog is a total expression of my gone public/marketing adventure. My re-invention as an artist (person) motivated by the existence of others, energized by the public, seeing my audience in a new encouraging, stimulating, galvanizing, and even inspiring light.

Beautiful Blog, My Way, and Audience Heart/Union

I Am There

This Gavotte en Rondeau, when played totally my way, will be such a different piece as to be unrecognizable by anyone else, including me.

Same of Alhambra. And all my other guitar pieces.

I am on the cusp of playing guitar my way.

Perhaps entrance into Beautiful Blog is the symbolic opening of the gate.

By the way, “cusp” means I am already there. I just have to admit and accept it.

Starting Now

I may have to go through the slowest and stupidest gate to accept my true Alhambra

self.

I'm ready.

Ready to love myself in any form.

Does that mean I'm on the cusp of loving myself? In any form?

Yes.

In fact, I'm already there!

Loving my playing of Alhambra, loving my Alhambra self, loving myself, and with it the whole adventure: I'm starting today. I'm picking up the guitar again and starting right now!

Exercise: Dare to not do it, follow my body, and see what happens.

Wednesday, August 5, 2020

My Opening Hello

Why are the first notes of Milan's Pavane in C so important?

Because those opening note symbolize, and actualize, the way I want to greet the world. With those opening notes.

That's my hello, and entrance. I want to make it modestly grand!

So the opening of the Milan's Pavane in C symbolizes all my entrances into the world, all my hello's to folks I meet, the jobs I do, the groups I lead.

Opening Inner Doors

The guitar decision is to play slow and sensual, not fast and flashy.

This saves me totally, frees/enables me to open inner doors.

Macho has been replaced by soul.

And it only took most of my life!

But maybe that's what maturation and the eighty's is all about.

Guitar and Running/Dancing RetrainingThe Ageless Life

Can I really retrain my entire guitar and running/dancing body in my eighties?

Am I entering not a post-eighty, but rather post-age period?

(Note the proximity to the word "postage," and thus a mail or male program.)

It worked yesterday. Focusing on, knowing, inner-vision viewing and grasping of my right index finger guitar relaxation spot, and relating it to the lower back running spot, and relaxing that spot as well, worked!

I played guitar, then ran beautifully and differently.

So my retraining program worked for one day.

Why can't it work for many days? Truth is, it can!

But truly this is a general retraining post CV post 80, really post-age goal. In fact, leave out the number 80.

Living the ageless life is a better way of thinking. Yes, it's a creation of my

imagination. But the world is a creation of my imagination. And the ageless life is what I'm choosing to create. So the process is not much different from anything else.

Does the ageless life go with the ageless death?

I Believe it does. Ageless is wrapped up with (the concept of) eternity. Not a bad place to dwell.

Thinking of numbers causes me to focus on my age. Thus it reminds me of endings, limitations, and death. Although one of the truths of the life cycle, its not the focus I need to concentrate on. (Of course, there is always rebirth, renaissance, and resurrection, and that is the positive way of looking at endings, limitations, and death. But that subject is for another time.)

But at this moment, my thoughts just shifted to discouragement and its hand-maiden, doubt.

Okay, let me move out of this mode. My attitude is my decision and totally in my hands. Why not just simply say "Yes!" Yes to the fact that I can totally program. That I can, in fact, develop a post-age new approach and attitude toward my muscles. That I can start all over on a different level.

"Yes!"

Go for it.

Friday, August 7, 2020

Electricity is back, the lights are back on.

It feels like a new day, and a new beginning.

A new start. . . but at what, where, and how?

This is totally new.

For the first time, in my life, I feel I have something to say in the guitar! My technique is to play slow and focused. (Not fast and excited as in the past). When fear (of the audience arrives, if it arrives) I now focus on slowing down and focusing, rather than speeding up and excited.

In the process, I discover what I have to say.

Thus not is it only okay to slow down and focus, it is better! Even best!!

I have something to say, something to express in my unique own way of guitar playing. A first!

The Alhambra Index Lighthouse

It stand along and strong on the promontory, like a lighthouse, shining its light for all to see and inspire.

What a fantastic view of the solitary, individual, inspirational, beacon of light finger. Solitary monotheistic single symbol of universal strength and power. It stand alone and strong, shining its light on everybody, flooding them with cosmic energy.

No Going Back

I have crossed over into beauty, substance, and meaning. And there is no going back.

After a day in guitar awe, I am now at “Now what?”

Saturday, August 8, 2020

New Guitar and Leadership

This feels like a new beginning on a guitar level.

And as a guitar extension, on all other levels as well.

It feels strange, awesome, and raw.

Does it call for a New Leaf?

Somehow, not yet.

Seems I've crossed a line, the line, and am somehow moving into stage two of leadership and new guitar.

New guitar has been born. But evidently, my connection between leadership and new guitar is not yet complete, has not yet crystallized and been solidified/cemented.

What to do with it, how to apply new guitar to leadership, is my next unanswered question.

Note: I'm reading about great generals and military leadership in Victor Davis Hansen's books on ancient Greece, the Peloponnesian war, and more. There's always a reason for something.

How to apply and connect new guitar with leadership? And in the process, become a better, knowing and more confident general.

Right now, simply revel and get used to my new guitar playing. When it runs its course, we'll see what new roads open up and what happens.

Connect breathing, the universal breath, to my guitar. The great feminine connection.

Era of the Happy Ring Finger

Guitar: Introduce the era of the happy ring finger.

Start with Lagrima,

and Romance D'Amor.

Perhaps Alard, too.

Sunday, August 9, 2020

Guitar. Video. Really? How best to record? Home. Video. Other, Andre and professional studio. Other.

Guitar: Moving from gone public to video.

Is it the same thing?

I think so.

Yes.

The guitar home video experiment.

Try it out. See what happens, and where it leads.

Thee Alhambra Videos

3 Separate Meditation Purposes

Meditation on Calm Earth (γ γê), Water (ῥδωρ hýdōr)

First (and perhaps final) Alhambra video purpose:

An 8-minute meditation. Slow, relaxed, focused, centered

Meditation on Pleasant

Second Alhambra video purpose:

Similar to first, but a bit more up-beat 6-7 minutes

Meditation on Fire air (ἀήρ) fire (π ρ pŷr),

Third Alhambra video purpose:

Relaxed-wrist, let-it-loose, fly and scramble meditation.

Flying heat, speed, and diving into the abyss, soaring.

The Quiet Spot

Focus on the quiet spot.

Deep in the center, slow and fast merge in the quiet spot.

In the quiet spot, fast and slow are the same.

What does this say about practicing guitar, folk dancing, running, whatever?

The quiet spot is middle ground where hell meets heaven.

A spot beyond spots

It is The Spot.

Now put that in a blog!

Post Corona Virus (CV) and Results

Playing my guitar for videos, making guitar videos is going public.

My practicing and experimenting is over. I am no longer practicing to improve, to get better. for a future event.

I am now the future event.

I am, there.

I am now a daily experiment which, of course, includes my audience who participate in their own watchful immersion.

Not A Bad Place To Be

The future is over.

The past has vanished as well.

There is only now, the present.

And I am in it!

I am here.

I am there.

I am here and there

I am here and there and everywhere.

Not a bad place to be.

Is my New Leaf shifting and merging with my blog?

Are the two streams coming together?

Could be.

Monday, August 10, 2020

Jumping into the guitar fire feels easier today.

(Easier? I wonder what that means.)

Something about the top of the (right) thumb relaxing.

Right Thumb Concentration/Focus

Tragic error?

Maybe I should have been focusing on relaxing my right thumb all along, and not

concentrating on my index and all my fingers.

Arriving in a New Place

I Accept my Master's Teachings

It feels and seems true,

How could I have missed this glaring error all these years?

Ego. The Segovia Alhambra competition. I wanted to, insisted on, playing it my way. Which mean melody in the treble. But melody is clearly in the bass! Segovia got it right. I got it wrong. And I suffered on the guitar for years because of it. It blocked my supposed concert career. It blocked me.

Why?

I insisted on playing it my way! Even though it took over forty, close to fifty years of wandering in the desert to realize and accept that Segovia was right all along.

Ego, proving myself, was my downfall. But also my uptick, since during the 40-50 year in the desert discovery process, I developed other easy-on-my-ego businesses, ones that were easy, easily, and truly me.

Folk dancing: No problem.

Folk singing: No problem

Organizing and leading folk dance weekends and folk tours: No problem.

But classical guitar playing: Big problem. Classical violin, classical music upbringing, and squashed, or at least submerged ego stood in the way.

I need a virus to reveal and cure that. And it did.

Now I am in a new place.

But wow, what a journey.

Segovia was my classical guitar master. But I needed to define myself, my difference, my uniqueness.

Somehow now, I no longer do.

I arrived in a new place.

I now accept my master's teachings.

I hope I'm on the Moses track.

He started his new life of leadership and individuality after eighty.

I'm doing the same.

Will I have enough time?

The seed was planted years ago and its roots grew deep in the soil. My ego (plant) grew. Its buds burst open.

Will my flower have time to bloom?

Of course, it's not up to me.

But it would be nice.

Clear the doubts.

Accept and acknowledge the Wow.

This is the ego/Segovia/guitar experience I've always needed and wanted. It opens the gates.

Now to go through them.

The way I play Alhambra is and will be the way I go through life. It is a gate and a symbol.

And what is the date to remember? Monday, August 10, 2020.

I have met Segovia, and he is me.

Take (classic guitar) lessons from the next generation.

They know something I don't.

Wow! What Now? And More

Okay, so this Segovia revelation was today's "Wow!"

I want a "Wow!" every day, since every day I turn over a new leaf. And if done "correctly," it gives me a fresh vision, which is a "Wow!"

But after the elation of "Wow!" comes More in its questioning form of "Okay, what now? What's next?"

Result: You need both "Wow!" and "More."

Now that I theoretically can perform, (I've made my peace with Segovia and Alhambra), maybe I don't want to perform. Maybe, deep in my heart, performing has never

been my goal.

Maybe that's true of all guitar.

If I don't want to perform, or make videos, what's next?

Is there a next?

And if not, then what?

Why do I play guitar at all?

Mean, Uncomfortable, Directionless Shadows

Was it guitar success that knocked me off my path?

Or something else?

I know I like challenges, goals, directions, and I like to go some place.

Stocks, guitar, and blog are pretty much in place. I've accomplished my first covid round, and for now, gone as far as I can go.

I feel do totally lifeless, directionless, goalless, empty, tired, and drained. Indeed, I would thrive on new goals.

But I have none.

Where do I go now?

I'd like to find and know the next step on my stock, guitar, and blogging path. And a new reason to exercise, study language, history, or whatever.

Evidently, I must simply wait around in these mean uncomfortable shadows until a

new goal and direction appear.

Tuesday, August 11, 2020

Importance of Feedback and Audience

Feedback (from the audience) is the fertilizer that weeds, perfects, unveils the meaning, smoothes, hones, grooms the garden of our creations.

Guitar: Lively and zippy. That's all there is.

My guitar holdings are today in the beautiful, right mode.

I want to transfer them to all yoga, stretches, weights, runs, dancing and more exercises. I want to think in that loose, relax, Segovia way. It's my next "leyorer moodaoot" and direction.

I want to apply my learning, my moodaoot, and do August in a post-transition, post-covid, totally different way.

I want to apply my guitar approach to my body.

Drain the Pain Stretches

I call long, slow, focused, relaxed stretches "Drain the Pain" stretches.

And they do just that!

Wednesday, August 12, 2020

Editing New Leaf for my Blog

Fine tuning my New Leaf Journal as I prepare to “go public” by publishing it on my blog is an excellent way for me to clarify, fine tune, and strengthen my ideas.

Witness how editing “Grab the Leadership Life” bring my leadership ideas into focus.

Total Draining Computer-Focused FatigueBirth of the “New Blog Life” Routine

Notice also how drained and exhausted I am after sitting, and editing (total focus) at my computer for only 45 minutes!

Is this something to play attention to? Or at least be aware of, and “doing something about it.”

What can I, should I, do?

Rest? Diving directly into a physical exercise? Other?

Good questions!

First thought:

Force myself to start moving right away. As soon as I get up! Maybe “Salute to the Sun.” It starts by bending forward and holding that position. An easy start.

1. Warm-up- coffee/ Hebrew study
2. Editing/writing

a/ Break: Did two slow salutes to the sun and one on-my-back routine after

editing for 45 minutes.

3. Guitar: Now I'm ready for guitar.

Is the this beginning of a new routine:

1. One-hour computer sitting. Editing. Guitar, Stocks.

a. Salutes-to-the-Sun, or other exercises.

I hope so. It is the beginning of a new post-CV, new life, new blog life.

A new life, the New Blog Life, calls for a new routine. Breacking up one hour of computer work with Salutes, or other exercises, is an excellent order, schedule, routine!

Indeed, it's time for something new.

Do it!

New Blog Life

New Blog Life, or The Age or Era of the Blog.

I'll be spending less time trading stocks. More time focusing on New Blog Life and its sundry benefits.

Thursday, August 13, 2020

Depth

My direction is definitely deeper, moving into depth. One or a few chords on the guitar. Opening of Pavane in C.

Guitar. Thumb. The Thumb Life.

What does it mean?

Friday, August 14, 2020

In order to play speedy guitar, tremolos, arpeggios, scales, I'll have to undo my entire guitar past.

But that shouldn't be too hard or take that long because this time I know I'm right.

Saturday, August 15, 2020

Guitar:

Once I warm up, play Alhambra slow and in itself, then the audience becomes its own form of energy, its own turn-on, its own good-in-itself.

Masks, Social distancing, Folk Dancing, Legs

Sunday, August 16, 2020

Folk dancing doesn't cure everything, but it cures a lot.

Masks and social distancing slowly destroy society.

Certainly, they destroy folk dancing.

What, if anything, can I do about it?

Specifically, what can I do about folk dancing?

Also legs. My legs, along with my knees, feel like they're falling apart.

No dancing equals no leg use, no leg use equals helplessness, helplessness equals degeneration.

My leg and folk dance problems may well be related.

Okay, so what, if anything, can I do about this?

What to do about masks, social distancing, folk dancing, and legs?

Well, let's start backwards.

Legs: I can personally commit my return-from-the-farm self to yoga stretches, running, and weights. Of such a commitment, only my own decision is needed. I have total control. In other words, making a total commitment to the exercise branch of my miracle schedule.

Done! Commitment made. Step one of new path development on its way.

Folk dancing: Deeply related to legs, leg use, and their inner enhancement through music. Organizing and running my folk dance classes I have less control, but some. Here I have to figure out what I can do, but I still haven't figured it out.

Masks and social distancing:

Big control question here. I have very little control over the fears about covid 119, and the poison of hopefully protective masks and social distancing that has seeped into society to defend itself. But do I have none?

Conclusion: I have little, but some.

I can teach folk dancing with dancers wearing masks and social distancing, although much of the joy will be drained out of the classes.

Masks:

Physically, masks inhibit oxygen intake, force you to inhale your own noxious carbon dioxide. It is basically unhealthy and unsafe to dance with masks. Plus, socially, by covering half the face, they inhibit social contact, communication, smiles, hugs, greetings, and the sharing of (joy, joyful) emotions that folk dancing creates. Thus negative of a physical, emotional, social, and no doubt other, levels. Masks may (I emphasize the word “may”) inhibit the spread of germs and viruses, but in the process, they destroy the folk dance experience. Which one is better? Yes, health is involved. But so is a choice, Its nice to have both, it’s nice to be safe, but in life, total safety is not always possible. So a choice has to be made. Which one is more worth it, more worthwhile? And ultimately, even better for your health?

Certainly folk dancing builds up your immune system, your physical prowess, aerobic stamina, and muscles. Strengthening your immune system through the grand exercise of folk dancing, plus its benefits of healing endorphin production which spread the joy of dancing through your body, giving an extra glow to your immune system, emotional, psychotic, psychological system, bladder systems, and all other systems, will help you fight off any disease. Releasing countless fun and joy molecules, “fun ambassadors (of healing)” throughout your body/ will chase away viruses of negativity which, as you know, slowly destroy your cells, motivations, inspirations, and, if their noxious infestation is allowed to continue, will slowly destroy, (kill off) the entire you!

(Thus folk dancing can and will lift you out of the valley of fear and disease, and place

you on the mountain top of health and happiness with the sun of joy shining down on you!

This is not a bad place to be!

Social distancing:

Social dancing is noxious, but less noxious. It destroys hand holding, and of course, all touching, including of course, hand shakes and hugs, all vital part of group folk dancing, under the cloud of social distancing it is still possible to folk dance and enjoy it, but on a line dance or folk aerobic level. Not perfect, but possible; not good but not too bad.

The cycle of emotion and folk dance

Okay, so here's how the cycle works.

First a negative life event hits you (it could also be a positive one, but that is more rare.) You react negatively, and end up feeling defeated, beaten, lost. You slowly give up fighting and start the path downward to loss of energy, sadness, sleepiness, despair, and finally end up at the bottom in despair and depression. There you stay (and rest up), until (hopefully) one day, a way of self-disgust and self-loathing hits you. You realize you gave up and feel disgusted with yourself. The key word here is "self." (Disgust and loathing of others doesn't work, since it takes the restorative power out of your hands and puts it in their hands, bases it on what they do, not what you do.

Self-disgust and self-loathing are the first sign that you made a sometime unconscious decision to turn things around, to do something. Self-disgust and self-loathing will do that.

Once you start making that decision, the self-restorative energy of anger returns, and is turned upon you. "I hate myself for the way I've been thinking, and giving up. I won't be defeated! I'm getting back into the fight, and will save myself." As about to rid from the bottom, your energies are turning around,

That's when you decide to go folk dancing. There more energy returns and is collected. Soon a smile returns, and eventually a "Wahoo!" Fun and joy creep back into your life, and you leave the dance inspired, ready to fight your demons, ready to rise higher.

And the good times roll. . .for awhile. Until the next cycle.

How to stop or slow the cycle? Self-awareness.

Plus throw in a little folk dance for extra pepper and salt.

Monday, August 17, 2020

I'm returning from the farm with new three-month goals.

Strength

A strength language, one whose study gives me strength.

Would that be Hebrew? Well, why not?

Truth is, any study of any language give me strength.

Strength is the name, direction, goal, idea, project of the next three months.

Strength starts in the spirit, descends to the mind and finally lodges in the body.

Spiritual, mental, physical is the order in which it grows.

Guitar Plus Wish List

Tremolo. It's a bass life from here on out. It's my Alhambra foundation.

Wish list:

If a bass life (basic, basis, foundation, low, bottom, solid foundation) begins, can the desire, need, expression through singing be far away. I hope this strength-giver is near.

Self-Expression Through Guitar

This means technical barriers have been crossed. Having reached and touched my tremolo/Alhambra base (bass, basis, basic, solid foundation), I now stand ready to step through the door and doorway of my next level.

The next level or step is expressing something on the guitar.

Wow.

If the new goal is to express something, then as long as there is adequate technique, it really doesn't matter what the medium is. Whether the medium be classical guitar, singing, folk dancing, art, writing, other, it is the expression, the thought that counts. The medium, although significant, doesn't in the long run, matter.

Important is the substance, the content, the expression of that content. The expressor must obviously have adequate skills in his medium. But adequate is enough.

I have adequate technique. I have enough.

I'm ready to move beyond technique and focus on expression.

Field of Freedom

Does this mean I'm getting ready to move on to a New Leaf?

Its name would be "Expression." (Or "Self-Expression.")

(Note: I'm getting a blinding headache as I say this. Anger rising as I face self-expression. Another puzzle as I climb the ladder upward.)

Am I re-facing humiliation and self-exposure again?

I think so.

It's the going public, the publication of my inner New Leaf self but this time through guitar.

Truth is, the very thought of actually expressing myself through the guitar makes me tremble.

Rage, panic, fear, anger, all mix together. No wonder I have an old time headache.

However, how glorious to dissolve the bonds, step beyond them, walk through the gate, and move into the wide open field of freedom!

I'm definitely reliving my childhood on the farm, and running wild of the front house lawn.

But this time I won't be squashed.

Okay, expression, self-expression. Well, expression is self-expression. It's a tautology and unnecessary to say.

In any case, I'm ready.

How does expression work?

Where do I start this next chapter?

It's a totally different experience trying to express something as I play guitar. Seems I make it up as I go along.

But I think I'll easily get used to it. A quick learning curve.

Tuesday, August 18, 2020

Index Finger on the Road of Guitar Expression

On the new road of guitar expression, I really don't know what the right hand index finger "expresses" in tremolo of Alhambra, Leyenda, or really any other tremolo. Or anything else, for that matter.

What is the index finger, and what does it, or can it express? New questions, indeed.

Improvising: Carpe Diem Guitar

So I don't really have to "practice" guitar anymore, at least technically. Perhaps I now have to "practice" how to express myself on the guitar. Guitar self-expression.

But isn't self-expression a tautology? Yes.

Therefore, it is no longer self-expression I have to "practice" on the guitar, but rather

expression.

Okay, then what about the word “practice?”

Since I am now expressing myself, rather than technical practice, it is more a question of interpretation.

Isn't interpretation self-expression? Yes.

So I don't need interpretation either.

I just and only need to travel on the road of expression.

And my feelings and ideas are in constant flux. Therefore, I am expressing new feelings and ideas each moment, every day, and every time I pick up and play the guitar. It is an improvised jazz approach to my guitar playing.

So every day, every moment is different. It's a question of seizing the moment, seizing the day, *carpe diem* guitar playing.

Guitar playing, improvisation, and travel meet in carpe diem guitar.

“Carpe diem guitar” means improvising to express myself, (my feelings) on the spot through the guitar.

For me it is “nothing more” than daring to improvise on classical pieces as I play them on the guitar.

Is rubato similar to improvising?

Is it the same? Another word for it?

In my opinion, maybe.

Improvisation is my middle name.

No question I will dare. I only need awareness and my eyes to be open.

And now they are!

Time to pull it all on the classical guitar.

My improvisations in dance have opened the door to creating folk dance choreographies.

My improvisations in language and writing have opened the door to writing my books.

My improvisations in history and adventure have opened the door to creating tours and a travel business.

I wonder what door improvising on, with, and in classical guitar will open.

Improvising on a classical guitar piece is like making walls of a house flexible and malleable, changing even some of the very structure to fit your needs.

Guitar: I now actually have something to teach: Self-expression.

Something I believe in Self-expression through the guitar!

Wednesday, August 19, 2020

The Meaning Gene or Enzyme

There seems to be a meaning gene, or meaning enzyme that enters my body and give

me hope, inspiration, drive, substance, and purpose. When this gene or enzyme vanishes, or simply does not appear, I feel completely empty and everything I do loses all meaning.

A traumatic, tiring first step into the guitar recording life.

Good Guitar Things

After analyzing my guitar Pavane video:

1. Keep my beautifully discovered tone, and rubato
2. Increase speed a bit, make it more living and lively.

Thursday, August 20, 2020

The Videos of Loose

1. Make daily “loose” guitar videos.
2. Guitar and body “loose” practice.
 - a. “Loose finger” practice. Alh, etc.
 - b. “Loose knee” practice.
 - c. “Loose run” (and dance) practice
 - d. “Loose video” practice.

“Lively” is the Word

My tone and rubato have now been established.

Now move into lively.

Lively is the word.

Lively means give it life!

(Speed is the shadow of lively.)

Lively is the next expressive step,

Guitar and Self Expression

(This blog is all about) how to express my true self, my heaven and earth self, on the guitar.

On Guitar Tone

Playing over the guitar sound hole creates soft, sweet heavenly, ethereal tone.

Playing near the bridge creates hard, naily, earthly, material tone.

Playing over the rosette combines both (heaven and earth).

There are many shades of tone colors along the way.

Each one good, each one different.

Choosing your tone creates the life of the party.

Where and how to play is a daily decision.

Friday, August 21, 2020

Am I really at the entry point?

We'll have to see.

Meanwhile, feels like blog is rolling, with 4 potential parts to it.

Developing Blog Venture (Adventure)

- 1, Dance of the Week. . . Folk dance part
2. Story of the Week. . . (NL, too). Writing part
3. Song of the Week. . .Classic guitar and new song part
4. Tour video (of the Week/Month). . .FD travel part

New Zoom Venture (Adventure)

Feels like I'm ready for a Zoom entry.

It would be a combo of folk aerobics and regular dancing.

FD zoom practice and guitar video practice would entail a “going to work” mentality.

1. Dressing for zoom practice
2. Dressing for guitar/song videos
3. Daily practice in both. Get used to it.

On Video Takes

All Are Different

(Not Better or Worse)

If every day is different—and it is—and if every video guitar take, or any take, is different—and it is—then make many takes.

To differentiate them, catalogue them by date.

Then, chose any one of them to put up on YouTube.

(Which one doesn't matter, since all different, representing different historical times and places.)

Judgement

Questions Go On Forever

What about judgement?

What is good or bad?

What about moral judgement? Isn't there a good or bad, a better or worse?

What about artist or aesthetic judgement? Isn't there a good or bad, a better or worse?

Good questions.

I think there's a difference between moral and aesthetic(artistic) judgement.

Moral judgement has a standard based on the bible and its ten commandments.

Aesthetic (artistic) judgement is based on personal tastes: It depends on that you like.

Period. In aesthetic judgement personal taste makes it "good" or "bad."

Unlike moral judgement, there is nothing universal.

But sometimes even moral judgements have to be adjudicated. decided by judges considering the shadings of grey, the difference between spirit and letter of the law. That's why we have judgement, are judges, and have judges,

Questions, questions.

Answers are often temporary, but questions go on forever.

The Art of the Mistake

A New Freedom Art Form

Let The Art of the Mistake take its rightful place among the (performing) arts.

In aesthetics, clarity is a value.

But is it a universal value, or just my value?

For example, look at a Jackson Pollack painting, or read, if you can, James Joyce Finnegan's Wake. Clarity is gone, destroyed, has no value at all. Yet some consider it art.

When I play or listen to classical music, clarity, the clear and perfected notes of the performing artist is important, an important value.

But again, look at atonal and beyond "modern" music. (Schoenberg and beyond) atonal, unorganized, chaotic. It stands garbled and proud.

Thus, on my endless search for personal and artistic freedom, I ask: Could my sloppy playing of Alhambra still be considered art? (Of course, "sloppy" is my own judgement term. I could call it something else. Grey style? Indefinite style? Ever raising questions style, Shaded interpretation style, Hesitation Style, Other?

Presently, I see it as lack of skill. But that could be simply my own way of seeing it, my own interpretation.

Could my interpretation ever change?

Could I ever see it as my own form of Jackson Pollack, or James Joyce Finnegan's

Wake style, my own addition to the new, fine, post-modern art of “Garbling” (my new term for garbled interpretation)?

In other words, is there, could there ever be, an artistic space, a hallowed place, for mistakes in classical music? And if not, can I make one up?

Truth is, why not?

Invention is my bag. Why not create a new space and place for creative rationalizations, for turning mistakes into art. There’s the Art of the Deal. Why not The Art of the Mistake.

Of course, this all seems like a joke.

However, the unconscious works in mysterious ways. Many new discoveries and directions begin as jokes.

Also, this idea is certainly a grand step toward psychological freedom. And freedom is generally a good thing.

So maybe I’m on to something new.

Let The Art of the Mistake take its rightful place among the (performing) arts.

The results of my 5-6 month total stock market trading as a new business experiment are in. As of today, my model trading account is losing money. My stock market trading experiment is a failure.

I gave it a full and great shot. 5-6 months of full time attention.

Yes, it’s a failure.

This realization happened about an hour after I realized I have a new way of promoting my old and temporarily vanished businesses through my blog.

Thus suddenly, as my old vanished businesses seem to have sudden new possibilities and even life, my stock market business is finally a known failure.

Now the big question is: What to do?

Business-wise, I know what to do. I'm somehow back in business, even though there is no business. But I have an infusion of hope, possibilities, expectation, energy, and direction. We'll see where this leads, but it is different.

Okay, now what about the stock market, and mainly, what about trading? What are my choices?

Actually, the same as they always were. But how shall I choose now, if at all?

1. I can continue trading, as in the past knowing, as I have always know, that it is a obvious waste of time and money.
2. I can give it up. To do this, I would have to transfer my energies and interests into something else.
3. I can cut back on my trading, even way back, and slowly begin to focus on other things.

Cutting back and slowly transitioning down, (and even out if I find another such fascinating interest) may be the realistic" way to go.

Okay, I'll do that. I can even start cutting back today.

Let's see if I can, and if I will.

Today I'm discouraged and down about the market and my losses. Will I feel different if it goes up? Yes.

So the result is, I don't trust any "long term" so-called decisions I make now about the market.

Thus transition, quiet calm, an a bit of pulling back, may be the only way to go.

Saturday, August 22, 2020

Playing Guitar

.It's totally different.

My playing now has life and fire, dynamism and growth. Alhambra is easy. Thumb is out, functioning and plucking strongly. (What was the problem, anyway? I forgot.)

I wonder if I'll forget my problems with my knees and body, too. I think I will.

My folk aerobics is also swinging into action on the yoga court. Combining music, folk dance, and the physical.

Sunday, August 23, 2020

Miracles of Blogging

Blog as Savior

Is my blog my new direction savior?

Could be.

I think so.

I hope so.

(Perhaps actually, deep in my heart, I know so!)

Updating my blog, adding new dances, songs, classical guitar pieces, stories, and perhaps more to it. May well be the ass-consuming activity that is strong enough to distract me, pull me away from stock market trading. It may well be dynamic enough, fascinating enough, strong and powerful enough to engage my mind totally, and thus even be more exciting than stock market trading.

Well, I can expect distraction, yes, but “more exciting?” Not yet. But maybe someday.

In any case, seems it will need and engage all my attention, with little left over for trading. I may have to change my stocks to long range ones, not daily trading ones.

We’ll see where all this leads. But it certainly feels like a new direction and new start. And internally, I hope its true!

(Will my “hope” lead to actuality? We’ll see.)

My blog is a place where I can bring all the strains and directions of my life together. It is a unifier. My blogging can unify most of the miracle schedule activities of my mind and soul, put them on “paper,” “concretize and actualize” them.

In itself, it is its own miracle that my blog has emerged.

But more on that later.

I’ll have to create new videos for my blog, new writings, new dances, new song recordings/videos, and classical guitar pieces (recordings/videos), and even reading my

works videos/ recordings.

There's mucho to do. Lots of computers screen work, too.

I may not have time, or enough computer eye space to look at, and certainly not to even focus my mind on stock trading. I'll have to change my investments to longer term holds, so I am no longer tied to them (imprisoned by them), and don't want or need to look at them every few minutes or hours.

We'll see where all this leads.

I may well have found the replacement blog-elevation-and-unity therapy I need.

Importance of Timing

Why now?

Why are things coming together in this symbol of a blog?

I must be the timing. The timing of life.

God has a plan for me. And slowly, over the years, at His own pace, it is being realized.

Yes, I have free will, but only with limits. How do I know? Because I have chosen to unite all my fields, release myself fro the grip of trading, freeing my time for "useful" things, extend my thumb, play Alhambra, etc. But all these conscious choices have to led to fulfillment. I needed God's timing help, When the time is righ (and no sooner) the change will come. Period. My job is to work toward that change. Period. But I cannot realize it without God's help, or assistance. It's called His timing. When you are ready to learn, your

teacher/Teacher will appear.

For years and years nothing works. . .and suddenly, it does!

(Thumb and the Alhambra. . . and much more. And GAVOTTE EN Rondeau goes with it.)

For years and years nothing works. . .

and suddenly, it does!

For years and years nothing works,

and suddenly, it does!

For years and years nothing works.

And suddenly, it does!

Moses Lightning and Awe Year

Perhaps age eighty-three is the “Moses lightning and awe” year, at least for me.

“Spread of thumb” consciousness.

But once lightning has struck, you move on to the next (“spread of thumb”) thunder bolt.

Monday, August 24, 2020

I'd like a new start with a New Leaf, and I feel one coming on. Somehow, I'm not ready yet, but I'm getting close.

What would a new start include? Here are some thoughts:

1. Study of ancient Greece, the classics, all the countries and civilizations I've visited.

No I can look at them for a second time.

2. Guitar: Lots of new here, but am not sure what yet. But videos of both classical guitar and folk songs upcoming and on the rise.

3. Writing. Similar to guitar.

4. Folk dance. Similar to guitar and writing, but add professional, zoom ideas, and somewhere "more."

5. Exercise: Continue path of yoga and run and weights.

6. Blog: Big new addition.

7. Stocks and trading: Diminishing influence. But no long-term promises. (I've been through these down periods before.) We'll have to see where this leads, especially if I have a few good days.

Guitar:

The Hypothenar Palace

Poetry of Entrance

Muse, freedom, mystery, and glory.

Today I play the hypothenar mystery tune.

A cryptic hypothenar relaxation covers all. Hovering over the sound hole, stroking the rosette, deep and focused, a great loosening blanket of distraction and release.

The mystery and glory of a deep-thumb Mycenaean guitar entrance.

Master key to the Helleno-Hebraic lion door of Alhambra floating, flying Spanish celestial glory, whose beyond is here now.

Perhaps indirect entrance through poetry is the best way in, at least for poetic personalities.

Can I ever lock in such a muse? Or will it always escape and live in the freedom of its essence?

Tuesday, August 25, 2020

A Good Morning Start

It is peaceful opening my computer in the morning, glancing first through te email to free myself from its dictates.

Then perhaps moving on to my blog?

1. Look at and perfect drafts for future publication.
2. Edit fresh writing (New Start Bob, New Leaf, etc) for future blog publication.
3. Then perhaps, play guitar, etc.

Warming Up

Alhambra, Running, Dancing, and More

Maybe I've been fighting nature.

Maybe it's just and mostly a question of being warmed up.

Maybe playing Alhambra, and all the other arpeggio, and even Flamenco fast

apuyando passages fast and lively is like running fast and lively. It's just (95%) a question of being warmed-up!

The mind will always make excuses, create distractions, depressions, whatever.

Best is: just do it. Warm up and go!

Wednesday, August 26, 2020

Love of Study Leaf

I'm drifting into a study of ancient Greece.

And it feels so different. I'm no longer studying for my survival, no longer desperate to learn as much as possible so I can lead my tours to these foreign lands. No pressure to learn and know everything. No more "need" involved. Only the fun, love, and joy of study.

Is this good, bad, or neutral? Better or worse? I don't know. But whatever it is, it is different kind of energy, a different energy level. I don't have to be productive. I don't have to have any results. I can study for its own sake, study as a good-in-itself.

Again, I'm not sure what this means or where this is going. But it is a totally different attitude and approach from the past.

Study of ancient Greece for the love of study, the joy of knowledge. And this with no desire for money or improved tour leadership.

So-called love of study does not give me a biting dynamism, or the nervous uptick energy of grasping. The survival energy I needed to build my tour business. That seems to be over. I'm in or entering a different life place.

Am I getting close to my next Leaf?

The Love of Study Leaf.

Sounds good. But not yet.

We'll see where this leads.

Guitar: Arpeggio pieces, Apuyando Scales, and More

It shouldn't be that hard.

And it's not.

Once your technique is established, which mine is, then you just have to warm-up, relax, and let your fingers fly. They almost go by themselves, once you're warmed up and the blood start to flow.

Run like a dancer.

Thursday, August 27, 2020

Conquering Death Through Patience

The patient, wait and watch trader meets the patient, wait and watch Alhambra.

A waiting, watching, waiting, pregnant place which combines Alhambra with stock trading.

Giving is room to breath, room to flop up and down, and wobble to and fro. Some

call it “patience.”

I don’t know what to call it, but it is a new “patience” place for me.

Fear of losing my tiny (or vast) gains begets a frantic attempt to keep it. Both ride on the wings of fear.

A trembling stock market, trading, and Alhambra approach. Not a good way to go. But I can’t, or at least, couldn’t help it.

But perhaps now I can. Perhaps, hopefully, I’ve crossed the threshold into Waiting, Patience, and Watching land, the new land that also conquers death.

Not a bad place to be.

Although no state of minds lasts, I’d still like to stay here.

We’ll see where this leads,

Friday, August 28, 2020

There’s the God spot, and the devil’s spot,
and man fluctuates between the two.

How to get from one spot to the other, and stay there without dying, is the great mystery.

Or maybe that is the rebirth and resurrection spot.

Life is a Dream

With practice, do I really improve?

Or is it an illusion that I improve?

And to I need the illusion of self-improvement to motivate, inspire myself, and drive myself forward?

Maybe I do.

Does knowing it is an illusion make any difference? Does it discourage me to know and accept that i need such an illusion?

Not necessarily.

I like dreams, and I like illusions.

On a deeper level, temporal life is a dream, and thus an illusion.

Does that mean only eternal life is real?

Maybe.

In fact, this must be so.

If it is so, and it is, then why bother practicing?

On the other hand, why not bother practicing? After all, even playing in the illusion has its own for of fun and fulfillment.

The thing is to dive into the stream of illusion and love the swim!

Perspective

It's All Part of the Game

I'll never play Alhambra the way I want to, except for a few satisfied moments.

I'll never make enough money in the stock market, except for a few satisfied

moments.

I'll always want more, except for a few satisfied moments.

The idea that some day I'll perform for people, some day I'll get it right, is all part of the illusion.

Even the want more.

Part of the game, part of the illusion.

It would be so healthy to remember this.

I would make me happy, whole, and help keep my perspective.

Thus it's ridiculous for me to beat myself up over not playing Alhambra as well as I like, or losing some money in the market, or other short comings I have mistakes I make or create. Yes, I can try to correct and even improve them. But even the attempts themselves are all part of the game.

In fact, beating myself up may be part of my game as well! Enjoying my pain and suffering may be a form of inverted fun.

But whether it is or isn't, it's all part of the game.

Experiment

Raw NL Journal on Blog

What's my fear?

I will die and no one will know who I am (or was.)

Thus, should I expose myself now? Do I dare take such a chance? Is it worth it?

What will happen?>

Ultimately, in this life of adventure, that is the big question: If I do thus and so, what will happen?

Here's my idea: Put Raw Journal on my blog. Make a special place for it. Call it Raw Journal, or Raw New Leaf Journal or Raw NL Journal. It would be unedited (raw), and almost daily. The reason unedited is because, I can't (or won't) edit it, and if I don't put it up immediately, I won't do it at all. I'll miss "seizing the moment." And then I won't know what will happen.

But mainly my question is: What will happen if I put myself out there, expose myself publically, in this manner?

Only my cowardly self is holding me back.

It's an experiment. Life is a self-experiment.

Try it for a month.

See what happens to myself, to my mind, and whatever more.

So ends a New Leaf.