

History

Friday, August 23, 2013

Love of History

A New Leaf Starting.

What's happening?

Through my tours, or vice versa, I'm developing, or rather, unveiling, a love of history, a love of the Byzantine world, its names and places and events. And in English, too.

Is this what next year will be about? Deepening and extending my love and knowledge of history, and languages: with tours as its business base.

Wednesday, August 28, 2013

Guitar: Fast or slow doesn't matter. Why? Because the audience is gone. That's the big difference and the big deal:

The audience is gone!

Is this possible? Have I finally arrived?

Well, why not? It is a new year.

New attitude on guitar. . .and money. And computer, too.

This means I could: devote myself to guitar, and play just for the fun and luxuriate in joy of moving my fingers. No audience or other worries, thoughts or concerns.

Is that one of the things this year's direction will be about: Devoting myself to guitar.

Now what about legs and fd? Where is that going?

Perhaps too early to tell.

What of these strange new, post BGM tour "pains" in both knees? Signals a new

direction in fd.

Maybe towards more “beyond-the-audience” choreo. That’s because somehow, and in general, the audience, the old concept of an audience, is gone.

Perhaps I’m “tired” of the old way of teaching and leading. Perhaps like guitar, a new fd self is being born. A so-called “beyond the knees” self (whatever that means.)

But is has to with creativity which, in fd, means chore0graphy.

But my post-BGM knees hurt in a “new” way. What are they saying to me?
What do they mean?

Perhaps because I feel “free” of the old financial worries, I no longer have to “dance” in the old ways. Without money worries, finance, and the audience calling, ever pressuring me, I am free to dance, and run tours, in my own way. . .whatever that is.

That’s what the upcoming 2013-2014 season is all about:

1. New computers
2. New guitar
3. New folk dancing
4. New finance
5. New tours

Thursday, August 29, 2013

Problems

Now my Outlook 2010 outmail does not work. Frustrating, annoying, another problem.

I need a new attitude, a new way of looking and dealing with problems.

Indeed, problems are annoying, frustrating, and bothersome. But, curiously, on the positive side, there is a strange energy and excitement in having and dealing with problems.

Problems will always exist. My brain works in such a way that, if there are no

“problems,” I will “create” some to keep my mind occupied.

Thus, again strangely, when a problem is solved, after the momentary lift of happiness, part of me feels a melancholy for the problem-solving energy, the problem-solving high, I just lost. Then I start looking for another “problem” to deal with and solve.

Strange, indeed. There is a secret energy to frustration. Bother creates an uncomfortable and annoying fire in the belly. On the one hand, who wants it? On the other hand, I may want and even need it.

On the one hand, it would be nice if I could “choose” my problems; that might make my problems more “pleasant” to solve.

On the other hand, I may indeed, unconsciously or otherwise, be choosing my problems. After all, it is I who is deciding that my outgoing mail is important. I’m deciding my business and my customers are important, and that the fact my mail doesn’t go out will hurt my business.

So I am both creating and choosing my problems.

I’m deciding to accept mail not going out as a big problem, and that I must deal with it.

When I create challenges or search for new directions, I am really looking for new problems to solve.

Strangely mysterious is the divided mind.

Upcoming 2013-2014 season is all about:

1. New computers
2. New guitar
3. New folk dancing
4. New finance
5. New tours
6. New attitude toward problems.

I am choosing to make my business so important. (And thus, choosing that my outgoing mail problem is very important.)

Can I live without my business? Of course, I don't want to, but could I? Let me think about this possibility. It might give me more freedom. And with added freedom, I might have a more relaxed and open attitude toward my outgoing mail problem.

Suppose I lose my entire business and have to start over again in something totally different, fresh and new.

Suppose I lost everything. What would I do?

Losing my business, my life style, everything, is an ultimate fear.

I hate being afraid.

Therefore, let me think about and consider this possibility.

In fact, it's not good for me to be so tied down and attached to my business and life style that any threat to it, like dis-functioning Outlook 2010 outgoing mail, makes me crazy.

Crazy with attachment.

Crazy with restricted, narrow vision.

Eventually, I will lose everything anyway. (That's what death is all about.)

So why make myself crazy with such a short term perspective?

Attitude: Start practicing long-term perspective today.

Friday, August 30, 2013

I bent slightly to connect my netbook computer (it didn't connect the first time), and a small part of my lower back broke loose. It told me, nay, "reminded" me, how angry I am (must be) about the pain in the neck all this computer stuff is bringing me. A slight bend, a nothing bend, and pop, my lower back goes. Not far, it goes slightly. But it goes, nevertheless. A remind. Watch out for my anger.

Where is my anger? Do I even have any? Well, yes, I must have it. Otherwise

my back wouldn't have popped so.

Well, what to do?

1. Recognize my anger. Over computer pain-in-the-asshood.
2. Maybe it's time go "give my computer a rest." After all, most of my work is done.
3. On the other hand, there is the love-and-glory affect. After a long and somewhat torturous road, starting in late June with my study of the Droid, and then, a few weeks later, the purchase of my Windows 8 netbook. I have rerouted and upgraded my computer and technological life. I've definitely learned a lot.

My goal of becoming technologically savvy and competent, unafraid of computers. Is definitely on its way. Progress and more savvy power are mine.

Perhaps my back went because of victory! Not anger at my computer, but rather, an inability or hesitation to recognize my victory. Back hitch as victory cry in disguise. A reminder that I can figure out and conquer computer problems, even my netbook not connecting when "it should." Well, technologically speaking, things never totally work. There is no "it should," no "it should work." Only "might work." Then, if and when it doesn't work, figure out the glitches and deal with them. And, in the process, learn some more.

Saturday, August 31, 2013

Great night of dancing in Golden's Bridge last night!

I am blessed to lead and teach such evenings.

Sunday, September 1, 2013

Tradition "knowledge" holds that as you grow older, you get weaker.

But suppose the opposite is true.

Suppose, as you pursue daily practice – and this for years – that instead of weaker with age, you get stronger and faster.

Years of experience can teach you to know yourself better.

Aided by courage, daring, and judgement, you learn to dive more deeply into your strengths.

No one knows their limitations.

Until Columbus' first voyage, who knew about America?

Monday, September 2, 2013

After "Holding Back" for Forty-Five Years

Get Used to (the New) Openness, Looseness, and Speed

Villa-Lobos Prelude number 1: I could always do this. I could do it forty-five years ago. But I held myself back in the service of Bellowing "perfecting it" by playing it "slowly and clearly."

Probably same for Alhambra, Leyenda, Flamencan, etc. Holding back for forty-five years.

But when the apple or leaf is ready to fall from the tree, nothing can stop it.

I'm ready to let loose, to play fast. Suddenly, it's "no problem."

Get used to (the new) openness, looseness, and speed.

It's just easy. It is. It's post BGM life.

Tuesday, September 3, 2013

Bass Embrace

Old Age as New Age or Renaissance

Guitar: Alhambra, Villa-Lobos Prelude Number 1, tremolo and arpeggios in general: It's always been about the bass. Deep in my heart and unconscious, I've may have always "known" this, Nevertheless, I've been banging my head against the treble for almost fifty years.

Why?

The only answer I can come up with is: Competing with Segovia. I wanted to play it my way; I wanted to play it different. This, even though the so-called “my way” didn’t hold and never worked.

Competition, being an individual, doing it my way, trumped getting it right.

Only when I dropped my ego and stepped out of the public eye, and “gave up performing permanently,” did I start to play it right, to “get it.” Total bass is now in play.

Amazing. And it only took fifty years.

In a sense, I’ve gone back to the way I played guitar fifty years ago. But with totally new eyes, wisdom, and matured attitude. I’m going back to the reading and study of history in the same way. Treading college and early Village history paths, rereading many of the same books. But again, with new eyes, seasoned with wisdom and matured vision.

Maybe that’s what so-called “old age” is about. Retreading the old paths but with new vision. In reality, this makes the path a totally new one!

Indeed, old age is thus a new age or Renaissance.

I’ve spent all my life, or at least the last fifty years, discovering myself. Now I am returning to my old self but as a new person, or rather, a self-discovered person.

As for my love of history: I’ve visited, toured, and personally experienced all the historic and magical places I read about in school. Now, as I restudy them, I see their old forms as fresh and new!

Friday, September 6, 2013

Law, Government, Politics, and Art

Reading Mommsen’s History of Rome, I realize I must get interested in government and how it works. This is, and always has been, a total blind spot for me. Law and government have never caught my attention or interested me. (Yet, I’m an

enthusiastic political fan.)

I wonder why.

How could I get interested in government and law? Maybe through the Roman Empire.

Could it hint that I'm done with, gone past, my "artistic state," that my life as an artist is slowing to a stop? Or that I will soon somehow learn to combine art with law, government, and even politics? I like the latter idea.

We'll see where this leads.

Words like, government, law, jury, administration, functionary, system, tax, are totally dead to me. Nothing happens in my brain when I hear them. They either simply turn off my mental mechanism or perhaps never even enter.

I wonder why.

And yet, somehow I am interested in history. Names of cultures, civilizations, and empires excite my corpuscles.

I'm a musician, a sound person, an artist at heart. It's the names I like, and especially their sounds.

But I'm also very organized. Just as part of me embraces the ups and downs, destructions and creations of the artistic cycle, so I also crave structure and order.

I'm a good organizer and leader. I'm good with people. Witness my business.

Then where does government, law, jury (judgements), etc all fit in? It must fit in somewhere. I just haven't yet made the connection.

Follow my passions. But what are my passions? Do I have any hidden ones re governments, law, etc?

As I study history in this year's project, perhaps I'll find answers be on the road.

Also, I want and need a new challenge for the 2013-2014 season.

Perhaps a start, and how to make it personal, I might want to start by looking at my own empire: The JGI Empire.

Yes, it is a business not a government. But nevertheless, the same questions of

how to run a society emerge. How do I build and run it? What laws and judgements do I make? How do I organize and govern it?

Saturday, September 7, 2013

Add the following Zachian exercises to my repertoire

1. Squats (with ghost lifts)

2. Jumps

Drink water (until urine is colorless)

Sunday, September 8, 2013

Perhaps best to read philosophy first thing in the morning. Then history, language, write, guitar, and exercise.

Plus add Diary of a Virgin Tour Guide to my repertoire,

Diary of a Virgin Tour Guide

It all began in Santa Fe. The sainted faith broke through then rained down upon Jason the Argonaut, or at least, the Argon naught for, lying at the bottom of the heap, brain and soul totally empty, he felt like zero.

But then, with a bolt of thunder inspiration bursting through his mind-blocking headache, a wind and breath of a sudden new idea filled his mental sails and blew his bursting mind skyward towards the radiant sun.

Suddenly, after months, nay even years of emptiness, his sails were full, and his ship was heading towards a new land, nay a fresh and radiant continent lay ahead.

He smiled as the false teeth he had worn for years fell out of his mouth.

So nice to be back in the saddle; so wonderful to run again; so brilliant the star-catching cataclysm, the bottom-busting catechism to fly with the wind!

Loins bursting with gratitude, he walked straight into the night.

What was the source of this new breeze blowing? What, where, and why did it finally occur? Yes, a year, or even more of mop-up was necessary before the clouds of the past could clear, and a fresh, new sky filled with scintillating blue could emerge.

And it happens. All former books had been written and done, placed in new publishing form on Amazon.com and more. The basement of the past events and collected items had been cleared.

What else? Tourism spliced with love of history burst through as new and dynamic element. This along with geography and new places to visit, which are really old places in disguise.

Jason, a Long, lean character with split boots and wide personality: the perfect virgin guide for Infant Vision, Inc.

To guide himself, and perhaps others, through the material world, and after that, the metaphysical universe.

Monday, September 9, 2013

Great hike and more.

See dentist. Dr. Ritt. Make apt for Wed aft.

But ask: Why teeth? And why teeth now? Sarno and mandibular tension? Or cavities?

Diary of a Virgin Tour Guide (marches on)

The mandibular constraints on a virgin tour guide can never be underestimated. Now should a tooth in time save nine. Or beat a goat with kid gloves.

Jason considered these vestiges of testicular fortitude as the morning of Monday, September 9, 2013 began. A hike through Santa Fe mountains reaching 11,500 feet had already softened his oxygen content. Dizzy, light-headed, heart-pounding, breathless spans of new energy now titculated his current enzyme content. Son had become father, and vice versa. A good sign.

1. Consider writing a blog.
2. Add squats and jumps with mucho water imbibation.
3. Reassessment of shop order.

Tuesday, September 10, 2013

To understand Rome, review my Latin.

Thursday, September 12, 2013

Now I Can Play Them in Public!

Guitar and Leyenda: Loose, fast, and easy.

First time a bit of the audience, in the form of my family, namely, David, Jeannie, and the kids, crept into my vision.

I heard, listened to, and appreciated all my guitar pieces when I hear them played in Santa Fe over the loudspeaker at Jackalope. Nay, more than appreciate: I loved them!

The mystical meaning of hearing them played in the presence of my family (namely, David, Jeannie, and Bernice) is that now I can play them. . . in public.

Playing them in public may be part of this year's direction.

Friday, September 13, 2013

History, Geography, Language, and Tours

I am slowly finding a new reason, purpose and direction for tours: the study of history, geography, and language.

Guitar: Get over the shock of how easy it is.

Play in public. And, from now on, only with expression.

Saturday, September 14, 2013

Re-entry

I was calm and filled with inner peace until I woke up this morning. Then an old fear, the “return-from-the-summer, return-to-work” fear, shot across my bow.

I wonder why.

It is a shadow from my past, a ghost coming from my old world, my former life. I don't want to be there or go there anymore.

I like my new direction, purpose, and new life.

How can I handle the re-appearance of this old fear?

To start: merely be aware of it.

Now move past it and move on.

What is new to counter the return of this old reaction?

1. I can now play guitar in public!
2. History/geography/language study (for tours and more)
3. No day trading. Thinking longer term.
4. Zachian exercise program
5. Business and money mainly in place
6. Computer skill development for the year.
7. Writing: Diary of a Virgin Tour Guide

One thing I know: I don't want to go backward!

See the seven above.

Forward to my big seven! (And more, if so found.)

Somehow I've passed the world of post-summer re-entry.

I've entered. Fall is here; the new season has started.

The changes, directions, and new paths are set up during the summer are now in place, ready to go, and on their way.

Now what?

Sunday, September 15, 2013

Got up late today. A bit rushed.

Can I fit it all in before noon departure?

Monday, September 16, 2013

It is fun and fascinating to meet these exciting people, like the Roman general Sestorius, who now live in history books.

Wednesday, September 18, 2013

My computer is back. Things are largely in order. Albania is 90% finished.

Folk dancing starts this morning.

Somehow I've lost sight of all the goals and directions I wrote down a few days ago. I feel totally empty, drained, and lost.

What was it again?

Guitar:

How depressing. (Could it also, ever be exhilarating?)

I certainly don't want to go backward to my old problems. (Tremolo, speed, seeing myself as an inferior player.) And maybe I can't even if I "want to." It's a "been there, done that" situation.

I'm in a new place, a place of stale success. Playing is easy, and there's nothing up ahead. There's nothing to practice if it's easy.

But I only know the life of problems and put downs. Without them (tremolo or whatever), my directions, goals, and purpose have been cut away.

What shall I aim for now? Is simply "enjoying" my playing enough? Somehow that "goal" feels very empty. I need a "higher" purpose. But what? Very empty indeed is this "success" place.

Just like I once needed a new reason to make money, to run tours, teach folk

dancing, and generally to work, now I need a new reason to play guitar.

With tours, I came upon history, geography and language. Plus the social thrill of guiding and leading people. (Interesting how I use the word "guide" for the first time. Is that the Virgin Tour guide appearing for the first time?)

With folk dancing, I came up with choreography.

What can I come up with for guitar?

"Enjoy" (guitar) is the only thing I have left.

What does that mean? What can I do with it?

Enjoy is purposeless, directionless, totally in the present.

Is "enjoy" enough?

Thursday, September 19, 2013

On Finding a New Guitar Challenge

Guitar:

"Enjoy" is not enough. Enjoy and enjoyment, like happiness, is a by product.

I need a challenge, a new horizon and direction, something new to aim at. I need a new guitar challenge.

Playing in public, giving concerts is not it. Although it may end up being a by-product.

Speed is not it either. Although again, it may end up being a by product.

What do I have on tap that's new this year?

1. Physical challenges, Zachian exercise program.
2. Computer skill development
3. Writing Virgin Tour Guide
4. History/language/geography

Searching for:

1. Guitar and music challenge
2. Folk dance challenge
3. Tour sales challenge
 - a. Partly satisfied with story/language/geography.
4. Other

How sad. I have no reason to play guitar anymore. Maybe it's time to give up the guitar, and give up music.

Could this be true of folk dancing, too? Well, it is my job. . .but beyond that?

And what about tours? Is it time to give that up, too? Well, it is my job. . .but beyond that?

Or maybe I should just keep doing them all because "I've got nothing better to do?" Do them with no particular purpose, growth, development or challenge in mind. Only because "I've got nothing better to do?" and "I can't think of anything else or anything better to do?"

Is there anything else? Something brand new?

Computers and technology as my only growth hope?

Have I finally reached the end?

Or is this a new attitude beginning?

I don't have any rational reason to do more.

But of course, there is always the irrational. But indeed, I do need a new challenge, something to wake me up.

Joy as the Ultimate Reason

On the other hand, maybe I was right the first time. Joy and en-joy is the ultimate and only reason to play guitar, folk dance, tour, and do everything else.

After all, worship HaShem b'simcha.

If that's the case, ha kol beseder.

Friday, September 20, 2013

Moving On:

A Little Bit Each Day

Having "finished, I am now somewhat tired of being lost and directionless, although part of me loves it. The stale taste of success, and finishing.

Anyway, my "finished" state is coming slowly to an end. Leaving the unanswerable questions of enjoyment behind, I'm just about ready to move on.

To what?

Start with Pinnacle.

How to approach it? A little bit each day.

Dare to Enjoy the Guitar

Here's a good question: Do I dare enjoy myself on the guitar? Do I dare enjoy the sensuality of playing the refrain of a slow, delicious, succulent Alhambra? And others, Leyenda, Bach Prelude, Villa-Lobos Prelude No. 1, flamencan arpeggios, as well.

Saturday, September 21, 2013

The Gift of Joy

My new quest and question is: How to enjoy myself in this life? It is all based on desire and attitude.

Worship God b'simcha. What better service or gift could I give myself. . .and the world?

Start this morning with guitar: Focus on, aim to en-joy my playing.

En-joy: Make it my fundamental religious and personal commandment. Even an obligation.

Performing as Mitzvah and Shining By-Product of B'simcha

This new desire and attitude will allow me, enable me, to play/perform in public because my desire is not to please the audience (although that will be a by product) but rather, to "please God" by playing b'simcha. Aiming first, primarily, and fundamentally, to en-joy myself (my first commandment and obligation). Then from my happy, satisfied, shining face will radiate the sun of joy that will, in turn, shine upon others. Thus spreading the joy, the b'simcha, the happiness, and in the process, as a "by-product", servicing others.

Sunday, September 22, 2013

What's the difference between fun and joy? Between having fun and enjoying? Between funment and enjoyment?

It is a nuanced difference.

Having fun is lighter, more frivolous, more for children (but not childlike.) It is less adult, conscious and aware.

Joy, (and its lesser forms of enjoyment, and enjoying) is more "serious," more difficult to achieve, or rather sustain. It requires a more conscious effort. And it is (consciously, especially when the desire and aim disappear) aimed at a b'simcha union with God.

Joy is the "higher level" adult form of fun.

Joy takes a constant attempt to sustain it, thus a conscious attempt to connect, remember, and sustain b'simcha, to unite with the higher forces, to hold hands and walk with HaShem Himself.

Monday, September 23, 2013

Seems like I've finished most of my return-to-the city, post Santa Fe projects. Albania is mostly in order; so are both windows & computers. Only Pinnacle or AVS

learning remains.

Guitar: Alhambra. . .and all arpeggio pieces: Rolling, flowing, expressive, sensual. The middle ground between slow and fast.

Forget the middle ground and these old intellectual trips. I'm well ready to move beyond techniques.

Dive right into the flowing, rolling and expression!

Tuesday, September 24, 2013

Another interesting goal for me might be: How to have fun in the advertising and promotion game. Enjoy, bring joy, connect advertising and promotion to God through b'simcha.

Wednesday, September 25, 2013

The Beauty of Depth

The beauty of depth in guitar playing, history, geography, language, exercise, and more.

But in such depth-charging, I must not avoid a small and quick entrance into the burning pit of center. Simply touch and become familiar with the heat of its intensity.

Calm, peaceful, and interesting is the voyage into depth. But joy lies in the intensity of the present moment, the descent into the burning pit, momentary touching the fires of center.

Thursday, September 26, 2013

Feeling empty and abstract. Reading and finished Mommsen's History of Rome doesn't make me feel any better. I wonder why.

Friday, September 27, 2013

Big victory in and over Pinnacle! Now I like it.

Monday-Tuesday, September 30-October 1, 2013

"Apprehension is my catalyst." That's my expression for today, and for the entire Albanian trip!

Indeed, even though I have nothing specific to be anxious about, I nevertheless feel a vague, unspecific, pre-tour anxiety. (Of course, that is the nature of anxiety: It is vague and unspecific.)

Is there anything specific I can do about this (vague, unspecific) anxiety?

Yes!

1. Focus on the anxiety as my apprehension.

A. See it, and breathe into it.

2. Then think: How I can turn it into my catalyst?

A. How to turn it into my catalyst: Make my Albanian tour the best Albanian tour ever!

FB entry:

When you feel hesitant, anxious, and afraid to dive into your next project, here's a great saying: "Apprehension is my catalyst!"

How to handle the anxiety?

See it. Breathe into it.

Then, figure out how to turn it into your catalyst.

Free to Play All the Pieces I Love!

Guitar:

Alhambra is nothing when you focus on the base! Same for Leyenda, Villa-Lobos Prelude No,1, Bach Prelude in Dm, and the flamencan tremolos.

Just as Alard is nothing when you focus on the treble!

Why has it taken me almost 35 years to figure this out?

Why?

I must have wanted, even needed this blockage.

Why?

To enable me to build up my skills and confidence in other areas of my life. And, during the past 35 years, I have done so.

Organizationally, business-wise, folk dance teaching wise, etc and otherwise, I have built up my skills and confidence. (Witness my folk dance weekends, tours, etc.). I'm in another stage of life. I no longer need that "Alhambra/classic guitar playing" blockage. It means I am now free to play "anything," which, namely and in turns means, play all the pieces I love!

An amazing amazement!

It also took 70 years for the Soviet Union to fall.

Well, suck it up and get used to it.

Dwelling too long on my amazement is way of holding me back.

The future:

Is this personal development in musical freedom another "inner place" to think about as I travel to Albania?

Does it signal a development and change, or at least an addition, to careers?

Does it mean, as a start, future guitar videos? Playing in public? Performing before an audience? Total freshness in a "new" guitar career?"

Am I jumping the gun here? Probably not.

Stay tuned.

Embracing the Base

Embracing the base – and treble in Alard.

It's not a technical shift; it's a mental and musical shift.

I wonder what this shift means, if anything, in relations to both Albania and my new tooth discomfort (distraction?).

Tuesday, October 1, 2013

New study, direction, and project for 2013-2014 season:

Video editing: How to edit videos.

Is this morning's nausea from computer overuse?

I sense it is computer overuse. Over-excitement from FB and Pinnacle success. If yes, how to moderate my enthusiasm?

New Attitude toward Responsibility and Audience

Is this nausea, with its burping, a hidden anger?

But at what?

I'm nauseously mad at something. But I don't know what.

Or do I?

Is it all these pressures I'm putting on myself? The push-up of enthusiasm mixed with the push-down of responsibility.

But why, at this late and wise stage of life, does responsibility have to be a push down?

I'm making the attitude decisions.

Since that is the case, why not make responsibility to my audience of travelers a push up: A pleasing, exciting rise in intensity that will inspire me to a higher level.

Wednesday, October 2, 2013

“Thrill of love” overcomes me as I drink my morning coffee and read about the Roman emperor Vespasian.

How to remember and keep that feeling?

Warm-Ups and Warming Up

Guitar: I have enough knowledge of my body to warm up while I’m playing my pieces. I can now start off playing Alhambra, Granados, Alard, or whatever.

Same is true in exercise, dancing, running, etc.

Warming Up in Place

What a revolution! I can warm-up in place.

Warm-up right away with guitar pieces, dances, exercises, and more.

After many years of practice and experience, I now have confidence in the knowledge of my muscles and body. I am ready for this. I am there.

Thursday, October 3, 2013

Continuity and Peace of Mind

How to continue my beautiful life of study and learning while on tour in Albania.

1. Pray to God.

A. “Death is not my department” says Mike.

B. I’ve done everything I know and can do to put this tour together. And I’ll continue to focus and work that hard while on tour. Beyond that, the way the tour turns out is not my department. It’s God’s hands. Always good to know and remember this truth.

2. Continue studies – this includes exercise.

3. The above two create inner peace of mind.

Moving to a New Level

Guitar: High speed Alhambra, Leyenda, and more. I'm touching the hot fire at the kabbalistic border. Entering the Land of the Unknown, Am I crazy? Mad? Out of control? Will it make me insane? Am I spinning out of control? Scary and exciting, half lost, half found.

Or am I moving to a mysterious, unknown level?

Since I don't know, why not choose the answer I like best: Moving to a new level.

Yes, I am moving to a new level!

Exploring, experimenting, trying.

Can this new level be true of my upcoming Albanian tour as well? I am certainly ready.

Yes, I accept it. No big deal. I stand at a new level.

FB

Leaving for Albania tomorrow.

Playing high speed Alhambra and Leyenda.

I stand at the fiery kabbalistic border ready to enter Land of the Unknown. Scary and exciting as I reach for a new level.

Sunday, October 6, 2013

Albania

Arrived in Albania yesterday.

Ran an hour and reached Zog's Palace on the hill.

Ate breakfast, showered, and slept. A bit nauseous as I write and prepare to my group.

Monday, October 7, 2013

Raining. Disappointed because it's raining. I pick up the people today at the airport.

Tuesday, October 8, 2013

Everyone arrived last night. Now the tour is all together and ready to go.

I rose at 5:00 a.m., my usual tour time. With nothing to write, I've got nothing to do. Indeed, I need a personal tour schedule.

Since the tour is now together and now starting, time to review my tour goals.

Saturday, October 19, 2013

Just got back from Albania.

Post-Albania Changes

Moving from Professional to Amateur (lover) Status

1. Guitar, singing, performing-wise: Moving from professional to "lover" (amateur) status.

Metamorphoses has occurred. I'm ready. (And it only took thirty-five years!) I'm "practicing" my songs with Herb's next folk sing in mind.

2. The only reason I want, should or need to go back to Albania (on the 2015 tour) is to practice my Albanian.

Same is true of other countries, namely Bulgaria, Greece, Israel, etc. To practice Bulgarian, Greek, Hebrew, or any other countries language skills!

Add speaking practice (in 4 languages?)

Sunday, October 20, 2013

Maybe paradoxically, I am being engulfed in a great chasm of sadness; I'm coming down. My cold and sniffles are disguised tears, nestled deep in my body, born of the tour-ending down, the sadness of the deceased.

A supreme effort, a great success, and now it's over. Sadness, drained and lost, clouds of emptiness hover overhead.

That's why I'm "sick." Well, I'm not sick but sad. Engulfed and imprisoned in a tear.

What to do? Cry a lot.

Monday, October 21, 2013

Make it an Albanian Year

After sleeping many hours in recovery, with a bit of a post-tour cold, I woke up this morning with a tremendous “Huh?”

What just happened? Well, I just got back from leading an intensive, exciting, impressive, dramatic, “perfectly” run, two week tour of Albania! Now an idea occurs to me: In view of my new Albanian knowledge, that I’ve been there and have on the ground, first hand experience, review all my Albanian guide books, maps, etc.

Yes! Attain in-depth knowledge and satisfaction by becoming an “expert” in things Albanian. Learn Albanian geography, history, language, culture, folk dance, and more. Spend this year, or many months in this pursuit.

Make it an Albanian year.

A new in-depth beginning in the study of tourism.

Handling Overwhelmed

I feel overwhelmed with success and a thousand things to do.

How to stay calm and steady under this new, undreamed of, and exciting avalanche.

What is my lesson of tour leadership?

Concentrate on today and one thing at a time.

Delicious Bass Alhambra

Sickness is often a purification process.

Guitar: Maybe the purpose of my sniffles, cough, and cold sickness is cleaning out the old, stiff, technical emphasis, limping old Alhambra playing and making way for the new emotional, free, beautiful, and delicious bass Alhambra.

Tuesday, October 22, 2013

New Flamenco

Guitar: A new way of practicing, and even playing Flamenco: Slowly and thoughtfully.

Lightening Land

I also have an Alhambra "speed twitch" (muscle twitch.) It's not musical and I miss lots of notes, but somehow I have to do it. I don't know why. Somehow my muscles need to and twitching to play this way. We'll see where, if anywhere, it leads.

I wonder if this speed/muscle twitch is leading to a "lightening area,"
Lightening Land, a place even beyond technique, music and musicality.

It's muscular and supra-musical (whatever that means.) Definitely a different place, one to explore.

Lightening Land: A supra-musical place of exploration.

This shows the vast beyond potential of my muscles.

Scary. But this is a fright I should explore!

It's a beyond apprehension, wake-up dive into the unknown.

Wednesday, October 23, 2013

Woke up today feeling overwhelmed and fragile. Overwhelmed by the usual, fragile because of my cold, fear of getting sick again, and the "Can I do it?" feeling.

Do what? Of course, all the things I'm overwhelmed about.

But nothing new here. This is an old and constantly rising problem. What do I do? Again, nothing new here. One thing at a time, focus, and let it pass. It's the known world, but, as usual, every day is new, so it is a new world in old form.

I still have memories of Albania hovering over me. Plus the weight of learning Pinnacle and uploading all my videos. I guess that is the big one: My videos. How to do them in the new format.

Can I do anything different this year to make it smoother and easier? Good

question. At the moment, I don't know.

Answering Emails as the First Step:

Living my Life as an Art Form

When answering email, I always feel this pressure to answer quickly so I can get it over with and begin my life. I wonder if I'll ever reach the point where I see answering email as my life. Or at least an important part of it.

What is and does my "real life" consist of? Art. When I'm writing, playing guitar, or "doing an art" (even the business of folk dancing), I am participating in, what I call real life. Business, answering emails, advertising, etc, is all part of a side life, one I have to participate in to survive, but not, in essence, important or real.

Can I get beyond this "art" notion? Should I? If yes, how can I do it?

Perhaps by seeing answering emails (and business, and advertising, etc) as an art form. Perhaps by seeing all of participator life as an art form.

If I want to go this route (and it might/would be/is good for me), start small:

Practice answering emails as an art form.

Then move on to practice seeing all of my business as an art form.

And this so that I don't always feel rushed and pressures, and can lead a patient, calm, meditative, happy. And in-the-moment life.

My goal is to make living my life an art form.

Learning Pinnacle is another means, a technique, to living my life as an art form.

Dealing with People as my Next Art Form

Make dealing with people my next art form.

What does that mean guitar-wise, concert-wise, and more?

It means my aim in guitar is now to deal with others (aiming my playing at/into others.)

This is a tremendous post-Albanian attitude shift.

I wonder what the Land of Lightening (discovered yesterday) and this new attitude have to do with each other.

Sickness as a Purification Process

One purpose of getting sick is to clean out the old way of thinking. Note how my cold preceded post-Albanian attitude shift.

Land of Lightening

The Land of Lightening has little, maybe nothing, to do with music. It is a physical exhilaration place and process.

And indeed, it is a physically exhilarating place! (Once you get there.)

You also can't stay in the Land of Lightening, this physically exhilarating place, too long. Too intense. You must give it a rest, but keep revisiting it. This builds up tolerance for the heat.

Maybe it's a question of getting more comfortable in this spot. Getting used to living there. Transitioning into the Land of Lightening.

Thursday, October 24, 2013

Guitar experiment continues: Once warmed up, go straight into the Land of Lightening. (Skip the musicality and clarity. Dive straight into the finger physicality, its heat and white light.) See what happens.

By going through the back door, that is, focusing on finger physicality, does (the ensuing) physical exhilaration lead to clarity and musicality? A fascinating question and approach.

As the muscles loosen and open up, will clarity and musicality follow? Strangely,

I believe they may.

A combination of luck, talent, imagination and enterprise make the ingredients for (a Greek shipping magnate) commercial success.

Friday, October 25, 2013

My Greatest Fear

Could my greatest fear (one of my great fears) be playing classical guitar in public, even in front of an audience of one?

If yes, what do I want to do about it? If anything.

I have two choices:

1. Accept it. Decide never to play before others again. (Why subject myself to this fear? To what purpose?)

2. Fight my fear: Deal with it. Even accept it. Play before others in spite of my fear. Do it anyway.

I hate being afraid On the other hand, why bother?

Also, could the fear act as a kind of stimulant, pushing me to practice and try to improve? Maybe.

Maybe I secretly want, even need the fear. After all, it is I who is choosing to have it. Hmmm.

Is it an old neighborhood fear.

But I'm now living in a new neighborhood. Is it time to get my neighborhoods up to date?

Am I creating my fear to stimulate myself; and then overdoing it, creating too much fear so that I paralyze myself (an old habit) and thus put myself down.

If apprehension is my catalyst, I am overdoing it by replacing my catalyst, a

stimulant, with a paralyzing agent, an exaggerated terror.

I want and need apprehension as my catalyst. Do I need terror (intense fear) which often turns into panic? Probably not.

Am I overdoing my apprehension? Probably.

Is there a way of balancing apprehension with performance?

Am I ready for such a balance? Do I even want one?

Maybe I need a classic guitar performing icon. I certainly have one for leading tours.

Saturday, October 26, 2013

Goals

I'm back. Mostly.

This morning I feel my first need to establish, or rather re-establish some goals.

Some quick areas are:

Video, internet and computer skills, exercise, guitar and music, writing, language and history.

Guitar: Alh and Ley tremolo technique: Bringing them together immediately in a "both" doctrine.

Goals

1. Guitar: Performing. Songs and classical guitar.

A big but somehow easy jump.

2. Business: emails as an art form

3. History and study: An Albanian year

4. Exercise: Dance steps: (Tsamiko, Pogonishte, Floricaca, etc.) Running: Squats, jumps, chinning, sprints.

5. Video and computer mastery. Learn Pinnacle, etc.

6. Finance, business, sales, etc. "on the side."

First feeling on performing guitar in public:

Playing (Gavotte en Rondeau) before them, imperfectly, with mistakes, and sloppy, half-missed notes, but I don't care. I'm playing it at my own speed, my own tempo, in my own way, with expression, slows and speeds, and basically, I don't care what they think! (What an advance this is!)

I guess another advance would be when I move from an underlined and emphasized "I don't care" to "it would be nice if they liked it, but, in any case and in general, what they think is besides the point.

Performing (on guitar, or other) may not even be an issue anymore. God, that was fast!

All these (old) issues, may now be non-issues.

I'm even bored with them!

Sunday, October 27, 2013

Learning computers, programs(Pinnacle), and social media without a physical teacher:

Teaches tolerance, patience, and how to handle frustration.

This new ability, even desire to perform, at any pace and with any thoughts, demonstrates a tremendous burst of new confidence. A standing up for myself no matter what. An "I am worthy" no matter what I think, how I play, or what is my method, thought or attitude. It has nothing to do with right or wrong. Rather, the new confidence (in performing) shows they are worthy (and thus, I am worthy) of consideration no matter what they are.

(This is also what standing up to B is all about. My silence is worthy, and I am worthy in my silence. And this, whether she likes it or not. And since I am now a

performer, I know it! That's why the burst of sudden righteous anger: How dare she!

That's the connection between performing and standing up for myself (with righteous anger.)

Playing, or rather "performing," Gavotte en Rondeau slowly, carefully, and even with plops, hesitations, and misses: Yes, I'm showing every blemish; but I'm also showing the way I approach things. And that is helpful to anyone.

In "performing," I am showing how I think in the moment, in that precise moment. And I could be thinking slow, warming up thoughts. And that's okay for this kind of "showing-how-I-think-and-approach-things" performance.

Thus, this kind of "performance" can take place anywhere and at any time. (The so-called "quality" doesn't matter since it's "purpose" is only to show how I think at that moment.)

I could also play and "perform" a fast, floundering Alhambra to show how I am experimenting with speed by "thinking" fast and playing fast, loose and open.

I am not playing or "performing" to get it right, but rather to show how I'm thinking at the moment.

On learning Pinnacle:

1. My basic feeling is: If I don't get it right away, I panic.

2. Corollaries: I cannot rest until I get it all. Things have to be solved or resolved right away. Can't wait. Must be done now!

Obviously, all these militates against tolerance, patience, and dealing with frustration.

How to deal with this? What to think? What to do?

Learn to admire the patient plodder within.

Do I have one? Can I find one?

Monday, October 28, 2013

Slow, Careful, and Accurate:

As One Legitimate Way of "Performing" Thought

Playing ("performing") guitar, dancing, exercise, etc: Expressing the way I think at the moment.

I am thinking into the guitar as I "perform" on it.

In the morning, and/or as I warm up, I am thinking slow, careful, and accurate.
(One of the many legitimate way of thought when "performing.")

This may later even change to fast and wild (another way of thought) as I, or after I get warmed up.

In fact. Whatever I am thinking at the moment is a legitimate way of thought, playing, and expressing myself and thus "performing" on the guitar.

"Performing" means expressing my thought at the moment.

Let me extend this to dancing, exercise, etc.

Exercise as an Art Form

What do my exercises mean?

What emotions and/or ideas do they express?

I can dive into my exercises (and dances) right away, warm-up right away within the context of their "at the moment" exercise thought or meaning.

Approaching them this way will eliminate warm-ups in their old, automatic form.

(I'll warm-up right away within the context of exercise meaning, just as I warm-up right away as I express myself (in the feeling or thought of the moment) in my guitar pieces.)

Tuesday, October 29, 2013

Just Do It

Guitar: End of a chapter: Post-Albanian performance-wise, I've learned everything, I have to know. Now just do it.

Thursday, October 31, 2013

Okay, so today I am on vacation. What does that mean? How do I take a vacation? And do I do, if anything?

Probably, and no doubt, I do what I always do when I'm not on vacation. Also, maybe it's time to return to writing, dancing, music, and etc. But again, I'm doing that anyway, except for writing.

Saturday, November 2, 2013

Danced in Darien last night. Beautiful opening night!

I'm just about back from Albania.

Sunday, November 3, 2013

Avoiding the Abyss

Feel a bit directionless this morning, and thus a bit powerless.

I'd better get some overwhelming ideas, projects, and directions quick. Otherwise I shall slip into the abyss of dark and useless thoughts.

Projects to Uplift and Upgrade Myself

(To put my mind on a pole and keep myself out of the abyss)

Big non-paying but vital projects. I can "afford" to do them now, too.)

1. Video my classical guitar playing (and put it on Youtube)

a. Eventually, my songs, too.

Name of Series: Living Room Videos, Living Room Concerts, Living room

Performances

This classical guitar video project is scaring me. Thank God! It's a major advance, development and breakthrough that I'm even thinking about it. It goes along with the performing in public advance, development and breakthrough.

But it does scare me. A good sign.

Apprehension is my catalyst.

2. Video "all" dances, starting with Daichovo.

How about folk dance videos. Doing the big ones, like Daichovo, Schioapa, etc. And Tsamiko, Russian, Hungarian, and more with squats, too. They take energy and more. (Choreo new dances with squats, etc.) This means really getting into great shape, training, good conditioning, etc. Something to practice and work on!

Raise the level of myself and my folk dance groups.

3. Increase running? The virtual marathon idea?

(Couple this with folk dance upgrade.)

My days of practicing guitar (violin, gaida?) are over.

My days of playing guitar (violin, gaida?) have begun.

Monday, November 4, 2013

Without Desperation

Since the beginning of my married life, (and maybe even before) I have driven myself, living mostly at the edge of desperate. In fact, desperation had become a motivating, energizing and driving force,

In the past few years (maybe five) my desperation level has slowly decreased. With this has come a fear that I will lose my motivation. The finale of this direction is that now, post-Albania, with finances much improved, I am no longer desperate.

I have lost most, if not all, of desperation.

I am not necessarily beyond but rather without desperation,

A new question emerges: How to live, love, thrive, motivate and energize myself without desperation.

Very interesting: It is desperation that drives me beyond the vomit point. It takes place even in learning things. I always want to squeeze just a bit more out of it.

How and where to stop just in time is truly an art form.

Yes, I have to conquer what I am doing immediately, right away, in order to free myself of the desperation. And what happens when I finish and free myself? It frees me to move on to the next desperation. Because, in the past, I cannot live without my desperation to drive me on. One desperation leads to another.

Only by breaking the bonds of desperation (breaking the bonds of despair) can I free myself of his fake but blatant energy creator.

And I have broken the bonds. I am now living without despair, without desperation. Now to learn how to live, love, motivate, energize and thrive in this new framework.

The Great Adventure

Guitar and more: So many years I have suffered under this burden. And now it is being lifted.

Am I deserving of this grace? Why is God giving this to me now? I will never know. And does it even matter?

I am in flowering mode. Amazing and beautiful. Can I accept it? Of course, I have no choice. It is presently where I am. It is The Flowering, a part of, and another chapter in, the Great Adventure.

(Dare I say The Flowering? Well, I'm afraid that if I say it, it will be taken away. But what could it be but the next stage? The part before it is "been there, done that.")

And if it is truly the next stage, and I believe it is, then losing it would be

impossible.

The Flowering in guitar and business mode.

Tuesday, November 5, 2013

Desperation dribbles away as I enter Flowering mode. It's new and different. I'm just not used to it yet.

Light, fast and easy guitar playing

Light, fast, and easy running

Light, fast and easy dancing

(Light, fast and easy tour business? I don't know about this one yet.)

Tuesday, November 5, 2013

Bach Prelude in Dm. The flamboyant, enthusiastic arpeggiatic right index finger must be moderated, even suppressed, in favor of steady, pounding, conservative, foundational thumb.

Wednesday, November 6, 2013

Plunge into Salesmanship: Sales as a Good-in-Itself

For some strange reason, in order to save myself, I must plunge into salesmanship.

Why?

It gives me an anchor in the real world.

This positive approach, view, and reason for sales is totally new! Evidently, my (lifetime) disdain of sales has fallen away; and this along with fear of performing, inability to play guitar (Alhambra, etc.)

It may indeed be part of the new self that has emerged post-Albania.

Sales ties and anchors me to this world. I've always known this, but always resisted (and disdained) it. Now that attitude is somehow over.

I now see sales as a life line, a connection to material reality, and, most important, a prime motivator!

Sales, as a good-in-itself, is replacing my old, ever-present financial fears, and then, most recently (last 5 years, my "fear of success" (because it would sap motivation.

Sell what?

1. My tours
2. My books (including CDs and DVDs?)
3. My folk dance classes
4. Concerts and bookings,

Actually, on one level, it doesn't even matter what I sell, as long as I keep selling and promoting. And this because sales and promotion energize me! (Amazing I should be saying this!)

My means of sales are email, phone, social media, personal appearances, and more.

Sales are not even for the money, anymore, although of course, money is a very important measurement and by product. It is more that sales is a good-in-itself, connects me directly with the world while its energizing quality raises (pushes, forces) me to a higher level.

This is the post-75 Infant Vision of Dr, Mashugi.

Disappearance of Stock Market as Mystical Safety Net

This pushes the stock market as a mystical safety net, far into the background. Trading stocks (and even aspects of financial management) may still be fun, but it loses most, if not all, of its meaning and importance as a potential "life saver."

The above is a huge and fundamental mental shift.

And it happens so fast and easily. Like the proverbial, when it's finally ready, falling easily and effortlessly from the tree.

Well, it took 50 years, maybe longer, to be ready.

Now I'm ready. The leaf has fallen.

My personality split has dissolved; mental division has fallen away.

I'm going out there, no brakes on.

Plunging into sales with an Infant Vision, no holds barred.

In fact, if I'm not doing it with, "to," for, or for other people in the future," it (the activity) loses its meaning.

Is this really true? Maybe.

Guitar: Secretly, I've always had others, the audience, in mind as I tried to improve and become presentable for and to them.

So all of the above is nothing "new." It's just that finally, I've come to terms with it.

Thursday, November 7, 2013

Staying Steady in the Storm

Today's goal and direction is to keep my balance and focus and not be overwhelmed by all the tour emails that are piling up, the paper work, and all the sales I am and will be doing.

It means somehow staying in touch with my studies, guitar, writings, videos, etc and doing my sales, promotions and paper work.

Friday, November 8, 2013

Politics as Spinning my Wheels and Waste of Energy

Politics is mostly a complaint machine; complain, complain, but nothing really happens or changes. Thus, in politics, I am basically spinning my wheels. Why bother

with it? Let me, instead, do something useful and effective.

Saturday, November 9, 2013

Growth

Here's a frightening, dynamic and creative thought, emanating from watching Shark Tank: What happens if I am successful and suddenly many, many people start registering for tours? Am I ready for (sudden) growth? I never dare think of such a thing, but suppose it happened? What would I do?

Sure, I've been prepared for failure most of my life. But prepared for success? Not.

Should I think of such a daring thing? Should I dare to plan stellar, great growth of my JGI company? How would I go about it?

If I don't dream it, it won't happen. Dare I dream it? Should I? Hmmmm

How do I expand and grow a company beyond myself?

JGI Folk Dance and Travel Empire.

JGI Folk Dance and Travel Empire. Dare I use the word "empire?" Well, it did come up. What does that mean? That I'm moving in the direction of growth. Empire growth.

Is this hubris? Arrogance and chutzpa? Or am I onto something? A new direction? Should I study other empires?

Company Leadership

Is it a "Why should they listen to me?" question.

Same as bar mitzvah folk dance question: Why should they get up to dance just because I ask them. Just because I say so?"

Doesn't leading a company deal with the same question?

It's about authority and leadership.

Do people really want to follow? Maybe they do. They just need good leadership.

Why would Lee, Richard, Joe, Tineke, Adam or any of my tour leaders want to do what I tell (ask, suggest, say to) them? Do they also want (and need) leadership? Maybe they do.

Well, let me take it a step further: I'll assume they do want and need leadership. (Dare I assume this?)

Do leaders want (and need) leaders?

Well, captains want (and need) generals.

Leadership: Study how a general runs his army, an executive runs his company, president runs his country, etc.

Sunday, November 10, 2013

Back to Basics (Small and Limited "Empire")

I feel abuse, knocked, down, battered, beat, and more and etc. The grand finale is the pulling of my wisdom tooth. What pain!

Added to this is the reverse beating, namely extreme almost manic joy over my Albanian tour. It is disbalanced and unbalanced me: The final result was yesterday Shark Tank "empire" desire. I have really been thrown off balance.

But at last it's over. This morning, I feel better; I even feel healed.

Why? I'm back to basics; back to what I can and love doing. My small and limited "empire" (like limited government) is this:

My "empire" is in my books, my small mini-folk dance "empire" and in filling the 9 tour "empire" that I am running. That's it. Small and limited "empire;" small and limited government; small and limited miracle schedule; small and limited "must do's/" It is doable, practical, within reason, within bounds, and I can do it. Period.

Goals

So, as of today, here are my goals for the year:

1. Continue pursuit, understand, conquest of social media,
2. Fill my nine tours. (Tremendous goal. Certainly enough. What an accomplishment that would be. I don't need Shark Tank or Empire. That, in itself, would be a Shark Tank and Empire!)

3. Fill Monday (and Darien?) FD class through Meetup.

4. Promote my books through social media.

Bouncing them along

5. Music: No musical goals as such. What about "performing?" More of a development, I've reached it. There, not a goal anymore. We'll see where that leads, if anywhere.

6. Same with exercise: running, yoga, and gym. Developing and "in development." Use to improve my dancing. (Could make it more athletic and graceful. be called a goal? Maybe.)

7. Writing: Same music and exercise. Bounce it along.

8. Studies: Language and history. Same. Bounce them along.

Monday, November 11, 2013

Guitar: Full Steam Ahead!

Gavotte en Rondeau:

All my musical life, I've held back, afraid to give it my all because I don't know it well enough technically, and/or I'll make a mistake, or I won't play it clearly and cleanly, etc. On and on.

Well, screw all that now! I'm at a new stage, a new "full steam ahead" point in guitar and in life.

Guitar-wise and life-wise, I'm ploughing ahead, rolling on. No more hesitation merely because mistakes, uncleanliness, and disclarity will show up, emerge, emanate, and dis-functionally appear. Screw it all. I don't care anymore. Caring-wise: Been there,

done that. Now, at this late stage in life, guitar playing, and guitar development, it's full steam ahead!

Is this the post-dental operation wisdom?

Did removing my wisdom tooth give me the time off to germinate this change?

Maybe.

Tuesday, November 12, 2013

My soul is slipping away.

Is there another way to make a living? (Thinking about this is a good way to get away from tour sales, tour business, and the uno idea that only tours will support me. I'm also a touch worried that no one has registered for a tour in a week. Plus no answers or responses from my email tour itinerary and schedule blasts. Very quite her sales-wise.

Yes, its true this is a down period. Certainly, November to December. Even up to January 15th are the lowest months. Nevertheless, I worry. There is always such uncertainty in this business and every quite period reminds me of it.

In any case, that is the nature of this business, and the nature of life. The question is: How to get through these moments? And this even though the moment my be a couple of months.

One idea is: Develop a new skill. Another: Start a new business and/or push and promote an old business. Or all three!

I like it!

Let's look at it more closely.

1. Develop a new skill:

a. I'm devoting this year to learning video and social media, etc.

2. Promote an old business/start a new one

a. Promoting my books through links, FB, etc.

b. Promoting folk dance Monday through meetup.com

c. Edit and rewrite Infant Vision

3. Starting a new business

a. Can't think of anything. (Could I call my book and folk dance promotion two "old businesses in new forms?" Maybe. (Music, performing? I doubt it. I'm pushing it.)

4. During this quiet period, bounce the tour sales along with an occasional email of itineraries and Schedule.

Meanwhile, free myself from the tour business no registration fear by giving up on the tour business! Drop it totally. (At best, a sideline, a hobby.) Think of another way to make to survive, get through, and make a living.

Get back to artistry, creativity, and the personal adventures and explorations of the internal hobbit-hermit life.

Sinking

I play Alhambra well.

Then came a fascinating sinking, which I (used to call) "depression."

Strangely, part of me likes and even welcomes this sinking, this "depression." I sense it will lead me into the basement of my mind; that's where the moist dark, fertile soil lies. Burying in this soil will once again stimulate my creative mind; then, in its twisted fashion, it will give birth to a twisted vine, one that can grow through the tiny, distant basement windows and ultimately, reach the sun outside. Then I'll create a new

flower.

Perhaps “sinking” is a better word than “depression.” I sink into the basement where the dark nutrient dirt, filled with juicy bugs, worms, microbes, and creative enzymes lie.

Wednesday, November 13, 2013

The Happy, Fulfilled Life: Combining Internal and External

The happy, fulfilled life combines internal and external.

The Five Big Internals are: Writing, music, exercise, language, and study.

They must be done daily, even just “touched on” for a few minutes, for my soul.

(Re language: A new sound a day, in any language, keeps the doctor away.

Necessary, indeed, for my writing soul!)

Study for the year: computer, video, social media.

Business is the Big External.

The happy, fulfilled life combines internal and external.

Energy-Drain

Post-tooth it seems my energy has just drained out of me.

And this in one week! (Last week I had the greatest ever folk dance class!)

Why? What’s happening?

Is this some kind of transition? Re-balancing? Repositioning? A step backwards before I spring forward? Other?

Feels like more of a repositioning. After all, things feel like they’ve fallen together, plus my music works. And my dancing was great. Is my draining fatigue due to a pull back while I learn to acclimate and get used to this new level?

Seems so.

Yes, I feel vaguely mad, but at what, I don’t know.

Thursday, November 14, 2013

Jumping Around: Following Monkey Mind

It's jump around day. See how that works.

Jumped from Byzantine history (Heraclius, etc) to Hebrew ((ichpat caes and ikach debate, lavikooach, disagreement) and to Albanian ai (that) ((a word a day keep the doctor away).

Now to guitar, and video study. See if it works.

Basically, I'm using mh morning freedom to follow my monkey mind rather than fight to control it. See how this works.

Saturday, November 16, 2013

Perhaps Day

Perhaps Needed: A Strong Break

Strange, I feel very dirty and polluted this morning, that somehow I have lost my way. And yet I like all the things I am doing.

Too much computer. No.

I can't figure it our. But it's there.

It may simply be that I just need a break. I've been at the computer for a month, working a media, pinnacle, making videos, etc.

It's a perhaps day. Perhaps I need a strong day away from the "usual," a shabbat, a day off. For my break, a strong Saturday (or even weekend) dive into language (Hebrew), the guitar, and exercise.

Once upon a time, a day of purity (even a life of purity) was seen as spending my days, weeks, even my life, ensconced in a hidden room, far from the world, practicing the guitar al la Horowitz and Glenn Gould. Or studying the physic of the universe in the attic a la Albert Einstein. Or even writing the great American nove in my room a la Hemingway, Kazantzakis, or Henry Miller.

What happened to my former heroes. What happened to my hermetic, monastic, meditative, communing-with-the-Cosmos life?

Has the balance shifted too much? Am I now too much in the world? Maybe.

I need a break to touch my roots, to remember and resurrect the dictates and life styles of my heroes.

But I must also admit that I'm getting good satisfaction of my present life in the world, and my newest video and social media studies. Evidently, I've made my peace with the outside world, and can even say I get satisfaction being in it! "Enjoy" is perhaps still too strong a word. Although I envision getting there someday! Maybe even today. Right now.

Yes, somehow I've managed to make my peace with both inner and outer worlds, getting satisfaction (and pleasure?) in both. Enjoy them? Maybe even that.

Maybe now it is a question of getting used to this new state: Satisfaction and balance between the two worlds.

The inner and outer worlds of guitar have been satisfied by my newly acquired ability to perform in public. Of course, this has not yet been "tested." But really, does it even need to be? I'm not trying to prove anything. I just want to live in a state of wonder and amazement.

And what does the potential up-coming job with Sandy Brooks signify? To lead group singing, among other things, at a party. Bringing all the worlds together. Unifying my private skills in public and vice versa.

Impossible Dreams

The word "marathon" just popped up in my mind. I dreamt about that once. My impossible dreams approach.

I need impossible dreams. Can I resurrect them?

I am definitely crying because I lost, or at least forgot about reaching for impossible dreams.

Time for some new impossible dreams.

What will they be?

Folk Singing

Maybe the “problem” with singing for me is that it is simple too emotional. I break down crying when I sing many of the songs. Witness what just happened with Dark as a Dungeon.) They are just so beautiful, so emotional, so powerful, too beautiful, emotional, and powerful. I just “cant take it.” So I don’t sing.

Is that my “problem” with singing? Why I gave it up for years, and opted for the less threatening practice of classical guitar technique? Did I run away from a folk singing career because it was too beautiful, powerful, emotional, people and gone-public oriented?

Wow, what a thought.

But now I’m ready to return.

Is this also the reason for my present “chills” and feeling I’m bordering on getting sick. The beauty, power, and emotion (touched by Sandy Brooks call, and folk singing at her party) brought back the power of the folk singing feelings. The “It’s too much” and “I can’t take it.”

Rather than face the feelings, I create a sickness (chills) and retreat into it. But aren’t they chills of repressed overpowering emotions? I’d say they are.

Sunday, November 17, 2013

Seismic, first-class, return, priority shift:

1. Writing: It is on its way. An hour a day of writing.
2. Guitar: Invent a new improvement and direction goal.

Beyond Technique

Phrasing: Is the challenge in the phrasing? Technically, it is so easy. A non-

challenge challenge.

Maybe my next guitar challenge has little or nothing to do with technique. Maybe the next guitar challenge is “beyond technique.” What happens after technical mastery is achieved?

Beyond technique: Definitely, the right direction. Scary and frightening in its own right. New, different, a totally unique adventure every day, a place I’ve never been before.

Monday, November 18, 2013

My Main Task: Enjoying the Day

Dealing with John and his bill is an unpleasant task.

My goal and desired philosophy is: Deal with it, but don’t worry or fret about it, Don’t let transient annoying situations destroy, deter, and distract me from my main task: Enjoying the day!

However, it is distracting me. I need to deal with the distraction before I can remove it from my vision and move on.

What are possible solutions?

1. Worse case scenario:

a. Lawsuit: Bring it to small claims court.

B. Big argument and fight. Physical injury, etc. Actually, I’m more afraid of this than a law suit. I have very little experience and am not good at fighting physically. Plus he is stronger, younger, and in better shape. Yes, a physical fight is my biggest worry.

Will it happen? I doubt it. But it could. Yes, it is a reflection of my anger, but so what? Realistically, it could come to that.

What to do? How best to fight?

In facing superior strength, retreat, then use another strategy. Use different weapons.

What then are my best weapons?

Talking. I'm good with people and dealing with difficult situations. Witness my work as tour leader. The president of the USA, a CEO, or leader would never resort to, "lower themselves" to physical fighting. (A leader does not "lower" themselves to physical fighting.) If it ever came to that, they'd hire or call on someone else. An army, police, other. I shall do the same.

Much better to try to work it out using:

1. Understanding: How did you arrive at this bill?
 2. Persuasion: It is in your self interest to work this out.
 3. Incentives: We like your work and want to use you for future jobs. But we must first work out a way of working comfortably together.
- Then, as a final resort, the courts and legal system.

Tuesday, November 19, 2013

Linguistically, what is the difference? Is there a difference?

FB: How to create mental health and stimulate the mind?

In this year's experiment, I'll try studying three, or even four languages at once: Hebrew, Bulgarian, Greek, and a touch of Albanian. My philosophy is: "A new word a day keeps the doctor away."

The New Leaf/Infant Vison Philosophy

By writing both my journal and my fiction, I am discovery my philosophy of life.
The New Leaf/Infant Vison philosophy.

Two Guitar Warm-Up Methods

A new way to warm-up on the guitar: with a folk song!

Why? it especially warms-up on my hands which needs it.

Two guitar warm-up methods:

1. Warm ups with legatos, scales, and arpeggios. That's the usual classical method.

2. Warm up with folk songs: Strumming simple chords while I sing folk songs serves the same guitar warming-up purpose.

I'll learn to love singing again.

Wednesday, November 20, 2013

Folk Song Self and Folk Singing Self

This morning I awoke with a depressing descent into the pits. Why?

Two reason I can think of:

1. I ended up the day yesterday having "finished" my projects. Everything is "in place." That means, I've got "nothing to do." I face the emptiness.

2. My new folk singing/folk dancing/classic guitar job for Sandy Brooks birthday party. It means folk singing for the first time in 30 or more years! I'll need to resurrect all my old songs. Do I even know how to sing anymore? It's an annoyance, bother, threat, and a distraction.

Distraction? From what? My projects like writing, video, social media, selling tours, etc. But I thought that, at least for now, I had "finished" them. Well, I have. Truth is, I have a little time between projects. And a "new short-term project is okay, at hand, and in order. What can it be?

The resurrection and return of my folk song self.

First the ontological question: What is my folk song self? It's been dead for thirty years or so. What is it, anyway? How, and in what form, can it be resurrected?

The distracting annoyance of these questions is "depressing" me this morning. But of course, such depression is always the prelude to creation.

Creation of what?

My "new folk song" self. Or is it my folk singing self?

Is there a difference? Yes. "Folk song self" is static; "folk singing self" is process.

Actually, I am both.

Okay, that's settled. Now what?

Let's start.

Using the Sandy Brooks party and my motivation, I could use the next three weeks to both resurrect and create a new folk song program.

To begin with, let me not call it resurrect. Actually, the past can ever be totally resurrected; it can only be reborn. And although an obvious influence, the past cannot be repeated. It can only be reborn in a new and fresh form.

So, like the phoenix rising, although I am building my new folk song program on the ashes of the old, actually a new structure is being pieced together and rising.

A new folk song program based on the new me.

How and where to start?

Three Week Folk Song Self Resurrection Program

1. Start morning warm-up Collier singing exercises
2. Then do folk songs.
3. Another "inspiring" business question: Do I want such "club date booking jobs" in the future? Is this the beginning of a new venture, a "new career," development of a new aspect of myself? Do I want to bother? Am I even interested? Strange, how I used to be and once was. But now, with tours, folk dancing, and other aspects going pretty well, along with financial stability, do I still want or care about performing and my club date status and jobs? I don't know.

In truth, business-wise, I could build this kind of program up and into something. With folk singing and group singing I could make money at it. It would be "easy" and certainly different. A "no sweat" kind of job. Pleasant and easy.

Do I want "pleasant and easy?" Is it a new kind of "challenge." A non-challenge challenge?

Good questions for my new place in the present and future.

Thinking business-wise, (even without the money aspect, although certainly that is important) would certainly push me in a good way. Like tours, it would push me to be better than myself.

Should I think business-wise? Maybe. I know it's good for me. But how can I think business-wise, if I don't think money-wise?

Then maybe I should think money-wise. And this even though I don't need money in the old panic-driven way. Money remains a value, and pushing myself beyond myself, up Jacob's ladder, and to be better than myself is a value that is very valuable. I help others, I help the world, I help myself. A win-win for everyone and everything.

Money measures the value of business, and vice versa. Maybe business and money cannot – and should not – be separated. Maybe they are part and parcel of the same thing. Just like you can't separate the stone from the stone statue.

Yes, it's a false distinction. I'm happy to be free of my financial panic. (But, of course, it could return any time if my situation suddenly changes. And, since anything is possible, that is certainly always possible.)

Folk Singing Must Become a Business

Thus, from now on, business and money go together. And folk singing must become a business. (Wow, what did I just say!) It's the only way I can push myself beyond myself, become a better person, grow, develop, expand, and push myself to be better than myself.

Thus, I have a new business; I am developing a new business. The Folk Singing Business.

Importance of Business. . .(and Money)

This definitely shows how important business, and its hand-maiden, money, is for my psyche and personal development. Business, along with its desire for money, is what pushes me out of my room, into the world, and, in the process, forces me to be my

best!

Business and money, it's handmaiden, are my grand motivators.

Business is the good-in-itself; money is the means to this end. Both are contained in the statue, the work of art called Busy-ness.

Busy with others in the world.

Thursday, November 21, 2013

Four languages: Hebrew, Bulgaria, Greek, Spansih.

Friday, November 22, 2013

Sales as a Higher Calling

Low on the wake-up. I wonder why. Need a higher calling to keep me going. Could it be through people, and sales?

Where do languages fit in? An writing?

Languages are an aspect of tours, and folk dance.

Writing, I don't know yet.

Also, stop feeling sorry for yourself. Dive and push past it. Screw the down feeling! Go to work fulfilling your language and more requirements.

Tours, Embarrassment, and Humiliation

I'm going to let my tour leaders, suppliers, agents, and more down. if I don't advertise, promote, and push my tours.

I won't let anyone down, if I don't promote my club date bookings or even folk dance teaching bookings.

This means that truly, promoting tours is my main promotion and advertising direction. Tours are for money. But they are also beyond money. I also need to fill my tours in order to fight humiliation and embarrassment. And this will happen only if I don't try my hardest and give it my best shot!

The Strange Case of Singing

Strange, but I can't think of one reason to sing. Maybe I simply don't enjoy it anymore. It's become a pain in the ass. Perhaps the "been there, done that" is so thorough, my singing is totally over.

Factually and truthfully, I simply can't find an inner reason to do it.

Why did I ever do it in the first place? I don't know.

To please others is absolutely not a good reason to do it. I can only do it first for myself, by finding an artistic, inner reason to sing, (Then, of course, it will expand out to others.)

But I can't.

Saturday, November 23, 2013

Positive Distractions

My goal and desire during this period is to distract myself from my down, melancholy (formerly called depression). Once I start distracting myself, I get involved in my distraction and forget my down.

Distracting myself from downs of monkey mind is a positive, good, healthy pursuit.

Depth Playing

Guitar: Alhambra and Bach Prelude in D minor:

It feels like I'm slipping into the past.

But it is impossible to "slip" into the past, impossible to go backward.

Although it may feel like I'm going backward, feelings are deceptive. In actuality, I am moving into the future!

My new slow, thoughtful way of playing is a very personal. It's a "that's my

style," way of playing. Very confident. This new and future confidence is found in

Depth Playing, a new, slow, thoughtful, mature, creative path.

It's a positive path, a mature development, the gift of age and experience.

Same is happening in language study. Depth Study. Slow and certain.

Monday, November 25, 2013

Yes, I have quiet time until January. Stop whining; give up the depression; get off the down, and get to work!

Schedule for this period: (Thanksgiving to Jan 5)

1. Morning: 3 language study: Hebrew, Bulgarian Greek. With some Spanish scattered throughout the day. Except for a.m. Hebrew, the others all in 15 minute segments.

2. Daily writing and guitar

3. Exercises: gym, yoga, running.

Business and sales:

4. Daily:

a. Posting in FB, plus social media, video study.

B. Tour calls, emails, FB and other postings

c. Book sales (holiday gifts for December)

(D. Club date promotions?)

Psychology, Know Thyself, Tempering Overwhelmed

Nature abhors a vacuum.

This is true of the mental vacuum created during quiet periods. If you don't push to be the best you can be, depressing thoughts roll in.

How to get rid of them?

Daily reminder: Perform at a higher level.

What about being overwhelmed?

Better overwhelmed than depressed.
Plus you can practice "Overwhelm Stop."
Watch the "overwhelmed feeling." Wait.
Then change directions; move on to something else.

Tuesday, November 26, 2013

Sales are my Form of Connection

The importance of sales!

Sales is my form of connection to others. Evidently, I have underestimated its importance.

Check out my musical life: Most of the time, audience is in back of my mind when I practice guitar; secretly, I am "playing for them." What better proof that audience, sales to an audience, connection an audience, to others is dramatically important to me.

Without sales and connection, I dry up and die a bit inside. Motivation disappears; a strange kind of sadness, isolation, and depression pushes my soul down.

I underestimated the importance of connection. It is a life's blood to me.

I open myself, connect to the world when I sell.

Sales are my form of connection.

Sales Belongs in my Miracle Schedule.

So, how and where can I daily sell?

Perhaps, like writing, guitar, languages, exercise, etc, it has to be part of my daily routine. Not much, just a bit of sales.

Perhaps, in this connecting spark sense, sales is part of my miracle schedule.

Note: I get depressed if I eliminate even one part of my miracle schedule. Note: I get depressed when I am not connecting through sales. And, when I do, when I make a sale, my spirit soars through the roof in ecstatic happiness!

How could I have missed this sign? Isn't it total evidence that sales are a vital and

necessary part of my miracle schedule! The same spark that lifts me into the divine when I write, play guitar, run, dance, study, etc, is the same spark that lifts me into ecstasy when I sell. What, after all, is the difference? None I can see.

In this sense, sales (and with it business, which is an expression of sales) definitely belongs in my miracle schedule.

How could I have missed this truth for so many years?

Of course, I have to believe in the products I sell. But evidently, beyond that, even the products I sell are not that important. Whether it be tours, books, weekends, club dates, the main thing is the sales process.

Wednesday, November 27, 2013

Trading in the Market: Study Technical Analysis

I am very cynical about my market trading skills.

Bottom line and psychologically, I don't believe I can make money trading. Yes, I have been proven correct over the years. Yet, I persist in trading.

I have moved mostly from day trading to swing trading.

What are the positives and negatives?

Positives:

1. I love the challenge and excitement of trading.
2. I'm losing less money. (I'm mostly out of penny stocks.)
3. Trading is good for me! Mentally, emotionally and physically. Mentally, it keeps my mind jumping and active; emotionally, its constant challenge hits me in the gut; physically, the stimulation makes me run faster.

Negatives:

1. B considers mine a gambling sickness. But I don't. (This is a negative I should drop. Dump it, get rid of it, Now!

2. During the past years, I have mostly (only?) lost money. But I am "improving."

Witness, I'm losing less money.

Looking at the negatives: Number one should be and will be dropped. Number 2 represents the past; it should and will be dropped, too.

Thus, I have no more ("need for") trading negatives.

The above represents past learning experiences.

I believe in a fresh start. I'm ready to move on.

Into the future!

Mentally, personality-wise, and trading-wise, I am more of a technician than fundamentalist. Return to the study and practice of trading "with a vengeance."

What about encouragement? Do I need it? Yes.

But my real encouragement comes from my love and fascination with the game.

The challenge and excitement of trading.

Is that enough to make another go of it? Yes.

Return to a committed study (now technical) of the game.

Do I deserve to grab the fun fruit? Obvious answer: Yes!

Okay. Back into the study and practice of trading. With an added long-term study of technical analysis.

Take out books on technical analysis and more.

Start reading.

Thursday, November 28, 2013

Scattered

I've become totally scattered. Aiming at too many things at once. My focus has been compromised.

It is monkey mind personified. Should I cut back, focus, narrow my desires and vision. Do one thing well. Ah, how peaceful that thought would be.

How to get hold of myself? What to do? I don't know yet.

Immediately, what is on my mind?

1. Languages: Learn three: Greek, Bulgarian, Hebrew
2. Stocks: Technical analysis. Let's face it. I had a better day yesterday. Maybe I could improve, even get good at trading!?. Now there's an (important, that is, financial) idea to focus on.
3. Writing: Infant Vision, edit NL, Blog
4. Exercise: Run, gym, yoga
5. Miscellaneous: Guitar, tours, folk dancing, etc.

Plan and Schedule for December

1. Tours, folk dancing, etc.
 - a. "Drop them." Do the minimum. Jan. 10: Tour sales campaign begins.
2. Focus on stocks.
 - a. Technical analysis, etc. Give it one intense month. See how well I do for a month.
3. Exercise:
 - a. Keep it up. Run, gym, yoga, guitar
4. Writing:
 - a. Infant Vision???
 - b. New NL editing standard:
All edited pages must be on a "gone public" level, must be put
into Facebook. I like it.
5. Languages: ????

Friday, November 29, 2013

Reasons to Play Music.

Following my Miracle Schedule is my True Path!

I need guitar playing for my health: my mental, physical and spiritual health.

Is writing the same? Could be.

Witness burping, belching, and anger expressions. Calmed by music and miracle schedule actions.

Maybe the mean I am angry because I have been thrown off, distracted, from my miracle schedule past! Yes, feels right. That is why I am angry. It means that following (the dictates of) my miracle schedule is my true path!

Saturday, November 30, 2013

Better Happy than Sad

Grab the Forward of Yes!

I'm playing slower and it's okay. Slower and better. Best is to be most totally myself.

This is all a wonderful maturation. I removed the cover, took a step toward freedom, chipped off the old oppressive Segovia-hovering world.

Yet, for a moment, a bit of sad crept in. Why?

Brief return to the old neighborhood.

But that's over. I'd rather be happy than sad.

Grab the forward of Yes!

Monday, December 2, 2013

And yet, paradoxically, the first thing a sales person must do is retreat into themselves to find their to find their unique passions, loves, burning desires and core beliefs.

It is essential that the sales person know thyself, and use their core principles as a launching pad to step into the outside world to face others. If they themselves do not believe it in their process and product, how can they convince others?

Wednesday, December 4, 2013

Business Goals:

1. Stock market trading.
2. Fill my tours, promote my books, fill FD classes. How?
 - a. Facebook: Daily postings. 2500 followers by June.
 - b. Blog. Writing. Write posts for FB and blog.
 - c. Meet-up

Personal Goals: (Body and Soul goals)

1. Music: Practice “for my health.”
2. Exercise: run, yoga, gym. Practice “for my health.”
3. Writing: Bounce my novel along. Practice “for my health”
4. Studies: Language and history. “For my health.”

My Invisible Foundation

The “for my health” part is the invisible foundation for everything I do! It keeps body and soul together. Without my “for my health” everything would fall apart.

Both goal lists priorities are priorities. Should I reverse their order? Put “for my health” “goals” before business goals? Thus:

Personal Goals: (Body and Soul goals)

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I am in reorientation mode.

But business is now somehow "first." What does that mean?

My old goals are done. New goals are falling into place, but not yet there. That's why I so listless and tired; I have no real direction or energy.

Somehow I want to bring writing into business mode. Maybe through blogs, daily posts on folk dancing, travel, other.

This while keep Infant Vision bouncing along "for my inner freedom and mental health."

The Path of One

Maybe everything has to be reorientated toward business. Even the "for my health" projects.

Could Infant Vision, Inc ever become part of my business? What a challenge! And why not? How is the big question. But it would certainly unite my energies and put me back on Unity Road, the path of One.

Stock Market Trading

Where does stock market trading fit in? It's definitely part of my life. And I want to be part of my life. It's mucho fun and I like it (but only when I win.)

Where does it belong?

Is it part of business or miracle schedule "for my health?"

Or a new category of "hobbies?" I hesitate to say it is part of my business. Why? Because it is really gambling. (And its mucho fun when it works and I win and I make money.)

But my business is also mostly gambling, or at least always a gamble. (And gamble comes from the root meaning to play.)

So maybe, in a strange way, gambling in the stock market belong to the miracle schedule and its playing aspect.

I'm still not sure where or why this goes. The very words stock market trading make me slightly nauseous. No question, a part of me feels this is sick, wrong, immoral and bad. Yes, this feeling comes from upbringing. It is the "bad" and adventurous part of me.

Aha, I like that: the adventurous part of me. Like Columbus, gambling belongs to the adventure part of me. He wouldn't have discovered the new world without taking a chance. Me, too.

Gambling goes with adventure. Let's explore this further.

Thursday, December 5, 2013

Anything Can Go Wrong at any Time

First my internet connection stopped. In the process, of trying to fix it, I took some "extra steps;" I decided to "refresh" my computer thinking it would improve its operation. I didn't realize that, in the process, I'd wipe out most of my computer programs. I took a chance to improve things, and I lost.

24 hours of hell followed trying to restore things. Now they are better, but still not right.

What is the lesson? Anything can go wrong at any time. Remember it.

I've been thrown off guard, and forgot this truth. How come? Easy.

Everything going pretty right for the past month or so. This has lulled me into a false sense of security.

My computer wipe-out is like a pre-tour warning. Watch out. Things can go wrong. Remembering this puts me on guard. I stand in tiger-poised position ready to spring if anything goes wrong. I am watching, waiting, ready. I'm standing at the edge, poised and ready to leap. . . but not yet. And I may never have to leap. But, I'm ready, just in case.

This time, I was definitely not ready. The wipe out caught me totally off guard.

What did I learn? Anything can go wrong at any time.

Just because December is a “quite period” doesn’t mean I should drop my guard.

Be poised and ready, any and all the time.

This is a wake-up, poised, alert, fighting mode.

A good place to remember and be.

Friday, December 6, 2013

The Ideal Life

Rearrange my Priorities

The ideal teenage/college/pre-marriage life consisted of violin, basketball, and later, during college, dreaming intellect, which, in my miracle schedule, I would change to: study.

Violin: Teenage play and sport

- a. Guitar, violin, gaida, singing, sound
- b. Extensions: language, writing (sound)

Basketball: Teenage/childhood: Sport and play. Running wild on the lawn.

- a. Run, yoga, gym, folk dancing,

Study College

- a. Sunny intellect, reading, philosophy and dreaming.

Note: Tours, business, stocks, selling, concerts are not part of the Ideal Life. They are post-marriage creations, tension-producing necessities that f. money, forced me to “grown up.” In the process, I always balanced dreams and “ideal life” with the post-marriage, making-a-living, always selling, pushing, tension-producing reality.

But with kids grown, and having grown up, do I still need to stay grown up? I even have the financial stability, money, wisdom, and time. Can I, should I (If not now, when?) return to the ideal life?

Of course. How?

Rearrange my priorities.

Saturday, December 7, 2013

Stock Market Trading Downs

Lost mucho in MCP yesterday. Why does losing (in the stock market, my personal account especially!) bother me so much?, It actually destroys me. I feel so betrayed, frightened, and even angry. Is it partially because losing makes me feel I should give up? The feeling of giving up, especially something I like doing, destroys me. In my career, the feeling brought me to the bottom. But then, I'd turn around with a "Never! I'll never give up. I'll die first." Where did that strength come from? Perhaps because I know that if I give up what I love, then why bother living? Thus, giving up, especially a pursuit I love, means giving life itself.

This was true in music, my career in music, and by extension, folk dancing, and even tours (an extension of folk dancing.) But I know I love music, and dancing, and the arts. Plus I feel they are "healthy" pursuits.

Do I really "love" stock market trading? Do I think it is a "healthy" pursuit?

Up to now, I answer no to both of these questions.

But am I right? Maybe a part of me loves the stock market trading. Maybe part of it is a healthy pursuit.

Notice I say "part of it." Why? Which part?

Notice I say "healthy." Why? Which part of it?

Is it the stock market part I love? Probably not. Rather, I think it is the trading part. That is the challenge. And when it goes up, I feel glorious; when it goes down, I feel walloped and betrayed.

Isn't it the same for sales? When someone registers, I feel glorious; when no one responds by registering, I feel down and betrayed.

What is the relationship between trading and sales? Between winning and losing? Am I tied forever to these concepts? Probably.

If yes, how can I stay in the games and not feel destroyed?

In truth, I am not destroyed; I only feel destroyed.

Why do I choose to feel threatened and destroyed?

Do I need this threat of potential destruction? Up on recovery, does it subtly motivate and reinvigorate me to make a stronger effort, to try again?

That would mean I can never, and more important, should never, give up stock market trading or sales.

Is trading a negative or positive addiction? Is it a disease? A part of melikes to call it a disease. Is that my family calling? When I lose in trading, do I hear them calling me a loser, and thus subtly bring myself back to the old neighborhood?

Sounds like I'm getting close. Certainly, the feeling of put down, wet blanket, you'll never make it, stay in your room and play violin, and destruction is similar.

Sunday, December 8, 2013

Wow, the idea of me wanting to be an artist, or even a writer is, at this point, holding me back. . . from growing my business.

Tuesday, December 10, 2013

Totally vulnerable. Back up everything!

Wednesday, December 11, 2013

I'm disgusted, angry, and confused this morning.

Disgusted and angry because I've been so pushed around by my computer problems. Well, that's just about over.

I'm confused by which direction should my business go?

Use this new energy to push forward and raise me up.

Thursday, December 12, 2013

Stock Trading as my Profession

Turn my hobby of stock trading into my profession.

What does this mean? What is a professional?

What is a professional stock trader?

See stock trading and money management as my new profession. (Why do I “throw” money management into this? To make myself respectable? To diminish my old bad feelings about trading? Probably the latter. Do I really want to “manage” money? Of perhaps, while stock trading, I am managing money. . .but in my own way.)

Now guitar playing, folk dancing, writing, even folk tours, would (will) become my fun hobbies.

What a transition, reversal, and change. Feels right. But only long-term will I know if it lasts.

Friday, December 13, 2013

I feel like I’ve “forgotten” how to play guitar. But perhaps it’s only getting used to a new “it’s my fun hobby” way of thinking about it.

Note the word “fun.” Fun hobby.