

## Next Stage

Tuesday, July 3, 2018

### A New Look at Knees

The Facts: My Knee hurts.

Here's the lead Story:

1. Old story: It will never heal.

a (Dark story) Drop this story.

2. My new story: My knee "pain" is really a packet of energy in a tight and thus often unrecognizable bundle. It is a hidden energy pack. It is "pain" in tight form.

b. Warm-ups and movement will release it. Thus, warm up and move every time I get up. (Reinforcement needs to be done every day, several times a day, whenever I get up.)

Thursday, July 5, 2018

### New Power Story

The story this morning is that I woke up feeling awful. No energy, no direction, listless, and lost.

That's my morning story.

Can I change it? Yes.

What's the "variation" in my new story?

My new story is: A reinterpretation of the listless state: Listless is sleeping energy waiting to explode. It's an energy packet, and, as such, is similar to my knee "pain."

I tried the new listless story, and it worked! Did a full hour of Hebrew study in energized and positive state!

Then, suddenly, I felt scared.

Why?

Scared of possibility, of my potential, Scared that I have the chance to actually change my attitude, my state of mind, change my level of energy by simply changing my story!

In other words, I'm scared of my power.

That's a story I could change as well.

I want to change my "scared of my own power" story.

My old story is: If I use all my power, I'll slip into hubris. Hubris will create accidents, push me over the edge, and ultimately hurt me.

But the next question I must ask is: What are the facts?

1. The fact is: I have much more power than I think. The proof is, by changing this morning's story, I generated an hour of energized Hebrew study!

2. The fact is: Hubris is an ever present danger and can follow me in anything I do. Awareness of that, especially after grand successes, is the only way to deal with it.

One benefit of failure is that it dissolves hubris.

My new story:

Go with my power. I have more than I can imagine! And if lost, I can find it again in my energy packets.

### Etymology

#### Depth as my New Direction

Although looking up the roots of words slows my reading to a crawl pace, studying etymology, using that as an "etymology approach," give me a depth and story line for each word.

And since depth is my new direction, this is good.

#### Slow/Fast and Easy

Slow and fast are techniques.

Easy is an attitude.

Of course, every technique is a hidden attitude; but every attitude is also a hidden technique.

I'm not quite sure what this means, but I like the sound of it.

Monday, July 9, 2018

### New Goals

Tours and folk dancing are my business. But on one level, they are a sideline.

Performing, giving a one-man show, and writing could be my prime purpose.

Today it all seems simple, easy, and obvious. But it took forty or more years to come to this realization.

During this period, "Alhambra" became the veil, shield, symbol of resistance. Hidden within my frustration to play it "correctly" was ignorance of God's hidden guidance in my destiny and development.

But today I stand before the Next Stage.

Performing my one-man show, along with writing, is my calling. Leading tours and folk dancing is my financial support system, business, and learning platform.

Thursday, July 26, 2018

### **BALKAN ADVENTURE TOUR**

#### Leadership, Tours, Life:

#### Upgrading Miracle Schedule Life

My tours are getting to be fun, even joyful to lead!

I have a new mindset: Now I see a connecting link that dispels my pre-tour emptiness, my vacant, in-limbo departure state. Thanks to technology, and my new way of looking at my tour leadership, I realize I can and will happily, simultaneously, and constantly handle my business while leading my tour!

The only difference in my life style: I'll just be busier. Not a bad thing. I like busy. And it sure beats emptiness. Thanks to technology and my new mind set, while

traveling to the airport, waiting for flight departure, in flight, leading my tour, and more, I'll always be connected to my business.

My business is not only my salvation, but fun as well!

Saturday, July 28, 2018

### On Eating and the Disciplined Life

First day in Sofia.

The monastic discipline of limiting food intake, eating little to less, avoiding desserts and stuffing myself, is good for my concentration.

This discipline, when followed, affects everything else I do.

### Doubt Raises its Ugly Head

In order for the Sarnioian tenets to work, one must eliminate doubt.

"Try it. See if it works."

Does this "if" and even "must" command express doubt?

Yes.

Then drop "if" and "must." But leave this paragraph in my journal to remind myself.

### Importance of Goals

Picked up most of our Balkan Adventure travelers from the airport, Nice. Smooth. "Easy."

After a brief afternoon nap, woke up feeling down and somewhat lost. I know the feeling well.

What is the antidote?

Get back to my tour goals!

I did. . . and immediately felt better again!

Tuesday, July 31, 2018

New Leaf is my Guide

Should I, dare I, choose to see New Leaf as a guide book? Is it hubris? Is avoiding it simply cowardice?

I have no choice but to leap off the cliff into certainty.

I'm getting nervous. . .but not that nervous.

But there is no choice.

If New Leaf is my guide, it could also be a guide for others. This means it is important, and, since it could be helpful to others, it should be published, advertised, and promoted.

What daring words!

In the past, I've never reread or edited my New Leaf Journal. I've written in only to help me think and clear my mind. Once my mind is cleared, I forget about it.

No question, it is an excellent mind cleansing method for me. But whether my self-discoveries, and what I write about them, are good for others, I've never consider.

I could and can view New Leaf Journal as kind of Maimonidesian Guide for the Perplexed. The perplexed are mainly me, but others are perplexed as well.

This means that one of my return-home goals will be to publish. Publish, publish, publish. Invest my mind and money into publishing parts, or all, of New Leaf Journal. And my fiction as well.

This means a major commitment to writing and publishing.

Wow. Am I ready?

If not now, when?

Is there even a choice?

Wednesday, August 1, 2018

Joan Priestly suggested I write a book on my tour experiences, starting with my first tour to Hungary. She was very enthusiastic about it.

She thought is should be a "How to lead a tour" kind of guide book. She liked the

“Diary of a Virgin Tour Guide” title.

Do I want to write such a book?

If I did, would I realistically describe everything that actually happened? Or would I embellish it with juicy, off-beat fantasies, make it fun and “interesting” to write?

The realism idea somehow has no energy. The fantasy one, based in the reality, has more juice. Evidently, I’m not ready yet. But I’m getting close.

### Maximum Effort Tour Leadership Style

I felt hurt when Lois expressed slight dissatisfaction.

She’s unhappy because we’re not dancing with a local dance group tonight. But more than that, I think, she’s unhappy because she has to dance with Niki and she doesn’t like him.

Lee doesn’t like him either. I wonder if that is true for the other travelers. Deep in my heart, I know he is difficult. Lee and Lois have helped me decide that, in the future, I will not use him again. For 2020 I’ll hire only Ventsi A and Lee. I’ll put Lee in touch with Ventsi, and have them work something out together.

Meanwhile, we have Niki for the rest of this tour.

What, if anything, can or should I do about it?

What are my choices?

1. Continue present method of splitting dance time between Niki and Lee.
2. AS I see it, there is no second choice. Although I can change the future, there is nothing I can or will do about the present.

Note the word “will.” That means I have control over this situation, but I have personally decided that keeping the present situation is the best I can and want to do. If others don’t like it, I’m sorry, but there is nothing I will do about it. Thus I’ll just have to take the “blame” for their unhappiness.

Do I feel I am to blame? Partially. It is, after all, my tour. On the other hand, I am providing them with good service. Even though some may not like him, they are

nevertheless getting a knowledgeable professional teacher.

But primarily, I am in a situation where one of my travelers is unhappy, and I have decided not to change her situation. Thus, on one level, I am by-passing, even ignoring, her unhappiness.

What can I learn from this?

I'll take partial responsibility for my traveler's unhappiness. They say you can't please everyone, and it is true.

And yes, I have to stand up to rejection, dislike, discontent, and unhappiness.

But what really makes me feel bad is my limitations. A client is unhappy, and there is nothing I can or will do about it. And perhaps, even if I twisted myself and tried as hard as I could to please them, they might still remain unhappy.

So, as to Lois's complaints, I will ride them out, hope they are soon forgotten, and move on. I can't see any other choice.

Yet there is, nevertheless, one more choice: I can focus on my limitations. I'm a nice guy, and I work hard to make a good tour program, Still I'm not the Lord. I can't make or force others to be happy. I feel badly for them, and badly about my limitations. That's about all I can do.

Or is it?

Here's a good question: Should I bother feeling bad about my limitations? Whether I do or not, I'll still work as hard as I can, give the tour my maximum effort. And this based partly on a feeling of compassion for others.

I like this answer. Try as hard as I can to solve Lois' problem. Try to make her happy. Give it my all, my maximum effort, focus, and concentration. This even while realizing I might totally fail in the process.

Rather than give up, I'll go down fighting! Not only is this a noble way to go, but I'll feel wonderful and glorious in the process!

Thus, helping my travelers be happy is a win-win situation.

Why?

Paradoxically, even if I lose, I win.

Even if I end up failing, focusing on a good cause, fighting to help one of my travelers be happy, in the end, will make me feel great!

Friday, August 10, 2018

### Taking Home A New Commitment

The tour is coming to an end. Only three days left.

What kind of new commitment can I take home with me? One that will memorialize and remind me of this tour.

5-country Balkan Adventure symbolizes the five (or more) countries of my mind.

Unite the five or more countries of my mind with a new commitment: A commitment to writing and publishing.

Ugh, I'm feeling sick about all the work ahead, if I make such a commitment.

But the very fact that I feel sick may mean I am committing. Hating to face my future may be the best way to face it. Diving into my nausea and disgust at the idea of so much work ahead may well be a "realistic" way to approach things.

After all, I get very nervous before the commitment to leading each tour.

A commitment to writing/publishing is a big tour up ahead.

Wednesday, August 15, 2018

### Power, Ease, and Dignity

Home again.

Renewed, revitalized. I'm cooked and redone.

I'm returning home with a vengeance.

First fresh view: Starting with Fernando Sor "Estudio Number 12," I'm attacking classical guitar with a vengeance, diving in with power, ease, and dignity.

Just like I led mt Balkan Adventure tour: with power, ease, and dignity.



Perhaps power, ease, and dignity are the real post-eighty state. But it begins at 81, after an 80 transitional year.

Evidently, power, ease, and dignity are now the way to go.

### Alhambra

In the Alhambra, power is in the right index finger.

Who controls that power? And on what level?

The same one who controlled the Balkan Adventure tour. He controls it on the same level. In partnership with the higher power.

Power, coupled with ease, bring dignity.

The easy power of the right index finger. The lifelong battle not for the ease of power but rather for the power of ease.

So ends a New Leaf.