

Fiction

Monday, March 21, 2022

First day of spring.

Spring birth of the new reality of Fiction World.

Continue Hebrew. . . but differently.

Guitar: Deep relaxed right wrist. Fast. Total immediate dive-in. {Pavane in C, both Bach Gavottes: Yes.)

Alhambra:

1. Totally fine, even excellent! (a perfect re-entry)

2. Perfect! And it's not even that scary! (First day of spring. The Spring Alhambra (It's got spring and jump!)

Leyenda, too.

(Will this happen with knees and dance? I sense it will.)

Perfection

Alhambra continued:

3: Maintain perfection

4. Maintained it. Perfect. I can maintain perfection.

What's the big deal? (Peace and acceptance in perfection)

The above belongs to the new reality of the Fiction World.

I like it.

Tuesday, March 22, 2022

Drifting back to my old style of journal writing. Maybe some things never

change.

Spontaneous Remission

Starts today. Knees, Alhambra, all.

Learning to Cancel

Cancel my Wednesday folk dance class, session with Rick, even lunch with Al.
Take the week off completely.

Learn to cancel my folk dance classes, and more.

(Learn to give things up, break my promises and vows, etc.)

Learn to disappoint others – and live with it.

Learn to give myself a needed and happy break.

Guitar:

Gavotte en Rondeau: Perfect!

Alhambra: Clarity on third beat.

Leyenda: Excellent final bass touch.

That's enough guitar practice right now. Learn to leave on high excellence.

Thursday, March 24, 2022

Re-entry is about non-re-entry.

Return is about non-return.

It's about keeping the Covid gains, liking my new life style, retiring but without
"tiring."

In my "Bits of Gold" approach, here are my gifts.

Gifts

1. Healthy knees is my first new mantra.

a. Reinterpretation of "aches and pains," (knee "pain") as health in a new

form. (Electrical stimulation, etc. Dive in and use it!)

2. Flowing guitar
3. Clear writing (Starts with editing my DTC)
4. Reinterpretation of "retirement" as re-treading on the etheric freedom path.

Why has the Alhambra secret of thumb and third beat been hidden, kept from me for so many years? A mystery. I'll probably never truly know.

Also Leyenda is next, Its about to fall, ready to follow the breaking, collapsing wall. The dam of Flow is opening.

Lots of New Leaf titles coming up: Healthy Knees, Flowing Leaf, Hidden Leaf, Secret Leaf,

Electric Legs

The power is in the pain.

The pain is in the power.

But the power is disguised, hidden, camouflaged by the pain. Pain "distracts" you, pushes you away, feels dangerous, hurts like hell, screams at you to avoid it.

And most of the time, I do.

But the power is in the pain.

I went for a "training" walk, and my thighs were killing me, instead of avoiding the pain, I "reinterpreted" it as a secret electric grid, stimulating my muscles in order to rebuild each leg as a new and powerful, imbuing them with new strength and muscle fiber.

As I imagined the sparks flying and new muscles being built, I walked faster and faster. The pain increased as moved even faster. The more they hurt, the faster I went

until I was racing.

As I sped up, the tightness in my legs (pain) at first remained just about the same (I think). Then slowly, I felt myself transcending the stiffness, as the pain slowly lifted. Soon I was flying!

And in the process, the treasure box of pain, with all its secrets, burst open. The pain was my power!

I glided to a stop. Feeling glorious, and shining in my new “electric leg” light. I headed home.

Friday, March 25, 2022

Spontaneous remission.

1. Healthy knees (exercise)

2. Flowing guitar

3. Writing:

a. One perfect DTC entry per day

b. Aim for an audience

1. Barry reads it to th class

2. I read it. . . . Think audience.

Huge and permanent changes.

4. Flowing body

a. Practice flowing body (FB) by rising from flowing guitar(FG) and bowing (acknowledging the audience, lower back, and legs) after each piece.

Alhambra: Thumb and third beat (TTB). Can't miss!

Leyenda: Thumb and lightening.

Look Inside the Lightening

By playing with lightening I can look inside the lightening (electricity).

Live in the lightening

Start with lightening Leyenda (LL).

Move to lightening knees (LK)

and lightening legs (LL). Leyenda legs.

Note: Light, lightning, lightening, lighting, light.

("N" makes the difference.)

Sudden down

The battle between the old and the new

between darkness and the light(ning)

Saturday, March 26, 2022

The Never-Ending Battle

It's a never-ending battle

One that is never won and never lost

Between spirit and flesh (flesh and spirit,)

Good and evil

High and low

Finished and unfinished

God and the devil

Courage and discouragement

The daily battle with the devil of discouragement.

What keeps me going?

What drives me on and through?

Love!

And its partners, Beauty, Awe, and Wonder

Yes, Love and Beauty, along with Awe and Wonder

(All) fueled by passion

Love of Hebrew – and languages

Love of guitar – and music

Love of movement – and exercise and dance

Love of writing – fantasy and imagination

Love keeps you going.

In the Big Battle Love wins (Love wins in the Big Battle.)

But fed by the light, it only for a day

Night shrouds its awe and soon, plunging into darkness and a sea of discouragement, it (the light) is (soon) forgotten

Next day, with the rising sun (sunrise)

Comes a (the) possibility of resurrection

What could be better?

Or worse?

What could be worse?

Or better?

Strong or Sweet

Guitar:

What is better? Strong or sweet?

In actuality, they (the pair) are Janus-faced twins

Strong, when pursued, becomes sweet

And sweet is strong!

Thus, when playing my Milan Pavane, start with strong, and watch my playing transform into sweet!

But remember, to find the core and center or strength, focus on deep relaxation.

Loud and Soft

Strong is not necessarily loud. . . but it can be.

Strong is not necessarily soft. . . but it can be.

Peggy,

So nice to hear!

I'm so glad I made these videos.

They remind me how wonderful it is to dance.

We sure could use some joy these days,

And be reminded of the love, beauty, awe, and wonder in this world that makes it all worthwhile.

How are you?

What are you both doing with your lives these days?

And speaking of this sprightly stuff, how is my Mykonos running partner, Aaron?

Best,

Jim

Love

What good is love?

It gets the endorphins going!

Sunday, March 27, 2022

Organic Return

Fighting the Devil, and Winning!

Crippled, broken, down, hurting, old, painful, and more – but nevertheless, in this inadequate state I am returning to work.

Back to work: folk dancing with a limp, tours: the same, and guitar – concerts and new songs (Ukrainian), and writing – readings, all yes, and as well.

Organic return: My weakness is my strength.

I'm proud of my return, with my new and heavy baggage, and in spite of my frailties. Proud of my pains, hurts, age, and more. Yes, the devil appears in my knees,

lower back a bit, and sometimes in my feet and ankles. But I'm never saying no. I'm forever pushing back.

I'm fighting the devil, and winning!

Guitar Power

See my "a" (annular) finger as my free power finger.

Note: As soon as I had this annular thought, my back began to itch. See back scratching, and particularly my "spot" (power spot) as opening my power!

Alhambra and tremolo: That gives me three power fingers: annular, medio, pulgar: ring, middle, and thumb. (a, m, t)

In the early morning, I channel my higher self.

And I write down what it says.

Monday, March 28, 2022

Positive Vibrations

I read the newspaper or listen to the radio every morning and terrible things keep happening in the world. And I feel frustrated, helpless, and down. I want to help others. But what in reality can I do? In most of these newsworthy situations (like the war in Ukraine) I feel helpless.

But am I?

Is there really anything I can do? Perhaps more important, is there anything I am willing (and able) to do?

Yes.

How to fight hard against bad things?

As a start, think good thoughts. That may be all you can do. But is that, in reality, enough?

Maybe it is.

After all, the world is run by vibrations. Electrical stimulus and magnetism affect things. By thinking good thoughts, you send out good vibrations (some of which you may even be able to act upon). Like ripples in a pond, good vibrations affect the waters. And with enough ripples, you can even create a wave! And that wave may or can turn into a tidal wave, which, slowly and eventually (or even quickly) sweeps away the evil.

Everything starts with a thought. (It may even end with a thought.) Why not think good ones, and, in the process, unite and bring peace to the world.

How does this thought affect me? It means that the positive vibrations of my folk dance teaching can, indirectly and eventually, bring peace and stability to Ukraine.

Sound grandiose and hubristic? Maybe.

But also, maybe not.

I'm in good shape. So if I wanted to, I could do it.

Look at folk dancing. Age and fragility. yes, But so what?

Yes, I may go slower, and it takes more effort. But again, so what?

Yes, I may die in the process. But so what?

I may also die staying home.

Better to die a hero in the fight

Yes, I can go down fighting.

But I can go up, too. In exhilaration and glory!

I am organically choosing to re-enter the world, unburdened and cleansed.

Knees are my new model. Note folk dancing.

Power in my knees and thighs (formerly disguised as pain.)

Guitar:

Power in my right wrist, index and ring finger.

Gavotte en Rondeau: Funny, goofy, sloppy, and powerful.

Can you add courage on top of goofy?

Why not?

Does it take courage to be goofy?

Sometimes off-beat, wild, and crazy is good.

(Goofy is the opposite of stupid. It takes good sense, to be goofy.)

Adding the ring (annularis "a") finger to Alhambra adds stability and power to the ship.

(Note again: The itch in my back. The power itch spot must be scratched.

Scratching (reaching) for power.

Tuesday, March 29, 2022

Yes it hurts.

But by pass it by putting my mind on something else.

Boring

Tours: Now that I've faced it physically, and believe that I could lead and run a tour again if I have to, and I picture myself leading and running the Bulgaria tour (and others, too), and all the time I spend trying to avoid the tour guide lectures, and figuring out how I can entertain myself while I wait around, or in the early mornings trying to squeeze in miracle schedule events, , etc. and many other things, an amazing realization has occurred to me: To me, at this point, leading a tour is boring!

Boring? I can't believe what I just said. Such a romantic and challenging an idea of leading a tour to and through foreign country, with all its challenges of welding a group together, keeping them together, inventing new and serendipitous adventures, and more, all of this is now boring? I can't believe I said it. But I just did.

Leading a tour used to be such a great challenge. . . .And now it is boring? I can't believe I said it. But I did.

So, face it. As complicated and difficulties it is and was, I've now conquered the challenge. I now know how to run/lead a tour. I know how the tour business works.

It's lots of work , but I can do it all, and well. And now, arriving at this amazing and lofty and competent, and even blessed state, I have to say running/leading a tour is now. . . boring.

I'm not learning anything new; I'm just doing the same thing over and over again. The adventure of learning, the frightening thrill of facing and conquering a challenge has run its course. My result is competence, confidence, knowledge, and. . . boredom!

Guitar: With the advent of a finger power is my tremolo now also becoming boring.

Wednesday, March 30, 2022

"Help! I'm stuck in perfection and I can't get out!"

Funny.

Folk dance: "A fast dance a day keeps the doctor away."

Daily training improves legs. Teach it. Guisevska Rucenitsa, too.

Crossing the line: Where my body is totally healed through folk dance and speed.

With the "a" finger knowledge comes complete Alhambra confidence. Perfection forever.

"Stuck" in Perfection

I do not want to move from this perfection spot. And truly, with my new "a" finger knowledge, I cannot be moved, dislodged, displaced. I am "stuck" in perfection forever.

Not a bad place to be.

True with my legs as well.

Can I throw in Leyenda perfection? Why not?

I perfection so easy? Maybe.

Thursday, March 31, 2022

Importance of singing. Make the water molecules dance!

Why has the knee block been giving to me? What is its purpose and challenge?

The answer:

(Maybe) the ultimate purpose of life is to play, dance, and sing! Everything else is distraction, a block, a challenge to be overcome.

Thus are my knees a distraction. Just as my right hand tremolo problem was a distraction. But it has been conquered and is no more! Now I can play guitar. The best is here, and yet to come.

What guitar fun and glory to fast and fly, to bring glory to the earth by playing with heavenly power. Best playing I've ever done.

Just as I discovered that Alhambra tremolo power is in the fingers (fast or slow doesn't matter), so eventually I want to, hope to, must, will discover that folk dance and running power is in the knees!

In Mike Bloom's article on the Baroque period in Germany, he wrote "In one of his lesser known Cantata's John Sebastian Bach wrote: "The purpose of life is to play, dance, sing, write counter-point, and feel joy; and all for the glory of God. Everything else is a distraction."

"Did he really say that?" asked his wife, Penelope.

Friday, April 1, 2022

Conversations with Janet:

Look forward to dying.

What's good about it?

Pain ends.

They say it is a pleasant place.

Do I dare have a conversation with Janet? Am I “intruding?”

On the other hand, we are exploring death, a taboo subject.

What is it? What does it mean?

An opportunity to talk to someone so close to it.

Guitar Rough Power

Go for the rough power of the ring or “a” finger.

The masculine beauty of rough power.

Rough power cuts through the mystery of speed.

I’m locked into perfection (so speed is no problem.)

Saturday, April 2, 2022

If it’s not ultimately for others, why bother?

Maybe my dream of serving (giving a concert) is the “right” and only dream.

If my mission is serving others through my art, then how can I do it? How can I serve?

Next challenge:

1. Remove the fear of and from service

a. Replace is with Love of others

b. Love of substance, medium, that is folk dancing, guitar, writing, etc.

Guitar:

The Alhambra challenge (concert challenge) is all about replacing fear with Love.

The exercise challenge (yoga, weights, running) is the same.

Folk dancing: Ser4ving and Love. I’m doing it already.

Languages: Mostly to impress others, and myself.

Infant level.

Guitar: Start Again

Concert of Love and Glory to God.

(This is the only (one-ly) reason to do anything.

The AIO concert.

Speed has to do with Glory. The wow, awe, and wonder.

Speed equals joy, exhilaration, wow! Glory to God

Slow equals, is more about, serving God (Love). Humble and kneeling.

Alhambra 3/4 time. Rocking in the lap of Glory.

Vision memory: I see six-year old Jonny rocking with truth.

Sunday, April 3, 2022

I'm in the process of giving up my old life.

Still a bit sad, and in mourning, but intellectually realizing there is no reason to stay in the old life. All my goals have been accomplished. (Been there, done that").

Time to move on. But transition is slow, not yet complete.

I'm not ready to re-invent myself. But I'm getting closer.

April is about "losing Bulgaria" and transitioning more out of my old self. It's part of March "return," but differently. Drop the word "return." Replace with moving ahead and re-inventing.

Guitar:

Glory to God.

Hallelujah, joy glory to God

Joy, glory to God.

The beginnings of re-invention

Glory to God playing.

Joy to the world.

Alhambra: The joy hand is the right.

The secret third beat.

Joy becomes a fact.

Monday, April 4, 2022

Fears are flies that will always be buzzing around my head.

My job is to deal with them, then chase them away.

"How are you growing today?" Layla asked.

"That's a strange question," Larry answered. "And rather dark, too."

"I'm dark inside," Layla answered, "but truly, that is beside the point. So, stop trying to distract me and avoid answering: "How's it growing? What's new (that's growing?)"

"Well, nothing new today. But yesterday was fun. A good day. I focused on love and glory to God guitar playing."

"That's nice to know. Pleasant and easy. It's nice to know that yesterday was a good day, a YES day, as witness by its name, even a great day. But yesterday is still yesterday. Today is what counts."

"Yes, I agree."

"So I repeat my question: How's it growing?"

"Hmmm well, you're right. Although yesterday was a great day, I've already forgotten most of it. Especially the feeling of it."

"The feeling has (most of) the energy. That's what counts."

"Well, specifically, I focus on my "a" finger as I warmed up by playing Milan's Pavane in C. The I moved to a loose right wrist focus during Bach's Gavotte en Rondeau, and played it beautifully, loosely, relaxed. But the highlight of my morning so far, has been moving to what I call: New Alhambra Level or NAL Atg this new level,

I see and understand, totally and utterly. that the melody is in the bass.”

“I like the acronym NAL. Note how it also spells Nhal and nachal, the Hebrew words for “flow” and “lead.”

“Hebrew, eh? Is that why you have dark thoughts?”

“Of course. My name isn’t Layla for nothing. But let’s go back to you. The facts and reality of your NAL are flow and leadership. In fact, flowing leadership.”

“Hmm, I like it.”

“Yes, in fact, looking at things under this new light, giving a concert is a form of leadership: the union of guitar and leading is (equals) concert leadership, flowing concert leadership, to be specific.”

“Hmm, I like that, too.”

“Yes, it’s a very factual, concrete, not-a-big-deal, of- course, practical union. I’d even use the word obvious.”

“You’re right. I noticed is as soon as I played Sor’s Etude Number 12. As I played it I felt myself telling my audience what to think! Or maybe “suggesting” is a better word. In any case, I played it like a leader.”

“Nice. You can also apply it to your tour company.”

“You mean that I also lead JGI?”

“Yes. And knowing that, your personal leading of specific tours is beside the point. So are the state of your knees” beside the point. Also trading stocks: Fun and interesting, but also beside the point.”

“Hmm, I get the point.”

“Great. (You’ve finally answered my question.) Now I know how you are growing.”

Tuesday, April 5, 2022

Drama of the Alhambra

What is the drama being worked out in the Alhambra?

It's all so clear this morning.

Why has it remained hidden so long? Why has it taken so many years to uncover the Alhambra secret?

(Perhaps this is a useless question. After all, the point is, it is clear now! It took two Covid years, maybe much longer.)

Here's the cosmic explanation:

It's been my personal struggle between ego and Universal.

In the Alhambra tremolo (and all tremolos), fingers represent ego, and thumb represents the Universal.

Fingers equal ego.

Thumb equals Universal.

Focus on the Universal and everything falls into place, feels right.

Focus on the ego, and you stumble. I've been stumbling for years.

The cosmic lesson is: Drop ego, open the Universal.

But of course, achieving such a lofty goal, takes years, even a lifetime. . .if you're lucky.

Thus playing the Alhambra is an opportunity to touch and fuse with the Universal.

Next stop: Legs and knees.

Wednesday, April 6, 2022

Is worry about death a sin?

How about the feeling of terror and helplessness?

Truth is, I am helpless and often terrified over the timing and the event itself.

However, although I have no control of it, the thoughts of terror and helplessness are my choice.

Does such a choice disavow the second commandment? Am I breaking this

commandment by choosing to worry?

It is a sin to worry about things I can't control?

Or is it a form of awe and wonder?

A Knee-Turning Moment

Re-entry with a new motivation: Glory to God.

Dance: Make yogic, dance warm-ups glory to God movements.

Folk dance classes express glory to God. They are my prayer group.

A different way of doing things, a different attitude. A new motivation: Glory to God (replacing money and fear.)

Guitar

With my new knees, I can fly like the wind. Gavotte en Rondeau.

Am I worthy of this privilege?

I am worthy because I am child of God, and, by existing, I show, express His glory. Joy to the world.

Speed, fast, fly like the wind: All equal Joy.

Alhambra: Fingers have to grow organically out of the thumb.

Thursday, April 7, 2022

Retired, But Not Yet Retarded

I have ostensibly retired.

My folk dance classes are really forms of "volunteer work."

Why? Because I make almost no money from them. Monday night class is just about break even, or maybe at most \$50. Wednesday class nets maybe \$100. That's about \$150 a week, or \$600 a month. Add my one guitar lessons, and its ups my earing to about \$700. Actually, this is better than I thought, but it is still not a living wage. If I lost it all, gave it up, I'd still survive on about the same economical level.

So, truth is, I teach folk dancing because I like to. Period. And the tours? If I can run them without leading, that would be okay. I make more money from tours, but again, as I have learned from two years of Covid, we can get along without tour earnings.

So basically, I can retire, and I am retired. I just haven't been able to admit it. But now I can and do.

So what now?

What kind of future do I have? What can I look forward to?

On Retiring from Folk Dance Teaching

Years ago I gave up, "retired" from giving guitar concerts. When I did so the pressure from making a living as a guitar performer disappeared. With it went the pains in my left hand (which, at the time, I thought was arthritic.)

Presently, there is no economic pressure on me to teach folk dancing. If I give it up, "retired" from folk dance teaching would knee pain disappear? (The doctors all say this pain is arthritic as well.) Good question.

If I could "cure" a so-called arthritic left hand by "retiring" from guitar concerts, would giving up, "retiring" from the commitment pressures of folk dance teaching "cure" my knees? Good question.

Maybe this "retirement" concept, which I have been resisting for so long, is good for my health. and I'm a very attachable person, very hard for me to give things up. But perhaps a "healthy" skill to have.

Truth is, I could start thinking like this today, since in reality, unlike guitar performing of yore, there is no economic pressure on me to teach folk dancing. I could easily give it up. Should I?

Retirement

I have been resisting, fighting the retirement idea.

Maybe this “retirement concept” is good for my health.

It’s really a form of giving up attachments.

I’m a very attachable person. Very hard for me to give things up.

Maybe learning when and how to “give things up,” to give up and give in, is a good and healthy skill to have.

Do retirement and knees relate?

Is this my Sarnoian TMS resistance syndrome?

I did just get up from the writing chair with no knee pain!

Am I onto something?

I sure hope so.

(Doubt feeds TMS: Note how by verbalizing, concretizing and solidifying this idea, I just killed it by doubting it. I got up from my writing seat and my knees hurt!)

Retirement means (used to mean) total emasculation. Loss of power, means, and purpose. No respect from others. Ostracism and rejection. A non-functioning parasite. Wimphood, giving in, giving up the fight, the struggle for meaning, growth, expansion, power and all. Only negative resided in retirement.

But maybe I was wrong. Maybe retirement was always there, hidden, hiding quietly and happily in my unconscious, a secret parte of me that loved the peace, rest, and purposeless elevation (what an interesting word combo that is!).

It is, of course, the opposite of the very active life I lead, or rather, led. And opposites are not only very real, but always attract.

So maybe my strong denial and fight against retirement signifies a secret love of it! After all, look how much I hated stocks before I fell in love with them, or hated sales and performing before I fell into my love/hate relationship with them.

Exercise

I used to love exercise. I loved running, yoga stretches, even weights, and, of course, the free glory of dancing.

Exercise was a good-in-itself, a kiss and warm bath for my body, a glory I loved.

But lately, something has changed, something is different.

What is this new pressure to exercise and be strong?

Is it part of my "folk dance profession" or old (former) tour leadership life? Is it the meep working, never give up, never "retire" philosophy.

Is it another form of "retirement resistance?"

Maybe.

Becoming and being strong has somehow replace love.

With this new pressure, my motivation to exercise has drained away. Not good. Not the right path.

Can I "retire" from exercising, like I am "retiring" from folk dancing?

Why not? Some people never exercise. And still live!

Truly, without the love motivation, why bother exercising?

Maybe I should just stop exercising, until I rediscover my love of it. Same for folk dancing.

This means that love is the most important motivation.

Becoming stronger is a distant second. Unless the path to strength is laden with love.)

Ideally, retirement means doing things only because you love them. But is such a lofty state of ideological purity possible to reach? And what about noxious commitment?

To teach folk dancing I have to commit to showing up.

To do anything takes commitment. So right there is the pressure.

What is the relationship, if any, between love and pressure?

Complete retirement life.

Friday, April 8, 2022

Feeling strangely optimistic this morning. Seems the Knee Storm has passed, and my transition, too.

What's New?

1. Exercises: Birth of the Stretch Religion

2. Home videos. Folk dance and guitar

Home video symbolizes my public entry and rebirth. (So does the exercise Stretch Religion.)

Home video studio: The dizzy bombshell of organic transformation. Inner chamber of my imagination has gone public.

Organic acceptance of the Zoom-like world. Inner equals outer. All Is One.

Guitar:

All of it. Pauses, stops, thoughts, all.

Warm-up Milan Pavane in C: (Kitchen (K) Video)

First Bach Gavotte in D on the K video.

I'm not performing on video.

I'm, playing. It's not "acting." It's real.

Can I accept a breakdown of Gavotte en Rondeau on video? Why not? Yes. A breakdown is part of who I am.

It's embarrassing and humiliating that I work as hard as I do to get things right. So many troubles. But that is me. And now I'm on Tv (video). And it's okay.

Embarrassed and humiliated on TV and in public. But that's okay. Going public with my troubles. But that's okay. (Look at publication of my NLJ.)

My troubles may make boring TV (video), but it is me.

It is not my job to entertain the audience.

It is my job to present myself. The real me. Perhaps with all my flaws and strengths. (The audience can always turn off the TV.)

Call my Next Leaf: Gone Public (with all my flaws, and strengths, too.)

So ends a New Leaf.