

Happiness Beyond Acclaim

Looking Beyond the Sun

Tuesday, April 8, 2014

Writing

Mashugi and Infant Vision

I like not worrying or even thinking about plot. Very relaxing and freeing. I can write in any direction and about anything I want. I can use any words I like, even making many of them up. It all fits and goes into the stew. Who knows where such writing will lead? Certainly, not me. And I like it that way. Every day I get lost, and then find myself. Every time I write, it is an adventure. Way to go, Mashugi!

Looking Beyond the Sun

This New Leaf is about my own personal happiness beyond public acclaim. It's about rediscovering and returning to my roots, the beautiful reclaiming arts of writing, music, choreo, and more. But this time with no desires, hopes, purposes of public approval, acclaim, or anything beyond myself. This new voyage is only for me! I'm on it to reclaim my soul. Period. No other reason.

Finding my soul, alone and glorious, on the mountain top.

Chewing on infinity, I peer into the mouth of eternity.

Alone and glorious, standing on the mountain top, looking beyond the sun.

Yes, to find and save my soul I must retreat for awhile.

I must return to my cave, my isolation room, the violin chamber of my teenage years. I must rediscover myself, find and embrace my soul again. Unite once more with the Beethovenian meltdown of Magnificence.

I've been dealing in the material world too long. Tours, business, people,

numbers, more. The mud of material existence has darkened the glass; I can no longer see myself through the mirror. Time to move beyond my public surface and back into the energy creating artful engine of my soul.

Choreography

Totally new, Post-Tamburitzans, a la Mashugi freedom.

Could this be found in guitar, too?

Later: Let's face it and call it what it is: Total depression, no direction at all.
Wallowing in nothingness.

Jesus Christ, what happened to me? I was doing so well, then suddenly I fell off the wagon. Now I'm wallowing in the land of total nothingness, down, depressed, lost, and miserable. I have totally lost perspective. And the descent was so rapid!

Now I'm at the total bottom. Even all my stocks are down with me. Lost mucho money today as part of the deal.

When will this be over? When will I return? Evidently, I can't hurry the "process." I just have to "wait it out."

Wednesday, April 9, 2014

Rubato

Finding and Realizing my Infant Vision

I want, need, and am always looking for an expansion.

Could rubato be my guitar expansion?

Guitar expansion is similar to Mashugi-style writing.

What is Mashugi-style writing?

It is the Infant Vision form of writing.

It has nothing to do with audience. Mashugi-style writing is only for myself. It's

purposeless “purpose” is to inspire, expand, and remind me of my soul. It is written or “performed” on the mountain top, alone and glorious, and looking beyond the sun.

Rubato is Mashugi-style writing for guitar. It gives me the freedom to play and write only for myself?

As I do it, I enter a New Leaf looking beyond the sun.

It’s also seeping into choreography.

I wonder if it will drift into stock trading, my form of money play.

An Infant Vision form of writing, guitar playing, choreography, stock trading, and more: Indeed, that is my path.

I know that’s it. And I know that’s what this transition is all about. I just found and realized my Infant Vision. Amazing.

April 9, 2014

Leading the Rubato Life

With age and maturity, the distance between work and play diminishes. Work becomes play and play becomes work.

Is going backward, otherwise known as “maintenance,” an upward direction?

Returning with a Difference; Warm-Ups

Can I warm up differently?

1. Guitar: through pieces (5 minutes)
2. Dance, run, gym, yoga: 5 minutes of light movements?

New Warm-Up Methods

1. Guitar: Slow, focused, rubato Alhambra as my warm-up.
 - a. Then try the slow twist (fast) muscles.)
 - b. Rubato: Follow my feelings.
2. Similar for dance, run, gym, yoga:

Ultimately, the meaning of rubato is: Seize the moment!

Leading the rubato life.

Friday, April 11, 2014

Life is for my entertainment. Any purpose beyond that is questionable.

Directions and Goals: Post 77 Transition

Opening gambit: Guitar

1. I won't "own" the guitar until I can improvise on it. Today I opened with an improvised G chord and G scale. A first!

A. Next: rubato Alhambra. "Owning" (my own) Alhambra.

2. Study, practice: I want to "master" Excel and Pinnacle.

In totality, this is different. Believe it.

The post-77 transition.

Stuffing Down the Wonder

Why rush? I'm stuffing down the wonder. Too powerful to face the miracle, glory, and awesomeness of life. (So I suppress the wonder, stuff it back down my throat; the kabbalah joy is just too powerful to face and deal with, moment to moment.)

Stuffing down the wonder equals suppressing the power) of joy.

Alhambra and Arpeggios in the Post-77 Era

The fast is based on hope and prayer that it will work. It's the pleasing the audience, non-ownership approach.

The slow is based on confidence, looking to my deep relaxation within, forgetting about audience, and knowing it will work!

Thus, give up fast.

Replace it with rubato. Ultimately, rubato is slow, focused, expressive, and confident.

Big league decisions and directions.

Saturday, April 12, 2014

Learning from Failure

Stock market: Second time I have gone back to square one. Three times and you're out. I have one only more time to go.

I know I have no talent in the market, and have made no money in it for years. In fact, I've mostly lost money. What better proof is that?

Any yet I persist. When will I learn what I have to learn? I know my true place is out of the market, or at least, make a few safer, stable investments and forget about them. Yet I persist in trading, and, although up for a few weeks, and a month or so, eventually, I go down and back to square one.

There is definitely a lesson here somewhere. I even know what the lesson is, but somehow, I have refused to learn or take it.

And this is the second "back to square one" scenario. Three times and you're out. One more time to go. Plus the "new" factor is, I now have enough money, I'm in a good financial position, and I don't even "need" the stock market monies. I'm trading mainly for the fun, gambling, and challenge aspect. Not for financial need, or not even to escape financial worries.

There is now absolutely no reasonable reason for me to be so deeply involved in the market. Except that I have nothing better to do with my mind; no real great challenge to absorb me.

I'll thus have to admit that my mind is basically "bored," and ever searching for a new challenge. The market has occupied and pre-occupied me for years; it has become that challenge. And in that challenge, I have mostly wasted time and lost money. And this for years. This year may be the last straw.

But what will I replace it with?

Ah, that is the challenge!

I know my lesson from the market is that I should be out of the market and into safe, stable investments. The question is: am I ready to learn my lesson? Or, like a fly attracted to the light, am I inevitable drawn down this time and money losing, up-down, wasteful path?

Added to this, I have a good business that actually makes money, and, potentially can make even more money, if and when it grows.

So big question is (as always): What challenge can I find beyond the market?
What challenge(s) can replace it?

Everyone has their own particular and unique talents. I have talents in the arts, organization, and my own business. This is proved by my survival in concerts, and then in the folk dance world including, of course, its weekends and tours.

Zach is good (may be good) in the market, but I am not.

Sickness and Transition

I know I'm getting and got sick because of the great transition: the attitudinal changes taking place in my mind. I'm replacing every old cell with a new one, and this takes time.

Inventing New Challenges

How can I invent a (new) challenge in fields (I'm good in) like guitar, exercise, tech (learn Excel, Pinnacle, etc.) and tours (China), and perhaps, even folk dancing?

Big Transitions

Stock stabilization (challenge replacement idea): "Park" my monies in ETFs, and cash. I'm moving in that direction, anyway.

Stock market trading is an old habit from my financial instability and worries about money days. But those days are over. I'm financially stable, and not so constantly worried about money. I have to learn to live in the "new reality." Stock trading is thus a throwback to the old days, a regression to times of extreme worry. Truly, I've "been there, done that."

I said last December, during my slow time, that I'd try one more time to see if I could make money in the stock market. And I did! For three incredible weeks. But then I lost it all over the next three months. Result: All that time and effort wasted as I slid back to square one. My second square one experience in the market. Add to this, all the years of losing money. But all these bad experiences never stopped me from trading more, staying in it "no matter what." Hope to succeed was ever reborn.

And now, while living in the new land of financial stability, I've had my second "back to square one" defeat. Plus I'm in big transition mode. (Witness recent attitudinal changes in other areas). Three strikes and you're out.

Am I finally ready to move out and move on? I think I am. But only time will tell.

Deepening

I want to find new challenges.

Yet there is nothing "new" I want to do.

Therefore, the only challenges I can find are in exploring the depths of old fields. In other words, downward toward deepening. A deepened tremolo.

Sunday, April 13, 2014

Organizational Beauty

My desire to write fiction feels totally gone. Dribbled away and disappeared. Like I've written everything I need or want to write. I wonder what this means long term.

Of course, the desire and need to write daily in journal will probably never go away.

I'm moving, drifting, into a new love of organization. And this through a feeling of satisfaction and organizational beauty with Excel. Indeed, an excel-lent program.

What will this love of organization and organizational beauty mean in terms of organizing my tours, and even other aspects of my life like my choreos, writings, etc.?

And speaking of organization, perhaps this new love and interest in organization is coming at the right time. I am being drawn into this tour business, which has the opportunity to expand dramatically as all my chickens come home to roost!

Witness Richard Schmidt's email this morning, and this along with China and Lee.

I am being swamped (overwhelmed?) with ideas and future tour possibilities and expansions.

Running and More

The goal is to turn pain into exhilaration and exultation.

Monday, April 14, 2014

Will dropping the stock market release my creative juices in artistic and other directions?

I have no other direction to go and nothing else to do. So why not? The inevitable answer is: yes.

Tuesday, April 15, 2014

Audience and I are One

Maybe I'm better at focusing on the audience than on the guitar, better at focusing on my tour group than on my individual achievement; maybe I even feel a bit guilty playing it alone while others sit on the side, watching me, even envying my

personal pleasure and enjoyment. I feel guilty because somehow I'm excluding them. I feel comfortable only when everyone is including. That's why I'm a natural social director. It totally fits my personality. It's all inclusive (or at least tries to be), and it's easy for me.

Could I learn to focus on solo guitar while others are watching? I don't know. Maybe it's not my main talent. My main talent is including others (or at least trying to include them). Although a good part of me would like it to be so I can be admired for my skills and talents, solo is not (may not be) my style.

What does this mean guitar-playing wise? Perhaps that I should think of, concentrate on the audience even while I'm playing. Focus on the audience being there, entering my playing, being part of my playing, included in my playing. Rather than deny their existence, and push them away in the name of better focus, try to include them in my playing! And this in the name of better focus for us all! We're all in it together. That may be my best focusing strength.

Not playing alone in my violin practice room, for me and Magnificence alone, but playing not for others, but with others out there in public, for all (not see from a distance) to join in and be part of.

When I play guitar, I always see the audience in the back of my mind. I've tried to deny and escape this forever, feeling the audience is a negative force, hindrance, a critical body ever to pounce on me.

Now to see them as a positive, energizing force, ready to dive in and help me since they are part of my show. Just like my travelers are part of my tour (and without them there would be no tour), so my audience is part of my show. (And without them there would be no show.)

But could I still play guitar alone, high on the mountain top? I don't know if that is even honest. Because as I sit playing guitar on the mountain top, in my imagination, I see the audience in the distance listening and (hopefully) applauding my efforts. They are part of my Magnificent. Without them, there is not Shining and Glory.

My aloneness is a total illusion. I never wanted it, I never liked it, I never even appreciated it. Where the fuck did this illusion come from? Well, who knows, or, at this revelation point, even cares.

I've just been living in the shadow of illusion. Too long, too long.

Audience and I are one. We are One.

That's just the way it is. And has always been.

This may be the key to the Alhambra.

Meaning of a (Tour) Company

That's what a tour company means to me. It's all inclusive. And, after all, why is it called a company? Because it can only exist by involving others; others ac-company me; they keep me company.

What is a con-cert but a company of people listening (audiencing) together. In both situations I may be the leader. But a leader cannot exist without followers (people), just as a company cannot exist without employees (people), and a concert cannot exist without an audience (of people.)

Vow of Involvement

So I vow that from this day on, when I play guitar, the audience (of others) will be involved. They'll be present mentally or physically, in my imagination or material reality. And it doesn't matter which one.

Another milestone realization.

With this new approach, playing well or badly is totally besides the point. It is totally beyond criticism and has nothing to do with whether others like it or not.

It is only about including the audience. Period. That's where it starts; and that's where it ends.

Thursday, April 17, 2014

My Freedom (Passover) Practice

Freedom and Passover. Freedom's goal and challenge.

My Daily 77 Passover and Freedom practice:

Turning panic into exhilaration, turning overwhelmed into exuberance, turning anxiety into elation.

I have to practice transforming overwhelmed into exuberance, turning panic into exhilaration.

Moving from the old neighborhood of overwhelmed, panic, anxiety, and fear to the New Neighborhood of exhilaration, exuberance, elation, and the high heat of joy.

Singing

Why practice singing? So I can learn to exhort; to speak with grace and tone, and deliver words of leadership with resonance and power.

Practice Haggadah Power:

Start by writing my own Haggadah.

Saturday, April 19, 2014

Guitar Warm-Ups Through Folk Songs

The Gus Show

Guitar: What a radical difference.

Guitar warm-up: Warm-up my left hand, bars, etc. and right hand strum/arpeggio, etc, by singing folk songs.

A post-wonder and post Gus Wander event. The Gus Show. (After Gus Wander's 90th birthday and David Wander's apartment.)

Simple songs: This Land, This Little Light of Mine, Die Gedanken, Donna, Love, Love, etc. Then go to flamenco or classical guitar. Etc.

In other words, start warming up with "group" songs.

This indeed combines classical guitar and folk songs, folk songs and classical, into one “daily” practice program and evening “concert” house party program. A daily practice, a daily event. No problem. That’s how I pick up the guitar and start.

And it only took 35 years to realize this!

This Gus/David, home setting, “house concert” style of playing, intimate and homey, may be just the format I like and am (totally) comfortable in.

Sunday, April 20, 2014

Starting off singing relaxed both my mind and right (and left) hand. Arpeggios can flow.

Truth is, I’m playing guitar better than I ever played it in my life. And, as I age, I don’t see why that should change. At least that’s that way I feel today. But of course, all one has is today.

And the future is the past, and vice versa.

Friday, April 2, 2021

If you’re smart, you’ll do a little crying every day.

Breaking Through the (Daily) Inertia Wall

It’s a terrible realization about self-indulgence, but I have to push myself across the energy line and force myself to enter the higher energy, Alhambra sphere.

The model is my resistance to Monday Rick training sessions. By showing up, attending, he forces me to start, to strain against my Monday morning inertia, the death/sleep wish. And, amazing, and it always happens, once I start moving, exercising, pushing and flowing, I’m happy again!

For guitar, a daily 3x fast Alhambra followed by Leyenda will do it.

For folk dancing, it’s fast dances: mostly Romanian and Bulgarian.

Friday, April 25, 2014

Since I now have a new profession (my tour business), the Alhambra. right index finger, arpeggios, tremolo, etc. don't matter anymore. Speed, slow, whatever, are all no besides the point. Strange, but in the land of miracles, I am now totally free of my so-called miracle schedule obligations, goals and desires.

Saturday, April 26, 2014

Reinterpreting (Most) Pain as Stiffness

Reinterpreting pre-warm-up knee pain, left hand guitar pain, etc. as:

1. Muscle stiffness
2. Stiffness, and concomitant pain, will disappear with warm-ups, and, very important, as the blood rushes in through movement, (after 10-15 minutes), the pain will disappear even without warm-ups.

Idea: Warm-up fast, and see what happens. (Precede this, maybe, with one minute of very light warm-up movements)

Also, folk songs are an excellent (left hand) warm-up.

I just finished practicing and playing this way. Results were excellent.

Sunday, April 27, 2014

Starting right away and bass in arpeggios as melody:

What, if anything, do they have to do with one other?

Ideas: Both are fundamental; both focus on the energy foundation.

Monday, April 28, 2014

Dive in Quickly

As above with physical pain – it will get better whether I start fast or slow, with warm-ups or without – so with mental pain – it will get better whether I focus on is for

a short time or a long time. (And all this, as long as they don't destroy me. "If it doesn't kill you, it will make you stronger" idea.)

Notice it. Deal with it (quickly). Move on.

Awareness, deal, move on.

What mental pains do I have to deal with quickly today?

1. Slight morning down.
2. Slightly overwhelmed by and with tour stuff.

What does "quickly" mean in handling both physical knots and mental knots or downs? It means, after the flash of awareness, diving into them quickly.

Next Self

What a year of internal development this has been!

I am moving into my Next Self.

Love of Work and Play

Is the Next Self the fearless self?

What does "fearless self" mean? What do I mean by fearless self? (Is it good to be fearless? Or do fears create a healthy caution?)

Of course, there are reasonable fears and unreasonable fears. (Reasonable fears would be the fear of jumping off a building because it might cause death.) Perhaps then, I'm talking about unreasonable fears, like my financial fears, hurting my body or mind fears, performance anxiety fears, overwhelmed fears, etc. All my life I have survived in spite of these fears. In fact, I have used the creation of these fears to motivate myself! Sure, I'll always have "concerns" about them. But that is fine, and certainly different from fears.

So what would I like, want, even need from my Next Self?

No longer need my fears to motivate myself.

Let motivation come from love of my work and play.

Guitar Alhambra and arpeggios: Physical exhilaration and musical beauty are approaching each other, but have not yet met.

My goal is to have exhilaration and beauty meet and merge.

Into One.

Legacy

You always leave a legacy.

But the desire for legacy (to leave a legacy) is a form of vanity.

I reach beauty through exhilaration and not vice versa. In other words, aim for exhilaration, beauty will then happen by itself, as a “by product.”

Exhilaration is beauty in physical form.

Exhilaration is my own personal, “running wild on the lawn” experience.

Beyond “mistakes” and playing wrongly.

Beauty is still related to “perfect playing,” tainted with audience judgement, playing like Segovia, and criticism.

Therefore, aim for exhilaration. Beauty will follow.

Practice Exhilaration

There’s a certain point where I can’t stand exhilaration anymore. My mind and muscles and take it anymore.

Therefore, I have to build up my exhilaration muscles.

How to do that? “Practice” exhilaration.

This way exhilaration will not be such a “big deal” anymore. I’ll be able to accept it as a “normal” or at least para-norm state. I won’t be overwhelmed or blown away by it. I’ll be in charge of my mind and body.

I’ll be running “controlled” wild (in charge wild) on the lawn. Running “in charge” wild on the lawn.

I don't know about this. Part of the fun is losing control. Or is it? I don't know yet.

The "ravages of exhilaration." Interesting expression.

Specifically, one of the ravages of exhilaration is the Over-excited/overwhelmed feeling I get when a few people register for a tour. I imagine a future flood of registrants. This over-excites me, then immediately over-whelms me.

This is where the Great Middle Ground, the Golden Means, embraced by the Greek philosophers, comes in.

Get used to exhilaration. It's part of the job.

Practice overwhelmed. Get used to it. It's part of the job.

Tuesday, April 29, 2014

Learn to love the law of languages and the rule of sound changes throughout history.

Thursday, May 8, 2014

End of New Leaf Journal Writing?

This is totally weird. For the last week or so, I've had no desire to write in my New Leaf Journal. And this morning, I woke up with the thought that perhaps the daily need to write in my new leaf journal is over. Could it be that my New Leaf Journal is over? Done. Finished. I have to more need to write in it or that way?

It feels that way. At least for now. Will this feeling last? Or is it a passing phase? Big question. But this morning, I believe for the first time, the idea of the End of New Leaf Journal writing did occur to me, did rise up in my mind.

I started writing it in 1995. It's now almost 2015. That would make 20 years of writing.

Is it over? Hard to believe. The idea of it ending gives me a strange feeling of freedom. I'll have more free time now. I'm not compelled, have no longer the need, to write. At least New Leaf Journal writing. Very new. Very strange. We'll see where this leads.

But note the title of this last and final leaf: Happiness Beyond Public Acclaim: Looking Beyond the Sun. Could this mean happiness has arrived. And this, strangely, through freedom from writing. Is (was) the goal of my writing freedom? Even freedom from the writing itself?

What strange, new and wild questions. We'll see where all this leads.