

## Business Journal and Post-Bulgaria 2015

### Fiction and Business Writing

Monday, August 24, 2015

Incorporate fiction writing (if there is any) and business writing into my New Leaf Journal. (The "All in One" approach.)

#### Transformation

What is business writing?

Could New Leaf become a business writing journal?

Will New Leaf become a business writing journal?

Is my fiction writing really a secret, hidden business plan?

Tuesday, August 25, 2015

#### Business Self

What a transformation is this! This leaf of my New Leaf Journal has metamorphosed into a Business Journal. Not only has the (lifetime) conflict between art and business been resolved. It has moved beyond the split to, first a leaning toward business, and now a complete turn toward business. Business is now the face of my New Leaf. The self as artist has been left behind, or rather, has transformed, metamorphosed into a Business Self. This Business Self now includes the artist in me rather than vice versa.

I used to be an artist self, which contained within it, a frustrated and unhappy business self. I always felt forced to do business in order to survive as an artist. Now, my artist self has evidently been totally satisfied and fulfilled. I am ready to move to another level (if "level" is the right word to call it): a business level. And with this, I am ready to step into and embrace a new self-definition: I am ready to become my Business Self.

Does my Business Self include all my miracle schedule activities? Maybe. But I'm not yet exactly sure how. Can miracle occur in the practical, material day-to-day world? Yes, miraculous things dressed in human clothing often take place (happen) when I lead tours. Miracles in the material world. But are they the same, or can they relate, to miracles in the artistic world? Maybe. Something to think about.

But, in any case, this morning, and for now, my post-Bulgaria 2015, freshly born Business Self somehow includes Music, Exercise, Writing, Study as part of the larger, all-inclusive Business Self.

Next question: How do music, writing, exercise, and study fit into, under and within the Business Self?

#### Rebirth of Miracle Schedule in the Business Self

This is a definite switch, change, challenge, and transformation in attitude. I am exploring life in and as my Business Self.

Now music, writing, exercise, study, (and of course, folk dance) are subsumed under my new Business Self. By relating these miracle schedule fields to other people through sales and more, I can, am and shall bring rebirth and new energy to these fields.

#### Going Public Through my Business Self

I've been protecting my time and space for my inner soul, artistic self, almost since I started playing violin.

But, since I am transitioning from my solo artistic self to my gone-public, people-oriented business self, do I still need to protect my time and space? Instead, should I (can I) give some or more of it to others?

Thus, giving my business self to others through concerts. Also adding public writing (readings), etc.

Would this give a reason to practice and improve?

Do I need such a reason? Maybe.

I give differently than Frank Perdue. "Give" a concert.

I could even "give" a (my) book, or a T-shirt.

Although improving is always nice, I don't need to "improve" to do this I only need a new attitude.

(And of course, as an added benefit, by doing it, I may improve anyway.)

### Mensch Way

#### My "Frank Perdue Influenced" Mensch Way

I could start by calling (all) my "customer family," check in with them, see how they are post-tour.

Wednesday, August 26, 2015

### New Neighborhood

This business growth idea has really sucked up my mind; it has mopped away every other artistic, scholarly, musical, technological, and study notions I used to have.

Is it a way of "holding on" to my Bulgaria tour, and tours in general? Is it really a step in another direction?

Can there be some kind of "both" involved, a place and space where I can both grow/expand my business and continue my artistic miracle schedule attitude and events?

I feel like I am almost fanatically focused on business growth and expansion, to the exclusion of everything else that used to be important in my life. I've got the blinders, looking down straight ahead path of growth and expansion. No room for anything else in my brain.

Is this a passion, compulsion, fanaticism, other? This morning part of me almost wishes it would go away. "Give me back my old life!" it cries. Once upon a time, I

loved playing guitar, writing, studying, running, gym, etc. All these great activities, all my desire to perform them, has somehow dribbled away; all my energy and focus is now on growth, growth, growth, to the exclusion of everything else.

I'm divided. Just as I love the passion, I'm also a slave to it. Maybe it's a matter of time. I need more time to let the passion adjust, and dribble out a bit, so I have space in my brain and life for the other activities. But maybe not. Maybe there really is a substantial change in my being. Maybe I really am moving to another place, to another neighborhood.

Is it a neighborhood that can and will include "both," but on another level? I vaguely hope so.

Too early to tell. We'll see where all this leads.

We'll see where all this leads.

### Both

The answer is: I have to do both.

Expand my business and perform miracle schedule.

The only question is: How?

I'm in the post-tour "collecting my energy" phase.

When the energy rises, I'll plan a rigorous, disciplined schedule.

Historically, my past energy cycles take about two post-tour weeks to "settle down." I'm in the second week now.

(That's just the way it is. Not much I can or should do about it. Although it always seems and feel different, maybe I should simply "expect it" after every tour.)

We'll see what and where this leads.

### Love in Enough

Strange new guitar though:

My guitar playing is absolutely not for giving concerts. As I started playing

guitar this morning, the idea of giving concerts absolutely drifted away from my mind. Somehow it did not even enter my mind; it has absolutely nothing to do with guitar.

No concerts or public performances. And yet I want and need to play guitar. But now, for totally other reasons. Mainly, I love to play. Period. Where this love will lead, who knows? Or even cares. The fact that I love and need to play is enough. And this for my other instruments (gaida, violin) as well.

Will I miss concerts? Will I miss this way of thinking about the guitar? (That eventually, I will have to give a concert; eventually, I will be playing this piece in public, etc.

A big attitude step out of the concert world and into the world of love. Out of the "I have to perform" and into the world of "I love music and playing guitar (gaida, violin, maybe someday singing) for itself, as a good-in-itself."

Indeed, a post-Bulgaria music step "forward."

### Love and Freedom

Is it really true? Is a new guitar/music attitude of love and freedom being born? I'd say wow yes. A post-tour benefit.

### Love and Freedom as a New Theme

Could love and freedom be a new theme for my post-Bulgaria, 2016 life? What a Wow! and exclamation point that would be!

Friday, August 28, 2015

### Alhambra-Victory Self

#### I Have Arrived

I hesitate and am even afraid to take the plunge into my new guitar-playing, Alhambra and Leyenda victory self.

Relationship between Bulgarian tour leadership, pointing the way (with my index finger), and guitar playing, Alhambra-victory self, with its leadership right index finger, focused, encouraging, and strong.

What relationship, if any, does this have with a future scorpion yoga pose. (Yet the vision came up.)

I have arrived.

Can I accept or even believe such a thing?

And if yes, can I plunge into this new self?

What does "I have arrived" mean?

That as my index finger points to total self leadership, I can accept and allow myself to play the Alhambra.

### Truth and Resignation

Should you keep saying things,, telling truths even though they are resisted and/or fall on totally deaf ears?

Well, why not?

As long as you can say them in resignation—resigned to the fact that no one will listen—and without anger,

Saturday, August 29, 2015

### Better than you ever Imagined

What a great Spartan concept: Challenging yourself to accomplish more than you know, pushing yourself beyond what you consider to be your limits, so you can be better than you ever imagined you can be!

Guitar: I have arrived. (Slightly more confidence in this new place today.)

Sunday, August 30, 2015

### Now What?

#### A New Guitar Goal

If it's true that I can now play guitar, and I can, the question emerges: Now what?

In a sense, I have to say I've accomplished my goal. I'm successful. And the same (formerly depressing) question emerges: Now what?

Shall I play in public? Give a concert? Somehow, having won, been successful, conquered my demon, playing in public, giving a concert is besides the point.

I always thought that once I had confidence in myself, that I could play the Alhambra, I would then have the confidence and even want to play in public. But now that I've won, I've conquered, it seems besides the point.

Maybe playing in public was, secretly and subconsciously, my goal. Maybe simply conquering my challenge, conquering my Alhambra and arpeggio challenge was always my secret goal. To be able to play well and confidently, for myself really (and the Heavens as well), was always my goal.

And now that I've accomplished it, the so-called "desire" to play in public, to give a concert, has simply dropped out of view. Besides the point.

Well, if that is the case (and it seems to be), now what?

Indeed, I need a new guitar goal.

Can I find out?

### Moving between Miracle Schedule Events

#### Are Depressions Necessary?

Now that business is part of my miracle schedule, can I make some big step attitude changes?

I'm older and more experienced now;

I know myself and what's good for me.

I know my talents and skills;

I know perhaps, a lot about my cosmic purpose.

I know that following my miracle schedule is good for me.

I even know my depressions.

Since I know these things, can I, (should I, will I) give up the time-consuming (time-wasting?) questions about my cosmic purpose, give up my depressions caused by the emptiness that comes between miracle schedule events, and simply follow my miracle schedule?

Do I still need depressions? Can I drop them, give them up, go past them, and simply dive into the next miracle schedule event?

Or is the questioning, and the depression that follows, an intimate part of my being and being Jewish? (This would mean it cannot and even should not be given up or lost.)

Am I missing something? Is there another way?

If there is, are depressions necessary?

### Depressions Versus Downs

My depressions are related to questions of cosmic purpose. "Is it worth it? Why bother? These are cosmic purpose questions.

My so-called "downs" occur when energy runs out. With a twist of the mind, they can easily turn into pleasant rests.\

Sunday, September 6, 2015

### Stocks

How to handle stocks.

Look at stocks once a week or month.

1. What feeling do I have when I want to look at stocks?



2. "Completing routine": Write. (Fiction or non-fiction)

Bongo Bill. It may need a fruit cake.

Fixing the new routines.

### Daily I Get Different; Daily I Get Better

Why is this a good way to think?

Because it inspires me!

And in inspiration, I work harder, and thus get even better!

Guitar: I know I'm playing different, slower, more focused, purer and clearer tones; I know I'm getting different.

But by getting different, am I getting better?

Better depends on the audience or myu interpretation of what is better. It is an artistic, aesthetic decision, and thus a personal one. There is no absolute better.

But, no question that thinking, believing I am getting better, makes me feel better. It even inspires me to work harder!

Since "better" or getting better is a personal decision, therefore, it is better that I decide that, no question, every time I practice, I am getting better!

This kind of thinking is better for my psychology, better for me, and even better for the world.

Thus, believing that as, daily I get different, daily I get better is absolutely the way to go.

The habit I need to practice is how to think this habitually and always.

Why think it? Because it is true.

Monday, September 7, 2015

The Challenge:

### How to Have Fun on my Tours?

#### For Me?

#### How to make my tours fascinating, exciting, and fun – for me?

Start with upcoming Albania. My specific and present challenge and model.

How to make Albania fascinating, and fun – for me?

List some ideas and areas:

1. Language
2. History
3. Geography
4. Writing (Travelogue? Other?)
5. Video and photography
6. Organizing principle
7. Psychology
8. Business
9. Other

### InfaNT Vision Writing

On the one hand, I feel almost arrogant and unappreciative. I feel I now “have everything.” I’ve been so lucky. So much has been given to me. And yet, now that I feel “successful,” that is, business is going well and my finances are in order, I’m in the “Now what?” section. Even though I so-called “have everything” I still want more. More of what? Well, excitement, fascination and fun.

It is a sin to ask for this? Am I arrogant, unappreciative, unthankful, and “wrong” to ask for more? Is it my God-given right to ask for me, even though I already have so much?

Or is it my God-given right, even talent, to ask for more? To always want to grow and expand?

I don’t know.

But I do know I need and want to new power, force, motivation, and reason to run my tours.

Maybe the reason is standing right in front of my nose, but I don't see it. And this because I have blocked off my pleasure center, dropped it, and replaced it with fear and responsibility. The fear keeps me responsible, the responsibility keeps me fearful,

Suppose I "gave up fear and responsibility, "handed it all over to God," would things be better? Probably. But could I do that? Could I really give up fear and responsibility, could I really hand them over to God and become the child, or rather, have the child-like, infant vision I once wrote about?

Is my "goal" really to have once again Infant Vision? To be and become a child of God with a fresh, pure infant's vision?

Yes. That would be wonderful. But is it practical and purposeful? And if yes, could I ever achieve it?

Perhaps I should continue writing my Infant Vision book, and somehow connect it to Albania, tours, and life in general.

This would mean that writing takes a top priority. And this during my tours.

This may partially answer the question: How to make my tours fascinating, exciting and fun. Make them part of an (my) Infant Vision. And this through (constantly) writing while on tour. Even throwing in foreign (Albanian and other) words, to make the writing more "colorful."

No question I love writing. No question writing makes my world fascinating, exciting, adventurous, and fun. (Note the addition of the new word "adventurous." I always put "adventurous" in my tour advertising. Now I need To apply that adventure to myself. Perhaps it can be achieved though constant "Infant Vision Writing."

### Writing

Was I put on the earth to write? I often feel I was especially when I soar, while soaring in wild freedom when I write. This wild freedom is my ecstatic connection, my

divine God experience.

Addiction, Fear, Responsibility, and God

Needing a "New Habit"

Running Like a Child Across the Earth

I wonder if you could say that I am addicted to fear of responsibility. Like I need fear in order to be responsible; and conversely, when I am or have a responsibility, I get fearful, I create my own fear. Which energizes me to become responsible.

This all began when I got married and took responsibility.

This fear and responsibility is manifested in my dealings with money, and perhaps even in my playing of the Alhambra.

Truth is, presently, this habit of fear and responsibility no longer works. Perhaps it is because it has served its purpose and is no longer needed.

I am, or hopefully, was, addicted to this fear (of responsibility.) It has worked to motivate, push me, for years.

How can I get out of this habit? This addiction? This addictive way or thinking?

The cue or trigger is the appearance of responsibility. My immediate reaction is fear. This drives away my pleasure center, ducks my Infant Vision self into the black hole of darkness.

How to jump past this addiction?

Perhaps start with the AA approach.

Perhaps I can only do this with God's help. By handing my fear (and responsibilities) over to God. By saying, admitting, that I am helpless and powerless before this fear, these responsibilities, and that only through the help of God can I free myself of them.

I have been addicted to this way of fear/worry thinking. After all, responsibilities were never part of my dream-driven childhood. Imagination, running wild on my lawn of dreams, dreaminess, floating into space, these were what I always

wanted to do. And was allowed to grow up with.

This all changed with marriage and responsibility.

It has taken 50 years to learn how to handle this, and to recover. But I am now ready to recover. Infant Vision is my recovery.

How to get and keep it, may well be, related to letting God back into my life. To admitting He runs things, that I am His servant and He is my master.

Then I can run like a child across the earth.

### Thankfulness and Gratefulness

#### The Proper Attitude and Response

The proper attitude is one of appreciation, thankfulness, and gratefulness. . .for God's bounteous gifts, one of which is life itself.

Everything (almost everything) beyond that is based on fear.

Tuesday, September 8, 2015

Thankfulness/gratefulness: A good day to start practicing.

I stepped on a nail last night. Not serious, but I slightly punctured my right heel. Very slight blood. Bernice cleaned and bandaged it. This morning it hurts but slightly.

This means I can't run today.

How can I learn, or practice, being thankful for this injury? Yes, it is slight (that's something to be thankful for already.) But it is still frustrating.

Is frustration something to be thankful for? Good question.

Maybe. But why?

What will this frustration cause me to do? Change direction. Today, due to my injury, I cannot and should not run. Give it some time to heal. But the frustration comes from losing my lovely routine. Okay, we all know that.

It means I have to do something else today. Perhaps a strong focus on yoga? Upper body. Push-ups. All of them.

Is this something to be thankful for? I don't feel thankful. . . yet. Nevertheless, think about thankfulness and start practicing it today. Right now. Perhaps as the day progresses, I'll find a "reason" to be thankful.

But my thankfulness and gratitude is not based on reason. It is based on faith and belief. Belief in a Higher Power. And the question: Why did this happen now? What guiding force caused me to step on a nail now? What lessons, if any, will it teach me? What is the divine plan involved in slowing me down now, and changing today's routine, plans and schedule?

All good questions on a thankful day.

One good reason to be thankful is that I'm still alive. Truly, stepping on this nail ranks as a minor inconvenience.

I am daily beset by minor conveniences. Is it even worth paying that much attention to them? Probably best is to deal with them, then (as quickly as possible) move on.

Move on to where? My next pro-ject.

An what is that?

Should I rewrite my journal in the third person?

Or is first person really third person in disguise?

Probably leave things as they are.

First person turns into third person especially with the passing of time.

### My Major Writing Weakness

Once major weakness I have as a writer it that I never, and never want, to reread and edit my writing. Thus nothing is ever perfected. . . or sold.

I wonder why that is.

I know I can change that pattern if I want to.

But I also wonder if I will ever want to?

And if not, why not?

Why will I not allow myself that discipline?

By not rereading, rewriting, and editing, I remain an amateur.

Why do I, would I want to remain an amateur?

Great questions.

### Asking the Big Writing Question

#### The "Ugh but Yes" Approach

##### Stepping on a Nail

What could change this habit of thinking, this amateur belief and status?

Belief in myself. Belief that my writing is good and worthy and important. So important that others must, should and will read it!

Would I ever be bold enough to believe it? Well, truth is, inside me I do. Only somehow, perhaps for financial reasons, I don't want to spend the time pushing it. However, my financial reasons (or excuses) no longer hold.

I am definitely ready for a new habit of thinking. A new writing habit of thinking.

Am I ready to change from amateur to professional thinking?

That would mean putting time and effort into editing, rereading, and rewriting my journal and more.

Truth is, I do believe in my writing. I actually love it!

I am ready to and for change. And, based on need, desire, and love, I'm returning to writing with a fictional vengeance.

Then why not move from amateur to professional?

Perhaps I can simply start off with a new habit, by developing a new writing habit. That would be: Devoting a certain amount of time each day to rereading, rewriting and editing my work.

I could start off with five minutes a day.

Five minutes a day of editing. Ugh but yes.

What about divine purpose? Why did this happen now, on my Cape Cod vacation, a time where I rearrange and rethink next year's plan and life? Did God have me step on a nail to drive in the writing point?

Well, I chose to interpret it that way.

The same belief principles apply to my under pressure guitar (Alhambra, etc) concert performances, and tour performances as well.

Wednesday, September 9, 2015

### Happiness

#### Connect my Whole Life to my Miracle Schedule

Maybe I am happy.

Maybe this is as good as it gets. And it's pretty good.

Maybe my desire for improvement, growth, and expansion, although pleasant, is not vital or even necessary. Maybe it's only a slight prod in the already existing happiness state I live in.

Maybe this is as good as it gets, and that's okay.

Do I need happiness? Do I want happiness? Can I exist and thrive in a state of happiness? Good questions.

And what, after all, is happiness? What does it mean to me?

Is the Cape Cod experience the happy state? If yes, what does it mean? And what do I do in that state?

Well, here's what I do in Cape Cod: I follow a lovely miracle schedule. Period. Study, writing, music, exercise. These are the vital ingredients. Note how business and money are absent from this equation.

Yet, I need business and money. Or do I?

Could I live without business? And my focus on money?



Could I only lead a miracle schedule life? Would I want such an existence?

Would that make me “totally happy?”

Note also how my miracle schedule activities are all inward, solo, and alone. They are my hermit or monkish activities. Only business and money connects me to the outside world.

No question my inner miracle schedule activities bring me happiness.

But what about my outer ones? What about business? (Money is actually part of business, so I no longer have to mention it.)

Is there anything I can find that I actually like in business? Anything I enjoy?

Leadership is the first word that comes to mind. Somehow, and strangely, I can say that I actually enjoy leading. Strange and why? Maybe it’s because when I lead, I am thinking and doing “inner miracle schedule mind set” but in public. My leadership style is simply: “Come on, let’s go!” Or “Come on, let’s go. This is good and fun!”

That’s why I enjoyed being social director at Chaits. I did everything I liked, but did it with the public. My “followers” followed and did whatever I liked. If I didn’t like it, I didn’t do it, and naturally, if I didn’t do it, there was nothing for them to follow so they didn’t follow.

So basically, what I am saying is, my leadership style is simply to keep doing what I like, but bring others along with me. (Since I like it, I become enthusiastic, and my enthusiasm is what others pick up and some want to follow.)

Maybe that is the “business connection” between inner and outer MS. In both areas, I am doing what I like. Only one is private and one is public. (Since leadership involves others, and thus business, money follows “naturally.”)

So let’s take this self-revelation and apply it to my public work, namely folk dance teaching and tours. Somehow folk dance teaching is “easy.” I have little to no problem enjoying it, and this, even though it makes little money.

The real “problem” is running and leading tours. (And there is not question that tours can make money!)

The real question is: Can I lead tours and still enjoy them?

Am I still doing what I want when I lead tours? Mostly yes. However, I spend much of my brain power in thinking about and trying to please my customers, clients, followers. Is this “thinking of others” and “trying to please them” my downfall? Is this where my loves, passions, enthusiasms, etc get squashed?

Maybe.

Maybe it’s simply a question of priorities. I must always remember to put my self and my self interest first. If that is satisfied, or at least deal with, then perhaps I can deal with the desires of others.

And truth is, making others happy does please me. But it should never be top priority, To priority should always be my vision. My vision, my desires, loves, and passions must come first. Then, when they do, I have room left over in my brain and heart, for, and to deal with the desires of others.

How to bring happiness and enjoy my tours: Reconnect them to my primal miracle schedule vision. Reconnect them to study, writing, music, exercise, and (even) dance.

The nail in my heel only drives in the point.

What about all the detail work for tours. How to connect it to my miracle schedule: Well, study and writing comes immediately to mind. Study of organization and numbers, writing of emails and advertising copy.

Connect my whole life to my miracle schedule.

### Keystone Tour Habit: Being On Time for the Bus

The keystone group habit for a tour is being on time for the bus. This habit starts, is established, the first day. It creates organization, order, and regularity out of chaos; it sets the tone for the entire tour.

A tour is an organization.

I am creating habits for an organization.

What are good habits to create for this tour organization?

### Why Tours?

Note: O'Neill had money. He didn't take the job as president of Alcoa because he needed the money. He took it for other reasons; he took it to "make a difference."

I have enough money. I don't need to take the job as tour leader because I need the money. Thus, if I decide to take it, I can take it for another reason.

What would that reason be?

Is there a keystone habit in my tours and tour details that I could change to make them fun?

Phrased another way: What is the keystone habit I could change in my tours and tour details to make them fun?

### Small Wins

#### Keystone Habits (KH)

##### 1. Running:

A. (Running journal?). KH: Daily do something. Even 10 minutes.

Increase times. Enter a race for motivation.

B. Specific goal: KH small win: Increase mile times. Give myself one year.

##### 2. Writing:

a. Specific goal: edit one page.

B. Publish one book a year.

##### 3. Yoga:

a. KH daily, in late afternoon.

B. Specific goals: shoulder stand, scorpion, leg over head, other? Choose one

for one small win. A year.

4. Guitar: KH: Alhambra

5. Study and Languages:

a. None at the moment

6. Regulate my work time

a. Very important KH. Put aside 2 hours (or other) a day for desk work dealing with business: Tours, emails, folk dancing, advertising, scheduling, all business events.

b. How and where to schedule this during the day? Usually (always?) after my miracle schedule events.

c. Goal: Make business part of my miracle schedule.

d. Use a stop watch as a start. Maybe one am hour, one pm hour or even at night?

Specific goal: Answer emails, creat ads, etc. as a writing art.

Just Do Them and Shut Up!

These are miracle schedule keystone habits, plus business.

Do I have too many? Am I doing too much?

Is kit "realistic" to start out with doubts? On the other hand, doubting myself and my resolve may be just a bad mental habit. After all, the keystone habits what I am proposing are not hard. I could easily have small wins in each area.

In fact, they are realistic!

Just do them and shut up!

Thursday, September 10, 2015

The Birth of Perfected Leaf

Idea: Edit my journal. A daily habit.

1. Start a New Leaf. Call it Perfected Leaf

2. Start a blog called: Perfected Leaf. Or maybe better: Perfected New Leaf.  
(An “old” leaf, edited new leaf.)

Very low this morning.

Would I put this feeling, this admission, into my public blog?

Except for yoga, I work better with my pants on. It seems to raise the focus. Also, it makes my private body parts hidden, secret, and thus “more special.”

Would this revelation, understanding, and admission be permissible or even good in a blog. Would my travelers and customers want or like to see it? Ultimately, would “coming out in all my personal area” help or hurt business? Or would it have no short or long term effects whatsoever?

Do I dare or want to go in this direction?

Or should I edit out such questionable parts?

Ultimately, why would I? Only because it might hurt business, which would hurt my profits. I’d then have less money and be less secure.

But this journal is not about money. Plus, I have enough money to survive, so even if I make less profit, I’ll be okay.

Plus, I really want to come out with the truth about myself. I’d like others to know. Secretly (and even not so secretly) I’d like them to know all sides of me, the real me, the true me. In fact, I myself would like to know who I am. Writing my journal, and perhaps even going public with it, might help me understand myself better. Hmm, right there is another reason to go public.

I’ve been asking and dealing with this question for years. And shied away from such a gone-public, personal blog.

But in terms of “making a difference” and “improving the world” showing others my journal writing, and, more important, the process of daily journal writing is a great gift. I’d be teaching my example, the best kind of teaching. The “just do it and shut up”

approach.

Okay, how to start this editing process:

1. First (longtime and endless) question:

a. Should I use categories or chronology with dates?

2. Start a separate folder called Perfected Leaf.

a. Put my New Leaf perfected editings into it.

3. With what journal should I start?

a. Present, today journal. Today's journal writing? New Leaf Serbian Vision?

(All journals?). I'm leaning toward Serbian vision. This gives me a bit of distance. Do I need dsuch distance in order to edit? Maybe. Serbian Vision was also the place of my new tour "calm, confident, and focused" beginning.

### Moving Beyond Limitations

#### The German Thumb

After 45 minutes of guitar practicing/playing I am still in the rational, scheduled, routine area. But if I go beyond that, will I break through to a new and unknown level. Like running.

How to move beyond the rational and known, and into the mysterious, unknowns realms of the limitless. How to move beyond the known and the limitations I live within and know about?

Perhaps I should practice/play longer (quantitative), and/or push harder (qualitative) to move beyond my known, rational, reasonable, scheduled, planned, routine and realistic limits.

Yes!

Sudden revelation, development, and opening of the German thumb, with Merkel and Bach behind and within it. German Alhambra thumb: Powerful, strong and definite. Stands on its own.

Important truth: By going beyond my limits, I've moved beyond my limit.

Friday, September 11, 2015

With the German thumb, Leyenda is easy. So is Alhambra.

Practice the long focus. . . on the German thumb.

### Keystone Selling Routine

#### Business. . and (my) Books

1. Weekly emails.
2. Answering individual business emails well.
3. Facebook postings: Develop it.
4. Ads

By going beyond my limits once more, I crushed Leyenda and even a bit of the Bach Gavotte ern Rondo.

Sunday, September 13, 2015

Teaneck and home.

The difference is that now I can play the guitar!

Monday, September 14, 2015

#### Languages: On Studying Albanian

What is a child's order of learning?

Best and easiest: learn nouns, adjectives, adverbs first; learn verbs, their conjugations, tenses, etc, second or last.

Learn nouns, adjectives, adverbs first.

Learn verbs and their conjugations second or last.

### Guitar and Tikkun Olam

Is it enough playing guitar only for my pleasure? Or do I have an obligation to play for others, for audiences?

Do I have an obligation to improve the world?

Or by playing guitar in my room, alone for my pleasure, am I subtly improving the world anyway?

Does self-improvement, playing beautiful guitar, self-pleasure and enjoyment done subtly and alone in my room, improve and give pleasure to others?

I'd have to say yes.

How so?

What is an idea, but a vibration? Does thought alone, without expressing it directly to others, communicate to others? I would have to say yes. Very subtly, but it happens nevertheless.

Subtle vibrations run the world. Otherwise computers and electronics would not exist.

Vibrations are the great Unseen.

Thus, by playing alone and in my room, by creating good vibrations, pleasure, and confidence, I improve the world.

The tikkun olam improvements are subtle. But in their subtle unseen manifestations, they heal the world.

Tuesday, September 15, 2015

### Tours

What is my cosmic purpose? To study and learn.

Regarding tours: What is my grand purpose? What is the cosmic plan? To study and learn.

Learn what?

My main subjects (Among other things) are: history, geography and language:



Truly, over the past 30 years, in these areas, I have just skimmed the surface.

Truly, I have just skimmed the surface.

A few years ago I committed myself to “dwelling and delving into these areas in depth.

Onward! I now have my direction: Depth in language, history and geography.

Does this mean artistry, namely writing, music, and folk dancing, even video and photography, will not take second place?

Maybe.

Study is a pillar of my miracle schedule.

Artistry itself, (writing, music, dance, even video) will never go away. However, maybe now it will become a result and outgrowth, an expression of study and learning.

Maybe miracle schedule emphasis has “shifted.” Top priority: is study. It’s expression is artistry.

(Artistry includes the art of organization. . .and business.)

### The Habit of Wonder and Amazement

What state of mind do I choose?

Stretched between amazement and overwhelmed, curiosity and grasping, wonder and the desperation of transience, where do I want to go?

I prefer living in amazement and wonder.

Can I take the reins and remain on this road? Or shall I let the wild horses of overwhelmed and grasping steer me of course?

I can choose the unpleasant romance of driving into the ditch.

Or the amazing calm of shining wonder.

I have a choice.

I prefer developing the habit of wonder and amazement.

The habit of awe and wonder anchors you to the moment. It creates calm wonder,

focused amazement within the infinite distance and eternal moment truth of here-and-now.

Friday, September 18, 2015

### Shut Up and Do It!

Just do it and shut up. Or just shut up and do it.

Very down yesterday, totally wiped out and depressed. I realized after I spoke to Mary Beth and had to cancel three folk dance classes that my Albania tour with its Kosovo extension was simply too long! Too long for me, too much time away from my folk dance classes, too much time away from my miracle schedule life. I felt not only had I just left (for Bulgaria) but now I was leaving again! Too much. I felt I would end up hating my travelers and myself in the process. I felt I was on the edge of tour burn-out. Too much, too much! Too much touring, not enough dancing. My spirit and brain dropped. Bernice was angry, I was angry, my dancers would soon be angry. Too much, too much.

After hours of self-torture in decision making, I finally realized that I had to drop my Kosovo extension. Thus I would now be away two weeks instead of three. I'd miss Kosovo, the only new part of the tour. Yes, I ended up blown away, stunned, disappointed, with a feeling that no matter which decision I made it would be a no-win decision.

I would disappoint my travelers if I did not go with them to Kosovo. I would disappoint, even hate myself for giving up seeing a new place, but I would hate my travelers and myself, if I pushed myself to go anyway. No win.

But I finally made the decision not to go.

For a day I was blown away, stunned, depressed, and drained.

This morning I woke up more rested and with clearer mind but with the same drained and depressed feeling.

In this drained, down and depressed mental state, I certainly had no desired to return to the commands of my miracle schedule.

What to do?

Shut up and do it anyway! Follow the commands and commandments of miracle

schedule no matter how I feel! Just do it. The “do it” process, will change your feelings.

Simply do it – and shut up!

### Forcing Yourself, Self-Discipline, Will Power

Learn to force yourself.

Self discipline is about learning to force yourself.

Want to live in the best dictatorship, the one of your own choosing? Choose to force yourself.

Forcing yourself, along with its twin sister Self-Discipline, builds and strengthens will power.

It is not pleasant to force yourself. It does not “feel good, ” especially in the beginning. But once you get used to it, once you get into it, the activity feels better and better, until it feels best!

It is always important to be aware of your feelings. But they are not necessarily the best thing to believe or follow.

That’s where reason and self-discipline come in. I personally know that following my miracle schedule is the best thing for me to do. Always. However, sometimes I don’t feel like it. As today, when I’m feeling draining, down, and depressed from my Kosovo cancellation. I feel like doing nothing, just sleeping or wallowing in my depression.

However, if I nevertheless simply start a miracle schedule activity, if I can force myself to start and do it, I slowly begin to feel better. And as I get into it more and more, I feel better and better. Soon I have totally forgotten my down and depression. I end up satisfied and even happy!

Thus forcing myself to do something I know is good for myself is based on kindness, kindness to myself.

That’s what’s nice about a job. My folk dance jobs, tour leading jobs, performing jobs, desk work jobs, any job forces me out of myself, forced me to rise, to elevate myself.

I become better than my dreary, drained, down, sinking into the mud, depressed self. And I end up smiling and happy!

What have I done? Nothing but exert will power.

I see my resistance to self-discipline, will power, and forcing myself in many things I do. Such resistance precedes most folk dance teaching classes, tours, workouts with Rick, and more.

What to do?

1. Be aware of it
2. Try a different approach: Enter the world of self-discipline and will power. Realize the benefits of forcing myself.

### Diving in More Quickly

#### Just Do It!

The mental process is:

1. Intellectually, I know doing it is and will be good for me.
2. I don't want to do this! I definitely don't feel like doing it! I hate doing it!
3. Resistance, rebellion, revolution aimed at myself. The battle between "I refuse to do it! I won't be pushed around!" And "You must do it! You have to do it!"
4. Victory comes when I force myself to do it anyway. When I "Shut up and do it!"

When I shut up the mental chatter of my internal battle.

I want to shorten the preliminary battle between shut up and dive in?

Actually, I want to eliminate it!

I want to dive in more quickly, even immediately.

Yet resistance persists.

What to do? How to dive in more quickly?

Develop the habit of: Just do it.

The desire to sleep, rest, or question between miracle schedule events, may be another subtle form of resistance.

If so, what to do?

Don't wait. "As Rick says, "No rest!" Just dive into the next one.

How do I know when I'm tired? I simply collapse.

### Fight the Fatigue

Part of my sleeping between events, (especially morning guitar practice) is because part of me want to "explore" what this sleeping desire means or is. I don't know if it a creative endeavor, a need or desire to digest my past MS activity, or if it simply fatigue, and that I actually need a rest between events.

Well, now I know it is not fatigue! It is resistance to "getting into, to starting the next event.

That means I should fight the "fatigue," fight to get past it and into the flow and meat of the activity event.

Again, fighting the fatigue feels awful. I want to give up and fall into the beautiful arms of sleep. So lovely and restful!

But I know I don't need sleep. I'm not tired. I'm simply resisting. A simple case of mental resistance.

Fighting, stepping into the fire, resisting the desire to sleep, is a big battle.

### Is This A Good Thing? Maybe.

#### All is One

If I never play guitar for others, and only play it for myself, is that a good thing? Maybe,

If I improvise, play strange, funny and new melodies and harmonies on the guitar, and this only for myself and my own amusement, is this a good thing? Maybe.

If I only sing for myself, and never sing for others again, is that a good thing?

Maybe.

Of course, since All is One, all vibrations, whether played “alone in my room” or before a so-called “audience,” reach the outside world anyway.

So the above questions are all besides the point. There is no escaping vibrations whether created “alone in my room” or before an “audience.”

All is One. That’s just the way it is.

So, is it a good thing? Yes.

### Putting “All is One” into Practice

This is definitely a weakness in my thinking, a missing link. If there is difference between along and with others, alone in my room or playing in front of an audience, since All is One, then what is my problem?

Only that, deep in my heart and intellect, I don’t believe what I just said. I don’t believe that All is One.

But I do believe it.

Maybe it’s time for my true belief to catch up to my practices; time to put my All-is-One belief into action.

The best way would be to start playing guitar (singing, and whatever) in front of others.

Since All is One, on the deepest level, playing alone is the same as playing in front of an audience.

Actually, playing “for” an audience is impossible. In the All-is-One world I inhabit, one can only play for oneself. The audience is part of that self. The audience is myself and vice versa.

I have somehow solved the playing in front of an audience problem. And this by saying there is no audience, which means, ultimately and on the deepest spiritual level, there is no difference between the audience and myself. So what is the problem?

There is no problem. All in One.

I only need to practice.

How? Start with imagination.

### Singing

I've lost sight of the All-is-One personal pleasure I get when I sing. It has been lost with my focus on the audience, that singing for an audience is easy for me, and that I so often imagine an audience in front of me when I sing. This imaginary audience distracts me from my true pleasure which, paradoxically, is the route of pleasure and union with both myself and audience.

Time for All-is-One singing, too.

I need to practice.

Saturday, September 19, 2015

### Albania

What are my Albanian projects?

1. Learn Albanian. Every morning and all day long: Study and practice. Use books and Iphone. Just do it!

2. Study and memorize Albanian history and geography, Every morning all day long: Study and practice. Just do it!

2. Video and photos. Write names of place and etc. under each photo, and even video. Just do it!

### My Next Commandment: "Shut Up and Do it!"

#### New Habit Practice

I am older, wiser, and smarter.

I know what's good for me.

Following commandments of my miracle schedule is good for me.

My next commandment is: "Shut up and do it!"

Make this commandment a new habit. Practice it constantly.

That's my project for the year.

### Atoning for my Sins

Yom Kippur is coming up.

What are my sins?

One big one is: Not faithfully following commandments of Miracle Schedule.  
Especially "Shut up and do it!"

How can I atone for it? Start practicing today!

### Miracle Schedule and Tikkun Olam

Why do I call it my Miracle Schedule?

Because by following and fulfilling Miracle Schedule commandments, miracles occur.

Miracle Schedule is filled with miracles. Miracles come from Above. Thus is my Miracle Schedule my personal expression and connection to a Higher Power.

Dare I say (is it hubris to say) that Miracle Schedule is a personal blueprint, a mysteriously map giving directions for my cosmic purpose in this life? A personal guide to creating more Tikkun Olam? Note it comes in a Schedule, What is a schedule but a subtle form of commandment.

We Jews all have the 10 commandments.

Every individual is also given personal commandments pointing out their reason for being and special purpose in this life. Mine purpose is found in my Miracle Schedule.

Now it is my time to create more Tikkun Olam and improve the world. How? By faithfully following my Miracle Schedule. And this with the added commandment of: "Shut up and do it!"

Submit to the Commandments of Miracle Schedule.



By submitting to its precepts, I'll be more energetic and spiritual, fulfill my Jewishness, and do more good in the world.

### Practicing is Forever

Give up playing guitar in public. In fact, give up playing in general.

However, practicing in public is okay.

Give up playing in public, but not practicing in public. Give up playing in general.

.. but not practicing.

Playing is performance, forced and annoying.

But practicing is never forced or annoying.

Practicing is forever.

Maybe it's time to follow this philosophy in all things I do.

Give up performing, but always practice.

### Leadership and Miracle Schedule

What is the relationship between leadership and Miracle Schedule?

I lead folk dancing and tours. I also (used to) lead folk singing, (and threw in classic guitar, ad libs, also a form of leadership. We'll discuss that later.)

I am a leader. All of my jobs (besides guitar teaching, although even that) are leadership, of one sort or another.)

First truth: Leadership is a miracle! The fact that others even bother to follow, is indeed miraculous. And somehow, I have, have been given the talent and skill, a celestial gift, the ability to lead.

I know intellectually that leadership must belong to and in my Miracle Schedule. Somehow I've never considered it or thought of it that way. I've always related it to "business." And business is somehow cold, clammy, unemotional, dry, pushy, and strangely, even unrelated to people! Only numbers, profit, survival, and capitalistic

growth. Indeed, what a terrible concept of business. But sadly, no matter how much I try to change it or see it differently, this warped view has always been mine.

How to change it? How to see business differently?

Start with leadership. The organizational skills and techniques of business are means to an end. Leadership itself is the end.

Leading and leadership is a miracle. As of today, I shall include leadership in my Miracle Schedule.

This is also true because All-is-One.

### Starting Over: Where, What, and How?

#### Impossible Dreams and Goals

The a very frightening and fetid thought emerges: What if I threw away everything I know and do, an start completely over?

If I threw away everything and started over, what would I do? Where would I go? What would I be interested in?

Well, since I am throwing out this question, I must not only be ready to ask it; I must be on the verge of answering it.

What now? What new?

What dynamic, fascinating path can I find and follow?

Shall I start over? Where and how? What can I do that is totally new and fresh?

I like adventure, challenges, and dynamism; I like big dreams, impossible dreams, and exotic goals.

Ponder the question.

Start by finding and naming one big "impossible" goal.

Training for a marathon comes immediately to mind. Physical challenges, too. Lifting larger weights, bigger and better yoa twists.

A guitar practice goal? (Six hours a day)

For the Glory of God and Mankind

As a teenager, I loved violin and basketball.

As an older adult, I love guitar (violin and gaida) and running, yoga, dancing, gym (my basketball in modern form.)

But why do it? Why bother to improve? To what purpose? Why dance, sing, play guitar, run, do yoga, gym workouts, write, whatever?

When Johann Sebastian Bach was asked why he composed music, he said, "For the glory of God and mankind."

I agree.

Do it for the glory of God and mankind.

Monday, September 21, 2015

How to Change my Up/Down Mental Habit

Woke up down.

Finished Hebrew and Albanian morning study. Upon finishing, came another immediate down.

Are these up/downs part of my nature? If yes, do I want them? I doubt it. Actually, no.

Can I change them?

According to The Power of Habit by Charles Duhigg, I can.

I can change the up/down mental habit.

How?

I'd say by constantly practicing "Shut up and do it!" Over and over again. Every time the up/down feeling comes, dive into something else. No questions asked. Just shut up and do it.

Will it work?

Immediately my mind, governed by my old habits, says no.

But is that discouraging mental reaction also a habit? Maybe. Most likely.

My habit is my mental attitude. It is very deeply ingrained. Do I even want to change it? That obviously is the first and most important question.

Do I want to change it? I'm mixed. On the one hand, the old attitude, even though miserable, is "comfortable." I know and am used to it. There is the inertia setting in of "Why bother?" Also, maybe it was once a "good thing," a subtle form of motivator. Feeling down, depressed, hopeless and miserable, somehow hitting bottom, I would somehow suddenly bounce back; the bounce back somehow energized me.

Well, that was certainly the old way. A deeply ingrained, certainly post-teenage, even post-college habit.

Do I want to change such a habit? Well, maybe and why not? On the other hand, I'm looking for adventure, a challenge, a knightly quest for wonders. Changing my mental attitude is incredibly difficult, certainly a herculean challenge, an adventurous question into the forest of wonders. I've never done it before. Who knows where this could lead?

Thus changing my mental habit qualifies as an incredible adventure into the unknown, probably one of the biggest leaps into darkness and mystery that I have ever taken.

So why not take it? What else have I got to do? I've been to many places gone on so many worldly adventures. I'm ready to pursue a different kind of quest, an inward, attitude melting and smelting change quest. Go for it. Just shut up and do it.

Okay, how to start?

Start today, Start right now! The habit changing practice begins. Now! Dive into guitar. Even though I'm sick to my stomach, feeling a bit unfaithful to my old self. Nevertheless, immediately: "Just shut up and play." Just do it. See if it works.

### Sadness and Resistance

#### Death and Rebirth

Resistance to changing my mental habit is partly due to feeling unfaithful to my old

self.

Sadness comes from the death and dying: The dying and death of my old self.

The up/down, mental habit cycled self is being replaced by the new “Shut up and do it!” self.

### A New Friend to Travel With

#### Birth of Mrs Just-Do-It Muse

Strange, how strange, I definitely feel sadness over my giving up my old depression self. And strangely unfaithful to it! How can I live with you, my old miserable and misery-making girl friend? You were such a part of me, such a habit if existence, like an extra iron leg, and extra burden that I somehow needed, liked and got used to carrying. Now I am dropping you, leaving you by the wayside. How could I be so cruel to you, you who have helped me over so many tight spots, enlivened my life by pushing me down and making me miserable? You were my necessary “happy” misery, a needed pain-in-the-ass and every other part of my body.

And now I am dropping you, leaving you by the wayside to rot and die. How cruel of me. How ungrateful. No wonder my stomach is churning, and I feel unfaithful.

Will you be mad at me a strike back? Will you die without a fight? Will you spring back from you grave to haunt me?

Or will you transform into a fairy godmother, a new feminine protector as I enter the new realm of “Just do it?”

I’d rather you transform. Perhaps you will.

Then I will no longer feel unfaithful and sad. Instead, I’ll have a new friend to travel with.

Since this is my mind, new mental attitude and habit talking, I have the power to transform you myself. Perhaps I will.

Mrs Just-Do-It Muse.

Monday, September 21, 2015

Tours give me the opportunity to dive into the culture! Language, history, literature, geography and more.

Will I grab it?

Tuesday, September 22, 2015

### Imagination

#### Developing the Imagine-Positive-Outcomes Habit

Is it a good idea to develop a positive thought habit?

Or is it stupid and unrealistic?

This does not mean deny negative possibilities. But rather, aware, face deal with them. Then envision the positive possibilities.

The negative and positive really don't exist in material reality yet. They are only part of your thinking; they reside in your imagination.

Thus it is about imagination. The habit of imagination. The habit of negative or positive imagination.

Since it is a habit, I have a choice. I have control over it. I can choose the habit I prefer. Then, of course, work to develop it.

Which habit shall I choose?

Positive? Negative? Or both?

I lean toward positive. But is it realistic? Probably.

I'm a bit afraid to grab it.

Why?

1. I'll be naive, blind-sided and miss the negatives.

2. I'll lose the motivation behind negatives.

Let's experiment" What can be positive about sarcopenia?

Dealing with it creates the desire to exercise. Thus using imagination, dealing with negatives, gives birth to a positive.

Result: Deal with the negatives.

Then develop the habit of imagining positive outcomes.

If God is running the world and has a plan for me, right there is a positive outcome.

However, note the "if." Next is to deeply rethink this sentence, thought and attitude. Drop the "if."

God is running the world; He has a plan for me. Right there is a positive outcome.

Drop the "if". No longer based on "mere imagination." Rather it is a reality! God is a reality. All is One.

Tomorrow is Yom Kippur.

My new habit will keep God in my thinking. A good place to start on the Day of Atonement.

Wednesday, September 23, 2015

### New Method

#### Fifteen Minutes An Hour All Day Long

I like Rick's "15 minutes every hour, all day" long idea. Very short, very intense, and all day long. It makes things both easier and more intense.

What a good way to study languages, play guitar, exercise, and other things as well. Do it for 15 minutes, then stop, "rest," and the rest is by doing something else, perhaps even another 15 minute bit in another area, a rest area.

### Vacation Attitude

Last night I realized that I want a vacation: I need to take off a year! I need and want a years vacation.

Since the subject is coming up now, I need to start my vacation now.

But how would I start it? What would I do?

More important, what does it mean?

As I see it, my vacation would include guitar playing, languages, reading novels, writing, and certainly all exercises.

What about folk dancing? Yes, I'd still do that.

What about tours? Yes, I'd still do them.

So if in my vacation, I'd keep doing the same things I do now, what does vacation mean?

Perhaps it means a vacation in attitude.

I need a vacation attitude toward all the miracle schedule events I perform. In fact, during the driven, blinder-on style I used last year, I was slowly stripping them of their miracle aspect. They were becoming dry, humbug, sterile, and overwrought, overworked, and overwhelming. My busy-busy-busy attitude slowly distorting and obliterated my pristine vision. I lost grace, charm, awe, wonder, and the miracles that once took place in the calm, quiet performance of miracle schedule events.

Basically, I was losing it.

Now I am on a knightly quest to find my pristine vision again.

"Vacation" means sitting in a quiet, calm place and contemplating the miracles of awe and wonder that, with the proper attitude, gracefully show up at my doorstep.

Thus my vacation is one of attitude. I need to restart, reboot my brain, to reinstall and re-instill in my mind the ancient vacation attitude.

Remember, I wanted a vacation attitude at age twenty-five. That's why I "retired" at twenty-five.

I am still retired. Living in retirement means living in long-time vacation mode.

Yes, I work, I still may call it work. But I work in vacation mode. Hard to remember, but very important to fulfill.

Rick says I am now in maintenance mode.

Perhaps that's my attraction to his "fifteen minutes every hour, all day long" idea. It takes pressure off, but keeps and maintains the intensity.

Maintenance is about maintaining the intensity.



Self, Self-ish, Work, and Others

I wonder if (my resistance to) “doing something” or “working” means doing things for others while forgetting about my so-called “self” and that my “self” is actually part of others.

I wonder if my sudden induced, Sitno Vlashko teaching, pain-in-the-ass, pain in the gluteus maximus, quasi-sciatica condition is a birth pang from this new vacation wanting condition.

Friday, September 25, 2015

Sadness and Goodness

A strange long sadness hits me this morning. Upcoming Albania, UI, family, meaninglessness, other?

Or is it goodness? Goodness? How did that word come up? And how strange is that?

Something to do with the release and wonder of the 15 minute approach. Plus focusing on exercising different body parts, alternating them each day. And this rather doing the whole body every day. Doing the whole body keeps me exercising “on the surface” whereas focusing on individual muscles, muscle sections and body parts, such as back, shoulders, chest, legs, etc. enable me to do these areas “in depth.”

I like that.

Results so far: Two days ago I focused on back and did a power and powerful workout. Yesterday I focused on legs and I did 100 squats. My next area, today’s area, could be chest: abs and pushing, and push-ups. Another day I could do aerobics.

Focusing thusly, combined with the “freedom” given my of only doing 15 minutes (and this hourly, even though I’ll never do it this way) give me a great sense of freedom and accomplishment. Freedom in that I can “always” do 15 minutes. It’s nothing. Accomplishment because by aiming “so low” it’s easy to start, and once I start, I always

end up feeling better. Plus the idea that I “should” do it, or something, some 15 minutes every hour of the day, gives my day a dynamic and ordered structure.

So it is good; I like it.

Maybe that’s why this morning’s sadness is tinged with goodness. Or maybe it’s due to thankfulness and gratitude: I finally found a non-punishing, “easy” route to accomplishment, satisfaction and happiness.

### Accomplishment, Satisfaction and Happiness

Do I deserve happiness?

Can I allow myself to be happy?

If the process of accomplishment and achievement brings satisfaction and happiness, can I turn Albania departure sadness into a happiness through the art of accomplishment. Maybe.

The 15 minute/every hour idea enhances the art of accomplishment.

### welcome my Pains as Pin Pricks of Creation

Also this sadness, pre-Albanianic nervousness, and even physical aches and pains, could all be sources, springs, resources of poetic creativity, rich mines of poetic beauty,

Turn their fertilizers into roses of beauty, or ugly cactuses. Let their pains prick my creative pockets, the hidden caves of creation in my brain, so new poems may emerge.

Let me welcome my pains as pin pricks of creation.

Start today!

How to turn left knee discomfort into a creative source:

Sunday, September 27, 2015

Yesterday after I played an absolutely beautiful Alhambra. By focusing on the bass, and playing with my right thumb wide—out and open to the side—it flowed along beautifully.

Wonderful, gorgeous, amazing. I felt very good!

### Choose Joy in Victory

This morning I read my new Albanian Verb book. It gave me lots of hope: I see I could actually learn and understand Albanian.

So why, after this Albania hope-and-victory feeling, do I, instead of riding high with it, squash the feeling and “choose” to be down and even a bit depressed instead?

Great question. Is it a necessity? Or merely a long time bad habit? To habitually squash my hope and victory feelings and replace them with squashing, repressions, push-downs, wet blankets, and other motherly down inhabitants?

At this late and experience point in my life, I'd say it is a “mere” life long bad habit.

If it is a “mere” habit, that means I chose it, and more important: If it is mere habit, I can change it!

A bad habit attitude which I can, if I chose, change.

How to change it?

Ninety per cent of change is first becoming aware of it. Awareness. Then comes the desire to change it.

I have awareness; I have desire.

Should I choose to feel good about my victories? Should I choose a new satisfaction, fulfillment, joy and wow! in my achievements?

Or should I choose stick with the old post-victory feeling of down, depressed, low, and squashed?

Which habit should I choose? New or old?

“Obviously” the new joy in victory is the best.

Since my awareness and desire have totally arrived, the next question is: How can I learn to start thinking differently? How can I learn to dwell in this new habit?

Where should I practice?

Here-and-now.

When should I start?

Start today!

Monday, September 28, 2015

I feel like I'm going through some kind of deep psychological change.

Why? How? What are the signals?

First, everything aches. My legs ache, my knees ache. More important, I have latent form of sciatica in my right gluteas muscle. Sciatica immediately signals psychology.

And this morning I'm feeling a slight sore throat.

I sense this is all a resistance, angry, rebellion against both going to Albania (another trip!), and even folk dance teaching. Somehow since that beautiful summer vacation at Cape Cod, I don't want to work anymore. I am resisting (hating?) work. Resisting(hating?) Leading another tour, and even having to tach folk dance classes. I am resisting (hating?) work in general. Tus the resistance, rebellion and anger is being expressed through my folk dance legs, folk dance gluteal back and sciatica (mucho sighing here as in sigh – attica), and, of course, all the detail and leaving home aspects of my upcoming tour.

However, along this new path, there are pluses.

What are they?

First, and mostly, in my guitar playing!

1. I've mastered the Alhambra (through final acceptance of melody in the bass. It only took 40 hears!)

2. I'm playing Bach Gavotte en Rondo and Malats Serenade in depth, mucho depth.

3. Miraculously, I've somehow returned to singing! I'm actually enjoying my sensual, personal, un-audiencial singing of my George Brassens French songs, "J'ai Rendez-Vous Avec Vous" and "J'ai Mauvais Reputaion." This enjoyment has not happened in years. Maybe it has never happened excepting perhaps in the very beginning of my singing when I had no career at all and simply did it for the love of it.

So strangely, beginning with a new guitar playing and singing, I may be entering a new place. I have absolutely no interest in playing guitar or singing before an audience. Although eventually, I “might not mind it” as long as I can keep my eye on the ball. And what is the ball? Remembering my original sensual love of both playing the guitar, the touch of the strings, and singing, the sensual fun quality of my vocal cords vibrating in my throat.

So psychologically, it’s a death and rebirth situation: My old attitude and body is aching, getting sick, and dying. Since death is followed by resurrection, my old attitude and body will be replaced by a new attitude in a new body.

What will that attitude be?

I see it as going even deeper into depth. Doing less and less on a horizontal level, but going deeper and deeper on a vertical level. Down, down, down, in to the center of the earth. Centered deeply in the center. Moving quickly, powerfully and substantially while standing in place.

The more powerfully I can dig in, go down deep, and stand strong in my centered place, the better (more powerfully) I’ll be able to resist the winds of audience pressure blowing from the outside.

At this late point in life, I pretty much know myself. Now I’ll be able to “stand up for that self” with its slow, deep approach to guitar playing and life.

Can such a vision be brought public?

Can I dance and teach folk dancing “in depth?”

Can I run and lead tours “in depth?”

What do such concepts mean? And how to do them?

Where does my new, first time kayaking fit in?

Great new questions for an aching body and attitude kayaking on the river of change.

Tuesday, September 29, 2015

Jumping Languages

Getting Close to Right

I can jump languages. This means I can jump from one language to another. For example, this morning the sentence was "The mouse ate my cheese."

Hebrew: Ha achbar ochel gevina.

Albanian: Mi ha djathe" and "vogel mi": small mouse.

Of course, the above sentences are not "totally" correct. But more important, they are close. Both nouns and verbs (and rest of the sentence) are close to right.

Wednesday, September 30, 2015

Learning to Love my Concerts, Folk Dancing, and Tours

In pre-Albania mode. Back hurts, tiny sciatica bubbles, slights sore throat, all perhaps physical expressions of pre-Albania tour jitters. I won't really know until the tour starts, or even until after the tour ends.

My present challenge: Learning how to enjoy and love my tours.

1. Bernice's idea: I like this post-claustrophobic approach: Give up squeezed and stuck within tunnel walls of tour schedule. Rather look at what's happening right in front of me, focus on the here-and-now, today's events within the tunnel.

2. Do I prefer the phony pressure to be great? Or freedom to roam, do as I like, to run wild on the grass? Obviously, the latter.

I love freedom; I hate pressure.

Therefore, take the pressure off: Drop the illusion of grandiosity and its desire to be great. This lowers hated pressure and gives me freedom.

This means:

1. I can play classical guitar with mistakes: not a big deal.
2. I don't have to give a great and creative folk dance class. I can even run a boring one, and that's okay, Not great but passable and okay.
3. I don't have to run a great tour. I can even run a boring one, and that's okay. Not

great, but passable and okay. Slip ups and messes are part of the tour process. I deal with them if and when they come up. Although annoying, if not catastrophic, not a big deal.

### Who Am I?

Plus let's look at my original dreams, born in my childhood and teenage years. Did I ever want to perform? Absolutely not. Performing was never part of my original dream or vision.

My performance career began when I got married and had to figure out how to make a living. A pressured financial period. Not something I envisioned or even "wanted," but something I needed in the childhood to adult transition.

Now I am an adult. Now what?

What were my original dreams?

1. To run wild on the lawn

2. To play violin in ecstasy in my room. Or maybe isolated, a la Glenn Gould, on a farm somewhere, sitting hours a day playing along in my ecstasy violin chamber. Thus performing for others, doing anything for others, was never part of my original vision.

Doing things for others happened accidentally and was called "work". Was there any work I actually liked, or at least, felt comfortable with? Yes: Waiting on tables and being social direction at Chait's were comfortable, even fun jobs. Somehow I never felt pressure. Also note, I was not married and really had no one to think of but myself. And thinking only of myself kept the original dream alive.

Oh, yes. I also wanted to write. That desire was born post-college, in Greenwich Village during my "lost and searching" years. I don't quite know where that newly born, post-college desire fits in. Oh yes, here's how writing fit in: it combined my love of learning (born in college) with my artistic/freedom loving/running wild on the lawn desires.

I originally (post-college) also wanted fame, recognition, and fortune from writing. Mostly fame and recognition. Probably these new-born desires come out of being and

feeling lost. and thus searching for my identity, a place in life. Ultimately, a comfortable place where I could feed my desires of free-running creativity, running wild on the lawn.

So I'm back to "Who Am I?" again.

As a public (former) concert performer (note I don't say concert artist), folk dance teacher, and tour leader, the late in life question re-emerges: Who am I?

Thursday, October 1, 2015

### Tours as Two-Week Immersion Courses

I need some fears to stimulate me.

Fears often mask a higher purpose. Perhaps a subconscious reach for greater knowledge, a stimulation of adventure into dark, unknown places to grow and open up a "higher" order. Fears help focus the mind.

I am off to Albania tomorrow. What can I get nervous about?

I used to worry about money, how to run the tour, whether the tour will work, others will be happy, etc. I'm still concerned about these matters. But evidently, they are not as gut-wrenching as they used to. I'm simply more skilled, more experienced.

Part of me hates fear and being afraid. But another part of me wants, even needs a touch of gut-wrenching terror to stimulate and focus my mind.

What will do it be on the Albania tour? And future tours?

How about this: Tours as two-week language immersion courses.

Will this frighten and gut-wrench me a bit? Indeed, it might.

Note how my back is stiff and aching in resistance as it battles with this Albanian trip.

More proof I need the frightening Albanian Immersion project to still and focus my mind!

Sunday, October 4, 2015



### Watch out for Mental Sarcopenia

Watch out for mental sarcopenia.

I wonder if this desire stop doing tours, and retire, this so-called sapping of desire, drive, and interest, isn't a disguised form of mental sarcopenia.

### Post-Albania and Albania Commitments

#### Twice as Hard (instead of twice as soft)

What am I sick of?

1. I'm sick of running so slowly. Practice speed
2. I'm sick of my body stiffness. Yoga stretches
3. I'm sick of my sarcopenia mental attitude, especially toward tours.

New commitments:

1. Practice running fast. Speed.
2. Practice yoga: Stretching and flexibility. Start it now, today, on this tour!
3. Consider SP tour attitude: Started it today with my Albanian language immersion.

Truth is, instead of considering "retirement" (whatever that means) I'll aim to work twice as hard instead of twice as soft. Having achieved most of the things I want and need, open all the spigots, turn on all the engines, work as hard as I can for the passion, intensity, and glory of it: Put myself on the Glory of God and Humanity team.

Less time to sleep means more time to plan, dream, and work. But of course, continual imperfection is my driving force.

Monday, October 5, 2015

I look in the mirror.

What does my white hair mean to me?

All negative things: Old, drained, on the way out, slipping energy, rejected, diminished, disrespected and ostracized by others. Also, because of my white hair and that

I am old, other will reject my business. I'll lose business.

Hmm, my big and even main fear is about losing business. I wonder if losing business is my main fear about getting old and my white hair. Along with losing business goes no money, poverty, dependence, losing power, etc.

Could my fear of my white hair be mostly a business thing? What about ostracism and rejection? Yes, I mind that, but I also don't mind, even like, being alone. Life as a monk in a cave, removed from the world and in meditation is not so bad.

Is white hair fear related mostly to business? Hmmm.

Every negative has a positive.

There must be some positives about white hair? But I can't think of any at the moment.

How about the white-haired sage meditating alone and in bliss on the mountain top. Any social advantages?

### Weight of Responsibility

My knees ache and I can hardly walk. I feel so tired. And this after I have rested mucho.

What is weighing me down? I feel it in my knees, legs and a bone-chilling fatigue in my entire body. Why? What am I feeling? What is "destroying" my body and sapping my energy?

The weigh of resp0nsibility. No matter how I much try to escape, deny and run away, I feel the weight of responsibility, the tour weighing heavily on my shoulders, pushing my knees into oblivion, draining my energy. And all this before the tour starts.

It is somehow my heavy-weight job to bring all these disparate travelers together.

Why do I do it? Is it truly a calling? And thus "not my fault," in the sense that a Higher Force is pushing, nay "forcing" me to do this, almost against my will even though I realize that part of it is my own will.

Is there a divine plan fating me to do this? Everyone has a cross to bear. Maybe running touts is mine. I've been given the gift, the God-given talent to run it. Maybe my ultimate sin would be if I gave them up, did nor run them, was thus unfaithful to my calling. And if I gave up my calling, then I would really suffer.

So perhaps the suffering I feel running this tour is nothing compared to the suffering I would feel if I did not run it.

Suffering comes and goes; the torture of self-doubt is transient. But the pride, happiness, even ecstatic joy, that comes from fulfilling my appointed task, lasts forever.

I'd like to have more fun in life. Somehow I think that if you're having fun, if you're able to have fun, you're victorious and successful. Maybe it's time to see suffering as my form of fun.

Dive into the devil. Face the pitchfork in direct contact.

Thursday, October 8, 2015

Saranda, Albania.

Friday, October 9, 2015

#### Never Give a Free Day

Mess of a day and I'm feeling awful. Basically, I should not have changed the program. What have I learned tour wise? Never give a free day. )Unless written into the program.)

Always have an activity, even if it is "optional."

#### Striving to Get it Right

I wonder why this little "Phyllis" blip has so upset me. Feeling awful, but hiding it well.

I finally put today's schedule together: Walking tour of Saranda in the morning, folk

dance classes with Lee in the afternoon and tonight. It's a good schedule on a "soft" day.

Why has the entire situation rattled me so?

Being rattled, off-balance, distracted, disturbed, and challenged by the ups and downs, twists and turns of running a tour is evidently an underlying emotional aspect of leading a tour, of doing my job. Upset, distressed, and disturbed when things are out of order is a basic emotion in the challenge of leadership.

Thus, striving to get it right is my job.

And this, on a daily basis.

Friday, October 9, 2015

#### On Canceling my Kosovo Extension

I promised to go to Kosovo. I know it and all my customers assumed it.

I am hurt not only because I am not going, but mostly by the disappointed, angry and frightened looks on my travelers faces after I tell them I am not going. I've disappointed them, let them down, broken my word. Personally, I feel awful about it. I can't forget it or excuse myself; the misjudgment and mistake haunts me. This "mistake" is totally inexcusable. I keep beating myself over the head with it.

How can I excuse myself, free myself from the shame and guilt of such an irresponsible decision? I am totally pissed at myself for making it, (Note: this is one of the rare times that I have used the words shame and guilt. Why can I not excuse myself? I backed away from my own commitment. And it is now too late to go back. I made a mistake in both judgement and decision. In the process, I disappointed many.

Bottom line, I'm also afraid I'll lose my customers. They'll be mad and disappointed with me, and not return. Thus, since I don't really believe in shame or guilt, these feelings are really fear covered up, my so-called shame, guilt, self-punishment, etc. is really fear in disguise. In this case, fear of losing my customers. Yes, I'm disappointed I can't see Kosovo. But much worse and bottom line, is the fear of losing my customers and all the economic worries that go with it.

Part of being a leader is learning how to disappoint people and live with it. How do I live with it? By facing my fears that I'll lose all my customers.

What happens if I lose my customers? If I disappoint them get them angry, will my business survive? Probably not.

Best to deal with and accept the worst. Then move on from there. What to do if my entire business is lost and disappears?

Deal with the new imagined scenario: I've lost all my customers. What now?

Well, ultimately, after my initial shock and terror of falling into the abyss, it's not so bad. I'll find another business; I'll find another way to make a living, do something else. Somehow I'll survive.

### Celebration!

Later: Made the announcement on the bus that I'll not be able to go to Kosovo. Not much reaction. But this after mucho previous and preliminary planting.

Free! Free at last. Great God All Mighty, I'm free at last!

Now I can "enjoy" the rest of my tour.

What does enjoy it mean? We'll soon explore and find the answer to that question. Meanwhile, all I want to do now is celebrate! But I don't even know how to celebrate yet because I'm still in shock. (But would I know how anyway?) Well, the time is now! Start the celebration in any fashion or way I know how. Anything that works, or even doesn't work, is fine.

I can even celebrate by studying Albanian! Why not? I love study. And I love the miracle schedule study practice and routine I've set up. Pain and self-punishment is really removing and distancing myself from that wonderful ritual, routine and miracle schedule. Giving it my full and undivided attention is what I love! That's my form of celebration! Walking along in the woods, book in hand, subtly yodeling and shouting wahoo!

So studying Albanian is definitely a way of celebrating, my way of celebration.

I am happy. "Jam i lumtur."

Saturday, October 10, 2015

Day nine for me. Seven for the tour. Like clockwork comes the feeling: I can't wait for this tour end.

But we've got almost a week to go. How to survive and get through?

1. Solve the Sheridan flight problem.
2. Back to basics: Remember and practice my vows: Study Albanian.

Monday, October 12, 2015

Berat, Albania.

Certainly an opening remains. Timers don't move backwards. The coo and woo work in normal ways. Only a dimwit places last.

Tuesday, October 13, 2015

### Philosophy of Language

Wouldn't it be nice, and maybe I should, aim for a philosophy of language, that is a knowledge, memory, imagination and study of demonstrative, interrogative, and personal pronouns, declensions, etc, then plug them into the languages I am studying. A philosophical, general base.

### Loving our Tour and Travelers

Love. What is love?

Last night I went to bed loving this tour! Loving our travelers, our different program (even with its flaws), everything.

Wednesday, October 14, 2015

### Expansion, Rebirth and Renaissance

Woke up after nice sleep in Shkodra, Albania. Did not go to supper with group. Went to bed early. Good idea to do this once (or even twice) with group.

Woke up rested and refreshed.

Several big decisions have been made on this tour.

1. My tour business has expanded and grown enough. I like and can handle this level. Quantitatively, I have enough tours. If I can fill what I have that would be great, and enough. No need to push further in the expansion and growth direction.

2. My interest and desire to run tours has been reborn. Why? I now have an sincere and dynamic interest in learning their language! Yes, before each tour, I shall devote myself for three or more months to the language of the country I shall tour. That is my new hobby, interest, and passion. Actually, it is not so new, but now, because I know how to run a tour, know the tour business, and am comfortable in it, and also that finances, although still a focus, are no longer my main focus, my mind is free to move on. And on to languages it will go.

3. Future directions and expansions:

- a. New: New Leaf Blog. Back to writing.
- b. New: Advertising: Fun in FB postings, other.
- c. New: Tours allied with languages.
- d. New: Concerts: Guitar, songs, gaida, etc.
- e. New: Dance, yoga, running, gym.

Note: Dance joins yoga/running/gym. Dance through music is the missing link to love and luxuriate.

Bit also: The above progress and “new” directions are really returns to miracle schedule interests and directions. But now perhaps, instead of going into debt, I can go into depth.

It's rebirth, a renaissance.

Thursday, October 15, 2015

Getting closer. The end is approaching.

Tour has been very challenging in minor, fix-it-up ways. Mostly it's my fault because I cancelled my own Kosovo extension. Nevertheless, my legs are acting up in a strange new way. I feel like I can hardly walk. Especially steps. I sense this maybe be a Sarnoian reaction. Certainly, I hope it is.

See how doubt is creeping in, how my mind is using doubt to distract me. Actually, deep in my heart, I know it is a Sarnoian reaction. After all, I was walking fine, and running okay just a week ago in Durres. Why suddenly can I walk or go down stairs now. True, I felt it after all the castle walking. Nevertheless, this was also the time I had to announce I wasn't going to Kosovo. This cancellation, and my worry about announcing it, and the negative reaction from my travelers (can't blame them for that) has concerned me during the entire tour. I can even say it has ruined my tour, both for myself and my Kosovo extension travelers. Everyone is unhappy about it.

In retrospect, I shouldn't have cancelled. I made a poor decision and now have to live with it, and suffer from it during my entire tour. It is and was a non-win 60/40 decision.

Anyway, bad as it is, the decision has been made. I have to live and deal with its results. And hopefully, learn from it in the future.

What have I learned? Drop tour extensions unless I know someone, either I or Lee or someone else, can lead them (along with our local guide, of course.) Specifically, I shall drop the Paris extension from my France tour.

Regarding my legs on this tour:

1. Know they are a Sarnoian reaction, and think and deal with them as such.
2. Fix the Kosovo problem best I can.
  - A. I've hired Toba to lead, take my place.
  - B. Work on the folk dancing with Lew and others.

Forgiveness



First time the word “forgiveness” has come into my mind.

Regarding Kosovo extention: Ultimately, I gave up on my vision. I did not give my tour my best. I’m suffering from that mistake during this entire Albanian tour.

I hope I’ve learned my lesson. Somehow I must learn to forgive myself for my Kosovo mistake: Never give up on my vision, and practically, always lead (or have others lead) my extensions. This, or don’t offer an extension.

Now that I’ve learned my lessons, next step is to (learn how to) forgive myself and move on.

Can I now move on to a blank slate and start over. Dan I do that today?

Or it a command form better than a question?

Move on to a blank slate and start over. Do it today.

Friday, October 16, 2015

Tours ending today.

Why am I so hurt when clients are not happy on my tour? When they complain about something? For example, the tour did not have enough dancing or meetings with local peoples. Or other imperfections? Does it have to do with my own hubris and arrogance and the feeling that I am God and thus have the power to make them happy? Sure, there is always more I can do. But nevertheless, there will always be something “wrong” or someone unhappy with something. My tour and I will thus always be, in some way, imperfect.

Is that so bad?

Receiving criticism and complaints does mean I won’t listen to them and try to improve things. The question is: Why does it personally hurt me so much? Can I avoid or dispel the pain from their displeasure and still improve things? Or is pain simply part of the job?

I want to do the best job possible.

I want to please and make happy as many clients as possible.

But I don't want to feel pain.

Is this possible? Can a human being work or be this way?

Or is it only for God to be so dispassionate?

I would conclude that since I am not God, pain is part of the business. And, of course, without pain, there would be no pleasure when I do succeed in pleasing them.

And ultimately, my satisfaction and pleasure comes from pleasing both them and myself. I cannot have pleasure if they do not have pleasure, and vice versa.

Thus constant growth and expansion through pain and pleasure is the name of the game.

Sunday, October 18, 2015

### Anchored in Dialogue

Leader and followers, tour leader and my travelers, folk dance teacher and my students, anchored in dialogue.

Monday, October 19, 2015

Kind of a "What hit me?" year. And more, a "What hit me?" Albanian tour.

My Kosovo extension cancellation made it personally for me a real downer. And the downer was initiated because Albania tour itself was an anti-climax and my grand, greatest and largest tour of my life: The Bulgaria Koprivshtitsa Festival tour in August.

In that sense, Albania tour didn't have a chance. I was basically too burned out. So I "gladly" cancelled my Kosovo extension, and perhaps even subconsciously "gladly" ruined my own portion of the Albania tour.

Here's my "perhaps" paragraph:

Perhaps that is why my knees were giving out and hurt so much during the tour, and even now after the tour. Perhaps they are "telling me something." What? That tourwise, I am burned out? Perhaps that's part of it, but I sense not the whole story.

Perhaps it's time for a transition; perhaps on the border of change, even a big change. I like transitions and changes; they have their own inner excitement. Perhaps I am onto something, but I don't quite yet know what.

In any case, I'm back home and tours are over for awhile. We'll see what happens.

Let's face it: The real reason for my personal Kosovo extension cancellation was that I felt tired, anti-climactic, burned out tour-wise; I needed a break. So I "subtly" engineered my own rest by cancelling my Kosovo extension. True, in the process, I destroyed any hope of the personal satisfaction and heroic afterglow, that I get from running a tour.

But truth is, that is why the cancellation happened.

I need to rethink my next phase and direction.

### Ever-Changing, Ever-Lasting

If you know your ever-changing self, you'll know everything you need to know. And how hard is that?

If you know (or remember) your ever-lasting self, that's pretty good.

Tuesday, October 20, 2015

### Return to the Old Neighborhood via Kosovo

It's kind of a "What hit me?" and "what happened?" feeling. Everything aches.

1. Albania tour anti-climactic after the big Bulgaria tour.
2. Burned out and tired after Bulgaria. That's why I cancelled Kosovo.
3. Giving in to my burned out feeling created my Kosovo cancellation. I "gave up" my plans and retreated into "I'm tired." This injected a give-up poison into my body which is the source of my present aches.

Well, it's all over now. What to do? What to think?

By "giving up," giving in the burnt out feeling and thus cancelling Kosovo was I retreating into the old neighborhood? Did I hear my mother whispering, "Look how hard

you worked in Bulgaria. And now you're doing it again, working even harder by going to Albania. And the Kosovo extension is extending your work even longer and further. It is making you work even harder! You are too fragile to work so hard. Working hard can and will hurt you. You're too fragile for that. Take it easy. You're tired. Rest, my darling."

Long range, post-Bulgaria this is what subtly, even unconsciously happen to my mind, my brain, my psyche. I "worked too hard." In doing so, I heard the old neighborhood voice of my mother calling and saying: "Rest, my darling. You are not strong enough to work so hard. Stop, sit still, be quiet, rest." I stepped back, retreated, and returned to the old neighborhood.

Retreat into the old neighborhood was my poison.

On the other hand, Why be so hard on myself? What about self-forgiveness? After all, maybe I needed to step back; maybe I needed a rest.

Well, I probably did. But this means I should be aware of my mind with its fatigue and desire to rest. It does not mean I should give in to it and drop my commitments. Simply feeling tired and burned out is not an excuse.

Rather than giving in and returning to the old neighborhood, better would be to follow my commitments "in the tired way of survival mode."

Actually, I did run the Albanian portion of the tour in that mode. But then, I cancelled Kosovo in a total old neighborhood retreat.

What have I learned from this episode? What can I take away from it?

Self-disgust would be a good start. It's a great motivator.

### Awareness

Truth is that just being aware I retreated into the old neighborhood is enough to "solve the problem."

### Celebrating my Victories

Instead of celebrating the joy of my victorious Bulgarian tour, I pushed the Wahoo!

Back into the old neighborhood of fragility, push-down, and defeat. My energies were drained away by repression, exhausted and spent in pushing back my joy.

What have I learned from this Albanian voyage into self-knowledge?

1. Recognize my heroic tour victories.
2. Learn to celebrate them.

Practicing the joy of celebration. Start today.

What are my Albanian victories? Behind the black cloud of my Kosovo cancellation, there were many.

How can I celebrate them?

### Joy Repression

I wonder if the discomfort, twitching ugh in my left nipple ( same feeling as belly button) has something to do with joy repression. After all, it started right after Bulgaria. Also in my Kempinki hotel room in Bansko after my gaida wins.

In fact, I wonder if belly button and nipple extreme discomfort have something to do with joy repression. And even knee stiffness.

Big hmmm here: Belly button, left nipple, and stiff knees related to joy repression. I'd love it if I am right.

Joy repression is a gigantic life issue for me. Physical/ mental expression areas that come to mind: Alhambra, stock market trading, belly button, nipple, knees.

Maybe these repressions serve to calm me down. The joy is too intense and I "can't take it." (Witness the Splendor in Kabbala and how the intense brilliance and fire of joy can kill you.)

Maybe my repressions are created by my smart brain as Sarnoian protections from something much "worse," namely, the powerful emotional threat of such intense joy to my very existence.

But maybe I am stronger now, and am ready to give up many to most of my former "protections." Perhaps my nipple is pushing them through, or rather, they are pushing

through my nipple, even my belly button and knees. Hmmm.

I'm stronger now. And taking another great step beyond the old neighborhood.  
Ugh, ugh.

Sucking at the tit of nipple power. The milk of strength.

Strength of the solar plexus through the belly button: My power rising, growing,  
expanding in solar celebration.

Squat power from the knees.

And I can play the Alhambra!

Is that what the "ugh" feeling is: my power and strength rising? And Mama is still  
smashing me in the old neighborhood background. But I'm rising anyway. Ready to roll,  
ready to rise.

Tits free and nipples rolling. Ugh, ugh ugh!

Belly button jumping. More ugh, ugh, ugh.

Knees screaming. Less ugh, but restrain and hurt of stiffness.

But I can play the Alhambra!

Rolling free in my new land.

Is that what Bulgaria and Albania is all about? Maybe.

### Guitar: Care Free and Easy

Is this the new way I'll be playing guitar, not carrying, not worrying, light, fast and  
easy. Care free and easy?

Fascinating.

Maybe I've played things slowly and carefully for so long it just doesn't matter  
anymore. Loose, easy, it doesn't matter anymore how I play them. Carefully, slowly. Been  
there, done that.

Wednesday, October 21, 2015

### Post-Albania Direction?

It's good to write down my feelings.

Feelings motivate me to write.

Woke up 3:30 a.m. By 4:00 a.m. I'm feeling a bit lost, alone, and somewhat frightened.

Language study has somewhat faded. Lost and empty (alone.)

How to put up a blog? Learn more technology. (A bit lost.)

Bernice knee replacement operation coming up. Frightened.

What to do about these feelings?

Be aware. That's about it.

Beneath all these feeling is the question: What will be my new post-Albania direction?

Pull back and give it time. This may take another week of R and R: Rest and recuperation.

### Five-Year Plan: Albania and More

Maybe I should recommit to Albania. Learn its language, culture, history, geography, etc. Become my own expert in Albania.

After all, Lee and I have a five-year plan: Folk Tours for 2017 and 2019! Plus Kliti is starting his own agency. (I hope.)

Albania is a mysterious, romantic, unknown, unexplored country whose people and culture I love. Plus as the first to run tours there, I'm the Columbus of Albania. (And he did pretty well.) Albania is unknown, and ready to roll for folk tour tourism and beyond. I only have to decide to grab the ball, to make it my five-year "project," put it in my five-year plan.

Am I thinking five-year plans now? Why not?

### Five-Year Plans?

I could also do a five-year language plan, a five-year study plan, five-year tour plan.  
Etc.

(Five-year exercise, guitar, miracle schedule plan?

Think in terms of five years, five-year plans? Hmmm.)

### My Best Friends: Lifetimes Exercises, Routines, and Rituals

Certain exercises, routines, rituals, and practices are simply right and good for me.  
They are my best friends.

The model is my guitar practice: I know how to warm up my fingers so they never hurt and always end up feeling good. My guitar playing model is the right warm-up model for my other body parts.

1. Right warm-up exercises for guitar
2. Right warm-up exercises for singing
3. Right warm-up exercises for dancing
4. Right warm-up exercises for running, gym and yoga.

Do these warm-up exercises on a daily basis. They will always help me. They are my best friends.

A great goal for this year would be to have fun playing classical guitar. Singing, too.  
I'm getting close.

### The Pleasant Feeling

Aim for the pleasant feeling.

The right feeling is the pleasant feeling.

Search for the pleasant feeling, find it, then hold it.

Pleasant to ma voix, pleasant to my legs, pleasant to all parts.



Thursday, October 22, 2015

Happy Word Collector

I have a hobby: Word collecting.

I am a happy collector of words.

The words are in many languages; most have Semitic or Indo-European roots.

It is true often these words slip in and out of my brain. Nevertheless, collecting and recollecting them always brings me pleasure.

Word collection stimulates my brain and calms my nerves.

I am a happy word collector.

I just received a lovely email from Fiamma. Here it is:

“Welcome back home, Jim!!

“I think of you often....remembering how you stood watching us with your kind and patient smile....like a sweet gentle shepherd watching his rambunctious sheep!!”

Fiamma

What a lovely email! I am amazed and impressed.

Do people really view me that way?

I'd love it if they did. That some do is absolutely amazing and wonderful. I'm happily impressed.

Wend my way back to post-Albanian tour physical health.

Ease with Alard and Villa-Lobos Prelude No, 4

With the new total emphasis on the melody, I can't believe how easy is Villa-Lobos Prelude No 4 is (with melody in the bass). and how easy is Alard (with melody in the treble.)

Rage in my legs, rage over Kosovo, and the unnecessary, uncalled for misery some

of my travelers put me through. That's why my legs hurt so much during the trip, and after, too. . . until I realized why. I turned the rage on myself, pushed the poison into my legs. That's why they hurt.

But now, focused and knowledgeable rage has cleansed them. I feel the hot blood of health flowing into them. Soon I will be whole.

### I Don't Believe in Guilt

#### I Believe in Fear

I have been fooling myself for two Albanian weeks.

How? By blaming myself for cancelling Kosovo. This resulted in feelings of anger which I turned on myself. I ended up feeling weak, no good, legs no longer functioning, I'm getting old and will soon disintegrate. The negative world closed in on me.

Why? I blamed myself and felt guilty.

But I don't believe in guilt.

What happened?

Ultimately, rather than angry with myself, I was angry with some of my clients for not graciously accepting my Kosovo cancellation situation. Instead some of them tried (and succeeded) in putting me through the ringer.

Yes, I was angry at myself. I felt guilty over the situation. But there was nothing I could do about it except explain and be sorry for the situation.

But does guilt really exist? Can one really be angry with oneself?

Isn't so-called anger with oneself really a disguise for of fear? I think so.

By cancelling my Kosovo extension, what then was I really afraid of? Basically, I'd lose my customers.

My so-called guilt then was not real or true. My blaming of myself was a psychological lie, a falsehood, which caused me to feel bad, weak, and negative about myself. I even lost a bit of confidence! And this retreat from my true feelings was totally

based on fear of losing my clients. Period.

And indeed, I might lose some, and probably will.

Nevertheless, better to face my fear than a deal with false guilt.

I don't believe in guilt, anyway.

Friday, October 23, 2015

### Learning my Lesson: Never Give up!

The Kosovo extension fiasco has gone about as far as it can go. I've explained myself, made amends, sent final letters, done everything I can to "fix" the miserable self-created situation.

I made a bad decision and I'm paying for it.

My back is killing me. I've not had such an obvious anger pain for years. It started and grew once I realized how angry I was over the my Kosovo cancellation situation.

Yes, on a lower level, I'm angry with my customers for berating me and saying I betrayed them. Pretty extreme. However, on one level, I have to agree with them. There was a betrayal involved: I betrayed myself.

It started post-Bulgaria when I gave in to "being tired." Tired of tours, tired of work, tired of success (Bulgaria success), and tired of an anticlimactic smaller tour such as Albania. Basically, I wanted to stop, to rest, to take a vacation. And consequently, I did by deciding to cancel my portion of the Kosovo extension. Grand mistake! I've been suffering ever since. And I deserve it!

I was stuck between two choices: Follow through on my original commitment and vision by going on the Kosovo extension. Or giving in to my rest. "I'm tired," I'll be hurt if I work too hard", vacation desire and cancelling it.

Now I know that the former, the road of commitment is the only road to travel. Giving up on my commitments, which are based on my dreams and visions is the absolutely worst thing I can do! True, I don't do it often. But when I do, I really suffer. And I should! Why? Because the lesson has to be pounded in over and over: Never give

up on your dreams! Never, never, never. Better to die first. Because in the process of giving up on your dreams, you die a thousand deaths anyway.

The pure, hard, Spartan road of survival in commitment is the only true path. Period.

I've been haunted for weeks by the poison ghost of giving up. First my legs, and now my back is killing me. The ghost of living death appears everywhere, within and outside your body. There is no escape. Better to never give up and die, than give up.

The grand psychic and physical pain deriving from my Kosovo cancellation lesson is: Never give up. It simply hurts too much.

Have I learned this lesson yet? Has it sunk into my bones?

When my back gets better, my lesson will have coalesced. Transformation will occur when pain diminishes and disappears. That will mean I've gone as far as I can go, that my lesson has been learned.

What have I learned?

1. That in moments of weakness, and even other moments, I can make stupid, painful, wrong decisions.

2. I am a mere human, flawed and capable of making terrible decisions.

3. How can I forgive myself for making such flawed decisions?

Be less arrogant, more humble. Realize I am not God.

Making mistakes and decisions is part of the game.

Albanian tour: In my opinion, by cancelling my Kosovo extension, I failed.

If I have a Spartan attitude, and I do, and if failure makes me work harder, knock me down, sure as shit I'll get up, then will this tour failure makes me work harder?

Where did I fail? Aside, from giving up (which at this point, I can't do anything about), I failed my customers, and thus I will lose some of them.

Thus, the first place I can work is: finding more customers! Increase my customer

base. Maybe even attempt to “win back the one I lost?” That is perhaps a fruitless, but nevertheless, worthy struggle. In fact, I owe it to myself (and perhaps even those customers) if I work to win them back!

Saturday, October 24, 2015

Give Up Tours. Find Another Work

Back is killing me. This hasn't happened for years. It's a signal that something significant is wrong,

Yes, I know it is due to anger. Anger at what?

This started long ago, actually in September when I realized I had to run my tour to Albania. And I really didn't want to. I was tired and, more important, I was burned out. So I easily, with little prodding, cancelled the Kosovo extension portion. This naturally led to lots of trouble with my clients, but the cause started before the tour began.

And my back has been killing me ever since. Why?

Maybe tours have gone as far as they can go. I keep hearing the word “expand” in my brain. I thought it mean expand into more tours, or even running tours differently through others. But perhaps it means expand in a totally new direction. Perhaps concerts, writing, and even in a sport, marathon training.

What does this mean? What a significant transition.

Be brave. Go deep into myself.

Give up tours.

Find another work.

Concerts and writing come to mind. And even some sport. Maybe run a marathon. Finish up Albania photos and videos. Do my final mailing to the Albania travelers.

Mop up my old life and begin anew.

This would indeed be a fitting ending to the New Leaf.