

New Leaf Journal of Rufus Cavalier

Sunday, December 17, 2017

He thought two, maybe three important things this morning:

1. Write his New Leaf Journal in the third person.
2. Edit his writings from the printed (only).
3. Make his editing part of his morning (Hebrew for now) language study. Thus editing and language would go together.

It is good to create and maintain impossible goals in order to sustain motivation for an entire lifetime.

So far his (Jacques?) impossible goals are (were)

1. Reading the Bible in the original Hebrew and Greek (This will (may?) take at least several lifetimes.)
2. Could playing Alhambra in "proper" speed be another impossible goal? Its purpose was (is) to keep Jack (Jacques) playing and practicing his guitar.

Impossible Dream

He was making the Alhambra spot very deep because He wanted to make it deep; he wanted depth, the mystery of depth; He wanted very to be amazed and living in surprised wonder at the mysterious challenge of life.

That's what the "wrist spot" represented.

Something about his personality rebelled against staying in the spot, and even finding it. Why else would it take so long, remaining elusive for years on end? Like Tantalus, wanting the prize of luscious fruit so much but every time he reaches for it, the prize recedes. Total and eternal frustration.

But perhaps that is the motivational challenge of having and ever reaching to fulfill the impossible dream.

For indeed, his impossible dream was to play the Alhambra fast, fiery, confidently, and well.

He also wondered if making money in the stock market was also part of the ever motivated, ever reaching, but never succeeding, impossible dream.

His was the rebel hand position. He refused to listen to anyone else, to look for advice, thoughts, suggestions, or teachings from anyone else. He needed to, wanted to find the Mystery of the Alhambra, hidden in the misty, murky darkness within the right wrist, even if it took fifty years (which is already did) or more, or even a lifetime!

Monday, December 18, 2017

“Rufus is a masculine given name, a surname, an Ancient Roman cognomen and a nickname (from Latin rufus, "red").”

Rufus (Dreyfus) Cavalier felt quite miserable this morning. But this was nothing new. At least he was writing in the third person. “We’ll see where all this leads,” he said

Why Perform? It’s Good For You!

It only too Rufus (Dreyfus Cavalier) eighty years to know that performing was good for him.

“Why perform?” he asked, “It’s good for me.”

Next day he agreed with himself, “Yes, it’s good for me.”

The following Monday, his mother confirmed this newest of ideas: “Why perform?” she asked. “It’s good for you!”

And realizing it only took eighty years!

This dynamic (out-going, energy-creating, energizing) attitude, this new source of motivation would change his life.

Shouldering the Alhambra Burden

Rufus Dreyfus Cavalier himself, realized that the Alhambra tremolo originated somewhere in or near his shoulder. The relaxation and focus power began in a secret, sacred spot poured from near or in his shoulder through his wrist and fingers onto and into the strings.

It is his shoulder! It starts and originates in his shoulder. The index finger somehow moves secondary.

Somehow a total focusing on the right shoulder, lower and relaxing, and pouring through the right index finger, at least at first.

He has to hold his concentration in that deep, lowered, relaxed shoulder spot even before the Alhambra begins.

As Rufus read Egyptian mythology he realized he had been struggling, fighting, in the material world so long he had lost the sense his childlike sense of innocence, wonder, and magic quality of imagination and ancient things.

He wanted to go back to these feelings. But once cannot, an 80 year old sage cannot go backward. And, in fact, in one a sage when wonder, enchantment, magic, and mystery no longer wash over his world view? The answer is probably no. The innocent vision, the wild imagination, the magic and mystery hacked away by years of material dealings and concerns and dribbling. The baby, the child had finally become an adult, mature and wise in the ways of the world. But in the bargain of grown-up, she shearing away of childhood, the infant vision was lost. And eternity lies in the infant vision, shines only in the secret stone of the childlike universe.

December 19, 2017

The Alhambra Spot

It's the sweet spot, soft spot, perfect and perfection spot, mystery and magic spot,

Alhambra spot, High spot. Expanded to the Higher spot.

Focus on the spot. The Reyfus del Cavalier spot.

His task is to focus on the spot.

Monkey mind. That is ever the question and challenge.

Can he focus on, watch, and control his monkey mind?

Monkey mind is the shiny, scintillating, semi material-mental creation, the permanent challenge “object” that daily and forever distracts him from the true, magic, and mystery of the Spot.

Focus on the Spot must be established right away! Even before you play the first note, before the note is struck, the mind (mostly and especially via and through the right index finger) must be focused on the Spot. That absolute focus starts the ball rolling the the right direction. Then you must keep the focus on the Spot, continue the focus throughout the entire piece. If you lose your focus, slow down and return your focus to the spot (usually done through/via the index finger.)

Thus focus on the Al (Allah) portion of Al-hambra, the Highest portion.

Rufus questioned the remaining years of his life.

Had his Muse fled? Had the desire to pen words and create stories, poems, and even novels vanished into the Lake of No Interest, dribbled away into the No Energy Wilderness, the Desert of No Enthusiasm? What happened to running wild on the lawn?

Was it possible to get back the magic, the infant pristine vision with its mystery and child-like excitement?

The world was too much with him. Had he lost his way? Had the easy distractions of the Greed and Fear Game with its Tour Sales and Stock Market drugged his mind into sleepy stupor, a and semi-comatose state of tinker-toy somnambulance?

December 21, 2017

“Performing Is Good For You”

He’s going through a bad period, expressed through his body, but he doesn’t quiet know why. It started after Balkan Splendor tour (or maybe before.) A transitional lost period, searching for a new form of motivation. This search for a motivation source beyond financial fear of has been going on for the past five years.

Hopefully, it has been found in the “It’s good for you” attitude. What is “good for you?” Getting outside the house, life beyond the inner monastery, working and being with others, namely performing, with all its extra-concert meanings, is good for you.

Miracle Schedule Transformed Outward

An “It’s Good For You” Performance Schedule

This means that Rufus’ miracle schedule, which used to be aimed only at solo, inner, things, is now aimed outward. All miracle schedule events are now sorts and sources of performing, aimed at the public. And why? Because is good for him!

Ask of each miracle schedule event: How would snd will I perform it?

Wow, totally different!

The “Alhambra Spot”

Index Finger Points (Exhales) Outward to Performance

Inhale, exhale. Inhale equals inward and monastery, exhale equals outward and performance.

Index finger points outward to performance.

The “Alhambra spot” is the performance spot, exhales, aims at the audience (others.)

50 Years to Arrange (Put in Order), Accept (Perfect?)

Entering the Other Half

That's why he resisted the index finger, and entering the Alhambra spot so long. It took about 40-50 years to arrange the inner person, before his was ready to give into and enter the outward part. The inner chamber had to be clean, arranged ready, and "perfected" before it could go outward, and offer, give, present itself to others, the world, the audience.

The metaphysics and power of Transition.

When the new house of oneness is ready, the old walls of duality crumble.

A complete psychological transformation, a metaphysical transformation, creates the freedom of ego, freedom of index finger, freedom from and for the audience, unites inner and outer, inward and outward, private and public, monastery (hermit existence) and community: Result: A "perfect" Alhambra!

Sweet and flowing, human and divine, perfect harmony, division of both selves ended, a perfected "perfect" Alhambra.

Body Parts: Right Index and Left Knee

He wondered where his left knee fitted into the metaphysical equation. How did it, if at all, related to the right index finger, and its pointing outward?

Could left knee, and left leg and everything associated with left, be the folk dance equivalent to the Alhambra right index?

A form of resistance to the outward aspect, the folk dance audience?

After lunch, during afternoon down period, when energy started to lag, and sweet sleep seemed the preferred solution, Rufus now asked himself, "Would (or will) focus on the right index finger (or left knee) with their revealed new outward meaning, energize me? Think about it, and try."

Friday, December 22, 2017

Knee Acceptance and Moving On

So pessimistic about having a bad left leg, knee, all.

Can He function with it? Perhaps best to accept. How to live and function and teach dancing, exercise, run and more, with a bad left leg, knee, all?

Saturday, December 23, 2017

Everything Has Its Season

Everything has its season.

His performing days are over, his writing days are (may also be) over. The past is over.

Everything has its season.

The past years have been the folk dance season, tour season, stock market season, Youtube video and website season.

Realizing this is both sad and a relief. He could appreciate his past, but no longer was he attached to it; no longer did he want to repeat or return to it.

The new or present (season of) classic guitar would be slow, mellow, and totally different. With no future or present performance in mind. Performance, or performing, at least in the old sense, was over. It ended with the last season.

If anything, this was a gathering period, gathering of all the old works, the old styles, methods, creations, all. Put them either out there or on the shelf.

Yes, this realization was both sad and a relief. Actually, more relief than sad. And a freedom breeze cleared the fog of past longings.

What would or will the future bring? We'll see.

(What would be new?) What's New?

1. Classic guitar is new. Absolutely no need to rush, or play fast, or aim for speed. Those days and desires are done.

"Thank God, I am free!" Rufus shouted.

2. Need or desire to perform is out the window. No need or desire to repeat the past; no need or desire to perform. What will happen to folk songs, if anything? We'll see.

In any case, "Thank God," shouted Rufus. "I am free!"

3. Writing?

Was he really relieved of the burden of creation?

Or did the "Every Has A Season" realization simply open the next level of creation: To play guitar in the "new him" way, an older, more mature, slow, clear, caring way.

Same for writing and folk singing.

Monday, December 25, 2017

It's Hard to Lose

Or Keep Failing and You'll Go Far

"It's very hard to lose," said Rufus.

"Indeed, that's true," confirmed Sam, his father. "Whether you lose a game, time, an argument, loved ones, or your life, it's always hard to lose."

"Losing really hurts," Rufus hissed. "I hate losing!"

"Hating is an energy," said his father. "But what does losing teach you? And what, if anything, can I do about it?"

"I've been asking myself those very questions," Rufus answered, lowering his tone. "Although it seems you can't do much about death, at least on some other daily life levels you can fight back, try harder, commit yourself to a tougher-love path."

His father nodded. "That's a good start, son. Stick with it. Keep failing and you'll go far."

"Is failing the same as losing?"

"Yes."

Playing Classical Guitar for Pure Pleasure

Rufus said, "I just played the classical guitar for pure pleasure. My fingers and I just loved it as we caressed the strings and brought health and happiness to my body. I made myself happy, and in so doing, made God happy as well. What an accomplishment!"

"Marvelous," said his mother. "What an accomplishment!"

His father smiled. "It's the highest accomplishment. he said with satisfaction. "Nothing could be better."

A Christmas Gift: Pure Pleasure Guitar Playing

"Can I receive my Christmas gift all year round?" Rufus asked. "Can my "pure pleasure" accomplishment be transferred to other activities, other events? Is it something to "aim" for? Is my Christmas gift transferrable? Or does Santa Claus give it only once a year?"

During pure pleasure moments you get a window to peek (peak) into and join (become one with) the Higher Forces

How to increase such moments? That is the question.

Tuesday, December 26, 2017

The Higher Meaning of Money

"Earning money," said Rufus, "the idea of making a living, aside from feeding, clothing, and housing me, also connects me to others and to the world,

"I make money through business. Thus through business, I connect myself to others. The currency of business is money. Money is connection currency. Through money and its hand maiden business, or through business and its hand-maiden money, I connect myself to others and to the world. And connection to others soothes the soul, heals the world, and heals myself through the universal connection to the Higher Force

of All-Is-One.

“This is the higher meaning of money. Nice!”

“Very good,” said Mama Cavalier.

Papa Cavalier smiled. “I agree,” he said, gently patting Rufus on his head.

Connecting Slow to Fast

“There’s a drunken bridge between slow and fast that I’m about to cross (on the verge of crossing),” said Rufus Rufus as he approached Als Deli on the other side of Hamburger Tremolo Bridge.

Wednesday, December 27, 2017

The Wisdom of Slow

On his tenth birthday, Rufus considered the aging process.

“Father,” he asked. “What is getting older?”

“His father, picked up his pipe, filled it with coffee beans and tobacco, then answered slowly and carefully, “Son, in three days you’ll be ten years old. As you get older, the goal and direction of life slowly changes, and this especially after forty. The purpose and path of life is to slow everything down and peer deeply into each thing, each event. In so doing, you wise up, get wiser, wisen your vision. It happens naturally.

“Thus by slowing your Hebrew studies down to a crawl, pronouncing each word, sounding out each syllable, getting to know the sound, taste, (and smell) of each letter, then each word and sentence, you deepen your knowledge. And since knowledge is power, you get stronger, too. Slowing down is a win win in every direction. But to know and appreciate that, you usually have to get older. That is the wisdom direction of life as one ages.”

“Thanks, Pop.” And Rufus dashed off to his room.

Thursday, December 28, 2017

Website Sales

Developing an On-Line Sales Agenda

Rufus had a morning direction conference with himself.

“Less, less, less is more, more, more. Small, small, small is big, big, big. The deeper you dive, the more you know.

“Maybe this year is not so much about selling tours but about developing and promoting my writing, songs, and choreos through website sales.”

His father agreed.

(The Rufus) New Year's Resolutions

New Year's resolutions, plans for the 2018 year:

1. How to promote and sell songs, dances, and stories through his website.
2. Relaxation development: Read novels
3. Exercise: Rufus plans to add yoga daily
4. And “on the side” promote and sell his tours

Tremolo and Alhambra Confidence Building Stage

Resetting the right index finger confidence bone after year's of breakage.

First you must break it, then reset it. Done.

Then comes the confidence building stage: Building confidence in the new world of reset.

Rufus is now in the confidence building stage.

How long will it take to build confidence? Is he in a rush?

Can't he just claim: I am confident. Over and done with. No more lack of confidence.

On that day Rufus resigned his old life. “I'm giving up that ship,” he said. “Dead

are the old ways. I am closing my former mind, turning off my old medieval brain.”

As he stepped into the hallway of his new direction, a new life emerged.

“Starting today,” he said, “I am confident! I know my Alhambra and tremolo will always work. Alhambra, Bach Prelude in D minor, Leyenda, Villa-Lobos Prelude No 4, and even Alard are clinched.”

Confidence!

“The new life will be one of confidence. Yes, the old winds will blow. But my against them, and eventually win! That is my decision.

How do I know that?

Because it is in my power to decide! And I have decided that confidence will win every time!”

His father agreed.

Is confidence a practice? Maybe.

Well, start the practice with an Alhambra.

Friday, December 29, 2017

Making the Grand Effort

Rufus considered making the grand effort.

“Strangely,” he said, “I think if I make a grand effort to memorize, in this case, a Hebrew word or phrase, I will somehow block my unconscious, and thus hinder me from really learning it. By “really” I mean that once it is in, resides in my unconscious, then I “really” have it, really know it.

“But is that true?”

He moved from his morning coffee to the toilet, where, while sitting, ruminations of this nature continued to swirl around his head and in his mind.

“By making a grand effort to grasp the word with my intellect and memorize it,

through my intellectual conscious mind, am I blocking my unconscious? And its energy? Or by making the grand effort, am I opening the doorway to my unconscious and, in the process, energizing myself?"

He remembered yesterday's lifting heavy weights in the gym.

"Note how I woke myself up by lifting a heavy weights. In other words, broke through my lethargy and energized myself by making a grand effort.

Does the grand effort energize me? Or block my unconscious?"

After a happy release on the toilet, the answer came to him. "In anything I do, making the grand effort releases my energy. Plus, this rush of power opens my unconscious."

He smiled with ideational satisfaction. "Embracing the grand effort is a radical new approach for me."

"I agree," said his father

Sunday, December 31, 2017

Stock Market: Wait and Watch

"Seems my stock market activities for 2018 will dwindle to almost wait and watch," said Rufus. "I bought most stocks at a low prices in December 2017, and am not totally invested. What else is there to do for the next 9-10 months in 2018 but wait and watch? "Oh sure, if a stock shoots up 100% or so, I should sell it. But otherwise, seems it will be wait and watch. This is not a new year's resolution, but rather a 'development.'"

"I agree," said his father.

"Yes, Dad, I feel I've gone as far as I can go in the stock market." Rufus scratched his head. What a new thought, direction, and development this would be. Was it really true? Could he have reached such? He scratched his head again. Truly, he couldn't see it any other way. "Nothing else for me to do now but wait and watch," he mused again philosophically.

His father smiled as he nodded an assent.

“If this is true,” Rufus went on, “then money as a concern and motivation, although still strongly in existence, will nevertheless, be moved to second place. This will free my mind and my time. With this new freedom, what new and exciting things can I find to do?”

His father stirred his coffee. “Excellent questions. I know you’ll come up with something.”

“Thanks, Pop. But what will those somethings be?”

“Obviously, that’s up to you to answer.”

“Okay. Fledgling Miracle Schedule thoughts for 2018

Business World

1. Travel and tour promoting. Put a push team together.
2. Website store.

Study World

- a. Web store study
- b. FB study
- c. Hebrew, French study. Reading novels.

Creative World

- a. Choreos, writings

Resolutions These are the emotions — things like gratitude and compassion — that support the positive aspects of social life. For years I’ve been studying the effects of these emotions on decision-making and behavior, and I’ve found that unlike reason and willpower, they naturally incline us to be patient and persevere. When you are experiencing these emotions, self-control is no longer a battle, for they work not by squashing our desires for pleasure in the moment but by increasing how much we value the future.

Monday, January 1, 2018

A New Year! New Causes and New Directions

As Rufus entered the New Year, he said, "I'm not happy without a direction and a cause."

"Perhaps last night's failed show had its cleansing purpose. It cleansed my brain of all desires to perform, a fresh sweep of my performance-desire Augean stable. Past performances are over; future performances are non-existent.

"This frees me. My mind is fresh and clear, virgin and open, and ready to enter a new cause and begin a new direction.

"Which one?"

"Perhaps on-line stores. I'm not sure yet. But the new year is only beginning."

The post-performance years of "Someday I'll get it right and be able to perform Alhambra and all my tremolo/arpeggio classic guitar pieces" are over.

The right index "Alhambra/tremolo/arpeggio finger" has been pointing the way not to public performance, but rather to the monastery within.

"What is the monastery within? My creative center, source of imagination, connection to the Divine."

Study, Grow, Improve my Performance

As a Good-in-Itself

Said Rufus: "I definitely hit bottom performance-wise. But luckily, my wife took a video of the New Years Eve Party performance. I was so bad, my enunciation so poor, it was actually embarrassing for me to watch the video. I have to improve my speech, singing, and performing. And this only because it is a good-in-itself! Now I see it. And such a good-in-itself cause, which touches my creative center, source of imagination, and connects to the Divine, definitely fits into the monastery within view.

How to study my performance and performing? Use my video.

And this is no longer “just for the audience.” This is for myself, my good-in-itself.”

“This is the new performing me!”

Rufus had his fresh start.

(It fit with his on-line store new cause and direction.)

Tuesday, January 2, 2018

Not Pushed Around Any Longer

New Year.

“80. I’m not going to be pushed around any longer!

“Not being pushed around any longer: That’s what 80 is all about.

“What demons have been haunting me all these past years? Who has been pushing me around? Evidently, aspects of myself.

“Well, it’s 80 and a New Year. No more being pushed around. That’s what 80 is all about.

“Index finger will not be pushed around any longer! The rebellion and rise of the fingers starts with the Alhambra!”

“A return of anger, the power of indignant rage, and use of its energy. Yes, it starts with Alhambra, moves to Leyenda, then flamenco, and others.”

Rufus was on a roll.

End to Singing Embarrassment

“I used to also be somewhat embarrassed to sing out so strongly, to release the full power of my voice in public. What is embarrassment but fear of the public, being pushed around by the public, or at least my perception of the public. An aspect of myself: my perception of the public.

“Well, no more. Indignant rage is knocking embarrassment out of the ring.

Embarrassment is over, too. Now full throated singing, with abdomen and solar plexus energy powering the ship."

Singing is Back!

Singing is back!

But totally differently. With power and dignity!

Lifetime of Pressure is Off

Maybe the lifetime of pressure is off. All I have to do is hang around, dance, read, create little whatevers, watch the market, and have fun.

Am I on to something? This is definitely different and a nice (post-80) way to go. We'll see.

Wednesday, January 3, 2018

"Met a wall of new Hebrew words this morning. Took an hour to work through them.

"Then I played guitar, the usual Sor Study Number 12 and Alhambra warm-up along with a touch of Leyenda. Getting nowhere on that one. No results or improvement. Discouraging.

"I hate to feel discouraged. But I am.

"Should I bother dwelling on my discouragement, dive in so I can "understand" it? Or should I just shut off my brain and move?

"No question, the latter is the best approach."

Wednesday, January 10, 2018

Rufus quickly reviewed the past days.

First came Hebrew and French memorize list of words. Then 1 hr Hebrew and French per day, Plus guitar and speech.

Disgust and anger that languages are not getting better. Self-disgust and anger as new sources of energy and motivation.

Stocks Plan

1. This year to do little, watch, see if my small stock plan works. If at end of the year, I still haven't made any money, I'll drop small stocks, and trading itself altogether, go into "stable" funds, etc. and do something else.

Disappointed in the market, and Paypal.

Monday, January 22, 2018

"I want to feel sad. But I don't.

"Is this the beginning of the path upward? I think so."