



Scholar Flow Year with Emotion

My dog Sam eats purple flowers
Ain't got much, but what we got's ours
We dig snow and rain and the bright sunshine
Draggin' the line
Draggin' the line

2023

*Middle
of the
Beginning*

Assimilative Axis

=

Freedom of Chaos

=

Very Variable

&

Convenience Kills
Attention

2022 Warrior Year Lessons in Review

**1. “Life is a single pilgrim,
fighting unarmed amongst a thousand soldiers.”**

Thomas Lovell Beddoes, Death's Jest Book

- 2. Who is in your Network? Whose Network are you a part of?**
- 3. Harness Anger away from Rage and Hate and make it fuel!**

Spiritual Warriors & Aristotle's Credo for Anger

Anybody can become angry – that is easy, but to be angry with the right person and to the right degree and at the right time and for the right purpose, and in the right way – that is not within everybody's power and is not easy.

Aristotle

Contextual Aspects of Physical Existence

- **LIFE:** That which Exists before and after me!
- **LIVING:** Your chosen expression of Self. Your interactions with life: actions and inactions.
- **Earning A Livelihood:** What you do and what you gain. How you acquire resources for living.
- **Experience of Life:** Your ever-changing emotions about, and opinion of, what life means to you. In other words, conclusion drawn about all of them.

Why Differentiate? Realizing nuances sharpens your perspective and deepens *appreciation*.

2023 Overleaves and Framework

- **Role: Scholar – (Assimilative Axis Orientation)**
- **Casting: Sage** – Speak and Have Fun – Share thoughts in conversations
- **Goal: Flow** – slides 6 months in Discrimination, Next 6 in Reevaluation
- **Attitude: Cynic**
- **Mode: Observation**
- **Chief Feature: Stubbornness** (Slides to Self-Deprecation)
- **Centering: Emotional/Intellectual Part** (Feel and Know Why it is there)
- **Frequency** – 61
- **Masc-Fem Ratio: 27/73** (A Year of Diffuse but nurturing energy is present)
- **Body Type: Lunar** (Emphasis on frailty and dependency)
- **Scope: Exalted and Integrated** (Facing toward your external affairs)

Task for the Scholar Year of 2023

*“As far as the future is concerned,
it is not a question of predicting it,
but of making it possible.”*

Antoine de Saint Exupéry, *Citadelle*, 1948

Inventing the Future is *Active*.

Predicting it is *Passive*.

Themes of 2023 Assimilative Axis

- **Platform: Freedom:** Examining its facets and limits to it.
 - Chaos, Responsibility, Mobility and Stagnation
- **Time:** Greater Distortions - How they affect you? How do you use time?
- **Technology Dependence and Loss of Skills** (Techno Realm Incursion)
 - Convenience leads to passivity and thereby a cessation of noticing.
- **Systems Interaction with the Individual** (persons can fight fall to)
- **Life and Living Priorities** (what are your tangible assets and necessities)
 - Removing Waste and Unused Energy from your space: Material and Emotional
- **Owning how Emotions**, not facts, bias your thinking, especially shame.
- **Shame undermines personal freedom to act.** A Soul's memory of fear.
 - Raise shame consciousness, what is it teaching you? Respond, then move on!

Other 2023 Assimilative Axis Constructs to Sift

- **Money:** What is enough for you? It is an assimilative/neutral thing.
 - What you can do with it, how you can convert it, are not.
- **Music:** Listening the quickest way to change mood and vibration.
 - Create a Playlist that alters your state of consciousness. Notice and Harvest it.
- **Semantics:** Names, Words, Knowledge, Etymology, Epistemology
- **Meanings Your Minds Make** and Extracting Emotional Triggers
- **Healing Wounds** - Becoming aware of reactions to Insults 'taking offense'
- **Primary and Secondary Experience** – First is animal/instinctive (stimulated reaction) Second is a chosen mental construct response.
- **Mathematics** – Primarily Arithmetic, Accounting, and Probability
 - Accountability happens when you estimate correctly and track differences.

Considerations About Freedom to Examine

FROM: What obstacles do you want removed so you can act?

TO: What do you desire permission/Freedom to do? (Could you *do it*?)

FOR: If you could have a liberty or option to do, what is its purpose?

TAKEN: What Freedoms (actually) been stripped from you or denied you?

EMPLOYED: How do you use the Freedoms/Liberty you have now?

ESCAPED: Where or what did you have the option or responsibility but do/did not exercise it? Do you speak an unpopular opinion? Vote? Risk?

DIRECTED: Intention and Purposeful activity to follow through with it?

WASTED: Correlates to how you spend your time. Laziness? Have foregone, rationalized, denied or avoided what's important to you with distraction?

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Emotions and Mind both Use the Brain: Learn...

DOPAMINE THE REWARD CHEMICAL

- Completing a task
- Doing self-care activities
- Eating food
- Celebrating little wins



SEROTONIN THE MOOD STABILIZER

- Meditating
- Running
- Sun exposure
- Walk in nature
- Swimming
- Cycling



OXYTOCIN THE LOVE HORMONE

- Playing with a dog
- Playing with a baby
- Holding hand
- Hugging your family
- Give compliment



ENDORPHIN THE PAIN KILLER

- Laughter exercise
- Essential oils
- Watch a comedy
- Dark chocolate
- Exercising

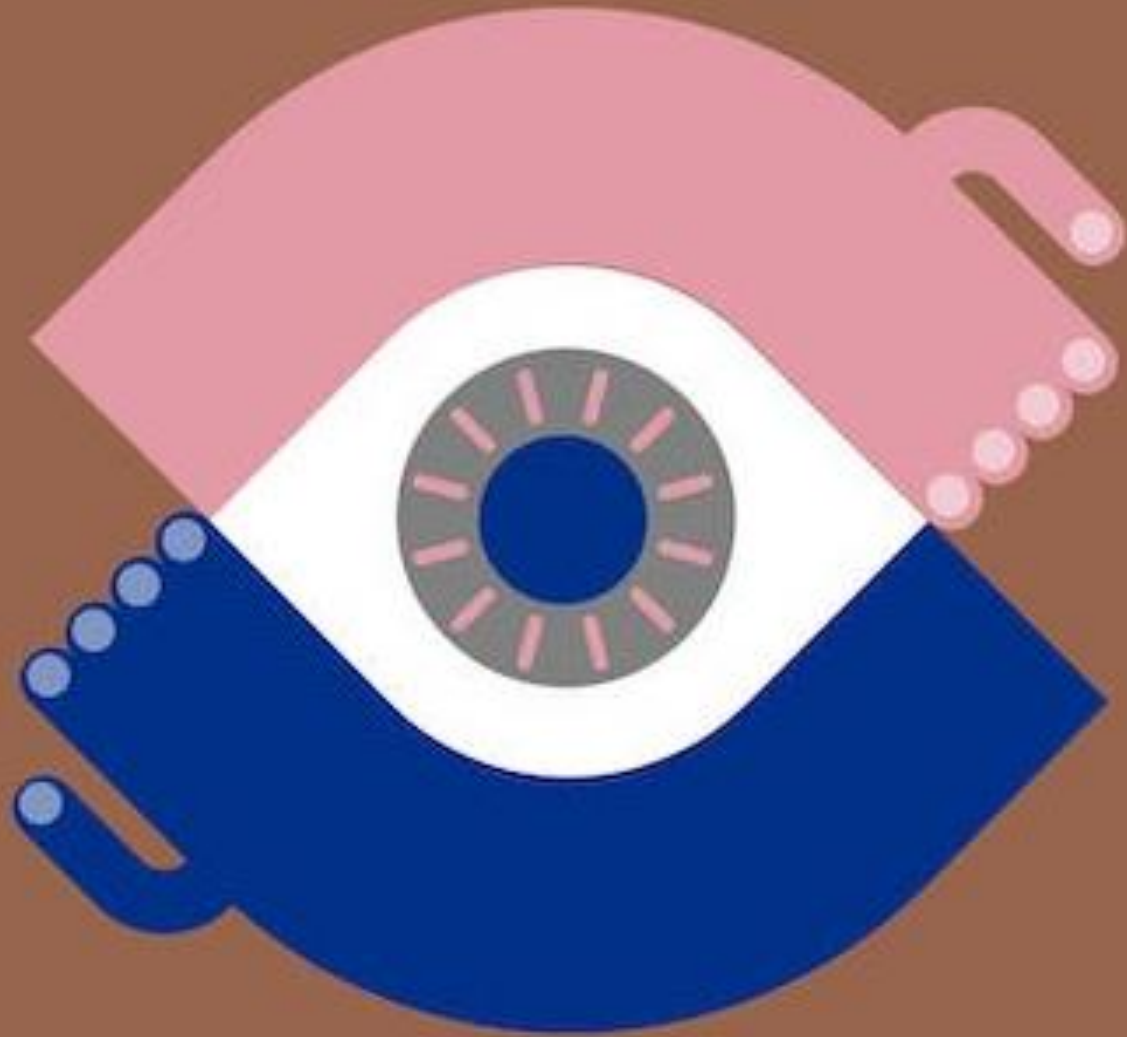


Eliminating Your Own Toxic Parts is Feminine!



It is not your job
to detox toxic
people.

It is your job to
detox the part
of you that
resonates with
their toxicity.



Observation Mode*

** Process of Information Induction*
+ Clarity, Acuity, Picturing, Viewing
- Surveillance, Surreptitious, Distort.

Questions: Are you Looking? Then, are you seeing? Or, are you just staring?
Voyeur's watch the scene but want to remain hidden and uninvolved. So....
Sliding to another Mode and test ways to engage the situation effectively.

Cynic: What is the worst that can happen, if...?



Stubborn Cynics in Observation Negative Poles: Deniers might not be liars...but they are deluded!

- Facts are events, objects, commonly agreed to labels, persons, and verified numeric quantities that exist or occurred.
- Asserting TRUTH is often the interpretation or distortion or spin about FACTs, including denying their existence, as a means of continuing a belief.*

* Idealists, Spiritualists, and Cynics are particularly susceptible to this.

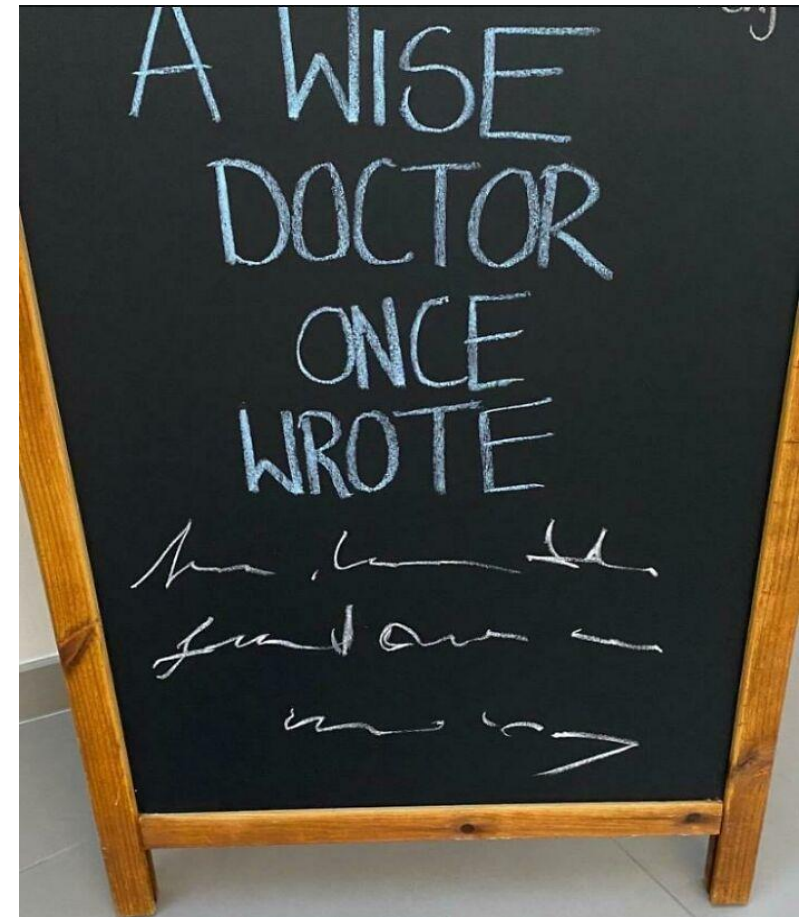


Stubbornness Picks up Momentum or Weight

- Stubbornness is the Fear of Something New different.
- But, in the positive pole of Willfulness, it can act with Determination.
- In the Negative Pole, it acts with resistance and impedance.
- Procrastination is one way that Flow and Stubbornness lead to Inertia and thus mindless repetition of habit. The exact opposite of what a mindful Scholar desiring new learning would behave.
- When it slides to any other CF's, they fixate and becomes stuck. Thus much harder to shake loose. Often only a terrifying threat or luxurious motivator will shake it loose.
- In Self-Dep, it could be difficult to believe you are worthy of an advantage.

Beware Technological Dominance and Your Dependence

- A person's first individualistic artist expression is a Cursive Signature!
- Writing longhand is a neuro-muscular skill set that promotes hand-to-eye coordination and brain development.
- The event of writing is unique in time.
- *Education is more than Training!*



**Obvious differences might feel threatening.
So look and see who and what actually is.**



Reading is more important than ever!

Study new information
for memory recall and
to development active
imagination.

See new possibilities and their plausibility.

[illegible]

Suggested Reading List for 2023 Study

- **The Outsider** by Colin Wilson
- **The Ministry For the Future** by Kim Stanley Robinson
- **The Structure of Scientific Revolutions** by Thomas Kuhn
- **Sapiens and Homo Deus** (2 books) by Yuval Noah Harari
- **The Four Agreements** by Don Miguel Ruiz
- **Escape From Freedom** by Erich Fromm
- **Caste** by Isabel Wilkerson
- **The Hitchhiker's Guide to the Galaxy** by Douglas Adams
- **Psychic Politics** by Jane Roberts (Original Seth Channel)
- **Finite and Infinite Games** by James Carse

2023 Can feel like a year of terror or amazement!



Tipping Points are here!

Revelations can come through Pain and Suffering



Apocalypse = Death, Famine, Pestilence (Disease), War

Political and Economic Inequality Populations

- While the **United States** shows the greatest per capita visual evidence of disparity other countries are showing the same effects even worse. Business plutocrats tend to dominate in a right-leaning fascistic way with monetary influence over political heads. Many people remain uneducated because of a conditioned belief that academic learning is propaganda.
- **China** – Not a Communist State – a totalitarian one – is a massive consumer society with police state overtones and enforcement. Businesses run by billionaires here are governed by political heads. More rigorous emphasis on education and discipline
- **India** – While democratic, it is a largely unorganized state with an economic and social systems that are unregulated. Influences of Caste System has given way to entrepreneurial and strong man effects. Many people still cannot acquire education because of lack of schools.