

Infant Vision

Tuesday, May 29, 2012

Go Deep Places

I have seen many lands, visited many destinations

Where shall I travel from here?

Stand in place. Travel within

Take the path of wisdom

Go where no one has ever been before

Enter mysterious places and ancient caves

Travel in depth. . . then go even deeper.

Wednesday, May 30, 2012

Overwhelmed

Why do I court, desire, create, and even love the overwhelmed feeling?

It brakes my energy, controls output, keeps me down.

All this may go back to mother. I hear her saying "Stop running wild! Calm yourself."

Strangely, in an inverted way, the overwhelmed feeling calms my wild mind.

When monkey mind jumps, carrying me from one idea to another, I get excited. Suddenly, there is so much to do! But instead of running wild in freedom on my joyful lawn, I quiet my restless mind by creating the overwhelmed feeling.

Today is my birthday. What kind of present should I give myself?

First, dump overwhelmed out the window.

Then accept the package of excitement delivered to my door.

Thursday, May 31, 2012

I like the word excitement. It's a question of how to handle so much of it.
Flames of kabbalistic joy burns dangerous wonderful heat.

Monday, June 4, 2012

Leg Cramps and Burning Desires

I woke up this morning with leg cramps.

What connection does performance have with leg cramps?

Do I have a burning desire to perform?

Did I ever have one?

Sure, I had to make money as a performer and that gave me a desire to perform.

But my burning desire then was to make a living at something I could tolerate and which was an art form.

Historically, what were my real burning desires?

What are they now?

Let me list a few:

1. Run wild on the lawn!
2. Play the violin. (But with never a desire to perform.)
3. Become a writer
4. Post-marriage: Earn a living (performing, or whatever.)

Here are paths I have slipped into. Even though I'm good at them, burning desire had no part in their creation.

1. Social directing
2. Folk dance teaching
3. Performing concerts
4. Organizing and leading tours (The only burning desire I can think of was to make money.)

5. My miracles schedule is filled with desires. Are they burning desires?

Probably. But I hesitate to consider them as burning. (Why do I hesitate?)

Thus, I cannot come up with any real burning desires. That's pretty sad.

Maybe I deny my desire for burning desires.

I love crazy passion, Mad Shoe blessings, and Zany craze. In Mad Shoe "attacks" is were burning passion lies.

I love writing. Yet the need to publish and desire for acceptance by others through sales, mutilates and militates against my love. This is true for music. It might also be true for folk dancing as well, but I hardly consider teaching folk dancing as making a living since I earn so little at it.

My position now is: I really don't have to perform on guitar, or publish books, DVDs, or CDs. My best bet for making money is my tour business. And I am doing that.

Can I pursue my miracles schedule loves as a Kantian good-in-itself?

In other words:

1. Play guitar and sing (violin and gaida) for love of it, forgetting about performing?

2. Write zany novels, and fiction, for the love of it, forgetting publication and promotions.

I have the money, confidence, and security to do this now.

An adult sells; a child gives things away for nothing.

Can I return to childhood again?

Truth is, I love playing guitar. I loved to sing when I started, I love violin, music, writing when the language starts to roll.

But I have no desire to perform. I never had. At best, performing was always "besides the point;" at worse, an annoyance. The audience annoyed me because of its demands that I satisfy it. My need to satisfy them, diminished my spiritual connection to the music and its higher forces. The audience, or rather my desire to please the audience, has always been a distraction. Ignoring the audience is "impolite." Plus, since performing was my means of making a living, ignoring the audience meant no

future jobs and financial death.

But I am no longer in that place.

How about writing? Why did I ever want to become a writer?

The original vision I had when I graduated from the University of Chicago was: Writing combines intellect – which I learned to love in college – with music – which I learned to love in high school. Thus writing combined my two great loves: love of learning and love of art.

Folk dancing and folk tours combined three loves: art, learning, and sport.

What about business. Well, business is a type of sport.

What connection is there between confusion and leg cramps?

Cramped thinking? The confusion in my mind have moved into my legs.

Making this connection is so off-beat and wild. But that's probably why it's true.

Tuesday, June 5, 2012

A Win-Win Situation: Audience Reminds Me To Be My Best

My audience consists of travelers, dancers, listeners, and unknowns. When I appear before them to give a concert, lead a tour, teach folk dancing, or other, they remind me to be my best.

Last night is a typical example. I felt tired, uninspired. I wanted to go home and go to sleep. But as soon as I started teaching my Englewood group, the folk dance mobilized my energy; it woke me up. By the end of the evening, I felt great!

What about performance anxiety?

Well, discomfort will always be there; it is unpleasant. But so what? Consider the positives: By accepting it, by making it “besides the point,” I receive the gift of supreme effort. Reminded by my audience, I rise above transient emotions. I become my best. A win-win situation.

Facebook

Performance Anxiety: A Win-Win Situation

The discomfort of performance anxiety will always be there. So what?

Consider the positives: By accepting it, using its energy, you'll receive the gift of supreme effort. You'll rise above transient emotions and become your best. A win-win situation.

Thursday, June 7, 2012

What Else is There to do but Work?

I'm a grasper. And I like it.

I've given up the monkish world for entrepreneurship.

It also seems like I've done everything I need, learned all I need. Now my studies feel unessential.

I've read all the books. New ones feel like I'm repeating myself.

Perhaps I've "studied enough,"

What else is there to study, to "prepare for?" Even language study seems "unessential." Seems like all my preparation is done.

Maybe I've got nothing else to do but jump straight into life. And stay there.

How to do this? Put myself in front of others. Perform. Serve others. Work every day.

Is that my future? Maybe. What else is there to do?

If I study again, if I "practice" again, it will be to improve my future, but rather because these studies are a good-in-themselves. My own love-of-learning, Torah-centered life of study. Good-in-itself.

Performing: Standing Up in the World

Does this mean I should now start looking for performing jobs, even folk dance teaching jobs (outside my area)? Maybe.

Does this mean offering myself, my services, at a low price “out of principle.” That is it important that I work, important that others can afford me, that mine is a necessary service, and thus should be “reasonable?” Maybe.

Well, my prices are reasonable. My quest is not so much in the pricing, but in the personal desire to work. In the past, part of me has resisted it, “refused” to bow to the demands of the market place.

But this form of inner resistance has run its course. I am not totally studied and prepared. More preparation and study for the purpose of “better performance” feels like I’m either treading water or moving backwards. At this point, it even feels counter productive.

I feel this restlessness. My talents and skills have blossomed; they’ve gone as far as they can or need to go. But they are not being fully used.

Thus, standing before an audience in any form: as tour leader, folk dance leader, concert artist, performer, guitarist, singer, guitar teacher, and etc. All are good!

The salesman as teacher: I like it!

Sunday, June 10, 2012

Knees

Back to reading Sarno. See my right knee (it used to be my left), and my squats in Sarnoian terms,

Starting a new post-75, “post-pre-Sarnoian” life. A new post-75 look at all my physical “ailments.” Mostly my knees, but other muscles as well.

Projects: Gym and more.

1. Balance on right foot

2. Inner left (and right) thigh muscles
3. Right left shoulder goes lower: push-ups, etc
4. Squats, back-stretch/ankles, scorpions, other.
5. Return to focused running.

Eastern Turkey 5 Canadians: Worse case scenario: They stay with original flight, come on later plane, or stay overnight in Istanbul, and come next day to Sanliurfa, a day late (and missing part of the program.

Monday, June 11, 2012

TMS and Stiff Knees

I may well have transferred the trauma of making a living out of my guitar and concert life, with its concomitant performance anxiety, to my folk dance leading/teaching life, with its new kind of performance anxiety. This anxiety was first manifested when I took jobs teaching first at Raleigh (2008), then at Playshop (2010.) That's when a new kind of pain first started appearing in my thighs. Somewhere along the line, I also developed my first ever sciatica in, I believe, my right leg. (Actually, I've forgotten what leg it was!)

Then somehow, this anxiety was transferred to squats in Reka with the imaginary pressure that Michael's existence puts on my masculinity to do them.

Squats in Reka, and in folk dance generally, symbolize masculinity. My new found inability to do them makes me less macho, less masculinity, less powerful as a dancer. Of course, all these concepts are only in my head. No one else cares. But nevertheless, that is besides the point. I care. That's the only thing that counts. And because I care, I'm the one who is suffering from old-fashioned performance anxiety; added to this, I also make part of my living from folk dancing.

Thus, no question, my performance and financial anxieties have been transferred from my old concert career to my new folk dance career. And these anxieties are

expressed in my “folk dance ankle,” which, at the moment, is dormant, and my stiff and aching knee problems, which, at the moment, are dominant.

Note that first it was my left knee; then recently, when I’ve gone running, it has switched to my right knee!

My left, and now right) knee problems have been going on for several folk dance years, certainly since 2008. The fact that, during and through training, I’ve built up my quads and other leg muscles, along with my upper body to probably the highest level they’ve ever been in my life, has not helped at all!

Isn’t this strange? My quads and leg muscles have been built up to their highest level, Yet, all the pain in my knees persists. What would Sarno say? Doesn’t this all signal TMS?

I believe it does. Sure there may be mild arthritis. But that is in the left knee. But it is the right knee that is bothering me!

It seems TMS is the only way to go. But, of course, in order for the TMS solution to work, there must be no doubt.

I’ll try it out, work on it, go for it.

We’ll see where this leads.

Friday, June 15, 2012

Memorizing Verb Patterns

Re Hebrew verb forms and patterns:

I have never been able to think in patterns. I have danced away from it. However, now I am beginning to look at them. They are a kind of abstract thinking. Thanks to lessons with Tamar, am even beginning to memorize them!

This is hard and tough and very good for my brain.

A positive shift upward. And it only took 75 years!

Saturday, June 16, 2012

A Confident Linguist

Linguistic knowledge brings confidence.

It can make me a confident linguist.

Thinking in abstract forms, practicing Hebrew verbs patterns, and thus deepening my grammatical knowledge of Hebrew is creating confidence in Hebrew.

I'm becoming so confident in Hebrew it's scary!

I'm not used to thinking of myself linguistically this way. Amazing as I step into and onto the next stage:

A confident linguist! Wow.

Gathering, editing, collecting, putting it all together:

Croatian, and Slovenian History, Culture, Customs, Traditions, Folk Dance.

Music, etc. A separate "page."

My type of "book" on the countries I go to.

A new "book" and tour direction and addition.

Monday, June 18, 2012

Business is totally dead. So quiet. Amazing. It was peaceful until this morning. Now I'm beginning to wonder what's happening.

Is this a time to "do something else?" Re-think, re-invigorate, and re-push my tours? Both?

No calls, no registrations, no emails, no nothing. At first, it's a relief and peaceful. Then, as it continues, a subtle fear sets in: I will be forgotten.

How do I avoid being forgotten? Sales. Making sales. Planning, dreaming, promoting, pushing sales. And yes, dreaming about them.

Dreams create plans which create motivation. I am presently drifting backwards and slowly becoming mired and stuck in "same."

Next year, next season has to be different.

But how? That is the question.

Selling means getting out in front of an audience and performing. Readings, guitar, speaking, other. It means dealing with my performance anxiety. Facing it, diving into it, performing or selling in spite of my anxiety.

Performing is selling, and vice versa. This means dealing with my biggest fear, my performing anxiety fear.

Doing it in spite of my fear.

And, truth is, this means performing anything. Whether it be readings, guitar, singing, appearing, even appearing in public, at a party or whatever.

But to come right out and make a statement: that I will appear. God, I tremble at the thought.

A life time problem, a lifetime fear. No doubt, I'll never get rid of it. So, I must perform in spite of it.

In a twisted, subtle way, perhaps the fear is a secret and opposite form of motivation. Well, whatever. I can try to explain and understand it forever. It won't help. Explaining and understanding it will not make it go away.

Perform and performing in spite of it.

I've used desire for money and fear of having no money to push me out of the house.

But now I have "enough" money. Having more money, although still a motivation, is not enough of a motivation. One fear no longer cancels out another; financial fears no longer cancel out performing fears.

The wall has been breached. What to do? Plunge directly into the anxiety of performing seems to be the only solution. The "perform-in-spite-of-it" solution.

This fear is why I have not and even cannot stand up for my works, my creative works, my songs, stories, choreographies, and more. Strangely, I have no problem standing up for my tours, or even folk dance classes, although I don't particularly push

them.

They are somehow not “creative” or personal. And yet they are. Only I don’t perceive them that way.

Creative and personal has to do with my wild imagination, this crazy beautiful place in my brain. I hide it from the public. Why? Perhaps I’m afraid they’ll laugh at it, scorn and ridicule it, discourage and destroy it. Yes, I’d say that’s the ultimate truth, and the ultimate fear. This beautiful, subtle, crazy, wild, free, dreamy place of cloudy and cloudless freedom will be taken away from me, especially if I make it public. But if I keep it private, quiet, in my own room (my teenage violin chamber), then it will remain safe. And my secret essence, the power and beauty behind my throne, will all remain safe.

This is the cause of my so-called “performance anxiety.” I’m afraid my true center, my creative ecstasy center with the glory of its running-wild-on-the-lawn insanity will be destroyed. If put under the spotlight of public opinion, the light will destroy is dark, secret hidden glory.

Is this true? Will public light destroy my center? Maybe. It is certainly a threat. All these negative opinions raining their arrows down on my beautiful, sensitive center.

Am I strong enough to negate such criticism, such destructive negativity? Do I even want to put my glorious center to such a test? Well, I was always afraid to before. But now, I’m older, more experienced, and even stronger. So, at this late point, I’d say yes.

Yes, I am strong enough. Or at least strong enough in my center to test it out in public, to give it a try.

To display my core center in public: What a glorious, frightening attempt.

Can I take the criticism?

What will protect me?

What tools can I use?

Anger, rage, rebellious, independent, free spirit, “fuck ‘em all” attitude, other.

Truth is, some will like it, some won’t.

Some will get it, some won’t.

Some will be my fans, some won’t.

I’m looking for my fan club. By going public, my fans will also discover me.

My purpose then is not to sell books. Not to make money. But to get my vision out there.

This is a totally radical view, and overturns and reverses my stated, above-ground purpose of the last forty years.

Perhaps this has secretly always been my purpose.

And since it is my vision, promoting it, getting it out there, would also hold as purpose in my tours and folk dances classes.

And since my vision is everywhere, and it is me, it would hold and find itself manifest in everything I do.

(Indeed, in this vision sense, money, although important and nice, is nevertheless secondary and besides the point.)

Thursday, June 21, 2012

Giving Up the Stock Day Trading Self-Concept

A New Self-Concept. Attitude, and Approach

Buying and owning stocks with a new mental approach, self-concept, and attitude. Do it for stability, growth, personal development, and peace of mind.

Give up “day trading’ self-concept.

Know the company. Grow with the company.

Develop long-term relationships with them. Buy some, hold some, even long-term and “forever.”

Know and grow with the company.

All for a new self-concept, approach, and attitude.

Stability and peace of mind.

Guitar. Singing, too.

As a form of meditation. Also for stability and peace of mind.

“Meditate’ before others, and in public. Transfer the peaceful, healing vibrations to others.

Friday, June 22, 2012

Not disgusted yet. But getting close.

Monday, June 25, 2012

Always (and Forever) Giving a Concert

“Pressure is a privilege.”

But where shall the pressure come from?

Best would be from within.

But outer pressure does create an inner pressure.

They work together. Where does it start? (And does it even matter?)

Some day I shall play in public.

But “some” day is turning into no-day and then into to-day.

Perhaps same for inner and outer. Outer is turning into inner, or vice versa, and both are merging into the same.

One is beginning to once again equal one.

Inner, outer, some day, no day, today:

All are blending into one.

Perhaps inner and outer are false distinctions. As are some day, no day, and today.

I make up the distinctions to pressure myself. And why pressure myself?

Because “pressure is a privilege.”

So, in this sense, whether I play in private or public makes no difference. It is, on this level, all the same.

Perhaps I don't have to, no longer have to “prepare for a (future) concert.” Why? Because whether I am in my room or on the steps outside, I am always (and forever) giving one!

Tuesday, June 26, 2012

On Sunday came tired, (and mother sleeping syndrome). On Monday depression and tired. On Tuesday, came a headache,

Working backward: Headache I know comes from anger.

Depression came from hidden or repressed anger.

Tired came from both Mother Syndrome (and perhaps overtraining.)

In any case, these are three states I both know intimately, and have not experienced for a long time.

Why and how have they happened? And does it matter? Well, yes, because I want to know them and thus move past or rather through them.

One feeling beneath all this is that I have been forgotten, and (thus) have no purpose. Business is slow. (But somehow, I doubt this is the reason. In fact, I'm sensing it is the Mother Syndrome returned with a vengeance!

What about forgotten, lack of business, etc.? Well, as soon as I got the message from Sheila Sharpe about her air flight schedule annoyance, and other minor problems, instead of increasing my headache, anger, and depression, instead my headache went away! Suddenly, I had a purpose again. My decisions, leadership, and feedback was important! Plus, my mind was out of my asshole and into an external problem, mainly the problem of another person.

In fact, I welcomed this external problem! It focused me outside myself; it gave me purpose, meaning, significance, and even some drive and energy.

Instead of resenting this problem, I welcome it! “Pressure is a privilege” lifted me out of myself and onto the higher plane of helping others!

How important is my tour business? Evidently, very! The fact that money is no longer the great tour motivator it used to be has thrown me off my purpose game. The question of “Why bother pushing tours, or anything else?” comes up again. If I’m not pushed by financial panic, fears, and anxiety, why bother pushing at all?

Well, the answer beyond money is that: I need a purpose. Purpose brings meaning, drive, and energy to my life. Without it (and I’ve been somewhat without it since Sunday), evidently, I simply die within.

Why, since Sunday, did my purpose die? “Tired” was my first explanation. But with the “tired” warning comes the voice of Ma saying, “Rest, my child. Trying, pushing with all your might, may make you sick. Giving your all, your best effort will indeed make you tired. And tired will eventually make you sick. So, whenever you feel the desire to make a supreme effort, to dive totally into your work – all of which will make you tired, rest, relax, go to sleep.”

What a terrible, life-threatening message from Ma. I know, in her own way, she wanted to protect me. But protect me from what? She said, getting sick. But I say, the wall of protection she erected blocked off my most positive energies. Thus, it subtly made me afraid of giving my all, my best effort. It pushed me back into my room, into my internal violin. The outside world was split between threat (internalized Ma fears), and fun (my own sense of play and verbal jousting with others.)

Somehow, all this came up over the Weekend. It started Saturday morning during and after breakfast in Woodloch, it manifested itself in that Ma Sleeping Syndrome in the afternoon, and continued on through Monday depression, and Tuesday a.m. headache.

Yes, Ma Syndrome, from tired to fear of tired. From there to sleepy, depression, and anger. To the final wake up during this morning’s writing clarification.

Result: Get back to my life of fun, joy, ups-and-downs, of business tensions,

reprieves, and victories.

Goals, Directions, Purposes

What specifically to do?

Business-wise:

1. Start promoting next year's tours!
2. Start promoting (thinking about) building next year's Monday night class.
3. Start thinking again about how to promote my books, DVDs, CDs etc through Facebook, Amazon.com and my virtual assistant.

Personal-wise:

1. Guitar practice: 3 hours a day through the summer.
2. Hebrew: Keep studying
3. Athletics:

Focus on the Fun Aspects

My big post-75 challenge!

Also, I might consider: I love the tour business! (Also, how I love my folk dance teaching, along with the other things I do.) It's annoyances, pressures, etc, distract me

from its “running wild on the lawn” aspects. Actually, by focusing on the fun aspects of the problems that arise, I’ll stay in touch with its Mad Shoe, running wild on the lawn aspects.

This could be, nay, is, my post-75 challenge!

This is the lesson from “mother’s visit” and my personal revisit of the Ma Sleeping Syndrome on the Woodloch Weekend.

Thank you, Ma (through P).

Wednesday, June 27, 2012

Summer Goals

It is time to put my mind together and get off this depression.

I had decided that this summer, since I had time off, it was an opportunity to do something different. To devote myself to:

1. Hebrew, 2. Guitar practice (something since Woodloch and new), and what else? Check it out. Stop moaning, mourning, and weeping. Accept the quiet time and dive in. Add something athletic, too. Back to your roots.

Everything is going fine. So why am I down?

I must have scared myself, scared the joy out of me. It happened Sunday when the combo of running and weight training “tired” coupled with the great Ma (in form) hit me. And the total exhaustion sleep on Saturday afternoon “scared” me. Frightened me into submission. “Yes, Ma, I give up. I’ll stop trying, stop giving it my all. I swear I will. I’ll be nice and good and give up my efforts and following my dreams, and I’ll do it all to please you!” Yes, my fatigue “reminded” me of you, and your warning. “Rest, or you’ll die. Rest, or I’ll never love you.” Of course, those are not the words you used. But that was the message I got. No recognition or praise of my efforts. Only the warning after them: “Rest, give it up. We love you not because of your accomplishments, but in spite of them. In fact, your accomplishments detract from our

love. So give it up, give them up. Lie down. Sleep. Rest. Bow to me, my way, even my 'vision'. We don't call it "de-vision" for nothing. Because it divides you from your true self, the energized, give it your all, running wild on the lawn, mad shoe self."

Amazing is the put down power of my upbringing.

Writing?

Should I write again? Is what I say really so important?

Well, I know it is. Both to myself and others.

We know depression precedes creation.

After this bout of regression and depression, should I return to Infant Energy of Infant Vision with a vengeance?

Add it to my 3 hours a day of guitar practice, and Hebrew, (and some kind of exercise: Yoga and running, perhaps, and some weights.)

I also have the summer free to write Infant Vision.

Is it too much? On top of 3 hours practice, Hebrew, yoga, etc? Well, truth is, the more I do, the better I feel! And after all, this is what the Infant Energy of Infant Vision is all about!

Plus I can keep writing it in Croatia and Slovenia on my new netbook! (This along with Hebrew and my exercises.) Something to look forward to on my tour!

Also, I do have physical goals: (Lots of them!)

1. Balance on my right foot.
2. Strengthen inner gracilis tendon.
3. Squats, back bends, scorpion, headstand, and lotus.
4. Running.

Thursday, June 28, 2012

Three Years Per Language

Three years per language. That's just the way it goes. That's the time I need to study and "know" a language.

I have dabbled in many languages over the years. I've also "dabbled" in Hebrew. But I measure my start of Hebrew study with my Ulpan course which began in October of 2011.

It is now July. I've been at Hebrew nine months. Two and two thirds years to go.

Amazing, and I actually wrote something in Mashugi today! Wonderful.

Writing is vital to my existence.

I know happiness and satisfaction, joy and love, energy and dynamism, will not return until all aspects of my miracle schedule are flooding forward in the process of fulfillment.

Writing is one of those vital aspects.

Friday, June 29, 2012

2012-2013: One-Year Project

My God, I actually have a thought and a plan for the year; which means the twelve-month 2012-2013 season.

Build and base it around my Balkan Journey, the BMG tour.

Study the Balkans: That means, as a start, a thorough reading of:

1. Rebecca West's Black Lamb and Grey Falcon,
2. John V.A. Fine, Jr. The Early Medieval Balkans,
3. John V.A. Fine, Jr. The Late Medieval Balkans
4. History of the Byzantine State by George Ostrovsky.
5. Three languages:
 - a. Bulgarian (and the "almost" Bulgarian: Macedonian)

- b. Greek (Idea: Greek is “almost” Bulgarian!)
- c. Hebrew study continues (Idea: Hebrew as distant root of Bulgarian and Greek! English, too.).

When to start this project? How about now! Why now?

1. It “prepares” me for our upcoming Croatia/Slovenia trip.
 - a. Bulgarian is “almost” Croatian and Slovenian.
 - b. Hebrew (and Greek) as distant roots of Croatian.

Positive Signs of Direction

What sign do I have that I’m on the right track?

1. I was wearing my Jim Gold Leader (in Greek) T-shirt. A Greek man at the gym read it, We started talking. His wife came over. They began speaking Greek together. I loved not only talking to my new “Greek friend,” but I especially loved hearing them speak the Greek language. All my memories of Greece flooded back. I longed to be able to “speak” Greek again. I left the gym thinking: is it possible to “study,” or at least be involved with, several languages at once?

Love of languages is the sign. Also, the direction. This plus history and culture of the historic lands I visit and love.

Monday, July 2, 2012

Returned from a beautiful weekend and the farm. Up there, the veil of purposelessness and its subsequent depression lifted.

I found my new center, and myself. It is: Fight for my causes. I found my “new” center in my aggressive, central fighting self. I like to fight for my causes! It’s personal. It’s central. It’s me.

It is also no longer in the pre-75 mode of fighting, struggling, pushing for so-called external reasons such as: financial gain and needs, ego satisfaction, hope for glory, recognition, appreciation, and fame. Those old reasons, although pleasant and

nice, have long since vanished. They no longer worked. The vacuum this created in my psyche caused a long-term subtle “depression” which, in one sense, has subtly lasted about five years. It started when my tours became successful, continued as I became successful, and, truly, has not stopped (since I’m continuing to be successful.) As my success continued, both financial, creatively, product-wise, and personal, the old reasons of motivation diluted and slowly drifted away. Eventually, I was left with a total vacuum which has manifested itself totally, with a full-blown depression, during the past few “quiet” weeks.

However, the spell was broken over the weekend. Perhaps simply because it had run its course, done its work on internal destruction. My thoroughly ploughed inner field was ready to receive its new seed.

And indeed, the post-75 seed of inner motivation. Everything which I used to do for external reasons, I now see I need to do for inner personal reasons. Among other things, aggression and fighting for my causes are simply part of my psyche. Without paying attention and utilizing these inner, good-in-themselves forces, I simply shrivel up and die.

Therefore, I am now returning to the fold invigorated, and ready to stoke the engines and propel my newly discovered inner aggressive powerhouse self.

This is totally manifested as my sales and business self.

Nostalgia is such a weepy and broken down feeling.

Are there any benefits from nostalgia?

Perhaps, through its weepy feeling for past events, it shows the importance of family, people, and roots.

Thursday, July 5, 2012

In Depth

Lens of Slower Focus

Further Exploration through Slower/Deeper Focus

Maybe as a post-75 graduate, I'm only getting started exploring the depths, through guitar and slow, really slow, Alhambra and Leyenda, not only left hand exploration, but important, power, and meaning of right index finger.

In fact, there is no "maybe" about it.

Post-75 exploration of the depths is a new fact of life!

And, I'm ready to do it. And able, too. I'm in the right place. It could only have happened after 75 years. It took 75 years to lay the base.

Speed is done through the lens of a slower focus, too.

Friday, July 6, 2012

Beauty

Guitar: Through a brief moment of deepest relaxation in a new, strange (but vaguely familiar) place in my right index finger, I have touched the center of guitar playing, music beauty.

The technique is focusing on deepest relaxation in this new, strange, but "familiar" place.

The result is a breakdown of all barriers, and a flood of beauty into and through my being.

Monday, July 9, 2012

Guitar Idea, Impossible Dream, and the Fight for Survival

An incredible guitar idea just occurred to me:

Why spend so much time on pieces I obviously can't play well, on Alhambra, Leyenda, Villa Lobos Prelude No. 4, right hand arpeggio work, and etc?

Why not just drop them, give them up, and move on to the many things I can do? Why not improve and growth the things I can do, can do well, and can do easily?

Why, for years, have I been bothering with this? These seemingly hopeless

areas? Evidently, for some strange and unknown reason, mastery, conquest, and ease of execution in these guitar pieces (these regions) has been barred from me. I don't know why, and perhaps, I'll never know why. But it is a fact. And has been so most of my life. Is part of the post-75 world acceptance of this fact? Is it time to admit defeat, and give up this constant life frustration?

"Admit defeat." I hate to admit defeat. And, no doubt, once I give up, I am defeated.

But, on the other hand, do I, for some strange and unknown reason, secretly "love the struggle itself?" I never want to give up the fight because I secretly love to fight? Even though I may never win, I love the fight process?

Is that why I won't admit defeat, and will never give up? Is such fruitless beating myself over the head, heroism or bullheadedness and stupidity? Is it part of the quality that has kept me in business all these years? Should I be proud of it?

If I give it up, will I give up on everything else I do, everything that is hard to achieve and a struggle?

This Alhambra struggle, the fight to achieve Leyenda, may (must) symbolize something else. Perhaps victory in it is not the point. Perhaps it symbolizes the idea, indeed, the fact. that, although I'll never win, my struggle is forever. The daily fight to improve, grow, flourish, and live, last as long as you live. And after that, it lasts forever.

It also serves to keep me humble, in place, keep me down. To remind me of my limitations, of things I'll never achieve. And yet, in spite of this, evidently, I need to keep fighting to achieve them. Ever chasing the impossible dream.

Tuesday, July 10, 2012

Performing is energizing.

But it is not pleasant.

On performing: Do I want to face potential humiliation and rejection? Going on

stage. Performing, selling my books, and more. (Telephone sales. But I do that anyway. I'm "used" to it. And, it's not as threatening as personal performance.)

Of course, on the other side, staying home and doing nothing is also awful, hurts my soul, creates personal decay, and make me depressed.

I never get depressed when I'm in the sales fight. I get mad, angry, even discouraged. (Such discouragement is followed by a healthy anger!). But I never get that cosmic down; I never get depressed!

Staying home and doing nothing I generally get am first vaguely relieved. (I have no fear of humiliation and rejection.) Then I become lethargic, and slowly sink into depression. Indeed and definitely not a formula for happiness.

Of course, for me, the best route is the Aggressive Road Up.

And now, I need to take this road without the crutch and crunch of financial failure fears and poverty.

What will motivate me to get out of the house?

The only thing I can think of is the fear of depression. By inhibiting my fighting instinct. This, coupled with the sinking feeling and fear of cosmic depression.

Hardest of all is to do physical readings. To set myself up before an audience, to both book and perform it.

As a reader.

And this, even my concerts.

Performing. As musician and writer/reader.

Two programs.

Should I consider doing both? Readings and (go back to) concerts? Both on a tiny scale. Start over. Completely. Develop an audience one at a time.

I could even run a Weekend (to give a concert.)

And continue, "on the side." to bounce my tour business along.

Try it for a limited time. One year: 2013. See what happens.

Performing is energizing.

But it is not pleasant.

In a sense, my tour business has been a preparation for this. A thirty year preparation. It's given me money, confidence, and knowledge.

Financially, if I don't lose money in the stock market, and continue my folk dance teaching, guitar teaching, and get an occasional booking and tour, I can "tread water," and get along. (Note I do not use the word "survive.")

It's going to take as much work and time to "sell" my performances and readings "for free" as it would and will to sell my performances and readings for money. Plus, others will respect me more, and it is, in itself, more respectful to sell my performances and readings for money.

Therefore, I should sell them for money.

Charge for my services. Offer them for a low price. \$100? \$150? (\$250?) Other? Plus, charging for it, would make it more serious.

I am on the cusp of developing a new business.

A kind of "One Man Show" business. "Aspects of Music and Writing." "The Music of Writing and More."

I can see how I would charge for a performance, or a One Man Show (that contains, among other things, a reading).

But can I charge for a reading alone?

Of course, a One Man Show could also include folk dancing!

A la Cosmo Club, Renaissance Club. An evening of two-hours or so. One hour (or more) concert, followed by folk dancing!

One Man Show with Jim Gold.

Or The Jim Gold Show! with Jim Gold as (playing) Jim Gold
(with Dmitri Zlatov, Arany Janos, Jakov Zahav, and others playing Jim Gold)

Charging about \$350 (\$500? \$200. Less or more?)

Offer two kinds of evenings, of One Man Shows: With FD, without FD. Price would be the same (or different?)

Wednesday, July 11, 2012

Stocks, Market, Gambling, and More

Gambling, betting on low price stocks is fun for me. Just limit it. That may be enough, That may be all I need!

What is Fun for me?

The question I am truly asking is: What is truly fun for me?

1. Leading group folk songs

Amazing I have said this. But seeing their smiling faces raised in song, gives me great pleasure. And energizes me immediately. It must be a good thing, a right thing for me.

Germ of Tour-Fun Leadership

It might be (even must be) the same for tour leadership. Only putting a tour together is much more complicated and difficult than merely leading group songs. However, the germ of fun is there, only deeply hidden behind the complications.

2. Playing guitar slowly and sensually "for myself"

3. Leading a tour with the object of learning, self-discovery, exploring new places, histories, languages, etc. (I hate to say it, but the group I lead, although necessary, and sometimes even "fun," is nevertheless "secondary.")

4. Learning adventures in general:

a. Exploring internet marketing.

Thursday, July 12, 2012

Energetic Unity: Dancing with the Audience

Dissolving the Line Between Leader (Performer) and Audience

How to merge and blend with an audience.

How to gain, mix, and merge with their energy:

Group leading: Merge right in with their energy, and it's fun! Us for folk dance, folk singing, tours, and other.

Practice during classical guitar playing by thinking in the "group energy" manner. Project my mind onto and into the audience, suck up their energy, then blend with it, as I see my ego dissolve in an ocean of energetic unity.

This is a totally new way of thinking of the audience. It is Infant Energy at it's best!

One cannot escape the Ocean of Energy present in an audience. However, one can either deal with it by trying to avoid it and focusing inward, or by merging with it by "focusing outward. On the audience itself. But not on their outward form, ei their bodies, reactions, etc. but rather on their inward essence of each individual as a bundle of disparate energy.

Friday, July 13, 2012

"Shock the Muscles"

Use the "shock the muscles" technique in guitar. Start off with a fast Alh, Ley, or VL Prel 4.

Sunday, July 15, 2012

Embracing Pain, Fear, and Sacrifice

Leaving for Croatia and Slovenia today.

"I love the pain, fear, and sacrifice that comes from competition and my training." So said one of the competitors of the woman athletes in the Cross-Fit Athletic Competition.

I feel a stiffness, “pain” in my lower back. Haven’t felt that for a long while. It’s my materialized form of fear.

And sacrifice, where is that?

“Let God rise and his enemies be scattered.” Psalm 68

“If you live cautiously, all your friends will call you wise, but you won’t move mountains.”

Bill Johnson, Evangelical Preacher for marathon runner, Ryan Hall.

Thursday, July 19, 2012

Softly, Gently, But Strongly

I’m in Zagreb. Afternoon. Feeling awful. Old, tired, unfocused. Angry? Mad? Well. . . .yes.

Is it the load on my shoulder? Woe? Other?

Angry, mad? Well, better than old, tired, and unfocused.

But I’m even tired of angry and mad. And it’s denial into old, tired, and unfocused. I’ve been there so often. Been there, done that.

Truth is, this tour, so far, is great. True, Maja’s walking tour was too long, and she talked too long and much. She even knew it. On the plus side, she’s getting to know us and me, and getting the feel of the group. The only minus is, well, there is no minus really. She’s a pro and will figure it out. And I’ll watch over the show and help her.

That’s that. I hate standing around and listening to tour guides, but that’s my problem. The group may find it interesting. Or not.

But it is my tour. Shouldn’t it be run my way?

Answer: Yes!

So let’s face it: I’m mad at the way she talked so long, let people (painfully) stand around waiting while she talked, etc. There should be less talking and more movement.

Even though others may have liked it, or tolerated it, or not known enough to realize there's a better way, or rather, the way I like it, I am running this show! It is my tour. And I'm feeling sick to the stomach over it. Why? Because a slight nuance was off. But such nuances are important.

Therefore, what to do? More watching, more feeling out the pace and feel of the group, and of Maja herself. And then, through greater focus and concentration, softly, gently, but strongly, guide the tour feeling in my direction.

The beauty of woe is a pleasant temptation and distraction from my leadership focus.

Thursday, July 19, 2012

Lost, Overwhelmed, and Happy

A good feeling this morning, somewhere between lost, overwhelmed, and happy.

Why lost? I like the feeling and vaguely choose to have it.

Why overwhelmed? Maja machine-gun "lecture-talk-explanation" of Zagreb as we toured the city on the way to Okrugljak (round, circle) restaurant.

Why happy? I'm not sure. Perhaps because the tour, the group, the dancing, the whole picture, Maja blending and getting the feel of our group and vice versa, and more is all coming together in a beautiful way. Plus great Slovak dancing last night. Could I dance that way? A wanting to renew my star-studded Hungarian slapping and do these great dances "just for fun!"

Here's a tour thought: Dump Northern Greece, substitute the tour below:
Albania (and Greece)

(Days 1-2 Dubrovnik Admire the terracotta roofs and ancient ramparts of Dubrovnik, Croatia's 'Pearl of the Adriatic'. Walk along the city walls and take in glorious vistas over the azure coastline.

Day 3 Ulcinj: Learn how the sands of Velika Plaza, the longest continuous stretch of beach in Montenegro, are believed to hold potent healing powers.)

Itinerary

Days 4-5 Tirana

Discover Albania's compact capital on an orientation walk. Absorb Turkish and Italian influences in the city of Tirana and head to the Et'hem Bey Mosque to admire intricate frescoes. Perhaps get adventurous on a rafting or hiking excursion, or take a more relaxed approach with an afternoon sojourn through the National History Museum.

Days 6-7 Berat

Travel to Berat, one of the oldest cities in the country and better known to Albanians as the 'City of a Thousand Windows'. Discover an incredible concentration of historical buildings, including a crumbling castle and fortress.

Days 8-9 Gjirokastra

Step back in time in Gjirokastra, a perfectly preserved Ottoman town. Get a glimpse of the region's tumultuous past on a visit to the magnificent citadel and be sure to amble through the 17th-century bazaar.

Days 10-11 Saranda

Venture to Saranda, a lively seaside town full of Mediterranean-flavoured cafes and bars, and the gateway to the beautiful Albanian Riviera. Head out to explore the ruins of Butrint and stop by the delightful Blue Eye Spring.

Days 12-13 Corfu

Descend upon the world-renowned islands of Greece. Corfu offers a World Heritage-listed Old Town and miles of scenic coastline. Stroll along the elegant Liston and delve into the myths of ancient Greece with a trip to the Archaeological Museum.

Days 14-15 Athens

Travel to Athens, Greece's 3,400-year-old metropolis, where the Albanian Adventure ends. Be sure to try Greek souvlaki and to visit the Parthenon for impressive city panoramas.

Optional 4-5 day Greek Cruise

Friday, July 27, 2012

The lollipops are burning this morning. Time to slide off.

But how to focus in lollipop land?

Also, I feel bad I didn't dance last night. Of course, I had to go to sleep early. Otherwise, I might have gotten sick, and that would really be bad for the tour. And I do feel better, and well-rested this morning. So I made the right and wise decision.

Is Bernice okay? Is everything at home okay? I have a sudden fear that maybe not. This because I didn't get an email answer from her this morning. Of course, the one I sent was to the wrong address. So there is a good reason for no response. Nevertheless. . . .

Should I even write or talk about such worries? Will the evil eye visit me if I mention such horrible possibilities? I know do not have such powers. Nevertheless. . . .

Now I'm killing time, waiting for the end of my tour to arrive. I'm sort of in the pre-tour state of limboland.

What to do?

Amuse and distract myself until the tour end arrives.

Saturday, July 28, 2012

Dubrovnik.

Sunday, July 29, 2012

Idea: Belgrade 4 days (5?) including day trips, (gives me the first feel of Serbia.) (Then Krugovac, Cacak, or other?) Plus might be good commercial idea.) then Dakovo and the Festival in beginning of June, then Boznia?herz, then either Dubrovnik (ore Motenegro, (or both?)

The most popular day trips from Belgrade take travelers to places like Novi Sad (Vojvodina region) and Topola/Oplenac (Shumadija region=Central Serbia). The first one, although nice, takes you to a city which is the second largest in Serbia - so not really the countryside. With the second one you kill two birds with one stone - see something "cultural/historical" (for more details see the web site of their Tourist Organization <http://www.topolaoplenac.org.rs/english/welcome.html>) and take a look at the countryside in Central Serbia. You can catch a bus to Topola from the central bus station, situated next to the central train station in Belgrade or you can also hire a private guide to take you there by car.

Hope this helps!

Enjoy Serbia!

Zlatan

Sunday, August 5, 2012

A Croatian-Plus Year?!

My vision has been upset.

I feel like refocusing, specializing, diving into Croatia/Slovenia, and the "What just happened?" post-tour feeling. Really knowing Croatia. Study everything. Return and redo the tour I just did. With some special additions.

It's very upsetting. This tour, with its "What just happened?" feeling, plus the

email letter from Richard Duree about writer's and writing, has scrambled my brain.

I "had it all together" before the tour. Now everything I "had together" is falling apart, being reevaluated, put in a new place and places.

Somehow narrowing my tour focus, studying Croatia in particular, and the Balkans in general, these historic, artistic, and geographic areas I love, doing them "in depth," all have taken on a new meaning.

Could this upcoming year be my Croatian study year?

Along with Bosnia and Herzegovina, Albania, Serbia, Macedonia? The Balkans "in general?" With Croatian language thrown in? With Hebrew bouncing along?

It feels right. Post-Croatia/Slovenia tour, I feel pulled in this new, "in-depth" area direction.

Wednesday, August 8, 2012

Goals and Organization 2012-2013

General Plan: 2012-2013

1. Facebook writing (New: Create and develop a following)
2. A Year of Promotion, Advertising, and Sales
 - a. 70% tours, 30% "other" (FD. DVDs, books, etc.)

To Do List:

1. Edit Crusader Tours

Bouncing Miracle Schedule Along

Guitar, (Gaida, Violin, Singing)

Writing

Yoga, Running, Exercise

Study of Hebrew, Croatian, History

Thursday, August 9, 2012

Depression, Sales, and Customers

Is this depression because I've ceased my focus on sales?

Evidently, releasing my aggression and aggressive self through a focus on sales lifts me out of depression

The struggle wakes me up. The fight for new customers, and to retain the old ones, energizes me.

Customers in all my areas: tours, folk dancing, book sales, DVDs and CDs, etc.

Again I must thank Bernice. It is to make her happy, and to win her, that I am pushed to rise to my better self, forced into sales.

Sales are obviously so good for me.

Why do I resist sales, and the work that pursuing and making sales entails?

My resistance is simply an old mental habit.

Time to give it up.

This Year's "Project"

Depression caused by the dying of the old, resistant, holding back, "un-sales" self.

This is followed by the birth of a new, sales self.

Giving birth to my "running wild on the lawn, going wild, mad shoe, sales self."

That's what this new year is all about.

Doing it through Facebook, my email list, customer tours, books/DVD/CD sales, and more. The new sales self promotes and sells, not necessarily for money, but for the game, fun, and aggression of it!

Friday, August 10, 2012

"Shut off your brain and keep moving."

Rick

Tuesday, August 14, 2012

New Professions for 2012-2013

Shall I add two new professions to my repertoire?

1. "Day trading." Approaching it as a professional.
2. Writing? Approach it as a professional.
3. Tours are a given, a yes. (Adding Facebook.)
 - a. And, in the corner, folk dancing, too.
4. Linguistics, and languages?
5. Athletics?

Evidently, am I redefining my Miracle Schedule, turning it into high-powered, more focused "professions."

***New! Custom Folk Tours!** Design your own tour. . . with us! Contact Jim for details.

Folk Dancing (and Folk Touring): It's a Good Thing:

1. Folk dancing is a good thing.
2. Folk Touring (Folk Tours are) is a good thing.
3. Learning about other cultures, dancing and meeting other people from other countries, learning about their history, customs, traditions, culture, languages, families, etc. is good thing.
4. Increasing communication with others around the world is a good thing.
5. Thus promoting, advertising, expanding the communication between dancers (and others) throughout the world, the market of folk dancing with its (concomitant) sister, Folk Tours, (expanding the customer base, the twin markets of folk dancing and folk tours is a good thing.

Friday, August 24, 2012

Dying of My Old Self:

Sadness, Mourning, Cosmic Depression, etc.

I think I understand the morning sadness I feel, and have been feeling for the past several months, and certainly after Croatia/Slovenia tour.

It's an ancient sadness. I used to call it a or the "cosmic depression" and relate it to the prelude to creation. Such a sadness was always the prelude to writing.

However, this time it feels like I'm in a new place, and the sadness, although still a prelude to creation, is now introducing a new creation, and new creative period, even a new self, and new self-definition.

This time I feel like the sadness is due to the dying process. I am in the process of mourning the dying of my old self.

What old self is dying? Somehow it is not exactly my artistic self, but rather the concept of myself as an artist. Somehow it power, importance, drive, vitality, or whatever is passing. It's sort of an "I've been there, done that" feeling.

I'm not even sure of that. But it does feel like a dying of something. And, obviously, before a new self can be born, the old one must be totally dead and gone. So I go through the stages of the dying process. And one of them is mourning: Mourning the passing of the old "artistic" life, the old "artist" concept of self, the old self-definition.

Of course, dying precedes resurrection. How I will resurrect, I'm not yet sure, or even ready to deal with it. First, the old self must completely die, be buried, and ultimately forgotten. I'm in the process now.

But I'm starting to ask the question:

What will the new self be? What will it entail?

1. On the "positive" side, the pressure is off to be an artist, to produce art works, to even be different, original, and strive for the more. True, I may come back to it. But the pressure is off. (Even as I say this, I'm beginning to wonder.)

Saturday, August 25, 2012

Self-Disgust and New Projects and Goals

Feel totally disgusted with myself this morning, but I don't know why. Sure, I hurt myself doing the scorpion when I fell. But somehow, I don't think that's the reason for my self-disgust.

It may have something to do with not writing, or rather, only editing my old writing. I feel I'm not moving forward, advancing, learning something new. I'm only fixing, rearranging, even improving the old blocks in the neighborhood.

I'm pounding the old pavements, but not walking on new roads. That, I believe, is the real and basic reason for my self-disgust.

I've always liked self-disgust. It is an emotional step forward. It comes after depression, and usually means I'm touching a bit of energy and am getting ready to act, to advance.

As David and Jeannie leave, and Zack is about to leave, I'm somehow getting ready to look at my future and into my goals.

What new projects and goals do I have for the year?

1. I do have to "mop up" editing for my old books. However, that is turning into a big (and annoying) project. I'm doing it word by word, sentence by sentence, paragraph by paragraph. In Crusader Tours, and maybe in my other books as well, I'm rearranging the order of the stories. So, editing may be a "big deal" and take much more time than I thought.

A few months? A year? I don't know. Art takes as long as it needs. For now, I should see it as a long-term project; I'd estimate it as a year, maybe longer.

Thus, editing is a project. Annoying but necessary. (Is there any way to move it beyond annoying? I don't know.) I don't see editing as a creative and new project. It's fixing the lawn rather than planting new seeds,

Perhaps I need to plant new seeds to soften the annoyance. Thus I need a new project, one that I see as creative and that will advance, progress, and improve my self.

What could that or those be?

2. "Creative" Writing: Advancing Infant Vision Inc.???

a. This would mean a real commitment to writing, to being an artist, to working on both my craft and creativity. Am I ready and willing to dive into this, and commit myself in this way? Interesting. . . .Maybe. . . . It's different. . . . Something to think about. My mind and finances are certainly finally free enough to do it. HmMMM. A bit scary, this.

3: Editing and Writing (Creative). Both. Big commitment. Hmm

4. Music:

a. Guitar? Ha. Gaida? Ha. Violin? Ha

4. Hebrew: Nothing "new" here: It will bounce along.

5. Exercise: Nothing "new" here: It will bounce along.

6. Business: Tours (and Folk Dancing)

a. New itineraries: Albania and Serbia/BH, etc.

b. Publicity, advertisements, sales, and development.

1. Facebook, Youtube, social media development.

2. Folk dancing: Videos of old dances, etc.

Later ideas: Shabbat non-work things to do.

Writing, editing, and Hebrew are not work. "Do" them.

Sunday, August 26, 2012

Traveling in Depth

First sign of happiness and direction: Depth

To learn, improve, and go in depth.

Did it first on Hebrew words. Fewer, less, in depth.

Hebrew: Two Hebrew words: techelet (purple) and partzoufim (face from the Greek prosopon ((pros-towards, opo-eye)).

An advantage, privilege and enjoyment of age, of getting older, is going slow, traveling in depth.

Editing: In depth. The singing sentence.

Fewer sentences. Do less but deeper. Even one paragraph a day. In depth. Each sentence must sing.

Connect Hebrew to editing: Both slow, singing, in depth.

Family Life: Even in family life, nachas means knowing what a family is, in depth. The feeling is: I can sit back, observe, enjoy, and think "Look what I (we, of course) have created, look at the history this entails, and the traditions it passes down; now I understand not only my ancestors, but can see a bit into the general future as well. This is the purpose, meaning, and depth of a family, my mishpacha.

Monday, August 27, 2012

Building a Company

I'm dying to get back to work. . . and I will!

I feel like building a company!

Wow, what kind of new feeling is that?

What kind of company? How will I go about it?

It's a Jim gold International company with many branches.

Could there be a linguistic branch as well?

Maybe a Zack inspired company in reverse. The dynamism of youth, the wisdom of age. A follow-through and connection to our visit. As he builds his, I build mine, and vice versa. We "work together." And in some strange, unknown way, the family (and families) are united.

Mispocha, Inc.

Tuesday, August 28, 2012

This is the crowning blow. It shows how “when you are ready to learn, your teacher will appear.”

I read a short article in Psychology Today about a woman who went from being a hippie to becoming an Orthodox Jew. She talked about the beauty of being part of a group, a community. In the article, she says, “They say your consciousness changes in a group, much in the way your experience of music at a concert is different than when listening on your own.”

That’s the concept that did it! In one sentence, the importance of working and being with others was clarified; in one sentence I realized how important it was that I appear before others, be with others, lead others, give concerts to others, think about others, and more.

Reaching the higher levels, although they obviously include me, are not exclusively about me. The “with others” creates a different kind of energy, a “better,” higher energy. “With others” creates a totally different experience.

It shows how, beyond money and fame, I need others in order to grow, expand, energize, improve, and reach a higher level. Sure it’s hard, and it pushes me. But when it happens, it “forces” me to reach for the best in me, make my best effort. Leading tours is my prime example. But, of course, look how running a folk dance class energizes me, And even, dare I say, giving concerts.

Ah, giving concerts. Especially in classical mode. The hardest and most frightening thing I do. Or rather, “did.” It feels like I’ve been running away from them all my life. On top of this, I also tremble and resist all public performances. So frightening and scary. But totally energized is well! A constant paradox.

Well, I’m entering another stage of life now. What to do about these old attitudes and problems? Can I change and look at them differently? Can I even act differently?

What does it mean?

Well, among other things, it means returning to concerts. And seeing

performances, all types of performances, with a new consciousness. Performances as creating a new dynamism, a group energy which helps me expand and grow.

“Your consciousness changes in a group. . . the experience of music is different at a concert than when listening on your own.”

It means when I play guitar, or even sing, play gaida, even violin, thinking audience. It means returning to concerts.

By the way, sales means finding my group. They energize me in a similar way. Thus sales and concerts create a similar consciousness and attitude.

Monday, September 3, 2012

Failure is not a Option

“Think and Grow Rich!”

Failure is not an option.

Practice making strong, tough decisions, and sticking to them! Days of playing around with negative (guitaristic) thoughts are over. Rebirth in the new, post-seventy-five life.

A new chapter begins today!

Start with guitar:

Villa-Lobos Prelude No. 5 arpeggio, then Alhambra, then Leyenda, then Alard, then all flamenco five-finger tremolo include Recuerdos de Sevilla.

Then for successful (failure is not an option) speed, Zambra, Bulerias, and more.

Success

Can success be “standard,” and happen every time?

If action oriented, not result oriented, if based on a process decision and burning desire for achievement, why not?

Tuesday, September 4, 2012

A burning desire for achievement backed by useful service to others.

Success Finger

Guitar: My right index finger is my success finger.

On the Burning Desire Road of Achievement, it points the way to success.

Sunday, September 9, 2012

Vacation

We're sitting in our vacation home on Cape Cod overlooking a parking lot and the bay.

Why am I here?

Vacation.

What does vacation mean?

Refreshment, new thoughts. Even new attitudes and beliefs.

1. Writing: Writing journal by hand is relaxing, opening, slow, easy, and good. It touches, then releases my drawing aspect. I like it.

The Quest

2. Business: Build a Company

Sluggish goal. It feels like sparks are over. Or at least softened and diminished.

What a shame. Why?

Sparks feel down because building a company is "rooted in reality."

What "reality" is that? Material reality. Which means concrete, somewhat dull, money-oriented, practical, and more. That's why it feels sluggish, and the sparks are down.

Where is and what happened to my dream? Where is my ethereal reality, the one I love, the one that inspires me?

Can I find one to jump-start my material reality and pump some sparks into it?

Can I find a dream in tourism? Can I find it in organizing, promoting, selling, and leading tours?

What am I doing?

What really is a tour?

A tour is a quest. A search. Looking for something.

What am I looking for? Within the “what?” is found the mystery.

Why? Because within the mystery lies the spark.

The quest is (always) to find the spark, and ultimately, the Holy Spark.

Yes, that’s it. That is ever my quest: to find the spark, and within it, the Holy Spark.

All aspects of my miracle and business schedules are techniques of different paths, strange, twisting routes to find the spark.

Thus ultimately, they are religious, or better, spiritual quests.

Sales and Sparks

Each person is a spark.

Sales are a means of adding sparks to your spark.

Adding the sparks of others not only enhances your spark, but often pushes you to spark, to spark even more. You re-discover your spark; you re-spark your spark.

Sales is a gathering of the sparks.

That’s why a big crowd is inspiring – more sparks!

That’s why I jump for joy when someone registers for my tours, or shows up at my folk dancing – more sparks! For me, for us, for everyone!

Sparks are about the Ultimate Connection.

My Job is to Shine

That’s why I want all my travelers to shine. I want them to rediscover their spark, light a fire of inspiration, which will spread to the others, spread to the world, heal, connect and improve the world.

That's why I want my travelers to shine. I want Shining Travelers.

But of course, I can't control my travelers. If they shine at all, they will shine when they are ready. No sooner, no later.

But I can help them, and help myself, by shining. When I shine my the light shines on all those around me. It's the best service I can give, the best, and only thing, I can do.

Thus, my job is to shine!

Guitar: Shining

How to shine on the guitar:

Rule 1. Shining has nothing to do with fast or slow.

Shining is beyond fast and slow. Fast and slow are irrelevant.

Monday, September 10, 2012

Pain and Performance Go Together

Pain and performance go together. They are twins; part of the same pie.

The psychological and sometimes even physical pain of performance anxiety is my wake-up call, my energizing drug, my stimulant. It wakes and mobilizes my body/mind, preparing me for the fight ahead.

Pain precedes performance just as depression precedes creation.

Here's the order:

1. Pain (performance anxiety.)
2. Performance: I'm focused, into it, okay.
3. Finale: Performance completed. Marvel-ous! I shine in the glory of accomplishment and victory!

Accepting pre-performance pain, the S and M performance cycle. beating myself into the pain/pleasure is key to my ever performing (guitar, readings, or more) again.

Tuesday, September 11, 2012

New Habit Project 2012-2013: Performance

Apply principles of Napoleon Hill's Think and Grow Rich to performing and performance.

1. Stop pandering to fears of performing. See page 244. Practice daily.
2. My former attitude towards performing was a bad habit.
3. Form new habits of attitude toward performing.

How?

1. Drop the old habit.
2. Practice my new habit daily.
 - a. No pandering to fear of PA (performance anxiety)
 - b. Replace it with:
 1. PA is my stimulant, my drug of choice.
 2. I can't wait to start!
 3. Yes!

Start practicing today! Now!

Assign myself the task of voluntary rebirth!

Start with:

- 1, Guitar
2. Tours
3. Folk dance teaching

Then expand to "other" (exercise and more.)

This new habit is my project for 2012-2013.

Wednesday, September 12, 2012

Strong!

Guitar: Alhambra and more: Old fear of coming on too strong, afraid to let go, be strong, powerful, fear of total abandon and release.

Result: That's the old fear, the old self.

No longer pander to that fear.

Thursday, September 13, 2012

Review.

Friday, September 14, 2012

Last full day at the Cape.

How to Enjoy my Money

My stock account is at the highest it has ever been in my life!

True, the market is transient and peripheral. Nevertheless, it is true for today.

(As are all transient truths.) Thus it allows me to raise a question I have never raised before:

How to spend and enjoy my money?

The answer is: In pursuit of more. The More.

in this case, it means: Buy more stocks!

Why? Because it's fun!

It's fun when my stocks go up.

It's fun to grow my account.

It's fun to find new stocks and invest.

Thus, this is how I can and will enjoy my money. Pursuit of The More, indeed.

Aside from covering my basic and business financial needs, stock enjoyment is the way to go.

I enjoy them when they go up.

I also enjoy them when they go down.

Why? Because that's when I can buy more.

But, if stocks are really on the way down, down, down, if it is a bear market, can I really say I "enjoy" them?

No. Too much fear.

Thus, can fear and worry destroy my fun and enjoyment. Not only the stock market, but in life!

How to handle fear and worry?

Through decisions. Once a decision is made, my fear and worry disappear.

What should I decide during a bear market? I'll deal with that when it comes. Meanwhile, I have decided now is the beginning of a bull market which may last about four years.

And this, no matter who is president. It will happen more quickly with Romney (but maybe not, or very slowly.)

Do I really believe this? Yes. Somehow America will slop along despite its miserable politicians.

Since I believe this, why worry about the election? Except for my own Romney vote, the election winner is out of my hands and control. However, I control my attitude. And I believe America will weather the storm, is not in decline, and will eventually recover. Even its leadership. Faster under Romney. Slower, if at all, Obama, is elected. (With Obama voted in, we'll have four more years of downhill and stagnation before recover and renaissance of leadership begins. Thus, it may take a decade or more to recover leadership.)

Sunday, September 16, 2012

Home again. Goals.

Monday, September 17, 2012

Pain (and Fear) as Wake-Up Calls and Stimulants

Guitar: Just as I saw fear, worry, performance anxiety, etc. as a stimulant, now I'll look at pain (left hand hypothenar warm-up pain in the same way.

I'll not pander to it but rather look at it as a wake-up call and stimulant.

In this sense, fear and pain (warm-up, stiffness, wake-up call pain) are related: Both

can function as stimulants.

Both force me to focus and pay attention.

Feeling "Out of Place" in Myself

Let's face it: I've come back from Cape Cod, and am starting the new year, the rosh hashona, with a completely new attitude. Toward work, toward, life, toward all. Everything now feels very different, strange, even out of place. My rhythm, and mind itself are "off." Nothing feels right or works right. I'm "out of place."

Sure, I have to get back into the swing of things, but the swing itself is different.

I'm a "new person" and I don't feel quite at home or feel right in the "old world."

I feel out of place in myself. And subsequently, I feel out of place in myself in this new/old world I've come home to.

What to do? If anything.

Much has changed; I am now "different."

Maintenance

What is different?

1. I can play Alhambra. How to accept and adjust to a play-Alhambra existence, a play Alhambra world.

2. A non-pandering to fear and pain business and personal world.

Does this mean I have to perform to practice, strengthen, and, in the process "prove" this to myself? Perform in folk dance teaching, tour leading, and even concerts and readings?

Maybe yes.

Well, I don't have to prove this new state because I know it exists. But I do have to maintain it.

Wednesday, September 19, 2012

Learn to Stop in Time

By pushing myself too hard and long, I get sick. It's no fun.

More important, I push away joy, the possibility of joy and enjoying what I've accomplished. This "overwork" is, in essence, a form of inner repression, a put-down, a denial of mad shoe joy.

Watch out for it. Learn to stop in time.

Saturday, September 22, 2012

Weird Issues of the Virtual

Feeling disgusted this morning. Something about yesterday, visiting Cally, and tours. Somehow I felt by traveling through traffic and the city to visit Cloud Tours I was actually going on my Turkish tour. Of course, I was also a bit nervous about meeting Stephan and Ron. I've been working with them over the phone for a couple of years now, and still have not met them face to face. Yes, I wondered how they would look, and react to me. Would they like me? Etc. (And here I am the customer. The issue "should be," do I like them? But no, it is partially the reverse.) Yes, I believe it was bottom line this fear (that they wouldn't like me), that is making me nauseous this morning.

It introduced my fear of criticism, and the issue of will others love me? I guess, even thought I'm disgusted with myself for having this issue, I must admit, I do have it.

There is obviously something weird about working "virtually" with someone, for months and even years, and never meeting them face to face. It's true of Dee. It was true of Stephen and Ron.

Of course, now that I've met them, and can put a face and body to their voices, things will be different.

Sunday, September 23, 2012

The Older You Get, the Harder You Work!

As you age and mature, and thus because you are now older, you have more wisdom, confidence, and understanding. Due to your newly acquired wisdom, you know that working in order to develop your skills and talents is the best thing for you, and the world.

This means the harder I work out at the gym, yoga, and running, the harder I push and promote for tour and folk dance customers, the harder I practice guitar, (even gaida and violin) and more, even the harder I work at learning Hebrew (even other languages.)

In other words, I work harder at the dictates, directions, and purposes in and of my miracle schedule.

Thus, the best and wisest rule is, the older you get, the harder you work!

Tours

Tours are about transformation. . . personal transformation.

I do not see myself enjoying being with a group with (regimented) planned itineraries for this long a period. I WELL UNDERSTAND THIS RESERVATION. I TOO LOVE TRAVELING SOLO. HOWEVER, I FOUND THAT LOCAL DANCE GROUPS WOULD NOT MEET ME ALONE, BUT THEY WOULD MEET ME IF I CAME WITH A GROUP! IN FACT, THAT IS HOW AND WHY I STARTED ORGANIZING FOLK TOURS!

I thought a few days might be doable, because I love folk-dancing and it is a group activity.

I am quite a well-traveled person and most of it has been solo traveling. I just love being free to plan any day as my mood dictates or to do things on a whim when the spirit moves me...

I KNOW THE LOVE OF FREEDOM AND TO GO WHEN AND WHERE THE SPIRIT MOVES ME. NO QUESTION, THAT BEING ON A TOUR WITH OTHERS HAS ITS OWN RESTRICTIONS. BUT IT ALSO OFFERS PLEASURES, EXPERIENCES, PERSONAL GROWTH AND TRANSFORMATION THAT CAN ONLY BE ACHIEVED IN AND THROUGH A GROUP. TRAVEL WITH OUR TOUR GROUP OF FOLK DANCE

ENTHUSIASTS IS AN EXPERIENCE THAT PUSHES, PULLS, AND CHANGES YOU IN UNIMAGINABLE WAYS. IT OFTEN POINTS OUT PERSONAL STRENGTHS AND WEAKNESSES YOU NEVER KNEW YOU HAD.

Monday, September 24, 2012

Today we start a new chapter.

1. Hebrew and Turkish. . . every day.
2. Turkish history

Tuesday, September 25, 2012

Limitations: Stopping in Time

Limitations: Stopping in time may be one of the important new skills I have to learn.

Friday, September 28, 2012

Albania, Registration, Turkey, and More

Seems I'm hitting pay dirt with Albania.

I'm somewhat overwhelmed.

But with what?

Happiness, I think. What a Wow!

Wednesday, October 3, 2012

Pre-Tour Limbo

My tour is coming up. I'm finished with just about all my packing. I've got "nothing" to do for the next couple of days. I'm in pre-tour limbo.

"Suddenly," I'm scared, worried, (terrified?) I'll get sick. I've had a strange drip in my throat the past couple of weeks. I thought it's an incipient cold but Miki says it might be due to allergies, and Bernice says it might be pre-tour anxiety. It's true, this pre-tour period I have no aches and pains. A and P are my usual mental creative distractions. But

somehow, for this tour, these mental exits are denied me. I even dared to say I'm pre-tour calm and confident. Well, that is true. But nevertheless, I'm still nervous, tense, on edge. Maybe better words are vigilant and still under the cloud of responsibility. Not so much the upcoming impending doom feeling as of old, but nevertheless, a heavy concern.

In any case, this empty mind, pre-tour, limbo state is creating a concern which, this morning, is manifesting itself in a cold sweat. I'm afraid I'm getting sick. My voice is gravely, garled, phlegm filled, and has a touch of laryngitis; it's precursor to a cold, fever, chills, sickness, and ultimately, an impediment, even inability to run my tour.

Pre-tour anxiety manifesting itself in another mode.

What to do? Awareness is the key. Am I really getting sick? Probably not. Am I anxious, or rather "concerned?" Yes.

But there is truly nothing to do at the moment. My mind is empty. Well, chilly, dumpy thoughts are pouring into it, filling the empty spaces with negative junk.

Do I need this? Well, perhaps its "normal" and "natural." On the other hand, it could simply be an old habit.

I believe it is both.

Well, I can't do much about the normal and natural, but I can do something about the familiar mental condition or old habit. I can think something else. Or better, I can focus my mind on a passion, a burning desire for achievement, a burning desire to grow and improve!

That is the way to handle the pre-tour anxiety of this limbo state.

What to focus on? That is my next question.

I need a set of foci, a plan for my mind both pre-tour and during the tour. Transitional objects or studies. A project, or set of projects.

My first plan was to:

1. Learn Turkish: Touch of Hebrew.
2. Read my Inventions? Even write a bit in Infant Vision.
3. Exercises.

Prisoner of Tourism

I am too focused on tours. I have become monomaniacal and monolithic. The blinders are on; I see only one road.

I've lost, forgotten, given up on my internal artist, explorer, and student. With total focus/concentration on tours/business/organization, I've lost my perspective.

I have become a prisoner of tours, tourism, business, and organization. Not vice versa.

That's probably why I'm bordering on disease and getting sick.

How to:

See this tour as a vacation and fun trip into the unknown.

Chills of Freedom

The chills I feel are the chills of freedom.

Thursday, October 4, 2012

Rising the to Occasion

Woke up feeling slightly better this morning. But now, two hours later, chills (of fear) have returned.

In the past, when I've been sick and had to work, I've risen to the occasion; I've performed, if not at my best, at least passably well. Yesterday's folk dance class is a good example: I ran it beautifully despite my cold and raspy voice.

I rose the to occasion.

The weight and responsibilities of folk dance or tour leader pumps me up with adrenalin and endorphins. Work's high calling energizes and heals me. That's why being "forced to work" is so healthy and good for me.

Moving back: How to interpret my chills? What to do?

1. Admit and accept I have them.
2. I'm afraid with a cold, I won't function well on tour.

3. Fear is created by indecision. Indecision creates doubt which is followed by fear.

What am I indecisive about?

Sickness. Am I really sick? Yes or no?

Decide on yes.

Now decide what to do:

1. Until my plane leave on Friday, I'll rest, take vitamins, drink soup, meditate!

2. On the plane, rest and mediate.

3. In Istanbul, rest and mediate.

A plan, approach, cold/sickness decision has been made!

Friday, October 5, 2012

Leaving for Turkey today.

Yes, I'm sick, sick with fear. The nausea of fear.

The empty fear canyon filled with purposelessness.

Do fear and purposelessness go together? Evidently, they do.

Thus, if I focus on a strong purpose, decide on a direction, my fear should subside, even vanish.

Lack of decision creates fear. And a powerful direction, and passionate focused decision dispels fear.

But today, my travel day, is a limbo day. Until I leave, I'll be stuck in this limbo, fear-filled place.

Or can I change that? Well. I know I can. But I must make the decision.

I must admit that part of me "likes" this fearful place. Even though it is uncomfortable, it is old, known, and familiar.

Changing my familiar fearful place to a decisive new place would indeed be new.

If I made a passionate commitment to achievement, a decision to focus on something

(and thus “handle” my fear by going to a new place), what would I focus on?

Good question.

First quest decision: Do I really want to change my state?

Second quest decision: If yes, what shall I focus on?

Friday, October 26, 2012

Re morning smiles and hellos on tour:

Fake it until you feel it.

Sunday, October 28, 2012

Fresh Start

That’s it. I’m finished.

Finished with tours and tourism for the next two months.

I need a break, rest, time off. Do other things.

Guitar: Slow and easy, post-Eastern Turkey:

I wonder if I’ve cleaned out the rush in me.

Monday, October 29, 2012

Benefits of Trading Stock

1. It is relaxing.

How and why?

Through it’s challenge and excitement.

I’ve lowered my fear factor by limiting my trading account. (Note: I call it trading, not day trading.

2. Follow Think and Grow Rich 6 Definite Practical Steps.

3. Keep daily and definite records.

4. Start off with trading stocks.

Then expand the 6 Definite and Practical Steps to other areas such as language, tech study, exercise, etc.

a. Language: One new word, verb form, or phrase per day.

Stocks

1. Fix in my mind the exact amount I desire:

a. \$1000 per week. Other.

2. What do I intend to give in return for the money?

3. Establish a definite date when you intend to possess the money. (One week, 5 days, two weeks, etc/)

4. Create a plan (done), and begin at once (whether you are “ready” or not.

5. Write out clear and concise statement of the above.

6. Read you written statement aloud twice daily.

Read it in the morning, and before retiring at night.

As you read, see, feel, and believe yourself already in possession of the money (or other).

This sixth step is most important! It is the burning desire step where desire is an obsession.

On the “Burning Desire” Question:

Do I still have any burning desires left?

What were they over the years?

To become an artist, a writer, make a living as an artist (business), learn about folk dancing through tours, make lots of money through tours and other means, if possible.

All of these desires have been somewhat to mostly fulfilled and accomplished.

Or have they?

Are they ever really fully accomplished?

Maybe they are accomplished, but only when I decide they are.

Somehow, a part of me has decided they are.

Why? I don't exactly know.

Or am I fooling myself?

Could it be because I'm tired? I've given up?

I think it's because I'm tired. I hear Ma saying I've done enough, Lie down and rest.

But truth is, I'm not tired!

It's the end of my tour, and I'm vaguely directionless.

But I am also unafraid. (Remember, fear has always been a big motivator.)

I am basically feeling calm and confident, and, after my tour, somewhat unintense and untense.

Thus, I need to create some dynamic tension by creating new directions, new goals.

Yes, I will face these challenges with calm and confidence. But I also need some dynamic tension to push me toward new accomplishments.

And this because pushing towards new accomplishments makes me happy!

Thus in summary:

I am confident. . .no problem.

I am calm. . . no problem

I need some tension: Problem.

In fact, I need a problem!

A problem will create tension.

Thus, invent a problem in order to create my own dynamic tension.

This difference is that now, rather than seeing problems as imposed on me from the outside (and thus resisting them), I see the problems as created by me, "imposed" on me from the inside.

Thus, I need problems. I want and need to create my own problems. And I will.

Seeing that I need, want, and desire to create my own problems, that they are no longer forced on my from the outside, is a major psychological step forward.

Goals, challenges, problems, are all different words for the same thing.

By inventing them, I create my own dynamic tension.

So, what new problems, goals, challenges do I want to create?

1. Promotional challenge:

- a. Promote Bulgarian/Macedonian/Greek tour.

2. Linguistic challenge:

- a. One new word, verb form, or phrase per day.

3. Stock market challenge:

- a. 1 G per week