

## Beyond Success

Saturday, March 5, 2005

### Beyond Success

Success is a resting place, a place of consolidation.

Beyond success lies improvement!

Start with: Yoga

What is life like Beyond Success?

1. Very busy
2. Full of the search and attitude of "improvement."

### Improvement areas:

1. Yoga
2. Bulgarian

Monday, March 7, 2005

New managerial significance.

It's a brand new "feel" on the guitar.

Does such a new place qualify for the Beyond Success, land of "improvement?"

Maybe.

This "improvement" status is symbolized by Pavane and tremolo.

Often, in order to understand and consolidate the "improvements," I have to "sleep on it." This means giving in to sleepiness while playing, then actually lying down in bed and "falling asleep on it."

Perhaps "falling asleep on it" is part of my practicing.

"Falling asleep on it" let's the unconscious do its work.

### Resistance

There is, evidently, always a physical resistance to any mental step forward. This “new” resistance (the hurt, ache, drawn, and pain area) is now located in my right lower back and gluteal region.

Conversely, there is a mental resistance to any physical step forward.

Tuesday, March 8, 2005

A lover of private property, a lover of capitalism, a lover of business, a lover of the soul.

Also here is another reason why my back may be hurting every morning. It could be that I am inwardly furious that I am giving up my beautiful and fanciful life of the imagination, my inner room chamber of creativity in exchange for the “real” hard-edged practical world of business and outward success.

Evidently, I must remain an artist first. Otherwise my back will really kill me; otherwise my body will really fall apart.

### The Real Me. . .and Bodily Pains

#### Body Pains Keep Me On Track

Studying Bulgarian, succeeding in business, making money, doing better, success-attitude yoga, etc. are all good. But evidently, none can replace my calling: Being an artist. And, along with this is keeping a good part of my mind in the inner, in-room chamber of my imagination.

This is, evidently, the bottom-line, real me. And whenever, if ever, I try to “escape” from this, my true self, my back pain, joint pain, body pains, all return to remind me I am getting off, straying from the path.

### Artist-Push versus Tour-Push

If all this is true, I might consider the 2005-06 season as pushing my books, CD's, and even bookings.

2005-06 Artist-push versus 2004-05 Tour-push.

I may also be minimizing the dramatic power of this psychological shift to the success attitude and the life beyond success. The powerful effect of the changes it is making on my mental cells and personal protoplasm.

Wednesday, March 9, 2005

### Outside Pressure

I feel a loosening, an almost giving up, of all my former drives, ambitions, and directions. Witness lack of running, yoga, and writing as a start.

Also there is the idea that without outside pressure, I will not "force" myself to do good and necessary things. Example: I would never have written down my dance descriptions or made the Florida CD's without the outside, "gone public" pressure of doing the Florida Folk Dance Camp. Due to this job I have created to excellent folk dance CD's, written down many dances, and also gotten much necessary confidence as a folk dance choreographer.

Due to my "gone public" job as tour organizer and leader, I am forced to sell my services, and thus become a more dynamic businessman, and even make some money.

I wish I had outside pressure to publish my New Leaves. Then I would be "forced" to edit the whole bunch of pages that lie dormant in my boxes of page piles, and in the files of my computer.

Do I need an outside pressure to "force" me to do good work, what's good for me, to do the right thing? Will I not do these good and necessary things "on my own?"

Maybe.

Indeed, this is an important question. Something to think about.

Would I do more running, yoga, and exercises with some outside pressure?

Is the desire for self-improvement, and even maintenance, enough to drive me forwards, onwards, and upwards?

What is the growth relationship between outside and inside pressure?

Although a good part of me hates the fear and annoyance of outside pressure, in reevaluating it I must ask: Is such pressure actually good for me? Do I need it to improve and grow?

Maybe.

Is the pain in my lower back really an outside pressure disguised as an inside one?

The pain started on Saturday morning at the Folk Dance Camp in Florida. It was caused by the "outside pressure" of having to teach folk dancing to the new and large group, and, of course, my desire to be successful at it. It has not really gone away since. I usually "understand" such back pains. When and because I do, they usually go away. It is rare that one lasts as long as this. Something strange, paradoxical, new, and different is going on in my brain. It may well be a directional question. What could it be?

At the Camp, all my desires for success were achieved even beyond my "wildest" dreams. Has this contributed to my back pain? Has Florida Folk Dance Camp success temporarily destroyed all my directional signals?

It has certainly ended my outside pressure. I've also finished most of my tour sales calls. Thus, many of my goals have been achieved. I now stand somewhat in a vacuum.

Much of the pressure is off. Without this pressure, am I "uncomfortable?" (What a question!) Is this possible discomfort "expressed" in my lower back?

If this is so, then the rubber band is slack; I need some new outside pressures to spur me on.

Making money has always been an outside pressure I resent. Yet its necessity has spurred me on. I wonder if, part of me knows this. That is why part of me actually does not want to, even fears, making money. It knows that if the money making pressure is removed, then motivation will be destroyed (and lower back pain will return.)

Recognizing the necessity of outside pressure is another way of recognizing the positive, growth aspects that go with a need to go public.

Going public is twin to outside pressure. Both together lead to the land of Fsitchko e Edno, All is One.

Thus I am in total conflict with myself. I hate the pressure of outside pressure; yet I need (and even want) the pressure of outside pressure. Two opposing tectonic plates meet and collide in my body. I stand paralyzed in my straight jacket.

Maybe the anger and frustration of that straight-jacketed paralysis is "expressed" in and through my lower back pain.

#### Wary of "Success"

This sounds like a very good, reasonable, and right analysis. Anger at frustration, especially repressed anger (or being unaware of anger) is, according to Dr. John Sarno, often, even usually, a cause for lower back pain.

I feel boxed in, angry and frustrated. Why? Because of Florida success. Paradoxical, strange, and weird . . . but true. The hidden dangers of success. I am right to be wary of success, even to fear its possible debilitating effects. There is good reason for my "success trauma."

Maybe through a growing awareness, I can diminish its trauma aspect to a healthy wariness and skepticism.

Result of this analysis: My feelings are right. They “know.” I just have to be aware of what my feelings are.

I’ve knocked off the fear of failure. Now I just have to knock off the fear of success.

### Having Confidence in my Vision.

Am I right in attributing all of my back pain to my mental state? Isn’t some of it “physical?”

But physical is an expression of the mental; my body is an expression of my mind.

Mind is an expression of spirit.

And spirit is an expression of Spirit, the word of God expressed through an individual.

God has a plan and purpose for me. My job, as I travel on the path of life, is to discover what it is. Back pain is part of the discover process. Sure I hate it, along with lots of other things I hate such as outside pressure, failure, success, and more. But hating it is also part of the discovery process. When I stop hating it, and see it for what it is, a disguised form of the Word of God, the pain aspect will disappear.

Result of this morning’s writing meditation:

I need outside pressure!

Hard to recognize and admit, indeed.

### Serving Others

Where can I “find” outside pressure? Everywhere.

Outside pressure means service to others.

It means recognizing the necessity and importance of giving, bringing, and

offering my service to others.

How can my yoga and running serve others?

How can my writing and guitar playing serve others?

Is that their true nature, their main purpose?

How, through outside pressure, can I serve others?

Good questions.

Indeed, serving others is quite an egoless concept.

How can the activities of my miracle schedule serve others?

How can running tours serve others?

How can every note I play serve others?

If I think to serve others, the concept of outside pressure dissolves.

The concept of inside pressure may dissolve, too.

Outside and inside merge; public and private become one.

An egoless state remains.

Today's writing is about the evolution of awareness; it is about a deeper understanding of meaning and purpose on this earth.

### On Track Again

I feel I am slowly shifting back on track again. Larger purpose and meaning are again entering my life. I wonder if pains in left shoulder and lower back will now go away. I believe they will.

Is this hubris?

Did I solve the problem?

Am I daring God to tell me I am right? Yes.

Does this very question reflect a lack of confidence in my vision? Yes.

Nevertheless, we'll see if I am right.

The Florida back pain is a type of teaching about my relationship with outside pressure.

I could say: Florida Folk Dance Camp weekend has given birth to a new purpose and meaning to my life: The importance of giving to and serving others.

Serving others gives new focus and concentration to my life.

I could learn to see the Weekend that way.

The collapse of the dichotomy between inside and outside pressure, between in-room fantasy and imagination and out-room gone public functioning.

Transition point. Beginning a new life. Turning over a New Leaf. Think how all my activities can serve others.

Guitar:

How is my playing serving others? How does it effect and help the world? And this, even as I sit alone, practicing and playing in my living room.

I mediate between "is" and "does;" being and doing; to be and to act.

### The Difference Between Practicing and Playing Guitar

Practicing: I practice to improve myself. . .and ultimately, to change (and improve) the world. It is the "do;" the doing, the "to do" verb

Playing: I play for the joy and fun of it. I try to improve or change nothing. It is the "is;" the being, the "to be" verb.

Which is "better," practicing or playing?



Playing is better. Why? Because even though you try to change nothing, by simply playing for the joy and fun of it, you end up changing everything! And of course, in the process of entering and embracing this egoless state, you “improve” the world!

Thus practicing precedes playing. When practicing, you are still on the road to somewhere. When playing, you are there!

Keep practicing. Why? Eventually, you’ll be able to play.

At this point, I’m pretty good on the guitar. Therefore, I should be playing. On those days I can’t play, I can practice. What should I practice? Playing.

### Playing Practicum

If playing is better than practicing, then I should turn my exercises into play. I could start with the preludes to yoga exercises and move on from there.

Thursday, March 10, 2005

### The Advertising Self

An unfamiliar new self is emerging, forming, growing. It is a strange form of egoless state.

This is a subtle but definite transformation taking place within me. It follows the “I’ve done it all” phase. It says, I may have done it all, but now, what will I do with all that all?

How do I advertise my worthy wares? How do I let others know I exist? That is the heart of advertising.

It is the embryonic promotional me. I call it the advertising self.

Jesus developed the program; St. Paul sold it.

Advertising self is the St. Paul self. It delivers the gospel; it says, “I am here. Notice me. See me. Consider my worth. Look at my value.”

This promotional person, this advertised entity, feels somewhat egoless. There is little to no false pride or hubris. Like a cloud, it appears subtly, slowly, but definitely in the sky. The cloud presents itself, announces its existence in its own unique, non-belligerent way.

"I am here," says the cloud.

"I am here" says the advertising self.

The sun shines behind through the cloud. Same for the advertising self.

I could (and should) see my books and CD's as an expensive form of advertising.

I might even say: Books are half price, if you promise to read them! CD's are half price, if you promise to listen to them.

(Is it) a question of remaking my body and mind in the new light of the advertising self.

It is a new self, indeed. . . and it is not going away.

Rather than develop new programs, my direction seems to be to promote and advertise the old ones. No new countries, weekends, or other. . .at least for now. Also no new miracle schedule aspects: no new yoga or running programs, or writing or guitar programs.

Rather promote, advertise. . .and even develop the old. Well, the development itself may be part of the promotion and advertising itself.

In any case, for now, for this year, for this period of personal development, advertising and promotion are the rule of the day.

That is why part of me feels I am "not moving." My programs are "standing still." Is this true? Well, yes and no. On the surface, they are not changing or moving. But perhaps internally, through their new advertising and promotional coloring, they are changing quite a bit. A new internal-external glow is developing within each

program. They are now being fed and watered by “outside influences,” namely, they are being fed by the great Gone-Public.

Where this will lead them, how this will change them, I do not yet know. But, no question, this new advertising and promotional approach is changing me. And as these subtle, internal changes take place within me, growth, development, and change also take place within my programs.

A good question, which I am not yet ready to answer, is, how will this new promotional and advertising attitude effect my yoga and running program? If a new self is doing yoga, if a new self is running, won't it be approaching and performing yoga and running in a new way? Same with guitar and writing.

No question this is all leading somewhere. But is may be still to early to tell exactly where.

Guitar, running, yoga, and writing are all somehow and somewhere in the same, miracle-schedule category. As one changes, so will another.

Where is my guitar going?

After a short warm-up, I am immediately playing the pieces, easy, warm-up pieces. Like Milan Pavaues. And I am interpreting them! I am working on presentation and imagination. I picture the 16<sup>th</sup> century court of Spain, kings, queens, princes, princess all dancing slowly and majestically to the music of Luis Milan's Pavaues.

Then on to Farruca. . .and Alhambra in the same way.

Presentation equals promotion and advertising

Imagination equals my in-room chamber of creativity.

Both fused in a gone-public/gone-private manner.

My best tool is my imagination.

I used to think it would be squashed in public life.

Now however, due to a developing inner strength, I am bringing it into public life. I am fusing it with presentation.

I am probably feeling the shock waves of this mental development in my lower back, joints, and perhaps other parts of my body. My body is being revolutionized along with my mind. . . and vice versa.

But the good news is: Imagination is coming back! It is here! Marching down the street, it is carrying a big flag.

(Marching down the street symbolizes the promotional, advertising, “gone public” self.)

### Imagination and Sales

I just thought of Bill Holden and Delores Lustig from the Florida Folk Dance Camp. Both expressed interest in going on my tours.

I'll call them. But how can I apply my imagination to their sales? (Touring will help Bill's personal development. He said so himself.)

Part of my imagination is compassion for others.

How can this compassion be applied to sales?

Aren't sales a hidden form of compassion? Or is this too self-serving a definition? No, I don't think so. Seeing self-serving in a negative light is part of a put down. Of course, sales are self-serving. But self-serving is part of, belongs to, compassion!

Self-serving is compassion; compassion is self-serving. There is no doubt about that! Only a communist would say otherwise. And I gave up communism long ago.

Self-serving is a motivating, energizing force. It works together with compassion. They are twins.

Thus I am performing a social service, a good deed, when I call Bill or even

Delores. It is a self-serving mitzvah. The Lord would love it.

Sales are good deeds in disguise. They are self-serving social services. They make others happy. When others are happy, I am happy. Sales are a win-win situation.

Actually sales, and the activities I promote, are my form of social work!

I am an active social worker and psychologist creating and inviting people to join venues of joy, freedom, and self-expression.

Just as I have to be nudged, pushed, “forced” to do things that I know are good for me, so others have to be nudged, pushed, “forced” to things that are good for them.

Thus, by nudging, pushing, “forcing,” selling to them, do I perform a mitzvah.

Why Exercise, Yoga, and Run?  
or Keeping my Mitzvah Tools in Order

Not maintaining, or even improving, the temple of the body, is a sin against the mitzvah God.

In order to do my mitzvah work, mitzvah jobs like folk dance teaching, tour leading, concert performances, etc., I have to radiate physical health. . .(And, of course, mental and spiritual health.) This is the reason to keep my body in excellent shape; and the reason to pursue the yoga and running exercise program.

Friday, March 11, 2005

Sell Them All!

Hard to believe, but I have finished ninety-eight per cent of my tour business sales! Here I thought March, April, and even parts of May would be mostly spent on the phone calling potential customers. Now, after about five weeks of intensive work, I’ve called almost everyone, put in all ads, and even E-mailed my entire list. I’m just

about "finished." Amazing. There may be a few mop up sales things to do, and some cold e-mail sending to internet folk dance lists. But most of my tour sales work is done. Amazing, indeed.

Thus I am surprisingly left with and in a vacuum. The "Now what?" question arises.

The development and sale of this year's tours has been so intense, I have just about forgotten everything else. Now I stand mentally alone, vacant, and in a vacuum. Even the "Now What?" question seems strange.

Nevertheless, it is time to ask it: Now what?

I have learned a great deal from the intensity of my personal sales involvement: mainly, I have learned that it works!

There is not a direct line between sales calls and actual sales. Sometimes, nay often, I call in one direction and the sales themselves come in another. I aim to the right, and sales come in from the left. Nevertheless, there is something magical about the vibrations of the sales energy I create when I make the effort. Somehow, when I put in the effort, actual sales occur. Sure, you have to go through yards of discouragement and frustration. But, in the end, if you add it all up, sales effort works.

If sales effort works in tours, would it not also work in other areas? Why not? How about books sales, CD sales, booking sales, concert sales, folk dance class sales, even Folk Dance Camp Weekend sales? All are part of my business. But I have not pursued them, put in the effort because they do not pay as well as tours.

Now however, my tour sales effort is slowing down, winding up, "finished." Would it not be helpful, "educational," even inspiring to put my new sales attitude, skills, and desires into, say, selling my books! Would I even bother with such a thing?

Or how about a wider approach: Sell them all! All the step sisters. That means make the effort to sell not only books, but bookings, CD's, writings, folk dance classes, weekends, and, of course, more tours, too!

Sell them all!

How does the "Sell them all" approach start?

Let's first make a list of saleable skills and items.

1. My books
2. Folk dance classes
3. Bookings, concerts (and CD sales).
4. Weekends
5. Folk Dance Camp Weekends (and CD sales)
6. Tours

My gospel is going public. Life as a general salesman begins.

Sell them all!

St. Paul would be proud.

### The Sales Personality

Somehow I am moving into the salesman portion of my life. I don't want to or feel like learning new skills. Rather my mode is sales, sales, sales. Why this is, I do not know. But no question I am in St. Paul mode. Spreading the Gospel, the Gold Gospel, Golden Gospel, Gospel of Gold. Sales, sales, sales, pursue, haunt, even obsess me.

But I also know a deep part of me wants to be pursued, haunted, and obsessed by sales. Evidently, this part of me is quietly, subconsciously deciding to go public with my sales personality.

What is my sales personality? Is there really such a thing? If yes, did it always exist? Perhaps it did. But due to my communist and artist-snobby, artists-shouldn't-touch-money (they should only stay in their ivory tower and create) upbringing, I refused to recognize it.

Evidently, I've always had a "sales" personality. I only hated to see it that way. I always looked (and often felt) out-going, social, and easy in public. Actually, for me, dealing with people is usually fun and easy. A gas. I've never considered it a "talent." I just do it, like I breath. It's easy, natural, simple. But that in itself is the sales talent,

the sales personality. I “sell myself” as I stand in front of others having fun, talking, playing with words and my imagination, watching my mind skid off in various, sundry, and strange directions. Ever surprising myself as I watch its machinations. It’s fun. And I often do it in public. That is my socializing. I talk to myself in public; others sometimes listen. That is what I call communication.

In any case, it is the sales personality. Evidently, I have always had it. Perhaps now is the time in my life when I am making peace with it, recognizing it, giving it its rightful place in the personality constellation.

In the past, I put the monastic and artistic aspects of myself first. Creating a body of art was my main goal. Now I have mostly done that, created it. Time to move on, to recognize phase two: the promotion and selling of the creations created in phase one.

### “Why Bother?” and the Sales Personality

Why bother publishing the third book of New Leaf, New Leaf 3? Why bother if it will simply sit in my basement along with my other books?

The answer to this “Why bother?” question can only be sales. Applying the sales personality to my books. Yes, it is the right and only answer.

Will I do it? There really is no choice.

But nevertheless, we’ll see.

Sales personality is the concrete manifestation of gone public.

### Marketing on an International Scale

Another question I might ask is: Can I make money selling my books. . . and CD’s?

Since making money is such a motivating force, the idea that I might, could, and even should make money selling my books might be a big motivating factor in getting



me to put in the effort. This includes even the dream of making money.

Just as selling tours has a potential national, even international market, so too, my books have a potential national, even international market.

Marketing my books. . .and CD's have potential large, even gigantic markets. (This is also true of my tours, concerts, even folk dance teaching when one looks at Folk Dance Camps).

Saturday, March 12, 2005

Woodstock, Tony, Rabbi Jonatha Kligler, Woodstock Jewish Congregation. . .

Results of the mix: Should I ad Hebrew to my post-transitional, beyond success, New World Cafe studies?

1. Hebrew and Bulgarian
  - a. Buy a Reconstructionist Prayer Book
  - b. Run a tour to Israel next March or May.
2. Continue my readings (and study of) the Torah
  - a. Find a Hebrew (Torah, Etty?) and Bulgarian teacher.

First creative Beyond Success endeavors:

1. Yoga
2. Bulgarian
3. Hebrew
4. Sell my books

### Book Sales

First Beyond Success, beyond tours sales effort.

1. Started by putting my books (on consignment) in the Golden Notebook, the Woodstock book store of Barry Samuels.

2. Set up my web site to order my books and CD's on line.

The above is a new business thing. Remember to see business and sales with my new "beyond success," energized and energizing business attitude, the one I discovered this year by promoting and selling my tours.

Can Bulgarian, Hebrew, and even yoga be part of this new, energized and energizing business attitude? Can they be part of sales? Hmmmm.

Fsitchko e edno: All is One.

Guitar: Instigating a new right hand, pro-Alhambra, pro-relaxation policy.

Monday, March 14, 2005

Why is it "always" good for me to sell?

Selling energizes me. It is a form of cosmic energy. The attempt to project (selling) the products and services of my business ignites the engine of latent and inner people power; then radiates it outward.

Sales energy connects to God's energy.

### Freedom is Non-Stop Turbulence

Robert Kaplan in the Wall Street Journal said about the Middle East: "Democratization means non-stop turbulence." Indeed, in my life, freedom (personal democratization) means non-stop turbulence. Never a dull moment; always an upcoming problem; rarely a moments rest. Non-stop turbulence. I like that definition.

### Great Business Idea:

#### Uniting my Writing (New Leaf and other) with Marketing

Dan Lampert's idea (and partly my own) of using my New Leaf writings for sales, advertising, and publicity is a startling wonderful one. "Take interesting quotes from my books and e-mail them to business leads every week." Then at the bottom of

the page, put a convenient link to either/both "Update your mail profile at [jimgold.com](http://jimgold.com)" or/and sign up for a Folk Tour."

Evidently, at this point, I will only be energized to act if there are (future and potential) sales involved. This is the self-energizing prospect. It may also explain why I can't put myself quite fully into language study, yoga, running, or any of my former miracle schedule activities. They are not (as yet) directly or even indirectly connected to future sales. Perhaps in the future I'll figure out how they can be. But for now, they are not.

However, notice how writing and New Leaf can and will soon be connected! My writings will be used as sales tools in a newsletter type e-mail sales campaign. This may, some day be true for other miracles schedule activities. . . . but I don't see how. . . yet.

Writing is the first former in-room imagination, chamber of the mind, non-public miracle schedule bastion to "fall."

Writing will now go public!

### What'S New? What's Old?

Or maybe I'm ready to do languages "in depth," for now, Bulgarian and Hebrew, and this by slowly reviewing the basic A Course in Modern Bulgarian and Ha Yesod.

Perhaps the "new" now is in sales itself, in using modern technology, the internet and e-mail, to promote, publicize, advertize, market, and sell my wares.

### Deepening

#### The Difficulties of Deepening

There may be only one direction for me. . . for the rest of my life.

The direction is: Deepening.

Languages: A deepening of Bulgarian and Hebrew

Guitar: A deepening of relaxation

Deepening is very difficult. It means cracking the surface of the earth, breaking through its rock-hard crust, then, through slow, back-breaking labor, burrowing towards its hot, molten core.

It takes tremendous focus to change, move beyond old habits, tremendous concentration to break slavery chains of present vision.

Tuesday, March 15, 2005

### Am I A Producer?

Am I a "producer"?

What is a producer? A producer of Broadway theater, movies, etc. A producer produces by pulling all the things together; he (or she) hires others to put things together, to paste and glue all the pieces in place.

Why am I even asking the question: Am I a producer? Well, first of all, I could easily define myself as one. I produce weekends, concerts, classes, tours, and special events. I even say in my flier titles: "Jim Gold International presents."

I am also producing the Woodstock Weekend, drawing all the pieces and putting, pasting, placing them together.

But the real reason I am asking this question is because I am asking myself: should I hire professionals, pay real professionals to do my jobs (like make CD's, books, web designs, take photographs, real recording engineers to record me, etc.) or should I learn how to do them myself?

I'm beginning to lean towards the former. Why? I like what Nikki did on my CD's. She's a real pro, and the CD's look absolutely great. I can be proud of them; I can sell them with pride. This is a good, professional thing.

Seeing myself as a producer elevates the idea of hiring professionals. Sure, I'm pretty good as an amateur, whether it be in web design or CD production, or other. But I'll always be an amateur. It takes years of study, training, and practice to be and

become a true professional. I will never have the time, interest, or energy to become a professional in all these “side” areas. Plus, it is inspiring to work with professionals. They are simply so good. I admire excellence and I love to work with it. In fact, working with excellent people is a special treat I could offer myself. It is a personal reward I could give myself. And others might appreciate it too. Not only would I be giving jobs to excellent people, hiring professionals, but I would be inspired in the process.

The idea of Jim Gold Productions also recognizes my skills and talents as an organizer. My organizational skills and talents. I never consider my ability to organize (and lead) things as either a skill or a talent. In fact, I never gave it much thought at all. All my thoughts were, and have been, directed towards being and becoming an artist. Organizational abilities were “side effects,” “side affects,” which I merely and naturally possessed. . . like eating or breathing.

Yet they must be talents. Not everyone seems to have them. Most people don’t recognize their natural abilities. They are so “natural,” they simply take them for granted and move on. I am the same way.

Yet, there is no question I have not only leadership abilities, but also organizational skills and talents. Perhaps as a producer, by defining, by redefining myself as a “producer” I will now start to recognize them.

It might also make my life richer as I begin to (happily) work with more and more professionals.

This also means the long “Search to be and become an Artist” phase is coming to an end. Its conclusion: I am an artist. Settled, solved. No problem. End of question.

Now I am ready to move on. To what? Producer. Or better, Producer/Artist. Or even better, Artist/Producer.

Am I producing a theatrical event, a traveling vaudeville show with my customers as the star players?

Are my tours "Traveling Festivals" with each tourist a starring in their own role?

Are folk dance classes stationary theatrical events? (The paying audience may come later.)

No question my concert performances are a show. Nevertheless, seeing them as part of a grand constellation of theatrical events, part of the conglomerate Jim Gold Productions.

Indeed, this is a new, expansive way of looking at things.

This may be the answer to the question: I've done it all. Yes, I've done it all. And I like everything I've done. I can't think of anything new I want to do.

Now, with the new "producer" approach, I can do it all again, but differently.

Folk Dance Productions. Is each folk dance class a Folk Dance Production? Why not?

### New Self Definition

Is it time for a new self definition? Would "Producer" be that new self definition?

Wednesday, March 16, 2005

A new project: Yes! I start the editing of all my New Leaves.

### Guitar Road and Process Goal

To go as far and as deeply into Relaxation as I can go.

The Royal Relaxation Road.

Where will such a road take me? Down, down, deep into the earth, into the darkest corners, the deepest recesses of Relaxation. What will I see down there? Who

will I meet? What dark mysteries lie in the center of the earth?

This Relaxation Road is also one to follow in yoga, running, and folk dancing. Down, down, into the deep, dark mysteries. Mining the secrets of the earth within the universe.

The direction is ever down, down, and deep. Mysteries of the universe are located on the road to Down, Down and Deep.

Down, Down, and Deep: Great discovery of a New and Universal Direction.

It is the deepest road, the road inward. Start traveling now. Take the deep, dark, mystery road of Relaxation through the physical activities and my body. It will bring and put the miracle back into miracle schedule.

### On Repetitions and Truth

Constant, thoughtful, relaxed repetition leads to the deepest truth.

Repetitions sometimes “appear” to be rote.

But rote is an illusion.

Time changes vision: The time element in each repetition makes each one different.

Thus constant, thoughtful, relaxed repetition leads to deepest truth.

How deep can Relaxation go into my knee?

How deep can its syrup be injected? Good question.

Thursday, March 17, 2005

Guitar: A trip into the deep interior. . . it starts slow.

### Thenar Heaven

Thenar heaven. What is it?

Keyhole to heaven located in the thumb's thenar muscle.

By heading down and going deep, I can simultaneously, head up towards thenar heaven.

The thenar region, the entrance to thenar heaven: This is the region where I collapsed thirty years ago.

Am I now ready to approach and even enter thenar heaven?

Yes. I have passed through the baptismal, transformational gates. I have entered post-transformational, gone-public life. I am now ready.

Thenar heaven can be mine when the world of hard public realities and the fantastic curves of private dreams merge.

I set my fingers on the road with focus and concentration.

Going into the deepest hypothenar regions of Relaxation. How much focus and concentration it takes!

In the Relaxation Spot, all pain disappears. Slow and fast merge into one.

There is also a constant flow of Awareness.

Although it sounds paradoxical, as you enter the depths (of interior deepness), you reach a rock-solid place of fluid Relaxation. It is a foundation, home of true stability, a dynamic resting interior, the fluid Relaxation center of the Earth.

Friday, March 18, 2005

### Ecstasy Beyond the Boundaries

I used to always push a little bit beyond the barrier. This (often) might create injuries, but it also (often) led to ecstasy.

During the past year or two I have been "experimenting" with pulling back. I



have tried restraining myself from pushing beyond the barrier; I have been trying to be “more mature and more reasonable.”

The result is, I believe, that I have injured myself less, and also have less (to no) ecstasy.

Is this a good thing?

Also, in spite of my “reasonable and mature” approach, my body still aches in various places. Added to this, along with vague pains, I have little to no ecstasy.

Is this “mature” approach a good thing?

The I wonder, could these vague aches and pains be caused by my restraint, by my “mature and reasonable” approach? And could this approach be, bottom line, caused and fostered by a fear of injury, and subsequently, a fear of ecstasy? A fear of its dangers?

What are the dangers of ecstasy? Injury, of course. Injury hurts. It is also annoying.

Perhaps it is not maturity and reasonableness at all that keeps my from pushing slightly beyond my boundaries, but rather a subtle but growing fear of injury.

Should I fear injury? Maybe. Should I thus fear pushing beyond my boundaries? Maybe. Should I fear the giving up and loss of ecstasy? Maybe to yes!

But I cannot have ecstasy without pushing slightly beyond my boundaries. And isn't ecstasy, ultimately, my God connection. And when I make the connection, often, usually, always, my injuries go away.

Thus, by holding back, I may even be creating my own injuries. Instead of free-flowing, healing energy, expressed and released by pushing slightly beyond my boundaries, and the ecstasy it creates, my energy becomes bottled-up inside me; it then turns to poison, gnaws at my muscles, and slowly destroys my body.

So it is a question of ecstasy versus fear of injury.

But another question arises: Will ecstasy cure the injuries (I may create)?

I believe it will. In any case, it is worth a try. I'm getting ready to give it another

try.

Maybe I simply needed to avoid ecstasy during this long transition period. I was simply too unstable to take a chance with it. But now stability is returning as I get used to, become accustomed to this new success place, success land.

I am ready, in this new land, to take another chance at pushing beyond my boundaries, to heal my injuries, aches, and pains by regenerating the powerful juices of divinity, the sparks, fire, and cosmic dynamism of energy-flowing ecstasy.

Ecstasy is definitely what has been missing from my life during this long transitional period.

And during this period of mental, physical, and even spiritual growth, strange new pains have appeared in my shoulders, legs, ankles, and other parts of my body. Even my lower back hurts a bit.

These could all be pains of restraint. A wise mental and physical holding back while my slow transition took place. Don't take too many chances while crossing the shaky bridge to the new land. But now, as I become more comfortable and firmly established in my new land, my new home, I am getting ready to bring some of my old luggage back from across the bridge, bring back some of the valuables, the jewels I left behind. Ecstasy is one of them.

Finding it again means having the self-confidence in the new land to push slightly beyond my boundaries.

Will ecstasy cure me or will it hurt me?

Probably both.

It will cure me as it hurts me; it will hurt me as it cures me.

During this long transitional period I have been in maintenance mode.

Ecstasy is the great and (for me) only God connection.

That is what has been missing from my life. No wonder my body aches so. Perhaps it aches with longing. Longing for love.

Love of God.

My ego dissolving in spiritual meltdown, blending and merging with the universe.

I wonder if morning guitar sleepiness is a form of “sitting” on potential ecstasy. Keeping it down. An old idea. But maybe time to look at it again. In a post-transitional way.

Guitar: Finger-tip ecstasy. The feeling of ecstasy in the Alhambra tremolo-playing finger tips.

Monday, March 21, 2005

#### Self-Publishing, Book Promotion, and Creative Marketing

Went to Carol Luchen’s talk on self-publishing. Very good. Two things took place in my internal brain.

1. Embarrassed when she mentioned my name as “the famous Jim Gold” As she kept praising me in public, as a writer, self-published writer, folk dance teacher, traveler, and business man, I kept blushing.

Am I ashamed of myself as a writer. . . and all else? Was I not prepared for the “public assault” on my person? And this, even though it was all praise worthy? If I am ashamed of myself as a writer, and ashamed (or afraid) of what I have written, wouldn’t this certainly slow down even prevent sales?

Good questions. But I’ll look into them later. Besides, they may simply be remnants of my old self, the one I am leaving behind in my pos-transitional period. My new me, the gone-public me, the one that lives on promotion, sales, and gone-public, is called, rather than surviving in a “Death of a Salesman” mode, now thrives as a

Perpetual Salesman self.

2. I also realize my time to promote my books is not yet. Total sales focus is now on tours.

But I feel deep with my bosom, that focus on book sales is coming. . . perhaps post-tour season, in the fall. . . .

This will include upgrading my book (and CD) web site, listing myself on Amazon.com (ask Carol about how), and other, at the moment, unknown ways. I'll focus on a creative marketing approach.

#### Perpetual Salesman: The Total Gone-Public Personality

Very slowly my life long negative feelings about sales in changing. This in itself is an amazing transformation.

This year's slow, transformational move is from the Death-of-a-Salesman, negative sales approach to a Perpetual Salesman, positive sales approach.

The Perpetual Salesman is filled with excitement about creative marketing, sales prospects, the excitement of winning a new client, of convincing a new customer, of filling the world with St, Paul's goodness, of spreading Paulian-Goldian, the PaulGoldian gospel.

It is a good, energized, positive feeling and approach to sales. It is the personification of the gone-public personality, one that is comfortable with emotions and their expression (or at least knowing what they are, and feeling them) in public.

Certainly this was one of my goals in therapy: To recognize the value of the creative, in-room personality flowering in the artistic chamber of my mind, then to bring this personality out.

Taking in-room personality, the creative, dynamic, flowering in imagination and fantastic creations, soaring and leaping on wings of majestic fantasy, and bring it out.

No more hiding it in my room, no more acceptance of outside barriers, to more retreat from the outside world, no more embarrassment at the riches of my imagination, and hiding its fruits in-room. Outwards, upwards, gone-public. After Jesus comes St. Paul. Create the gospel, then spread it.

I am, and have entered the spreading stage. Thank God for that! An end to in-room hiding.

Today is March 21<sup>st</sup>, the first day of Spring! It is, no doubt, fitting that this Perpetual Salesmanship Personality bursts forth in full flower during the Spring. But such transformations take awhile. . . like many years!

I can feel the politics of the world changing. The sick, angry, and disillusioned Left (the so-called "liberal" wing of the Democratic Party) is slowly being left behind. It is drifting from large, "anti-war," anti-Bush demonstrations of impotent and frustrated public rage, to a venting, screaming temper tantrum, angry loss of power, to finally slow and almost total irrelevance.

And the shift continues. This morning even the New York Times is printing a positive article about Iraq.

Guitar: Villa-Lobos Prelude No. 4 arpeggio.

Playing at these speeds is just another kind of world.

What kind of a world is it? Enter this world. Find out.

Could it be related to the Perpetual Salesman world of Spring, the world of "perpetual" energy and excitement?

What an interesting thought.

Could it just be "easier" faster? And it has always been thus. Only my desire to "improve it" by slowing it down to its essence, inhibited and tightened me, forcing me to pull back to analyze it Bellows style, and thus inhibit my natural tendencies (which I

had before I studied with him). Because truly, with Rolando Valdes Blaine, I was once able to play these pieces.

With the birth of the Perpetual Salesman, I am ending my sales trauma and guitar trauma as well.

The sales trauma is the guitar trauma is the Excitement trauma. They (may be) are all related. And they are all coming to an end.

There are no singing traumas.

There are no yoga and running traumas.

There are no folk dance teaching traumas.

All this activities were started later in life, after I left the house.

Tuesday, March 22, 2005

Perpetual salesman, with its total release of inner energies, and perpetual tremolo, with its speed, looseness, and focus on the base, both go together.

Amazing, indeed.

How strange also is the fact that speed is actually easier! But emphasis has to be on the "boss" notes, ei, the base in pieces like Alhambra, Leyenda, VL Prel. No. 1, etc, and in the treble in pieces like Alard.

Wednesday, March 23, 2005

Read the Torah and Bible every morning and every day for inner peace, personal elevation, contact with, and remembrance of, the Higher Power.

### On Fast and Fluid

#### Fast and Fluid as a Life Style

VL Prelude No.4. It's so incredibly easy. And I've done it all before. This is the form of "deepening," of "returning to the past in depth."

Fast and fluid on Alhambra and Leyenda, too.

Notice my back is better.

Fast and fluid: Does it work as a body cure in general? Probably. What about folk dancing? Does it mean the fast and fluid "Romanian-type" dances are best for me; best for my kind of body/mind, physical and mental type? Probably.

If "fast and fluid" is and has always been my best physical and mental way, best for me physically and mentally, then perhaps my "Alexander Bellow" pains in Alhambra and etc. were caused by restraint. This may also be true in other physico-mental activities like folk dancing, yoga, running. . . and life in general.

Maybe I am just and simply a "fast and fluid" person. And by best pace is "fast and fluid." When I hold back, restrain myself, do not give it my all, the energy I withhold creates pain in my body.

For a more total release (of psychic and physical energies) my best way, my best pace might well be "fast and fluid."

Fast and fluid is just easier.

Think about this one.

The Buddhists say life is suffering. So do many other religions and philosophies. Pain is created as part of the growing process. Ever-present, it is ever rising up in new forms.

Pain is created as an obstacle to oppose. Fighting against it, using tools of focus and concentration, one can break through its barrier wall to the fast-and-fluid state.

Thursday, March 24, 2005

### Warm-Ups and the God Connection

What does starting the morning by reading the Torah in Hebrew and Bulgarian do? It reminds me of my God connection. Then I start off, even my guitar legato warm-

ups, on a God based footing.

Perhaps this connection could even be extended to politics when I read the morning newspapers.

After all, the Universal Principle is the God connection. The problem is always remembering. . . and then applying it.

Friday, March 25, 2005

### Self-Cure Through Root Canal Therapy

No question my root canal, upper molar therapy session with Dr. Jerome lowered my resistance. But it may also have been lowered by my realization that "fast and fluid" guitar playing is easier.

I like the idea of connecting "fast and fluid," root canal, and my sore throat which began an hour after root canal therapy.

How and what is the connection I would like to see? How are "fast and fluid," root canal, and sore throat related?

Well, the freedom shock of freedom that "fast and fluid is easier," plus the added shock of root canal therapy, lowered my resistance, and opened me to a sore throat.

Why the throat? Such marvelous "fast and fluid" freedom, in both guitar playing and in life, may be "unspeakable."

Also I may have gotten, nay "chosen," sickness to "replace" the joy of experiencing such wonderful freedom. I don't know if this analysis is right. But I do know, I would like to believe it is. Why? Such a belief would give me understanding and control over my sore throat and incipient cold.

There is a good chance I am right.

Even if I am "wrong," thinking in this manner releases positive energy into my veins which helps cure me.



Saturday, March 26, 2005

After talking to Andrea Valentine on our trip back from the Klezmer Connection job at the Atrium in West Orange.

### The Meaning of Money

The meaning of money: A challenge, an inspiration, a value.

On raising my prices:

1. Folk dance specialist (or “group dance” e.i. folk dance, teaching specialist.) For bookings: bar mitzvahs, weddings, 1G. Become agent for Klezmer Connection at 5G. Me alone, whole night f.d. and/or guitar playing: 1G.

2. Raise f.d. prices eventually to \$15 per night. (Or an hour, or something else. Study Battista Studio and other prices.

This means, among other things, changing the nature of the folk dance world.

It means raising the level of folk dance teaching to a new form and place.

### Another Columbus Venture

I've never looked at folk dance teaching as a “profession” because you can't (at least up to now) make any money in it. But I'm getting ready to try to change all that.

This is indeed a new folk dance challenge and direction. (As such, like money, it is a challenge, inspiration, and value.) It has never been done before. Another Columbus venture.

I am trying to turn folk dance teaching into a profession!

This is a qualitative leap, a totally new idea coming from a totally new place.

Monday, March 28, 2005

### “What Now?” Spaces

It doesn't make sense that I would get sick after my root canal therapy without a reason. . . a cosmic reason.

So why did it happen? Why, in terms of the bigger picture, did my body open itself to the sickness germs?

On one level, I must have need a break, a rest. On another level, although I may not have been aware of it, I must have been at some kind of ending.

I often get sick between developments. My body and mind open to disease germs in order to give them a rest, a break, time and space to think things over.

And it is true: I have finished most of the projects I set out to do this year. My main project was selling this year's tours. . .and this is mostly done. So I face the empty "What now?" spaces.

There is no longer the terrible, vital, gut-wrenching urge to sell, sell, sell. But, on the other hand, it was exciting while it lasted. Selling gave me a new kind of high. I suppose I'd like to continue selling. Besides, what else is there to do?

Sales gave a kind of gone-public meaning to my life. Art gave it a gone-private, imaginative, and in-room meaning.

Sales with its gone-public, and art with its gone-private, are both needed.

Well, we know all this. Where do I go from here?

Could it be that I miss sales, sales are fun, and that I miss my sales fun.

Maybe like the Kantian good-in-itself, sales are fun-in-themselves.

If this is the case, and strangely, I believe it is, then I need something to sell just for the hell of it. Selling is just the game I like play. It energizes me.

Tuesday, March 29, 2005

### Books and Bookings

Maybe it's time for a new direction.

How many times have I and do I say this? Many. Nevertheless, that doesn't make it illegitimate or stupid. Actually, new directions are a daily , "new leaf" occurrence.

So, I repeat: Maybe it's time for a new direction.

Sales, and my life as a salesman will, of course never end. Salesmanship and sales are forever. Nevertheless, my tours sales are on their way and rolling. Even most of next year's 2006 tours are planned.

Perhaps it is time to move on, to expand to other challenges. Such as book and booking sales. Book (and CD) sales are at zero; except for the Klezmer Connection bookings (booked by Michele, not me) booking sales are almost at zero. I put no effort into book or booking sales. Yet, no question, I could make good money at bookings. I especially like the idea of raising my price to \$1000 per booking (\$900 is good too). Now that's a challenge. And Andrea says the fee is realistic for someone at my level and with specialized talents. I am a specialist. And, like a heart surgeon, they get more money.

Books and bookings are also, like tours, on a national and international level. Of course, folk dance teaching could be, too, especially if I wanted to promote myself in Folk Dance Camps, etc. But they pay little money; also, I've "done" teaching. Sure, I'll take the jobs if they come along. But as far as promoting them, perhaps another time.

I've handled the tour sales challenge successfully this year. Perhaps I can now expand, use those sales talents, for books and bookings. Perhaps that is my next and new direction.

### Re-balancing

Tour sales and the sales personality are here forever. Maybe it is more a question of re-balancing my life.

Maybe cutting back a bit on folk dance teaching (dropping the Darien group, changing Tuesday night to once a month);

Re-balancing the elements in my miracle schedule. "New" place for running, yoga, guitar playing, study, etc.

### Regrouping

Very interesting, psychologically. I have been trying to figure out why I no longer exercise, run, do yoga, or at least do it so minimally. And moving in the manner for months. Well, this morning it came to me: I have been pulling back, mentally and physically, for the past year or two, in order to regroup.

My army, my forces, both mental and physical, have been knocked out of wack. A new balance (of power) had, has to be established. First comes shock and awe, then stunned, then slow recovery to figure out where I am, then wondering which direction to turn, and, in the process, I wait, pull back, hold myself in abeyance. I am thus in the process of regrouping my forces.

When I can figure out my new direction (the process sometimes takes months, even years), then my army will return with full force to fight in the next miracle schedule battle.

The regrouping process cannot be rushed. I cannot “force” myself to exercise, run, do yoga, whatever. Why? Because half my brain is in the old world and the other half is trying to figure out my next direction into the new. I am thus in an extended limbo state.

My brain is in conflict, paralyzed, waiting, puzzling, and in the process of deep changes. It is folly to fight against it. Rather, let the process run its course. Soon all will be revealed. Then I will return to my renewed miracle schedule but on another level.

Everything I do and think has to be reevaluated, reassessed, re-balanced, and put into a new context.

### The Old Jim Gold is Dead and Gone

I can't go backwards. The past is over. I can't go back to the old miracle schedule. The old miracle schedule is dead!

I can only, riding on the present, go forward into the future. That means I need,

will need, an entirely new miracle schedule. It might even need a new name. I might even have to eliminate the word “miracle;” I might even have to eliminate the word “schedule.”

I may need an entirely new name; I may have to start over from scratch.

Perhaps Miracle Schedule is dead. That may be part of the problem. I have been living with a corpse. And, in partially realizing it is a corpse, I have been partly trying to re-energize and resurrect it.

Well, this will never work. One cannot resurrect or re-energize an old dead body. One needs a new fresh body along with a new mind to boot! And on the way, new names are born.

Is this goodbye to the miracle schedule life? Maybe. No wonder I have been stiff, paralyzed, unable to move. No wonder bones and body ache with stiffness. My spirit has been dwelling in a mind that is brain-dead, and a body that is a corpse.

This would definitely inhibit the lively spirit.

Spirit needs a new home, a new body and mind in which to dwell.

The old Jim Gold is dead and gone.

I wonder when the new one will appear.

### Doing Both

I have the skill to deal with the inside world, the in-room world of fantasy, imagination, and creativity. That is expressed through my artistic self.

I have the ability to deal with the outside world of business, promotion, advertising, publicity. It is now expressed in my gone-public self.

But I do not yet have the ability to deal both inside and outside worlds, to combine both, to deal with both.

I need both worlds. We cannot have an inside without an outside. Both is the word of the day. Perhaps learning how to deal “simultaneously” in both is the next

level I am aiming at.

This means doing business and following the dictates of my miracle schedule.

Thursday, March 31, 2005

### Vacuum of my Soul

This may be the destruction phase: Ending Darien, and Tuesday night folk dance groups (??). "Time to start cutting back, and if it happens naturally, all the better."

I am in the vacuum, listless, down portion of the creative cycle. A vacuum has been created. There is now space for something new to rush in. But I haven't found it yet.

### Onwards and Inwards

Maybe I've gone outward, been on a gone-public path long enough; maybe it's time to go inwards, to find something personal, fulfilling, and new to nourish my soul.

What could that be?

But at least I've established a general direction beyond money and the public. It is inward.

Can I "afford" to go inward? What else is there to do? Where else to go? For now, outward direction seems fulfilled.

Sure I'll keep doing the outward, gone-public stuff, selling, advertising, dribbling it all along. But for true, passionate, and spirited direction, I'd better head inward, into the vacuum of my soul.

Some brand new ideas might be:

1. Join the master's running club that meets Tuesday night at the Teaneck High School track.

2. Master to Torah and bible. . . in Hebrew. . . (and later even the New Testament

in Greek? Would this mean an eventual tour to Greece, and Israel? But with a different scholarly (non-folk dance, or less folk dance, emphasis) purpose.

Two non-paying activities that could fill the vacuum created by dropping the non-paying Tuesday night and Darien folk dance classes.

Friday, April 1, 2005

On the Value of Living  
or Is a Spark Worth Keeping?

Reflections on the Terry Schiavo case:

How much is life worth, if you are worthless?

How much are you worth, if you become a burden to others?

In this “worthless” state, are you really a burden to others? Or could you be a symbol of a heavy learning, an instrument of difficult and painful teaching?

In that final state, are you worthless? Or is the pain of your existence and the sorrow it causes others, simply “too much” for them to bear? Hoping not to face it, others might simply have you die.

If I am totally incapacitated, and/or in my final pre-death state, and I lie helpless, a pain to myself and a burden to others, would I prefer death over days, months, (even years) of such a “useless” existence?

Maybe.

Im my friends and family would certainly not chose such a situation. Yet this spark of life hanging on in a dying body is, nevertheless, all I’ve got. Is it worth anything? Is my state useful in any way? Could it ever be a worthy teaching to others, opening up some higher learning about the nature of life and death? If yes, then perhaps this helpless, vegetative state would have some value.

Would I want to live, “exist,” in such a state? Would others want me to?

Aside from practical questions of the cost to keep “vegetables” alive, do members of this legume family have any value to society? Good questions, indeed.

Sunday, April 3, 2005

Long-Term Bible Study: "New" Goal and Nice Plan

Am I in the process of focusing and forming a new direction? I believe I am.

It is the long-term goal of reading the Bible. First I study the Old Testament in both Hebrew (and Bulgarian, or whatever other language I am learning.) Then (if I ever reach that point in this life time), I will read the New Testament in the original Greek.

This is a great goal, a great linguistic, intellectual, and scholarly expansion. I love the quiet, focused study, the deep learning process. Language books, grammars, and dictionaries are spread over my dining room study table. I jump from one book to another looking for roots, origins, and meanings of new foreign words. Ah, such stimulation and such fun! What an adventure!

Actually, this Bible-reading is an old goal. But I gave it up for many months, nay years, in my all-consuming leap into business. Now perhaps I am ready to give it some time. My best time, morning time. First thing in the morning, cup of coffee sitting to my right, I begin my bible studies.

These could be followed by writing, guitar, exercises, whatever. After that, I move to my desk and computer to dive into the boiling world of sales, promotion, and business.

Monday, April 4, 2005

Putting my Life Back Together

Bible study. A good reason to get up 5:00 a.m.

Tuesday night folk dance class: The discouragement of low attendance. What to do? If anything.

One way of seeing it is as a test of faith. Add to this the business idea of folk dance classes as cheap methods of advertising, publicity, and promotion to a small and select group.



Total Confidence. . . and Inner Peace

I'm putting my life back together. I wonder what that means? But I like the feeling, the feeling of putting my life back together. It's a "new beginning," new leaf type of feeling. That's probably why I like it.

Part of starting a new life, putting it back together, is the heavy-shoulder acceptance that my financial situation is improving. Can I, dare I, truly believe this? Or is it still too early to tell? Or should I leave up to God? But there is also the deep inner recognition that something inside me, some basic attitudes, have changed. If I am going to work with God, certainly He has effected my insides as well. Thus this change in attitude is not only man-made but God-driven as well. I get some credit and so does He. But since He runs the show, really He should get all the credit. This I believe.

So, if God is getting all the credit for my changes, perhaps my changes are then real, or Real in the ultimately Reality sense. If this is true, then perhaps I should believe in them. And, if I truly believe in them, it is time to drop the doubting words "if" and "perhaps."

If I, my individual self and personality, runs things, then "if," "perhaps," and "maybe" belong in my vocabulary. But if God runs things, I can drop these doubting words. In order to do so, I must truly believe God runs things. He is totally in charge of the world. I only work here.

Do I believe God runs the world?

Yes.

If I live in God's realm, and my decisions, self-image, inner attitudes and concepts all ultimately stem from God, if my doubts about God's power rulership over me have vanished, shouldn't my self doubts vanish with them?

Hmmm, why not?

What a delicious new way of looking at self-confidence. It stems from an ultimate belief in God's wisdom and judgement. Putting myself in His hands, I can let

go, jump on the railroad train, take the ride, and see where this Conductor will lead me.

The illusion is that I am making my decisions. But am I really? Isn't the "I" that seems to make them a mask behind which lies the infinite power of God? His power hurtles through my veins, filling mind, body, and spirit with eternal wisdom and energy.

If I put myself in God's hands, the gift I receive will be total confidence. . .and inner peace.

What is bible study? The study of God. It will increase my confidence as my vision and understanding of the Higher Forces improves, grows, widens, and expands.

I can choose to work towards making more money, but not to make more money. Due to the vicissitudes of business life, I cannot expect higher earnings. Such results are up to and pre-determined by God.

But I can choose to believe in God's will and His pre-determining Power to run the world.

My belief in such ideas is constantly being tested. The downs and hardships of the world are my tests. Will I forget? Will I give up? Will I lose my belief? Will I give in to disillusionment, discouragement, the materialist lack of faith view?

### Above/Within

It is often hubris to believe the individual ego has such power. At any moment, one could be swatted down and destroyed. . . or inspired and uplifted.

Where do these moments come from?

Above. . . and Within.

Above and Within are really the same place.

Have faith in the redeeming power of Above/Within.

Tuesday, April 5, 2005

Ode to Dissatisfaction

I am best when I am dissatisfied and pushing for things.

Push to fill this summer's French Canada tour, the April 29-May 1 Mad Shoe Weekend, and the May 2<sup>nd</sup> Bulgarian workshop with Daniela Ivanova and Angel Nazlamov.

Wednesday, April 6, 2005

Disgust

Disgust, especially self-disgust, is an energizing force. I'm almost up to disgust. . . but not yet.

Passion and the Bible

It is hard for me to do things "partly," a in measured, "mature," and "reasonable" manner. Enthusiasm, passion, and fire are more in tune with my loves and life style. Thus it might be better for me to dive into bible studies with full, all-day force. Passion and fire. Not just a morning study, but morning, afternoon, and evening. . .and even night venture.

Hmmm, I like this. I may be onto something here.

Prayer, Bible, and Bible Study

Pray three times a day: Jewish style

Morning, afternoon, evening.

Pray five times a day: Moslem style

I could add night. . . and late morning.

How would I pray? By reading, studying, the Torah and Bible. How many times a day? I could start with three. . . or four.

It may mean carrying the Bible on my person. . . at all times. I would bring a Hebrew. . . and Bulgarian version.

This orders my day (and life) in a strong way.

### Birth of Micro-Guitar Playing

Here's an experimental thought: How about applying the principles of micro-running to guitar playing. In other words, instead of warming up with the usual legatos, scales, and arpeggios, why not try warming up right away, immediate warm-ups by playing in very slow, soft and focused guitar. Micro-guitar.

### Miracle Schedule and Bible Study

Could aspects of my miracle schedule also be used as forms of prayer in this new, three-five times a day prayer form?

Could be part of the prayer, in fact, part of the bible study? Wow, what a thought: Miracle schedule and Bible study together as one great, daily, three-five times a day, prayer form!

Thursday, April 7, 2005

In the political/Iraqi world it is a time of winnings.

Saturday, April 9, 2005

### How Can I Get My Fee?

I wish I could start again; I wish I knew where I was going. And is this a life question and problem?

Or am I simply mad and confused about my White Plains and Dairen folk dance groups?

How important are they to me? Where should I go with them?

Maybe it is a question of money and the meaning of money. Money, and making

money, is a true motivating force. That is why I partially resent the two groups: I don't make any money with them. But there is (was) always the dream, perhaps rationalization, that I did the groups with the hope that some of its members would register for tours or weekends. And these latter, at least, pay money. This rationalization made doing the groups "worthwhile" business-wise. They became a form of cheap advertising, publicity, and promotion.

But if I look at my tour and weekend registration, hardly any of the participants belong to the above groups. Maybe that is the number I can expect.

In any case, I need a new reason to do the above groups. Perhaps my next (and only) challenge is to figure out how to make them pay. \$150 a night is a worthwhile fee. How can I get it?

Evidently, I need the above groups because they motivate and challenge me. But now I have to solve the next problem: How can I make money in them? And above that, the general question is: How can I make money teaching folk dancing?

Teaching folk dancing is, in itself, good for me. I would even say vital. But in order to eliminate the resentment part, I have to figure out a way to make money in it. This question has never come up in the past. I always figured I would make money in Weekends, Tours, and Bookings, and not in folk dancing. But now I am evidently ready to start thinking differently, to start asking the big question: How can I make money teaching folk dancing?

Until now I have refused to face the question. Also, I love the field of folk dancing, I love teaching it. But I also have to solve the folk dancing teaching money problem.

Money making and the fight, nay struggle to make it, is, for me, a big motivating force. Evidently, I need the struggle. Without it, I give up my energy source, and roll downhill. Another name for energy source is "hope."

Is that why I was down this morning? Could be.

