

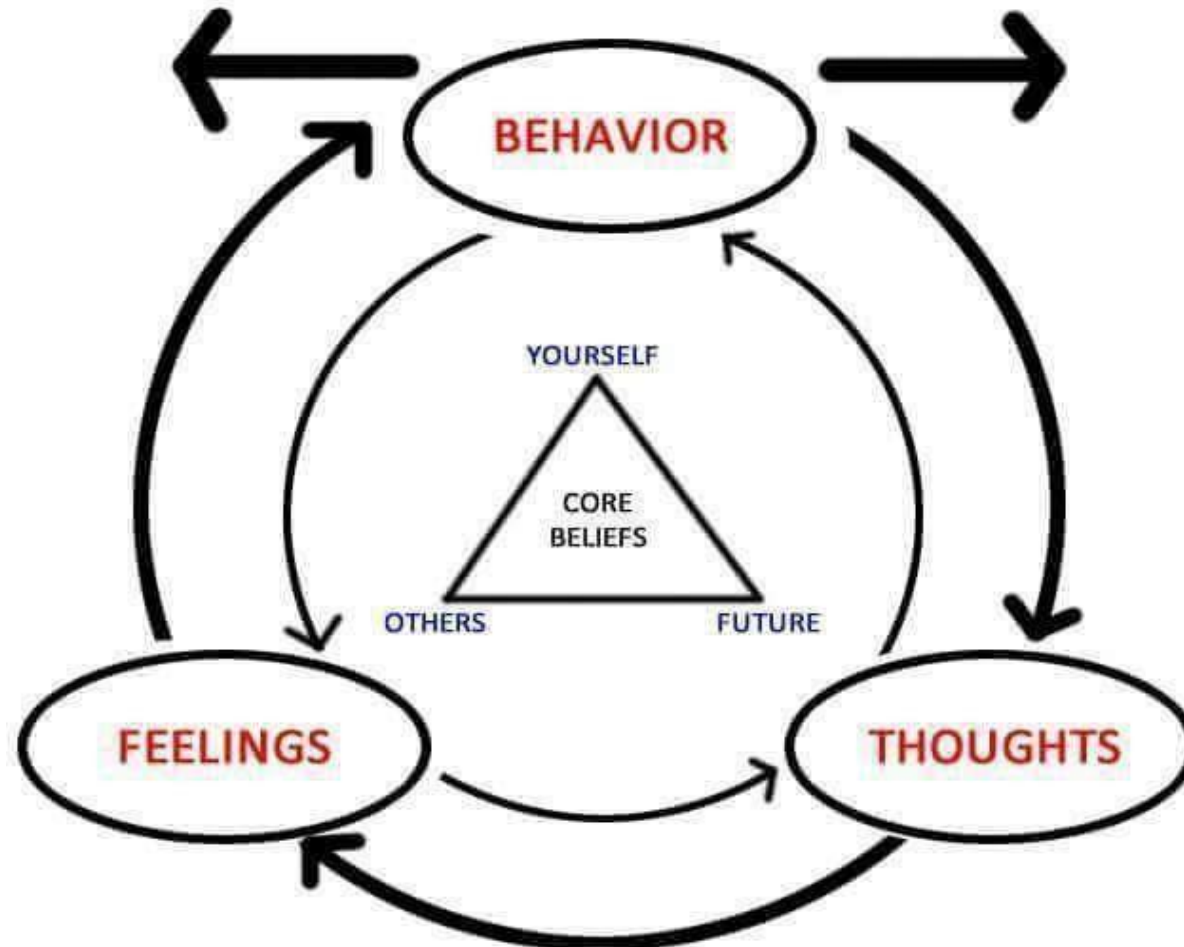
4th Qtr. Overleaves Update

Reorienting is Still Happening but Stubborn

Resistance will make eventual change

much more difficult.

2023 Redo – Flow Offers a Reorientation



Confronting Shame: Where and what do you hide?

- Secrets are the heaviest burden to carry.
- “Letting them go” can only happen when they are revealed and shared.
- Forgiveness of yourself for the act, feeling, thought, event or position you’ve taken is the solvent that can allow forgiveness to be REAL and shame or guilt to lift.

Visualization: Resolving and Re-Entry

- What do you want to let go of or forgive?
- What are you grateful for?
- What do you take into the remainder of the Year to gestate?

Comparing Meanings and Clear Communication

Scholars want accurate
definitions.
Sages want
understandable
meanings.



Time = Your Life: Stop pretending otherwise!



Dealing with Bodies: Health Care and Illness



Death is inevitable!

But how you live life is all about the choices you make in behaviors and attitudes.

Computers: Diffused Human Interaction and AI



Techno Realm and the Growing Human Gap

- Web Technologies “i.e. Online Help” is a movement away from humans communicating, education, and connecting with each other.
- Phone Trees are designed to frustrate, not assist, callers.
- So called AI never interacts with you, it manages you.
- While computer speeds increase so too does the number of problems.
- Increased computerization in automobiles have increased their price and glitz, not their efficiency nor safety.
- Human reliance on computers have devastated arithmetic skills.

Doing Things Manually and with Old Machines

- Better hand to eye coordination
- Superior spatial and temporal brain development when using manual processes.
- Time becomes more real and the feeling of satisfaction (serotonin release) is much increased and eventual stress levels (cortisol) decline.
- You will exercise muscles that otherwise do not get stimulated.



Risk Taking and Liminal Space-Time

Act, not without fear, nor preparation, but with the courage of going for what is right as you know it.



Find someone to remind you, you are brave!



Fear is NOT a sin nor a crime.
Cowardice is denying that a situation requires counter action.
Get Collective Support.