

Expanded Infant Vision

Monday, November 5, 2012

Embracing the Noble Life of Art and Play

I'm good at art and play. Playing guitar, dancing, running wild on the lawn, writing wild words; I'm even good at playing with other playmates (customers).

However, I like to lead them. Which means, playing in my own way, following my artistic vision of what, how, and when things should be done.

Do fears prevent me from embracing my greatest strength, which is art and play? Of course. But nevertheless, as an older adult, I am ready to return to the magic childhood land of art and play.

Post-Sandy Storm

Even the rich suffered without electricity. All their money, did not give them power and light.

I too suffered without electricity, power, and light.

Why chase wealth when happiness resides of power, electricity, and light?

Am I brave enough to embrace happiness?

It's post-Eastern Turkey and post-Chaits time. I'm entering a new era, a new age, a new period.

Am I ready to embrace the noble life of art and play?

Art is the skill,

Play is the attitude,

Happiness is the result.

Tuesday, November 6, 2012

Can I sustain such a discipline, such an approach, for two months, xis months, a year. Note there is no question mark after the previous sentence. That means I want to, need to, desire to follow the schedule, the discipline.

Actually, it is a rebirth of my miracle schedule!

What is that?

1. Study:

- a. Hebrew (from "one word a day" idea.)
- b. Byzantine history and history of Eastern Turkey.
- c. Technology. Upgrade tech skills: Smart phone, Linkdin, Facebook, Youtube, edit videos and pictures.

2. Guitar

3. Exercise:

- a. Squats: 100. One month
- b. Push-ups: 100. One month
- c. Sit-ups: 100. One month
- d. Running: Fast mile: Time it on the track.

4. Writing:

- a. Edit my books, put on Amazon, etc.

Wednesday, November 7, 2012

The election and the storm are over. Sure there's another storm today, and we may lose power again; but somehow this storm feels like part of the first one.

It's time to get back to folk dancing and writing.

Why both of them emerged together, I don't know.

Guitar, Tours, and Intensity

How to build my vibrational strength so I can take, so I can stand the intensity.

How to build my vibrational strength and intensity.

1. Daily practice it; slowly increase it.

Friday, November 9, 2012

Guitar:

1. The importance of the right index finger
2. Bar warm-up practice. Focus on left hand hypothenars.

Stages of Dying: Death and Resurrection

Tremolo and more

Giving Up, Losing, the Old Self

Or: It's not that easy to crawl out of the grave.

But it can be done.

It's a long mourning process and sadness giving up focus on the treble and embracing the bass. I'm really giving up my old and familiar put-down (guitar playing) personality, the one that says I'm an inferior player, that I'll never master the Alhambra and other tremolo pieces, that I am and always will be a second rate player, etc.

That is the old, inferior, classic guitar playing self. It is dying. In fact, I'd say it is dead. But still, it's a long mourning process. I'm giving it up, losing, the old but miserable self, and exchanging it for a new, confident, dynamic, superior guitar playing self. I'll have to end up seeing myself and my guitar playing differently. As competent, excellent, confident, worth hearing, and more.

It's death and resurrection all over again. There's no question the old way of playing has died. I'm in the shock, wonder, and happy disbelief stage. I stand in amazement, and astonishment that such a miracle has occurred. Part of me still can't believe it. Yet, I know it's true.

Yet I still have to go through the stages of dying:

Now I'm in the mourning stage.

It may take me weeks, months, even a year, to go through this entire death and resurrection process.

It's not that easy to crawl out of the grave.

On the Sadness of Losing the Old Self

There was comfort in the sadness,

Its warm caress of mother and infant child.

Giving up, losing, the potential bliss of an infant paradise

And exchanging it for entry into the harsh, cruel, external dream world of so-called reality, the "adult" material world.

Of course, I could still maintain a child-like vision, an amazement, astonishment, wonder, and awe view of the adult world.

This would, of course be the view of Infant Vision, Inc.

Saturday, November 10, 2012

New Self-Image Continued

Guitar: There's such a joy in fingers flying fast!

But the bottom line is a new self image.

This new self-image flows to the stock market:

Stock market: I'm competent and good. I can make money trading!

Guitar: I'm competent and good. I can play all arpeggios!

Leaving the Old Neighborhood

I'm leaving the old (incompetence) neighborhood:

Leaving the old guitar neighborhood.

Leaving the old stock market neighborhood.

This morning I've moved a bit beyond the sadness;

I'm moving toward different, wild, and new.

It all feels so easy. A totally new feeling.

Sunday, November 11, 2012

I'm feeling quite good this morning.

Is it because I'm doing three miracle schedule things consistently?

1. Hebrew: first in the morning
2. Guitar: second in the morning
3. Exercise: third in the morning (2x/day and the 100 plan.)

Then, sprinkled throughout the day: Study Byzantine (or other) history.

On Fear of Slipping Backward into the Old Neighborhood

One of my guitar fears (and market fears) is that I'll slip back, backward into the old neighborhood.

Is this possible? Is it true?

Intellectually, I think not.

Once you step into the new neighborhood, things are never the same. You can never permanently leave it again.

Although you may occasionally visit the old neighborhood, truth is, you can't stay there very long anymore.

One can never go backward. Only forward.

Things can never be the same. Only different.

Once the egg cracks, you can't put it together again.

You can only create something new: Omelette, scrambled, fried, bulls eye up, eggs over, poached, up, down, or other.

One thing that prevents you from going backward is the bored to death factor,

boredom of the "Been there, done that."

Wednesday, November 14, 2012

The Five Minute Rule:

Overcoming the Overwhelmed Feeling: Do Something

I'm feeling overwhelmed.

Why? I must finish editing all my books (and videos) before I can begin selling/promoting my tours again.

This is an old "must do" feeling.

How to handle it? Drop it, go past it.

New attitude: Give a (small bit) place to all.

Do some selling. And this while I also edit my books, edit and put up my videos, and even consider the Smart phone, and upgrading my technical skills.

Thus my answer to overwhelmed is: Do some; Do something.

Do some selling, some book editing, some video, even some tech upgrading of my skills, (plus some Hebrew, exercise, guitar practice, etc.)

Some means a small amount. But do something.

Doing something, even a little bit (5-20 minutes a day of selling); it will overcome ("satisfy") the overwhelmed feeling.

Follow the five minute rule. Often naturally and easily, it extends into 20 minutes or more. But that is besides the point.

Alhambra/Tremolo/Alexander Bellow: Wild Goose Chase, and More

As I remember, my Alhambra was all right, no problems, when I studied with Rolando Valdes-Blaine. However, when I switched to Alexander Bellow, and played alhambra for him, he said my tremolo was uneven. And that I could "improve" it by playing it slowly (and "developing" my "weak" index finger.)

The started me on a 5-year wild goose chase to "improve" my Alhambra, my

tremolo, and all my arpeggios, in general (Leyenda, Bach Prelude in Dm, etc.)

It also fed (gave birth to? Developed?) a total classical guitar playing inferiority complex which I have spend the past 50 years trying to conquer, and get past.

Playing Alhambra with a Vengeance!

Remember my pre-Bellow, Rolando Valdes-Blaine guitar playing feelings. As I recall, things were all right then. Somehow lessons with Bellow ruined me; or at least they fed into, enhanced, and fostered a grand classical music (from violin-playing days) inferiority complex.

Pat of me also wanted that complex. It gave me some kind of excuse to stay in the past, not grow up, connect with mother, etc. Well, for whatever psychological reasons I wanted and “needed” to be inferior, those reasons are now gone.

It’s a new world for me. I’m now playing Alhambra with a vengeance!

Thursday, November 15, 2012

Feeling Down After a “Finish,” a Glorious Ending

Last night I “finished” my book editing project. (Or at least 90% of it.). It’s a project that actually began months ago, in fact at Croatia, which means in July. I redid Mad Shoes, Crusader Tour, and then decided to combine Crusaders Tours with handfuls of Air, Songs and Stories for Open Ears, and my Inventions. This long editing project “finished” last night.

On the one hand, I feel glorious and happy. On the other, I feel very let down, empty, and sad. This happens with every ending. Well, at least I know myself.

Big Deal Endings

Acknowledge the Sadness in Endings, Then Get Ready to Move On

I feel quite distracted and thrown. I’m not used to this feeling anymore. I wonder what happened, and why I feel this way. Finishing a project? Losing money in

the market? Returning to the work world? All of the above? Other?

Let's start with the sadness, emptiness, and loss of direction from finishing projects.

By "finished" I always mean a temporary finish. In reality, nothing is ever completely finished. Thus, with this meaning in mind, I've finished:

1. Editing

2. Guitar and its Alhambra/Leyenda/arpeggio/syndrome. 3. Even Hebrew feels a bit on its way.

4. Even exercise and its new routine is on its way, too.

These are big deals. The first two are really big deals. And guitar is the biggest deal of all. (Amazing to say this, but it's true.)

Are they all true? Temporarily, yes!

Can I accept this yes? Yes! But acknowledge the sadness involved in these endings. Then get ready to move on.

Stock market: It feels like even my money is ending.

What is the cosmic significance of this down and emptying of funds? Like all finishes, is it also temporary?

Does it usher in a new period, a new financial way of thinking? Probably.

What kind? Too early to tell.

Does it mean using my skills in a new way as I return to the world?

Bump! Everything has ended all at one.

I'm at some kind of finish.

Every finish is a new beginning, but I don't know what it is yet.

Play Guitar for the Glory of God

Guitar: It's a fact that I can now play.

What, if anything, should I do with it?

Or rather, what do I want to do with it? In other words, is there a next step?

And if there is, what is it?

Give a concert? Do nothing but “enjoy” it? Other?

I’ve already given concerts: Been there, done that.

That leaves “enjoy it.” And the word enjoy has joy in it

Worship God b’simcha, with joy.

Maybe what’s left for me is simply to play guitar for the glory of God. And that’s not too bad.

If others want to listen it, without effort, as I en-joy my playing, I’d also be giving a concert as a by-product.

(“For the glory of God:” This might also be a good reason to dance.)

Friday, November 16, 2012

Somehow I’m expecting a slow year business-wise with low tour registration. Nevertheless, I expect to devote January through the spring to sales.

Part of me is looking forward to a vacation, a year’s “free time” to foster and develop a new attitude

Saturday, November 17, 2012

New Start

1. Hebrew: Read paragraph first

2. Guitar: I do not need to “practice” arps anymore

Playing for God for fun and joy is the best I can do!

It is the Best! Best for worshipful guitar: b’simcha.

Hard to remember; even harder to “accomplish,” or rather to reach. But we reach by remembering.

Where to audiences fit in?

They are definitely included (as important but secondary, as invited guest but still, as after-though and by-product) when I remember the true purpose of playing: to play b'simcha, for and before God.

Audiences then become part of the Unity, the Oneness, the one-world, one-universe, the mysterious Unification with the World. The All-is-one vibration.

Audiences are also part of the energy of business.

It is so important to remember the essence of that energy: Its true meaning as purpose and center of the Universal Connecting Energy.

When remembered, audience and performer are connected; and this whether audience is physically there or not.

In fact, I'd say the audience is always there, always present, although not always physically.

(Although when present, by pumping, feeding, delivering, and giving its energy to the performer, audience adds extra energy to both performer and performance.

However, for me, up to now, the audience has been a big distraction. Time to change that. Put the audience in its proper place as important but secondary, as an invited guest. My purpose always is to remember the true meaning of play, and of playing: to do it, play and dance b'simcha, for and before God.

Sunday, November 18, 2012

The Gift and Pleasure of a Totally Pleasant Moment

Guitar: Another Freedom:

I don't need fast scales either; I don't need them anymore.

I don't have to practice for them or to attain them.

I played an easy, slow, untensioned Alhambra. What a pleasure!

I going at my own pace. In Hebrew and guitar. No pressure or tensions: no push to "improve," grow, expand, impress others, follow inner commands,

compulsions, performing and competitive goals, or what.

Freedom is descending upon me. Or is it welling up within me, ascending from depths below? Probably both.

Whatever, it feels totally new. What a gift and pleasure.

Is it a product of age and development? Probably.

I don't know how long this will last, but what a totally pleasant moment it is!

Is this a harbinger of such moments? Does it show, even predict such gifts on the road ahead?

Is this a window into my future?

I would love it to be.

Monday, November 19, 2012

I feel so sad after the Thanksgiving family visit. Visiting with my family, the Gold family, makes me sad. I wonder why?

I feel a combination of support and suffocation.

Tuesday, November 20, 2012

Twice-a-Dy Rule

Twice a day: Hebrew, Study, Exercise, Guitar, Other

2G a Week

2G a week: A worthy stock market goal.

A Think and Grow Rich goal.

Could I do it? How could I do it?

Believe in it. Follow the plan. Put in the effort.

How is the next question.

I've read all the books. How will be a hands on proposition.

Dare I even think about and contemplate such a goal? Similar to Alhambra

playing: I went through the: "Dare I believe I can play it?" period. And I dared. Dared to believe. Now I believe it.

Follow the same process for 2G a week. Indeed, like Alhambra, it is something I've always wanted. Success! Success with Alhambra, success with the market.

Note: I hardly even dare say the word "market." That's because the phrase: "I am a dope," or rather, "You are a dope," keeps coming back to me. I hear Ma saying it, and the idea has been reinstalled, a la Bellow, by my wife during my years of debt, a time I choose to call my financial training period.

My Alhambra training period lasted over 50 years.

My financial training period has probably been going on during the entire time I've been in the market. That is about 40 years or so. A long time.

But, as with the Alhambra, I'm ready to move on the my next (post-Eastern Turkey tour) guitar and financial phase.

Thus it seems, in some strange way, confidence in my guitar (classical) skills and finance skills go together.

(Note: Dare I even say I have financial "skills?" Another negative voice rising from the past. But I'm moving past that. It is the next phase.)

Wednesday, November 21, 2012

A great and blessed day, yesterday. Everything worked and moved so smoothly. From the beginning.

1. I started "getting" my Youtube. Started learning how to use it. (The word "mastering" just came up. Well, I'm not "mastering" yet, but I'm on my way.)

2. Bought a smart phone!

3. Put in low bids of CLMT and X, and, to my surprise, got them! This made me very happy! We'll see if I remain happy today since one never knows which way the market will go. Will I be terrified again if it, and they all fall? And rapidly? Or will I believe and understand that these are, nevertheless, good companies, and see the fall as

another buying opportunity?

Can I stand in the fire? Is the question.

I believe I can. A la Alhambra.

It's testing time, a la Alhambra.

4. Good call on BMG tour. I may get enough people.

5. I did my first 2x/day routine.

The Psychology of Fear and Glory

Negative: I ended up very tired, and on the verge of a cold and fever. This could have come from my long run on Sunday, followed by workout and folk dance class on Monday. Two intense days of training in a row. Tired, tired, especially in the legs. I was standing at the edge of the sickness and overuse precipice and almost fell in.

I went to sleep early. That usually does it, cures me. I feel better this morning, but not best. I'm a bit on edge, a bit worried about getting sick. Why? Such a great day yesterday! I'm over-excited, over-stimulated, running wild on my lawn.

What do I hear my mother saying? "Take it easy. Stop. Rest. If not, you'll get sick!"

Could this nervousness be a revisit? I'm not sure, We'll see. Probably. Indeed, this uncertainty is the doubtful, doubting, and doubting disease stage.

Doubt is the great denier. Plunge in. Say yes! Yes, it is my inner mother talking. Yes, I no longer listen to this voice of caution and fear which casts deadly doubts upon myself and my confidence. Yes, I am not sick.

Is this the difference between realistic caution and self-doubt in the stock market?

Realistic caution is the realization and knowledge that truly my stocks could go anywhere?

Self doubt is: I won't be able to handle it. Thus, I tailspin into fear and panic when they go down (and up-spin into unrealistic "limping wild on the lawn" glory when they rise!)

Kabbalistic Ecstasy. An Exotic, Out-of-Control Danger Point

Yes, I'm over-excited. Everything is jumping and boiling together! It feels like (at least for today) that everything I've ever wanted is falling into place.

It is an elevating, frightening, glorious, terrifying, out-of-control, unbelievably exciting, running (limping?) wild on the lawn feeling.

Mostly, it is an out-of-control feeling, but on the upside.

Terror/panic is an out-of-control feeling on the downside.

What do they have in common? In both, I am out of control. My God/mother has taken over; or rather, I've decided to hand myself over to my God/mother. He/she will take care of everything, give me everything I ever dreamed of!

This is a fun but dangerous state. It makes me very vulnerable (passive verb state). Or rather, I choose to become very vulnerable (active verb state.)

This state contains glory and ecstasy; but it also has the potential for a painful terrifying slap-down.

Maybe part of me want to get sick. Sickness will force me to become more "realistic," resume control of myself again, and, in the process, get myself out of this state.

Kabbalistic ecstasy. An exotic, out-of-control danger point.

My Biggest Stock Market Danger

That is my big stock market danger: It is too exciting!

I thus lose control of myself.

Or rather, I choose to give up control of myself!

Two sentences: The stock market forces me to give up control of myself. Passive voice.

When playing the stock market, I choose to give up control of myself. Active voice.

I want to be an active voice person. Thus, I consciously want to and choose to

give up my passive voice, stock market personality.

Can I do it? (The give up control, passive voice of doubt.)

Yes! (The take control, active voice of confidence.)

I'll start practicing and working with it today!

The Disguise of Safely

Am I getting sick? (Passive voice)

Am I making myself sick? (Active voice)

I'm choosing the latter.

I must be making myself sick because I can't stand the intensity of the joyful excitement and the put-down/slap-down, destruction of my personality and total denial of the best parts of my person, that will come after it.

It is evidently, so unbelievably painful. That's why I fear family visits. It's that claustrophobic, suffocating, stuck-in-a-box feeling. My family (mother) memories returning and clamping down on me.

Sure enough Ma says, "You'll get sick." And I do! Or at least I try to, try to comply, try to give up control and follow her orders. This keeps me home, under her protective wing, and "safe" in the world. I stay "safe" by giving up the wildness, originality, creativity, and self-confidence in me.

Of I intellectually know that this is not safe. It is really self-destruction and death in disguise.

The disguise of safely. Recognizing its kind but evil face is a life time problem and challenge.

Purposes and Uses of my Samsung Galaxy S3 Android

A Traveling Internet Connection

1. Trade stocks away from home
2. Show youtube videos, website, etc immediately

Traveling advertisement and promotion campaign

Throws of Transformation

A Powerful Current of Kabbalistic Joy!

Friendly aches in both shoulders and legs: My body changing to fit my new Android/Youtube/Facebook/social media mind.

I'm so excited I can't stand it!

How will this new, upgraded, modern, excited state affect everything else I do?

(Guitar, folk dance, writing, exercise, more)

A powerful current of kabbalistic joy!

Thursday, November 22, 2012

My Youtube and Facebook Creations as Art Forms

Could I relax into the internet?

Could I see my social media creations in Youtube, Facebook, and more, as art forms, and thus place of peace and beauty?

Friday, November 23, 2012

Performing as an Experiment:

Birth of a New Jim Gold

Danny played Leyenda. Real nice and wow!

What does that mean for and to me?

Ben said he never heard me play Leyenda. Nor did others. Even Bernice says she never hears me play the piece anymore. I told her I work on Leyenda almost every day as part of my Alhambra/arpeggio practice. But this practice takes place early in the morning before she wakes up.

Result: No one has heard me play Leyenda or anything else for a long time.

Now I ask again: What does this mean?

Does it mean that now I "am ready" to perform? Do I want or rather need to perform?

Secretly, performing has always been my goal. Certainly, I am as ready as I'll ever be. At this point, it is only a question of daring to take the leap.

I took the leap for a smart phone and bought my first Android. Am I ready to take another leap, another plunge and perform again?

It's true that I don't have to. I'll never "have to" perform again. There is no economic or ego incentives. Truly, I never have to perform again!

Then why should I do it? Why frighten myself, put myself in such a scary position?

Good question. Maybe it is unanswerable. Or at least, I'll never find the answer. Maybe it's a question I should simply never bother raising. Some questions may be worthless.

Look at my smart phone Android purchase: When asking myself or others, "Why should I buy one?", my answer had always been "I don't know." Then further questioned, I'd say: "It's an experiment. I must buy one to see whether I want one or not."

Perhaps I should (need to) perform with the same attitude: it's an experiment. Perform again to see whether I want to perform or not.

Do I like, want, or need to perform?

I'm at another stage in life and the truth is; I don't know.

Thus it appears the way I can answer this is to experiment, give it a try. Could I ever enjoy or learn to enjoy performing?

Maybe the question of "enjoyment" is besides the point and cannot be answered. After all, I cannot say I "enjoy" leading tours. But I do accept the challenge. And the grow and glow of the after glow is incomparable.

What's the difference now?

1. There is now absolutely no economic incentive to perform
2. There is now absolutely no ego incentive, no ego involved!

It's a scary challenge. But with no economic or ego dangers or incentives, I might

give it another try.

Turning a symbol into reality: Birth of a new person, a bereshit, a new beginning, a new Jim Gold.

Performing: If there's no money and no ego involved, what's the big deal?

Saturday, November 24, 2012

Self-Disgust: Techni and Strange Leg

Techni period:

Youtube, Facebook, Droid. A mixture of fear and pressure.

Strange-leg period: Bosu, long run, and some fd.

A mixture of fatigue, fear, and confusion.

Self-disgust is a first step towards motivation.

I'm feeling a slight touch, a tinge, of disgust. Thank God!

Maybe this techni/strange leg period is ending.

Sunday, November 25, 2012

Just Do It and Shut Up!

Just play the guitar and shut up.

Just make the money and shut up.

Monday, November 26, 2012

Rick,

Yesterday I went for an 1 and 1/2 hour walk. When I came back I felt chilly, cold, and a bit weak. This morning I woke with slight chills and feeling a bit strange and weak. (Not fever, to my knowledge, but, of course, I didn't take my temperature.

I always hate to cancel, but I'm considering cancelling this morning's session. (We have a session Friday at 2:00 p.m. Right?)

Wisdom tells me I should cancel. But I'm not that sure whether my "wisdom" is right.

What do you think about this morning?

Jim

Tuesday, November 27, 2012

Waking up with a cold and vague sniffles every morning; on the verge, the edge of getting sick. This morning I woke up with sudden tired. Feels like my body (and mind?) are run down. I've had a long run: since Eastern Turkey, but it also feels like many years of constant work. Seems I now need a long-term rest, a long term vacation, time to reassemble my mind and put it all together.

Waiting for this cycle to end:

Cycle of:

1. Guitar
2. Stocks
3. Social media and smart phone techniques.
4. Even Hebrew: Study of each verb form, minute noun and verbal noun study, etc.

Certainty in Front of me!

Guitar: A deepening of the (right) index with certainty on the rise, on the horizon, and directly in front of me!

Success and Possibility of More Success is Making me Sick!

Facing the Dragons of Two Great Successes: Guitar and Stocks

Wow, what a thought is this: I am definitely getting sick because of all the money I made in the stock market! At least, the money I make on that special day last week. But it also points to a new way of playing the market, of trading, a way that I might

make lots of money in the future. This type of success, and the possibility of even more success, is definitely getting me sick!

Combine this with the success I'm having with my guitar. Which is also making me sick. And the possibility and possibilities of having even more successes, performing success is, in the future, is getting me even more sick, driving me to a fever pitch. (Note my fever, the chills post-walk and run, etc.)

This is related to the depression I felt when my tours were succeeding. And, along with the Lee phenomenon, starting to bring in big money.

Now however, I'm not depressed. I'm "just" in shock, in a fever, blowing my nose (former teenage allergic reaction?), and getting sick.

I'm weak, my body is aching (fibromyalgia symptoms, etc.)

I don't know if my system can stand making so much money, or the possibility of making even more than so much money. Add to this guitar success, and I may end up with a nervous breakdown. And this, all because of my upbringing, and the terrible fear, nay terror, of breaking out of the put-down, sado-masochistic cycle. I punish myself for any possibility of success; I punish myself by getting sick.

I am facing the dragons of two great successes: Guitar and stocks.

Can I enter this brave new world unscathed?

I am scathed already.

"The purpose of all symptoms is to distract the conscious mind." John Sarno

November 29, 2012

Finance

Rather than financial goals, have attitudal goals.

Learn and deepen new psychological skills.

1. Give up euphoria (Threat from an up market.)

2. Give up fear of being left out (Threat from an up market.)

3. Give up fear of catastrophe and impending doom (Threat from a down market.)

Just go on to the next trade

Purpose of the Stock Market and Trading

Thus, although the market uses money as the medium, trading stocks and playing the market is not about money. It's about learning and developing new psychological and philosophical attitudes.

Guitar: Slow and Fast

Into this attitudinal mix throw play a slow and fast Alhambra, Leyenda, etc. Do both. Greater choice of mood.

My classical guitar playing has been dominated by a lifetime fear of criticism.

By accepting a slow and fast Alhambra, this fear is dribbling away. In fact, when I can play it (perform it) in front of an audience, I'll know it has dribbled away (perfect tense).

Well, I've played (performed) it in front of my first (wifely) audience.

Fear/Terror

Is fear of criticism related to fear of ostracism and abandonment? The fear of being (left out) pushed out?

Being left out feels vaguely different from being pushed out. On the former, they are running away from you (leaving you behind); in the latter, they are actively rejecting you. In both, you are being ostracized and abandoned. But they feel vaguely different.

One is an active verb, the other a passive verb. But the result is the same: rejection, abandonment, and ostracism. (RAO)

Of course, both bring up the infant fear, the terror screams of death.

RAO is related to the fear of death, Aren't panic, terror, catastrophe and impending doom feeling, the sinking feelings of a down market, also related to the fear of death?

Thus the fears of an up or down market are related. Perhaps they all originate in and come from the same place: An (infant) fear of death.

Focus on the Ultimate End: A Peaceful, Long-Range Approach

Does this mean that if you're not afraid of death, all fears go away? Maybe.

Short range, we've got a lot of daily chores to do. They distract us.

But long range, we'll all be dead.

Envisioning death is the long range view.

If we take the long range view, envisioning and accepting our own death, then what is there to be afraid of? Probably nothing.

Isn't this a good philosophical approach? The "Why worry? approach. If I focus on my ultimate ending and remember upcoming death every day, will it give me a more peaceful, long range life? Will it make me feel better? Probably.

Later: Stocks, etc. I've gone as far as I can go. Guitar and droid, too.

Now it's back to my healthy routines. Exer: the miracle schedule dream. Goals.

The Fevered Life

I've been living life at a fevered pitch.

Maybe fever, with its chills (thrills?), is my new normal.

Friday, November 30, 2012

Dear Dancers and Tourers,

December is here. Holiday time.

But it is even more than that. As busy holiday planning swirls around you,

engaging the self with busy and busi-ness, the inner mind sits quietly in contemplation of the future.

And what better to contemplate, plan, and explore future travel plans, and visit thrilling countries for folk dance and travel adventures!

Yes, December is also TPP month, Travel Thought Preparation month.

Yes, during this holiday season, in December, think about the magnificent adventures and great challenges you will explore next year so that in January you can register for one of our life-changing Folk Tours. You can embark on the magnificent adventures and great challenge of:

A trip to sunny Armenia

A tour of perky Poland with a djenkouyo at every stop

A visit to majestic Norway, land of fjords and beauty.

Travel to exotic Hungary, land of magyar paprikas

A trip to bouncing Bulgaria, Macedonia, and Greece: Lands of off-beat rhythms, and 11/16 measures.

Visit mysterious (never-before-visited Albania (Be the Christopher Columbus of your neighborhood and join this first ever folk tour of Albania!

I've attached three tour itineraries along with our 2013 Schedule. For further information, visit our website at: www.jimgold.com and click on Folk Tours. While you're there, also check out our Testimonials, Travel Corner, and click on Photos/Videos.

Saturday, December 1, 2012

Trading

Accept that this is a new idea, a new place for me, a new life style: I'm taking my day trading seriously.

I'm trading to win.

It's a mental practice, a magnificent adventure, and great challenge.

And I'm doing it for myself. Not to please or impress others in general and my wife, in particular. She doesn't care about it. Actually, she would prefer I don't do it. This because she thinks I'm a loser at it. I partially agreed. (Note past tense.) But this old image is fading away, dying; I'm in the process of replacing it with a new self-image, that of a winning trader!

I plan to do this, I am doing this by deciding to take my trading seriously, to commit myself to it, to study and learn and practice it with new seriousness. By allotting special hours of the day to it, say two hours a day: 9:30 a.m to 10:30 a.m., and 3:00 p.m. to 4:00 p.m. During this time I'll be at the computer and stock screen, or, if not, studying some book, chart, or other.

This is not a life style change; I've been doing this all along in a loose, vague, partially focused form. Rather, it is a life style shift because of the new seriousness of my commitment.

Why this is happening now in my life, I don't know. But note that my guitar playing (Alhambra) has shifted as well, and with it, my guitar playing self image. Some kind of post-Eastern Turkey life style and changes are happening, but again, I don't know why. Maybe I'll never know. And maybe, it doesn't matter anyway. But I like drama. So I like to see this as a big change, a serious explosive and dynamic shift to the Magnificent Adventure and Great Challenge life. Pursuing and accepting success, diving into it as a winner.

Sunday, December 2, 2012

Strategy

Set of rules or methods to achieve my financial objectives.

Objectives:

1. \$500/day
2. \$2000/week
3. Read Personal Account the following day for "truth in profits" results.

3. Visualization: Visualize my financial objectives:

4. Financial yoga practice:

Financial “meditation:” Combining focus and trading.

Sunday December 2 to Saturday, December 8, 2012

Costa Rica

Monday, December 3, 2012

Prepare for Death

1. Aim things at legacy.

A. What is the best legacy? An attitude. One that drives you forward.

2. Make list of contacts; who to call and what to do when and if Bernice dies.

Hebrew: Underline words I don't know and words I like.

Stocks and More: Work on visualization.

A. Choose one or two stocks to work with: Focus.

Tuesday, December 4, 2012

Ocatal has an ambiance that puts me to sleep.

Good zombiance.

Wednesday, December 5, 2012

Love is All

Love is all.

Love is eternal.

It extends into the next life.

And it ties together, unites, lives of those in the present world and those in the next.

Love is the Eternal Connection.

If this is the case, and it is, then what is there to fear?

Of course, you will lose all of your possessions in this world including your body. But they are not, and have never been yours to begin with.

They are a gift from heaven, placed in your possession to take care of, and even improve on, while you are here.

There is a Next World coming up.

Loss means lots of crying.

The only question is: When will the Next World it arrive?

The “when?” is not up to you.

Singing: It must be only for me!

Guitar: It must be only for me!

Singing: Only for me – and I love it!

Guitar: Only for me – and I love it!

Yes, it’s selfish but it’s the only (one-ly) way to go.

Thursday, December 5, 2012

The Perfect Morning

Rise at 5:00 a.m.

1. Study (and coffee): 1 hour
2. Yoga: 1 hour; and run: 30-45 minutes)
3. Breakfast (or trading, then breakfast)

Friday, December 6, 2012

Last day. I am definitely ready to go. Estoi listo.

Add: read s bit of espagnol. Look up Latin roots.

I do love looking up the roots of words. I’m a born etymologist. I search out the

musical roots, the cadenza of language.

Saturday, December 8, 2012

Home today. Back in Teaneck.

Post-Costa Rica/Guanacaste life begins.

Monday, December 10, 2012

Woke up angry this morning. Angry the vacation is over, angry that I'm going back to work, angry that my writing/editing is not over, and that lots of work lays ahead. Can't finish the damn rewrite and edit process. It may take a few months more. Therefore, I'll have to "go back to writing" without finishing it.

Is that what, or at least one of the things I'm mad at: That I have to go back to writing in an impure and unfinished state? Maybe.

Return to writing. Keep at Infant Vision? Maybe

And this on top of everything else? Maybe.

Yes, definitely. I'm back to writing. The Babble land of Linguabatic Infant mode. This is my post-Costa Rican present.

Flying Off the Handle Fun

The Big Three and Trading: Trio or Quartet

What a question and whipsawed situation. With (the art of) fun, now installed in the big three: guitar, singing, and now a return to writing, do I even want or need to trade stocks?

Is it an either/or question? Can I (should I) do both? Can trading sneak into the guitar/singing/writing trio? Can it ever join their art of fun? Can the Big Three change, metamorphosize into a quartet?

Post-Costa Rica: Adding Only for me

1. Singing: Only for me
2. Guitar: Only for me
3. Writing: Only for me
- (4. Trading: Can it fit in? Maybe. But Only for me.

Such a challenge will push me to look at trading totally differently. The big three will metamorphosize into the Big Four, a Quartet.

How to practice "Only for me." Five minutes a day on each.

Free of my Albatross!

It started this morning with a headache. Then I broke down crying. I'm free! Only for me. That's the breakthrough phrase that did it. I can't believe it! But I do. In Costa Rica, it finally happened. The "only for Ma and the others" albatross fell off. Finally, Free, free!

I'm free of my albatross!

The Warm-Up Albatross Fell Away

The warm-up albatross fell away: I started off with the Alhambra (although slow and relaxed.)

The Bellows albatross fell away. Again. I started off with the Alhambra. (Leyenda will be okay, too. Truly, I can start off with anything. But starting slow and relaxed to get with the program and warm-up.) And was happy to play it slowly, in my own way. No audience or Bellow standard to achieve. No goal. Only my way!

Don't need to warm up with singing either. Just jump right in to Rendez-Vous Avec Vous, or Mule Skinners, Die Gedanken, or other.

The split between classical and songs will also melt away. I can jump easily between the two. No warm-ups or splits. The Split Albatross has fallen away.

What an amazing and wonderful blessing.

This freedom is the true gift of old age!

The gift of Divine Selfishness is realized in the depths of doing things “only for me.”

Wednesday, December 12, 2012

“Only for me” Body Cleansing and Inner Glow

I’m going through a complete cleansing of my old body/mind self.

Guitar: New “only for me” playing style. I like it!

Singing: New “only for me” singing style. I like it!

Folk dancing: “New” aches in my legs. A new “only for me” style of folk dancing is forming, emerging.

Audience: Certainly, I can do “only for me” in public, before others, before an audience. Why? Because “only for me” has nothing to do with the audience. It is “beyond” audience; others are, in this sense, “besides the point.” They can participate in the “only for me” inner glow, but don’t affect or create it. Thus and again, whether I perform or not with my “only for me” inner glow is besides the point.

I broke down as I sang Stenka Razin. Broke down crying, overwhelmed and broken by the Magnificence of Beauty. This often happens when I sing.

Deep down and hidden, maybe not so hidden, I love singing. Such deep and freeing emotions expressed so simply.

Deep down and hidden, maybe not so hidden, I love folk dancing. Such deep emotions expressed so simply through my body. But again, like singing, too powerful to face and even admit to myself. Well, with the newly revealed and discovered, the “only for me” development, now I’ll be able to face, admit, and relish it!

That’s why my folk dance legs ache. They old legs and “leg forms” are breaking

down as I create a new leg body founded and accepting of Magnificent Beauty, the free flow of freedom through my legs!

Leg Freedom! Go for it!

We know money is a means to an end. Can it ever, in itself, rise to such Magnificence? Does it have a meaning and glory beyond money, beyond itself?

Where does money, stock market, and trading fit in to all this? I have no idea.

I have been repressed, and have repressed myself for so long! I can hardly believe it. But, the break down crying as I sing Cucurucuqi shows it.

Well, repression is over. "Only for me!" I'm cutting the chains. I'm breaking out of my self-imposed prison.

I'm releasing myself into freedom!

Chasing Money: My Own Form of Self-Repression

Maybe my chase after money is my own (self-created, self-invented) form of self-repression. I've invented my own daily form of put down, a monetary method of keep myself in place.

My God, what a thought!

No question, money distracts me from my artistic road and soul. And part of me says, I can't allow myself to totally focus on my art until I have enough money. I'm afraid I'll "lose sight of reality" get lost in my (violin-in-room) passion, and totally forget about the outside world. Up to now, part of me has been afraid to dive totally into my passion. I have to somehow "save myself" from this extreme love, this awesome melt-down power of the Magnificence.

But now I have more money, and business looks good, and I am at a later stage in life. Somehow, I am no longer afraid. (Perhaps it is the gift of old age.) That's what "only for me" means: I am no longer afraid. My old fears have somehow dissolved and faded away. I can dive freely into my passions! And lead a Wow! life!

I've used fear of money as a brake. In folk dancing, it's a folk dance leg break. The "pain" in my legs is a holding back pain, the brakes scraping against my bones.

Time for release. Start today! Use my Wednesday morning class as my first step into the future!

Wow, what a thought!

Thursday, December 13, 2012

Stocks and Trading Ideas

How to Maintain Balance and Ease

1. Measure stock progress or regression once a week.
2. Measure my personal account progress or regression once a week through daily, or weekly, numbers.
3. Unless balances and easy, trading stocks may not be good for my mind, body, stomach, and miracle schedule directions.

A good sign: An incipient wave of self-disgust rising in my body at the being battered around and loss of self direction since I returned from Costa Rica. This expressed through cough, wheezing, suffocating, legs aching, and perhaps more.

What's thrown me off so much? Stock market, trading, and money. Since I "decided" to dive more fully into day trading, my stomach and mind have been churned, turned, and diverted. Result is that today I sense it is the "wrong" direction for me. Or better, the balance is off. I've dipped, slid, gone too much off the deep end, too extreme, in day trading.

Soften it, release it, make it a small portion of my life. Just another skill I'd like to develop, like learning technology.

Restore the miracle schedule balance to my life.

Yes, trading, and even day trading (sometimes) is fun. And when I'm winning, its mucho fun.

How to maintain my balance is the question.

Winning

Something new post-Costa Rica is going on. I'm adjusting to a new self, new life style, new self attitude and pattern based on the feeling of extreme success.

I'm "aching" with success. It's partially "expressed" in my legs, and throat cough. It means I'm not used to it, and am still partially fighting old demons. I'm winning, which makes me slightly uncomfortable, but that's what I'm dealing with.

How to feel comfortable in my new successful self?

Everything is working. I'm just not used to it. (There's also, the hovering, old impending doom feeling of how long will it last, anyway.)

How to win and roll easy with it?

In this sense, for this new place, Trading to Win is a good psychology book to read and study.

1. Winning in guitar:

How to practice and play guitar as a winner.

I wonder if so-called "new" stiffness discomfort in my left hand (manifested in Leyenda triplet and Alegrias quatro stretches) has to do with resisting the new and developing self-concept of myself as a guitar playing winner.

2. Winning as a folk dance teacher:

Attitude growing pains. Leg discomfort. "Folk dance ankle" transferred to quads.

Stomach nausea, incipient nausea and throwing up, suffocating and coughing, so-called acid reflux as manifestation of new, success self attitude growing pains.

How to approach my classes differently.

3. Stock trading pain:

I'm not sure about this one yet. But it's there. Not necessarily when I lose. The it's panic and I retreat to my old neighborhood, familiar, impending doom fears.

But when I win, I'm not yet sure. It may manifest as stomach churning, nausea, coughing, and suffocation.

Also, That I dare to think it. I dare to think I might be successful! An old voice returns: How dare you think that? How dare you think you'll be successful in that disgusting field!

Welcome Pain

I welcome the pain. I name it: Welcome Pain.

I want it. I even used to create it to hold myself back, to prevent myself from diving in.

See guitar (left hand) and folk dance (thigh, folk dance ankle, other) pains as a welcome entry diving-in points. My body and mind are warming up, getting ready, preparing themselves to dive in.

Welcome pain is a minor inconvenience, entry point signal. Like a yellow traffic light, or a light changing from red to green.

Friday, December 14, 2012

Do I have a fear of going into the Alhambra unknown? Maybe.

Sunday, December 16, 2012

Up the complexity

Third step in commitment: Up the complexity and challenge. "Increase the complexity of the task and the size of the challenge."

Physical Symptoms as Negative thoughts in Disguise

I wonder if this so-called "constant and re-appearing cold," this s-called "nasal drip" with its coughing and "acid reflux aspect" is a form of "negative thought" in physical form,

a kind of subtle, disguised, old neighborhood self-created fear and a resistance to expansion.

Best I've ever played Gavotte en Rondeau in my life!

Ma piroush ze? It means I'm daring to commit!

Sunday, December 16, 2012

Goals, Commitment, Strategy: Expanded

Trading: 50G's by July.

Tours: 50G's by July: I need 60 registrants.

Guitar: Start with Leyenda. Make Leyenda my "warm-up."

Singing: Mule Skinner Blues, etc. Slower, deeper, more mature.

(The increased complexity and challenge commitment.)

Exercise:

a. Running

b. Yoga: Lotus, head stand, scorpion, leg over head.

c, Gym

Folk dancing: Squats, tsamikos, gaida, Hungarian, jumps, (Florica, etc.), Russian

Hebrew: Read straight through. Look up unknown words at end.

Relations: Call Z and Z and David, write Miki, etc.

Monday, December 17, 2012

I'm suddenly worried about, and feel a responsibility towards filling Bulgaria MG tour. And Albania (although it's still too close.)

What does this "worry" mean? Mucho commitment and sales work starting in January.

Tuesday, December 18, 2012

What habits and beliefs am I willing to relinquish in order to stay with my goals?
How and to what positive (from negative to positive) will I change my vision?

1. Trading: Its (expanding my vision) a good thing.

2. Guitar: Playing faster (more exciting) is a good thing.

a. No injury by starting fast right away, But must be “played” soft and aware.

In doing so, what belief am I giving up? I’ll be injured if I don’t warm up properly.
(Yet remember Leyenda is my warm-up, and must be played soft, and with awareness.)

What habit am I giving up? Starting off my practice session with scales and arpeggios. Instead, I start off with Leyenda.

3. Exercise: (Run, yoga, gym): Same as guitar.

New: Start off with Leyenda

Wednesday, December 19, 2012

Creative Trading

Truth is, I’ve already crossed the trading line.

1. I’m consciously putting myself at greater risk; I’m buying larger orders commensurate with my strategic objective.

2. I’m interpreting the discomfort of my anxiety as a clue to the fact that I’m entering the zone of creative trading.

3. I’m using more of my available capital, that is, margin.

4. I’m looking into my old fears and expectations of chronic disaster (the “impending doom” terror), and seeing it as related to, even identical with, excitement!

Sadly, I’ll have to find another reason to put time and effort into tours. Post-Turkey/Costa Rica Priorities:

1. Trading

2. Tours

3. Folk dancing (Takes no special effort anyway.)

Thursday, December 20, 2012

Trading: Commit to even bigger? What does that mean?

Running:

Goal: Marathon.

Strategy: Daily running (and walking). Practice long strides, fast, and stretching. Refine this.

Commitment: Risk, deal with negative voices, expand the challenge.

Tours: Tour challenges?

Expand my knowledge of technology. Promote and sell through technology. A la Dee. Add a helper/staff/employee.

Start with mail chimp.

Plateau Levels

Guitar and Hebrew (and singing?) at plateau levels.

What does that mean?

“Play” them at plateau levels. No expectations, no maintenance, no push, no nothing. Just do them, if at all, with zero in mind. This until a new idea or direction comes up.

Knees: A Good Thing

Left knee, and knee discomfort in general: It's a good thing. Like trading.

It may feel uncomfortable, but it's a good uncomfortable. It's the feeling of expansion, growth,

Friday, December 21, 2012

Shifting. Changing. Adding a Profession

Let's face it: I feel like I'm in the process of changing professions. Or I could call it adding a profession.

It's exciting!

My tours are sliding, drifting into second place.

Stocks, trading, accounting – keeping good records of daily progress – are becoming my prime challenge.

1. Should I raise my goal to 3G/week?
2. Keep daily and weekly record of all stock accounts.

Today and this weekend, I'm plateauing as I think.

Yes!

1. Raise my goal to 3G per week. See where it leads me.

How to achieve this? Do I need a new strategy?

2. Create and keep daily and weekly record of all stock accounts.

I believe in fun, growth, expansion, and beauty.

Here's an idea with a goal I believe in: Become a millionaire just for the fun of it.

How to achieve this fun goal?

The road to millionaireship: The money in itself is totally useless. However, the voyage to get there, to achieve this goal, is a fun and wondrous journey.

To begin with, I'd have to start to think totally differently. This for Alhambra/Leyenda, and a marathon, too. I'd have to dump all past concepts of self. I'd have to really start fresh and turn over a (post-seventy-five) new leaf!

For the Fun of it!

This may be the great new post-seventy-five lead I've turned: Do things for the fun of it.

Play Alhambra, Leyenda and all guitar for the fun of it.

Run tours for the fun of it!

Trade stocks for the fun of it!

The “fun of it” means the joy of self-discovery, adventures in curiosity, self-growth, expansion, and more.

Saturday, December 22, 2012

Fun Finger

Guitar: Right index finger if the hidden fun finger.

Focus on the fun finger and I’ll have fun.

Dive into the fun finger.

Another “Dive in!” and “I’ve got it!” moment.

Ignore the Negative Voices

Re Leyenda (Alhambra and more, too):

First recognize the destructive voices.

Notice these negative whispers from the past saying “You’re too slow, and “You play it too slowly.”

I fought them for years.

Now I acknowledge their dying existence;

And move on to ignore them.

This is the great step (Great Leap) forward on guitar!

This is what today is all about.

Sunday, December 23, 2012

Success

The so-called “success” of achieving a goal is the stale finale. Real success is found in the creative discomfort of the struggle.

Creative Discomfort

What's the problem today? There isn't any.

My trading ideas, philosophy, and approach are all in order.

1. My goal (50G) is set and in order;
2. My strategy is in order;
3. My commitment is in order.

The three parts of commitment are:

- a. Risk: Daring to step into the unknown
- b. Dispelling negative thoughts during expansion.
- c. Raising the challenge by using more capital.

Does the fact I don't have a problem, that my act is together, create its own kind of problem? Yes, I think it does!

Why? Because having it "all together" may not be completely true.

Since real success is the struggle, part of the struggle is that one is never truly "comfortable." Living with discomfort, learning to function with uncertainty, is part of the challenge.

And since the challenge never ends, discomfort never ends.

That's why the thought that "I've finally got it all together" makes me uneasy. It is not a long term truth. Rather, its temporary, good for today, or even a few days. Soon my "comfort and security" will crumble, the challenge will resume, and creative discomfort will reign again.

Why am I Trading?

Trading stocks is a powerful voyage of self-discovery.

But why do I, an artist, like to gamble in this way? Why do I choose this uncomfortable voyage? Why am I inexorably drawn into it?

Is it my choice? Or am I being compelled, drawn in "against my will?"

Since I don't believe in blind forces guiding me, I choose to believe I am on this voyage through personal choice. Something within me is pushing me, drawing me, placing me on this road.

What is it? And why is it?

Is there anything about being an artist that drawn me to trading, to such gambling in stocks? Yes, gambling is the negative word, but the root of gambling (play) is a positive word, Get this etymology:

"1726. Dialectal survival of M.E. gammlen, variant of gamenen "to play, jest, be merry," from O.E. gamenian "to play, joke, pun," from gamen "to play games" (1590s), Originally a slang word. The intrusive -b- may be from confusion with gambol. Related: Gambled; gambling."

Speed and Stupidity

Why am I compelled to move fast? Why do I always feel this pressure of be fast, move fast? Why is it "important" to move fast?

Because if I don't move fast, play guitar fast, dance fast (fast here means powerfully), I'll be accused of "being slow," criticized as "being stupid." Being "slow and stupid!": a total destruction of my being. And of course these words, this concept comes straight from my Ma and my childhood.

I have been dealing with it and fighting it forever. It is my major struggle in music and especially classic guitar. Playing slowly and gorgeously I heard the voice of "slow and stupid" hanging, like a sword of Damocles, over my head.

Yes, I'm dealing with it now; it is slowly ending.

I'm accepting gorgeous and delicious guitar tones and even putting them over and above speed.

Arrows of Criticism

I've been dancing around real fast so the arrows of criticism won't hit me, so the

bullets of criticism won't strike my ever-in flight, jumping, running, dancing to escape feet.

But slow, gorgeous, delicious guitar tones are winning the battle of freedom, artistry, and self-actualization.

Life is a Game

My right index finger is my fun guitar finger. It is thus the play finger, digit of playing, gaming, jamboling, gambling, and stock trading (game playing) finger.

I thus relish and enjoy delicious, slow, and gorgeous guitar tones. And stock trading tones as well.

Yes, life is a game, and the world is one giant play pen. That is what I believe!

Real Success

Reaching your goal is a stale reward.

Real success is in the struggle.

Monday, December 24, 2012

Accept and live with anxiety, and carry on.

For success in creativity, artistry, and business, accept anxiety as a running mate, and carry on.

2013 Tour Sales Goals, Strategy, and Commitment

1. Goal: 60 people

a. 30 people on BMG and 30 on Albania.

b. Other tours are an added and extra part of the mix.

2. Strategy:

a. Jan-May: Email all clients 1x/week.

b. Jan-May: Calls all good potentials!

3. Commitment:

Hopelessness: A Passing Emotion or Reality?

I just hit bottom with a paralyzing low mood. Hopelessness of the Sisyphusian climb. Up and down, round and round, with no hope of progress in sight.

Bouncing forever between fast and slow on guitar.

Up and down forever in trading and the market.

Seeming to progress, but then always returning to square one.

Is hopelessness an emotion or a reality?

Why today have I suddenly hit such a bottom? Should I simply accept it as a passing emotion? Or is it a "truth" and something to be concerned about?

I believe it is a passing emotion. Why it appears today, I don't know.

How to deal with a passing emotion? Watch it, and let it pass.

Tuesday, December 25, 2012

New Miracle Schedule Goals

I Need New Miracle Schedule Goals

My tour and financial goals are in order. My exercise goals are vaguely in order.

Note "vaguely."

I need new guitar goal and Hebrew goals.

Wednesday, December 26, 2012

Raising Guitar Goals

Goals:

1. Faster: Raise to incredible speed
2. Strengthen left hand

Strategy:

- a. 1-1½ hours playing per day
- b. Accomplish in five-six weeks. By February 1, 2013.

Order:

Villa-Lobos Prelude no. 4,

Bach: Prelude in Dm

Alard

Alhambra

Leyenda

Alegrias, Soleares, Bulerias,

Recuerdos de Sevilla

Idea: Strengthen left hand first. Start with Leyenda and Alard bars. Alternate order:

Leyenda, Alard, Recuerdos a Sevilla Bars

By aiming for incredible speed, I am working to change my nervous system.

Raising Hebrew Goals

One hour a day.

Raising Exercise Goals

Running (and walking):

1. Faster: Raise to incredible speed. (A la guitar)

Yoga: Scorpion, head stand, lotus, leg over head

Gym:

Walk downstairs: Relaxed knees, easy.

Raising Dance Goals

Goals:

1. Squats: Reka, Russian, tsamkios, gaida.

2. Jumps: Floricica, Hungarian pontozo, others.

Trading Stocks Leads to Better Guitar

I may not have time for trading stocks. Changing my nervous system, transforming

my neurological system may be so exciting it leaves trading stocks behind, and me with no time to trade.

Wouldn't it be ironical, paradoxical. if trading stocks is what leads me to playing better guitar.

Re incredible speed breakthrough: With the possibility, nay reality of neurological changes and nervous system transformation, everything I ever dreamed of is coming true.

Excitement, exhilaration, joy.

In the past, at this point, I'd usually push myself back by "doing business," looking at emails, or even stock trading. I'd do anything to keep myself down and avoid the fire of joy.

Give up this habit. Done.

Feel the joy of breakthrough and possibility!

Thursday, December 27, 2012

Trading, Business, Study, and the Miracle Schedule Quartet

I want and need fear as part of my miracle schedule.

Trading is not and has never been part of my miracle schedule.

Can it be?

Somehow, it does not feel like it should belong. Why? Perhaps because there is nothing miraculous about it.

Is that true? Is there anything miraculous about trading?

I don't feel like there is. But if not, why not?

Well, it does feel "miraculous" when a stock moves in the direction I want it to move. But somehow, it is all outside me, beyond me, I have no say or even control in the matter.

Truth is, I want trading to be part of my miracle schedule, but even though I want it to be, it is somehow not.

Trading somehow belongs in the money and business realm. This has always been

a practical, down-to-earth, necessity, survival, material, non-miraculous realm.

Trading thus deals “merely” with money and survival.

If I have enough for survival, meaning enough money, then why do I bother doing it?

Good question.

Miracle schedule activities are where love, inner peace, enthusiasm, beauty, and creativity reign.

Trading can only belong to MS if it is part of Study.

Business, too, can only belong to MS if it is part of Study.

Where does fear fit into this? It doesn't.

Miracle schedule is not motivated by fear but by love and creativity.

Trading and business can only belong in the miracle schedule if they are part of Study.

Reiterating: Contents of miracle schedule quartet are.

1. Writing: Journal, other.
2. Music: Guitar, singing, violin, gaida
3. Exercise: running, yoga, gym
4. Study: A vast expansive area including:
 - a. Languages, business, trading, technology, DVDs, book publishing, sales, and more.

This means a vast part of my day is spent in Study.

If this is so, maybe instead of focusing on fear, I can focus on love, which conquers fear.

Folk Dancing and Miracle Schedule

Where does folk dancing fit into Miracle Schedule? I haven't figured it out yet.

Folk dancing belongs in three MS categories: Music, exercise, and business. As such,

it is in its own category, a “new” cross-over category.

A Hidden Talmudic Scholar

When I call it “study,” what am I really saying?

Is this rubric and miracle schedule category, in reality and essence, Talmudic Study, the grand Jewish study and connection to God?

If that is so, do writing, music, and exercise really belong under the all-inclusive connection Study? Is miracle schedule really about Study, and the All-Is-One connection to God? Yes.

There is no question that all four pillars of my miracle schedule are connections and connected to God.

Yet, for now, I still see them in four separate pillars, four separate categories.

Does this mean that I am, in essence, a peripatetic, traveling Talmudic student, even, in my own right, a traveling, adventurous Talmudic scholar?

I like the idea that I could be a Talmudic scholar. Such a high essence. As a Jew, Talmud is evidently in my bones, blood, history, and genes. Can I call myself a Talmudic scholar? And this without ever studying Talmud?

I like it. But just because I like it, is it true?

Well, why not? It’s a new definition of Talmudic scholar. Very creative and artistic. A hidden Talmudic scholar.

Americans rearrange reality to fit themselves.

I’m an American. Why not rearrange Talmudic scholar to fit myself? Who’s looking? Who will complain?

Could I be Wrong?

Could I be wrong? Maybe trading, and certainly day trading, is not a direction for me. I just thought that if I am stopped out, that will signal the end of trading (or at least this trading phase.)

Strangely, this may even be a relief. The market has not only brought me tension, painful ups and downs, inability to really focus on other things I do, and ultimately, I'm not even making any money at it! (Or maybe I'm losing, or making very little over the long run.)

In any case, it may be a game that's simply not good for me. These ideas are nothing new. But I am thinking and realizing them again. And this is the market once more descends.

Maybe I'm better off paying little attention to the distracting distraction. And putting my efforts into my usual creative business and non-business ventures.

Maybe the period from November 17-Dece.31 was a quiet period with "nothing to do" so I could explore something "new" like trading and day trading. I entered it with a passion. I even made money for a week. But second week I lost it. Result: I'm back to square one. And maybe that's where I belong.

In any case, a new year is starting next week. Maybe it's time to cut back/give up trading for either awhile or forever.

Why?

1. It occupies, nay, preoccupies my mind.
2. It is thus not good for my mind.
3. I "don't really believe in it," have little control over it, and ultimately, for all the time and effort I put into it, I either lose money, break even, or make so little, I might as well not do it.

So why do I do it? Why did I do it?

1. Boredom
2. Searching for a new challenge

New Year and New Challenges

Well, a New Year is here. Time for something different. Put myself into a New

Challenge or New Challenges.

What will they be?

Friday, December 28, 2012

Tour email and calling campaign begins.

Saturday, December 29, 2012

Ma's birthday. Birthday of writing. Do they relate? Well, it is an Infant Vision.

2012 Sales Campaign and Plan

1. Daily study, upload, and use of:

a. Facebook

b. Youtube

c. Blog?

d. Amazon: How is works? (Send Turkey people my books.)

2. Plan emails campaign

a. Calling campain.

b. Plot out 1/x week emails. Write out each one.

3. Mailing: Albania and other fliers

4. Folk dance: Practice (and video/Youtube etc.)

Sunday, December 30, 2012

Blog

Should I add a blog to my website page?

Positives of blogging:

1. Partial editing: I'd reread and edit my journal slightly.

2. I'd have an audience.

Possible negatives and questions:

Will an audience make me more self-conscious?

If editing and audience “inhibit” my writing, does it matter?

I don't think so.

Is it a worthy, worthwhile writing challenge?

2013: Great Difference Breakthrough

Due to years of personal, artistic, and business development, a psychic change may be taking place which will make next year's sales, and everything else I do, a lot of fun!

Why such overriding sadness?

Is it because happiness is on the horizon?

Is the forever dreamed of breakthrough into the joy ride up ahead pushing me down and back to the old habit of running wild repression? Maybe.

Monday, December 31, 2012

A better day.

Body and mind work together.

Is my mind hurting my body? Are the pains in my body caused by my mind? Of course, I know the answer is yes.

When body pains rise, ask what is going on in my mind?

Friday, January 4, 2013

Financial Person

Scary, but I have switched professions.

I am becoming a financial person.

My second profession is tour company director.

My third profession is folk dance teacher

I'm feeling a sense of peace, acceptance, and commitment in this new financial field.

When, as a youth, and even sometimes now, I envisioned myself sitting in the attic at a desk with only a lamp shining on the pages of my book as I studied the universe (like Einstein), could part of that study be finance?

I certainly would never think so. Rather, it concerned physics, metaphysics, and drifting through the eternal universe as I unearthed its secrets.

Where and how in the world did finance enter? The study of mathematics is the only thing close. That, plus learning to function in the material world. But that came later, after marriage, and ever accompanied by the anxiety related to money!

Money and dealing with material reality were my post-marriage concerns. And they've never left me! Money and material reality are the "new" kids on the block. Sure they're 45 years old; nevertheless, they are the new financial kids on the block.

Now I've come to not only deal with them, but accept them with a peace, commitment, and mathematical security in my mind.

I'm not sure what "mathematical security" means. But I like the term.

The Art of Finance

Mathematics contains the peace and beauty of finance. It turns the numbers of money into an art: The art of finance. Here's a place where, perhaps, the magnificence of a Beethoven symphony might reign.

Is there an art of trading? One which contains peace, beauty, and commitment? I'm looking for it.

Saturday, January 5, 2013

Learning Patience and How to Tolerate Discomfort

Tolerating Discomfort are the Same Thing

I am disgusted. I did everything right with Volterra and I still lost money!

What did I do "right?"

I bought it at the day's low, and it went even lower. It broke through the daily chart

bottom and went even lower.

Well, what do you do or think after you've "done everything right" and it still goes lower? Evidently, you can "do everything right" and still lose money.

What has my self-disgust taught me?

Patience, and learning to tolerate discomfort.

In fact, patience and tolerating discomfort are the same thing!

This is a major lessons to learn in the stock market, and life!

How to Handle Discomfort and Become Patient in the Process

So, how do you handle discomfort? (Once called "pain.")

By remembering and refocusing on the burning passion of your commitment; then remembering your strategy to achieve your higher goal.

Another name for discomfort is distraction. Discomforts are distractions. By redirecting your mind, often at negatives, they throw you off the path.

Sunday, January 6, 2013

Why the sudden hit of depression after I answered my tour letters?

That I'm "stuck in my tours" and not moving on.

Amazing, my tours are no longer an upward site. Rather, they are "more of the same," not new. Been there, done that. I'm "stuck" in the stale and old. Depressing.

What is new?

Finance. Delving into its intricacies, twists and turns.

If finance is new, shall I not give my all, my best shot? Do my tours, but put them in second place now.

Having added calls, preferred stocks, and ETF's give it more panache and stability.

Cutting back my tours to the ones I lead, and Lee (and perhaps Richard.) Be satisfied with smaller numbers, if that's how it works out.

Satisfaction in the photos, writing, and art work of my sales letters. My artful sales letters. Electronic and email forms.

I can now afford to do it this way.

I may no longer have to expand.

Make fun in tours and promotion the bottom line.

Re tour sales from January to March:

Maybe I'm finished before I start.

By accepting smaller registrations, maybe I'm finished now.

I'm ready to move on: (Book, fd sales, more, other.)

Wednesday, January 9, 2013

Went to Barry. Mad Shoes about ready to put on Amazon. Zany On Amazon doesn't work. Check it out. Next stop is Crusaders Tours Plus Other Stories and Poems,

I am being tossed about, pushed about, blow helter-skelter by the wind of the market forces. I feel confused, down, battered, and beaten.

Time to get hold of myself. Stop!

Back to basics.

Back to Trading to Win and my strategy.

Remember my commitment and strategy. What is it again?

Thursday, January 10, 2013

Stock Market and Trading

End of an era, end of a period, end of six week period.

Results: All my gains are gone. I'm back to square one. Is this game worth it? I'd better rethink my direction.

Ideas:

1. Give up day trading, and trading in general. It just may not be worth my time and effort.

2. Consider ETFs. It's safer, easier, and will free my mind and time. (I'll probably make more money. . .but slower.)

It was an intense six weeks. A period. But now it's over. Time to move on. And perhaps, just at the right time.

It's tour sales time. The new signal is 4 registrants from Hong Kong for the Poland tour. The Hong Kong market. Plus books on Amazon. And more.

Friday, January 11, 2013

Challenge of the Game

Which is worse, losing or giving up?

I felt so discouraged, embarrassed, angry, disgusted, and beaten by the market yesterday. The finale of my big loss was: Deciding I'm just no good at this game. I lost so much, I'm back to square one, I'm no good at it. Therefore, the best thing is to give it up.

Yet, for some reason, the market and trading is a great challenge to me. When I'm winning I love it, when I'm losing I hate it. But evidently, no matter what happens, win or lose, for some reason, I'm deeply attached to it. And although making money in its measure of victory, the challenge is somehow more than about money.

What is the attraction?

It's the superb challenge of the game.

And, just like a football player who loves the game, just because I've lost, and my team has sunk to last place, doesn't mean I can, want, or will give up. Evidently, giving up kills my spirit. I'd rather stay in the fight and lose, but then come back to fight another day.

If I'm in the game, I can still win or lose. If I'm out of the game, nothing happens.

Discouragement is the devil's best tool.

Putting Things in Order

Let's put myself in order today.

There may be things I want to do, but there is nothing I have to do.

1. Market: No time to trade anyway. Better to buy and hold. Freeds my brain and time. Perhaps explore ETFs for relaxation.

2. Tours sales are as much in order as they can be. Emailing, calling, mailing, thinking. The path is clear. I'm doing a bit each day. (Billing is the next project)

3. Guitar, writing, exercise, Hebrew, folk dance choreo: all in order. Nothing I have to do.

Maybe day trading is not so good, and maybe hold long-term, or longer term is better. And, on dips, purchasing more shares of my believed-in company. This gives time for the downs company to grow and expand, and for me to get to know them.

Sunday, January 13, 2013

Stabilizing

After a whip-sawed week, and twisted January two-week entry, I'm stabilizing.

Tours sales are just about in order and on their way.

Stock trading is just about in order and on its way.

What else?

New business commitments, goals, and strategies

New personal commitments, goals, and strategies

1. Get down to fighting weight.

2. Hebrew: New level. Reading for comprehension.

A good question to ask is: What do I love about tours?

Also: What (if anything) do I love about marketing?

There must be something I love about marketing. I can't be doing something (marketing) all my professional life, and not find a part of me that likes, even loves it.

My resistance to, and "hatred" of marketing is an old habit. A stale attitude.

I'm moving beyond it. How? Where? And to what?

What do I love about tours and marketing?

Marketing is the hand-maiden of tours. They cannot be separated. They go together, like twins.

I know I love the intellectual and study aspect of tours: history, languages, geography, etc. But there is also a dynamic (threatening) aspect. The dealing with people aspect, threatening and dynamic. The "people" part deals with marketing, and the hands-on running the tour itself. This part has its own dynamic. And it is threatening. Scary and dangerous. Study and intellect are peaceful, easy, and pleasant. But people can hurt you. They are scary and dangerous. They bring out the hands-on conquer and survive instincts.

Thus marketing is threatening. (So is the actual leading and running of the tour, but that comes later.)

Monday, January 14, 2013

Do it for Others

Performing. Guitar and more.

Start right away with the "for others" though in mind.

Do it for others.

Why?

It forces me to be my best.

The guitar and my guitar playing no longer belongs to me. It belongs to others.

So do my organizational folk dancing, and writing talents.

It all belongs to others. Thus am I forced to be my best.

Note the passive form of “forced.” I am forced, pushed by some outside force (and almost against my own personal egotistic will) to be my best.

What is that outside force?

The All-Is-One Unifier Himself.

So I am thinking about others for totally “selfish” reasons: Because I want to be my best.

Why do I want to be my best?

Because the push from my core coupled with the outside pressure from my audience raises my energy level, releases endorphins. and, in the process, makes me feel great!

All-Is-One.

How and where do stocks fit in to “for others” orientation?

I don’t know.

Self-Improvement

If I improve myself, I improve the world.

Therefore, improving myself is “for others.”

Friday, January 18, 2013

A New Mental Attitude Skill to Practice:

Choosing Excitement Over Overwhelmed

Lee staying with us Tuesday night. New plans, ideas, and directions were hatched.

Caribbean island cruises, island stays, Hawaii, Bosnia with Nermin added, and more.

I'm rather shocked and overwhelmed by what all the ideas we tossed around.

Rather than "shocked and overwhelmed," should I call it excited? Would it make any difference?

Maybe. "Shocked and overwhelmed," is a mother push-down, stop-running-wild-on-the-lawn, repressive way of expressive and defining it.

"Excited" is more positive.

Does it matter how I put it? Maybe, yes.

If I say Lee's visit and the ideas we created, was exciting, it feeds positive energies; if I say it was shocking and overwhelming, it feeds a negative, push-down lid-creating mode.

Do I want to lead my life in excitement or overwhelmed mode? Excitement is better. It lets the energies flow more freely. I could choose it as my future modus operandi.

Excited or overwhelmed? It's an attitude question.

Do I choose to float and fly? Or do I choose to travel weighed down by a burden on my back? A burden I have somehow chosen to carry.

Although one may explain it through the mother repression phenomenon, I have nevertheless, chosen to accept and live with the overwhelmed burden. Perhaps it keeps me subtly connected to my past. I could have chosen excitement, but I didn't.

Well, maybe now I am ready and even desire to give up my past and choose a different route, one with a different and more positive attitude.

Overwhelmed puts the brakes on. I may need brakes, but can I have them and remain excited?

It's a new mental attitude skill to practice.

Saturday, January 19, 2013

Art and Business

Do I still want to be an artist?

Evidently, I do.

Artist first, businessman second.

I must do both. But art comes first.

Artist means choreography, writing, and playing guitar. And more. My three arts.

Art is my foundation. It expresses my soul.

Business rises from my soul. It means the other stuff.

Monday, January 21, 2013

Go on, Anyway

I have a cold. Evidently, I've had it in mild form over the past few days. Yesterday, it hit with fuller force. True, I did lots of work during the day. But no exercise, Tired, sniffly, hoarse, and more, I eventually "gave up."

What happens when I get sick? What attitude should I take? Should I "believe in" my sickness, give in to it, stop everything, and simply rest? Or Should I do what I do, anyway? Function best I can. Maybe cut back a bit, But basically, have an attitude of screw the sickness?

Or does grand mother mode take over, and I give up?

Truth is, if I have a "real" job, I end up doing it anyway, all while carrying the burden of sickness on my back. I somehow "rise to the occasion" and get through. And eventually, usually after ten days, the sickness (in this case, the cold) passes. Same is true with aches and pains, for now, my pyroformis muscles in my left buttocks. It seems to stay there. Perhaps, it too is a "monther," or will itself, take a month or more to heal. What to do while it heals? Go on, anyway.

So, the result of this conversation is: Whether a cold or muscular ache, I end up going on anyway; it's like walking with a limp. And eventually, the limp passes away, heals itself, and disappears into the night.

On Re-Editing New Leaf Journal

I'm thinking about re-editing, then reissuing New Leaf Journal.

If I do this – and I believe I will – I'm thinking, for the first time about other. How will this help others?

Well, it won't "help" others; it will encourage them. Encourage them to help themselves, And this through daily self-discovery and revelation.

Well, I don't like the words "help others." I prefer the words encourage others. Of course, encouraging others is helping others, and helping them to be their best.

But people don't need "help" to be their best, not outside help at least. Rather, they need encouragement to make the effort, to believe in the effort; encouragement to be and become their best.

Thus, I believe in encouragement. Encouragement leads to enthusiasm (en-theos, in God), one of the highest forms of worship.

I also believe that journal writing, my New Leaf Journal writing, has totally "helped" me to help myself. True, I was "en"couraged by Barry and others. But basically, I did and wrote it myself. I helped myself; others encouraged me.

That's why I believe my New Leaf Journal will help nobody (only choosing helping themselves, self-help can do that). But may well encourage many to write a similar journal and thus help themselves unveil and discovery themselves. And this on a daily basis.

Why am I Sick?

Why am I sick?

I opened myself up, welcomed, even helped create my sickness/ disease for a reason.

What is the reason? What role have I played in the sickness? What vested interest did I have in creating it in the first place?

I'm making inner changes, and shifts; transforming from one life style to another.

Does my body need to stop, rest, and reorganize its cells structure?

Could be.

I need a new body to fit my new mind.

The flood waters from my dribbling cold and snot machine is cleaning out my past existence, my cough is coughing out the old life; I'm sneezing away every vestige of the old attitude.

My body/mind has to die before I exchange it for a new one.

What in particular were the old attitudes?

What in particular are the manifestations of this change in attitude and style?

Tuesday, January 22, 2013

Passing through the Valley:

Before Climbing the Next Mountain

Practically, this is a miserable morning feeling. Should I go with it, pay attention to it, or simply go past it, and on to something more positive?

On the one hand, by diving into this valley of misery, I might energize myself, become creative, based on the idea that depression precedes creation. There's lots of juicy mud down there, dirty sucking stuff in which new seeds can sprout. (It's not even a misery but more of a listlessness and emptiness, and lack of drive to do anything.)

On the other hand, I can force myself past I, and act: Do something positive.

Or I can do both: Do something positive while at the same time feeling miserable.

Both is probably the best way to go. I don't want to deny the juicy bottom, even though it feels miserable; I'd also like to feel good. I guess I'll just have to go the "natural" way, that is, pass through the valley before I climb the next mountain.

I guess I'm getting ready for the next question:

What is, or will be, the next mountain?

Wednesday, January 23, 2013

Business Plan, Life PlanBusiness Commitment, Life CommitmentMy Business:

1. Stocks are my new business
2. Tours are my old business.
3. Folk dancing is my old business

All businesses needed to keep body, mind, and spirit in order.

Sidelines of spirit:

1. Writing books
2. Music: playing guitar, (violin, gaida, singing
3. Study: Hebrew, languages, history, etc),
4. Exercise: Gym, running, yoga

All sidelines needed to keep body, mind, and spirit in order.

On one level, I have the same forms; nothing has changed.

On another level, everything has changed. The forms must be imbued with a new attitude and spirit.

I need a new mountain to climb. If none stands before me, I must invent one.

Creating my next mountain is my next task.

The way I see it, I like everything I'm doing. Therefore, I must create this using materials from the above activities.

How to do this?

As a start, each activity needs a new goal.

Seven is the magic number.

I have seven activities.

I need seven new goals for seven activities.

Burning desires must be found in each goal.

Then strategies can be created to achieve them.

Tours:

Tour commitment. Next challenge:

Expansion through an increase in complexity.

This means expanding the business to include others. Becoming the chief executive, a CEO.

1. Study: What is a CEO? How do he/she work? Research this.
2. Run folk tours with other leaders. Share profits. Make them part of my business.
3. Folk tour cruises and folk dance camps?
4. Facebook?

(An immediate question: Do I have enough “burning desire” in my to commit to seven miracle schedule activities? Am I fooling myself? Will I burn out, up, or at all? Am I spreading myself too thin?

Nevertheless, I need all seven for a full life.

Perhaps it is a question of organization. Giving a special and proper time and place for each miracle schedule activity.

“There is a power attached to having a set date circled on your calendar that is demanding that you be ready!

Writing:

New commitment. Next challenge:

Guitar: New commitment. Next challenge:

A Fun Alhambra Just bumping along, missing some notes, but having a great time!
A fun approach.

Exercise: and Folk Dance

New commitment and challenge: Combine running, yoga, gym, folk dance, singing:

Five under one rubric. (Folk Dance: New position, commitment, place, and challenge:)

Study:

New commitment. Next challenge.

Friday, January 25, 2013

A Fun Alhambra

Just bumping along, missing some notes, but having a great time! A fun approach.

“There is a power attached to having a set date circled on your calendar that is demanding that you be ready! Check out our race calendar, choose your event, and get ripped and fit while getting prepared! Sign up and your alarm clock will sound different in the morning. Why? You have a job to do, now.”

Spartan Race

Saturday, January 26, 2013

Goal: To have fun, to play joyfully.

Strategy: Go past all the miseries, worries, problems, put downs, complains, and more. Go beyond this and “have fun.”

Is fun a worthy goal? Yes, absolutely.

Why? Fun, experiencing joy, is the highest form of worship, a union with the One.

On guitar: I’ve misinterpreted myself: I thought I always wanted to play fast. But really, I always wanted to play joyfully.

Yes, joyful is sometimes upbeat. But whether fast or slow, speed has little to do with joy.

How to add joyful to my life. Also called fun.

Fun is the children’s form of joy. Joy is the acceptable adult word. But really, they

are both the same thing.

How to accept its importance. To realize how important it is.

Sunday, January 27, 2013

My Power

How Strong Am I? Alhambra Realizations and More

Is it true that one of my greatest fears, in fact, the greatest fear is of my own power. And much of my time and energy is spent restraining, holding back, even denying that power. Traveling down old, habitual paths in order to avoid it, and the dynamic terrible changes it will wroth upon me, if I "give in" to it.

How strong am I? (I'm even afraid to ask the question.) How powerful can really be my Alhambra? (Again, I'm even afraid to ask the question.)

Will I (really) destroy myself if I give in to my power?

Will my body disintegrate along with my mind?

Will I get lost (become lost) and go crazy?

Or is this life-time restraint something I learned along the way?

In any case, now, at 75, am I finally ready to deal with it? To plunge in, face it, and even embrace it?

On the other hand, what else is there to do? I've gone very place else, "been there, done that." Life at this stage has become repetitive, rather monotonous and boring. I'm repeating myself in every area.

What else is there to do but plunge in, dive in, grab the power, my power, and see where it leads.

Folk Dance Power

What would this say about my left knee and folk dance power?

How strong is it? How strong am I?

Is my secret power hidden in my left knee? Is (was) the pain there created and

caused by my denial of that power?

Could well be. Time for a total rethinking.

(Left knee pain as denial of power.)

If this is true, it means the older you get, the better you get!

Monday, January 28, 2013

Starting the morning at zero. Strangely, uninspired, listless, and dead. I say "strangely" because I slept well; I feel well rested, calm and even.

Maybe, I feel calm and even (which I interpret as dead.)

Tuesday, January 29, 2013

Gaining on the "Crusader" mop-up. Still a bit down and knocked by. . . what? I don't know. Low tour registration? No stock rises? Other?

I'm not sure why I begin each morning a bit down. But I do.

Am I still not doing what I'm supposed to be doing?

But what is that?

Or, no specific goals to accomplish.

No time-line to accomplish them, a date where I must finish.

I am not giving these things my all. My total focus is off.

I don't know why that is.

Is it due to mop-up mode? A good part of me feel that I can't really start something new until I finish the old, finish moping up the old.

Can I do both?

Can I do mop-up and intensely enter and focus upon something new? I don't know.

Wednesday, January 30, 2013

Now I know why I was down.

Perhaps it's also why I have a "pain in the neck."

I gave up on trading.

Giving up is the worst thing I can do!

Giving up is even worse than losing!

All my spirit drained out of me; my drive disappeared; I got listless, energyless, and depressed. All because I gave up.

For some reason, I need trading. Even though, in the back of my mind, I hear "trading is evil, bad, no good, you're a gambler, a loser, you only lose money, etc." Nevertheless, I evidently need and somehow must do trading. It stimulates and excites me.

Evidently, on some level, trading is good for me!

What knocked me for a loop was losing so much money (4G) on MCP. And this in one day.

Why? Suddenly, it dropped 20%. I "forgot" to put a stop loss on it.

What lesson did I learn?

Put a 10% stop losses under stocks!

But I should also learn that giving up is a terrible thing. (A spirit is a terrible thing to waste.) Change, redirect, grow, learn. Bit never give up!

"I'd rather lose at something I love, than win at something I hate."

Friday, February 1, 2013

Fascinating new "retirement" idea: Start a new business for the fun of it, not for the money.

What businesses might I start?

1. Writing business. Includes readings, etc.
2. Stock market business. Only for personal account.
3. Even music business. Includes concerts, etc.

4. CD and DVD sales?

5. Other

Other February (post-January) goals:

1. Back to folk dancing

2. Train for (Run) a marathon

a. Includes gym and yoga goals

3. Guitar something.

Saturday, February 2, 2013

End of Trading

I can't believe what I'm thinking, saying, writing, and shall do: Close my trading account. Trading is definitely not my path. Replace it with maybe CLMT (with stop loss), AGNC (maybe) and an ETS. (Maybe keep some MU).

I shall "replace: trading with running.

I can't believe I'm saying this, but I am.

I'm "giving up" the stock market. or at least the trading aspect.

I'm moving to something more stable, something that will take little of my physical and mental time.

I know the result of this, the finale and conclusion, is that I'll, in the end, make more money! I know it's a "good thing for me." I know that trading in the market over the years has only lost me money. I know I have no talent for trading.

I know a lot. And yet I keep and kept doing it. And this, even when I became "financially stable."

Why did I do it? Free money. The dream of free money. And that suddenly God will be kind to me and drop some free money in my lap.

And presently, I don't even need the free money.

Yet I traded anyway. Why? Perhaps part of it was that I was bored and needed a

challenge. This, added to the desire and dream of free money.

My two reason for trading:

1. Boredom
2. Wish for free money

Both miserable reasons. Yet I did it anyway.

Perhaps God was kind to me by making me lose money almost every time. He was clearly showing me I had no talent for this. No question I am an artist with organizational and leadership talent. He has pointed that out constantly and throughout my life. My big fear as I embraced this path was always a financial fear. That's one reason I liked the stock market. It offered me the hope of free money. And somehow, with lots of money, I'd be free from fear.

Well, I only lost money in the market and it never worked. Nevertheless, I continued on and on for years. Only when I lost lots of money did I even question it.

Well, this time I haven't lost lots of money. But after a "complete" two-month commitment, I've ended up exactly where I began. In other words, basically, I've wasted my time.

So why now have I suddenly decided to give up trading?

Perhaps it's a stage of life. It took the Soviet Union 70 years to fall. It's taken me about 40 years to give up the market, or at least trading.

Perhaps the time is just ready. Or perhaps I'll really never know. But, in any case, the call came suddenly and directly. The market when up 150 points, and I lost even more money on HOV. But again, such losses have happened countless times in the past. Why now did I get the call? Why now am I ready?

Perhaps I'll never know.

Does it even matter if I never know? No.

"Replace" trading with running. The word of the day.

Of course, this will free my mind "completely." I will be free to pursue my tour business, all my other interests and businesses, things I love and am good in. There are

only pluses to this “dropping trading” decision.

Again, why did I hang on so long? I’ll never know. (And it doesn’t matter that I’ll never know.)

I No Longer Need It

It’s taken me a long time to reach, and then realize this: Truth is, psychologically and physically, I no longer need the stock market and trading.

Although I am aware that it can always happen, I am nevertheless no longer haunted by the possibility of financial ruin. Also, I have the confidence that I can somehow always make money doing something. Also, my best bet for making money is by investing, not in the stock market, but in myself. (I used to only have a savings account in the bank, and that was once enough.) Maybe I should go back to that idea. My mind was free then to focus on the things I loved and was good at. Like being an artist. And now, being an artist and businessman.

It’s just that the era, an era, has ended.

By “forcing” me to lose money in the market, God has pointed the way to my true self, to my direction and path, which is develop and grow the artistic, business, and leadership talents He gave me.

Free mind at last. Starting now.

I can’t wait to begin my new and focused life.

Was that the reason for my “pain in the neck?”

The last two months, with Trading to Win, was my last hurrah. The finale, the last big try, the final push at the end of an era.

Strategy: I don’t have to do all this Monday. But it is definitely my direction. But strategically, let’s see what happens.

1. HOV: I'll either be stopped out, or it might rise. Wait and see. Other stocks, too. Let's see what happens.

But long range, which means very soon, I'll be in the new ear, following the upstairs direction.

Or maybe I'll start right away. Why lose even more money of HOV? After all, I now know where and why I going.

It's nice to start fresh.

1. Only ETS and REITS? Interest bearing account.
2. Only savings? A radical shift. I'll know exactly where I am. (My mind will be completely free.)

I'm leaning towards number one.

So ends a New Leaf.