



Christopher Matthew Cavanaugh
February 14th, 2007,
Valentine Day

7737 airport Road, Hathersage,
MD. Easy to see supply

cell found - Please return to

1900 Flint Hill Rd
Silver Spring, MD 20906

for Matt Cavanaugh.

You will receive \$50 for your
trouble if returned
intact, in fair condition
or better.

Mattie
Stephanie.

Contents

- 1-9 Contents Page
- 10-~~10~~¹⁴ Notes & ideas about notebook keeping
- 15-20 To write about

To Write About.

1. How when you first worked at Easy Fit you were kept in the dark, and had false ideas about your father. But now you are "in the light." when
see
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1/6/11
2. Diagram, short division of activities, and purpose/rationale for the study of human shortcomings.
3. Write about your present form & database project. What is it all about? What will the outcome be?
Why are you doing it?

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Books to Read / Research Subjects

1. Criminal Psychology.
2. Psychological typology - personality.
3. Psychology of wholes & parts. Read about our perception of forms.
4. Chinese philosophy
5. Hindu philosophy & yoga.
6. Meditation & Meditation techniques
7. Medieval Moral Philosophy
8. Theories of child development. Stages. Write diagrams.
9. Strange Psychological Cases - Oliver Sacks.

Wednesday, February 14th, 2007 - Valentine's Day

Saturday, February 17th, 2007

Ethics

Balance Sheet - Life-balance

List all the things you need to keep track of. Once you have a list you think is complete (or close to it), begin organizing them into categories - start becoming increasingly more broad.

Right now you are doing it backwards - you are categorizing before you begin listing. Your list is incomplete, and you are confusing broad categories with smaller ones. Pull your task list organization idea for business. Use the same techniques. You can think of the small things you must attend to in your life as life-tasks. Or just atomic parts of the life balance.

You don't nec. have to work w/ the atoms, but in working w/ groups pay attention to group size in your organization

The atomic elements change as your life changes. For example, caring for a son may be added w/ all atomic elements associated w/ having a new son.

The map of the organization will be specific to each person at each time

However, the common elements will reveal the same (or similar) and renew the foundation of the life-balance. Certain elements will be found in all life balances.

- So when creating your balance sheet, have more than one document.

1. Complete list of tasks - organized by size of category and later by importance.
2. Task map - organization
3. Comprehensive Balance Sheet - will be on a large sheet of paper.
4. Summary Balance Sheet - with most important elements
5. Symbolic Balance Sheet - A symbol sheet organizes all elements into its most digestible form. ~~organization like the yin/yang.~~

2/19/07

Tutoring

Ashley said she's not all. Ashley told me her parents finally allowed her to go to a sleepover; however, it is because it is a "church friend".

She hasn't been allowed to sleep over her other friend's house, even for birthday parties.

This follows the same pattern as Jacobs family.

~~Meggs~~ Ashley's parents said no - and said that Ashley "already knows the rule" - but they bend the rule for church kids.

Korean parents restrict their children to spend time only with Korean members of their church.

• money! work!

25th / 2 / 2007

Ethics

Balance Sheet

You might find things that don't belong on a balance sheet, but a different kind of chart.

The following is a list of items that should find their way into the balance sheet - in one way or another.

Money	Sex	The balance sheet was originally thought to include
Livelihood	Sensual pleasure	important costs/expenses of
Environment	Property	your life - <u>areas</u> .
Relationships	Art	
Education/Med	Music	
Diet/Nutrition	Poetry	
Exercise	Writing	
Activity	Mood control	
Hygiene	Comfort	
Cleanliness	Discipline	
Appearance	Organization	
Image	Safety/Protection	
Rest/Sleep		
Recreation		
Meditation		

(Habit) habit is not strictly an area of your life, it's in something else - it should get a different kind of treatment.

Thank the form for the balance sheet will reveal tendencies you have in your behavior. You will discover what your habits are - i.e. - the sheet should not be part of the form, but it is part of the purpose of the form.

25th, February, 2007

Ethics

Everyone, on a daily basis, thinks about ethics, whether they think so or not. Ethics is a part-time of humanity and everyone wants to believe they are an expert. And as everyone knows, people preach, but often they do not practise! More often we clearly practise, and we act according to our principles, and seem to live according to a quality ethic which gives truth a high value, is probably a quality ethic. Most preachers are only preaching, etc and in addition to not doing, preaching facilitates.

If you know & desired about your life goals and the ways to achieve them, and your purpose, you will continually waver in indecision. There will be many times when you will desire something, and your rationalization will appear as attractive as other ideas/principles, and you will repeat the same mistakes.

* Once you know clearly & specifically what you want and how to get it, you really be unsure what you're doing - you're simply going with the flow.

For example, I like having a job of complete freedom, but not knowing what needs to be done & how to do it. Like the engineer, who cannot properly prioritize their projects & just does what they feel like doing, without realizing this rationalizes it to themselves.

IDEAL PATHS

what they look like. How deviation results in low qualities of life.

choice you are born into a tribe, and on this in life's position with no decided upon.

choice was one a person who, after bad trauma, forgets all but

You don't know how
to live, so what
do you do first

get help.
, who/how/what
you get help
from others

what would a good,
choice consist of?
→ an elder
in experience.

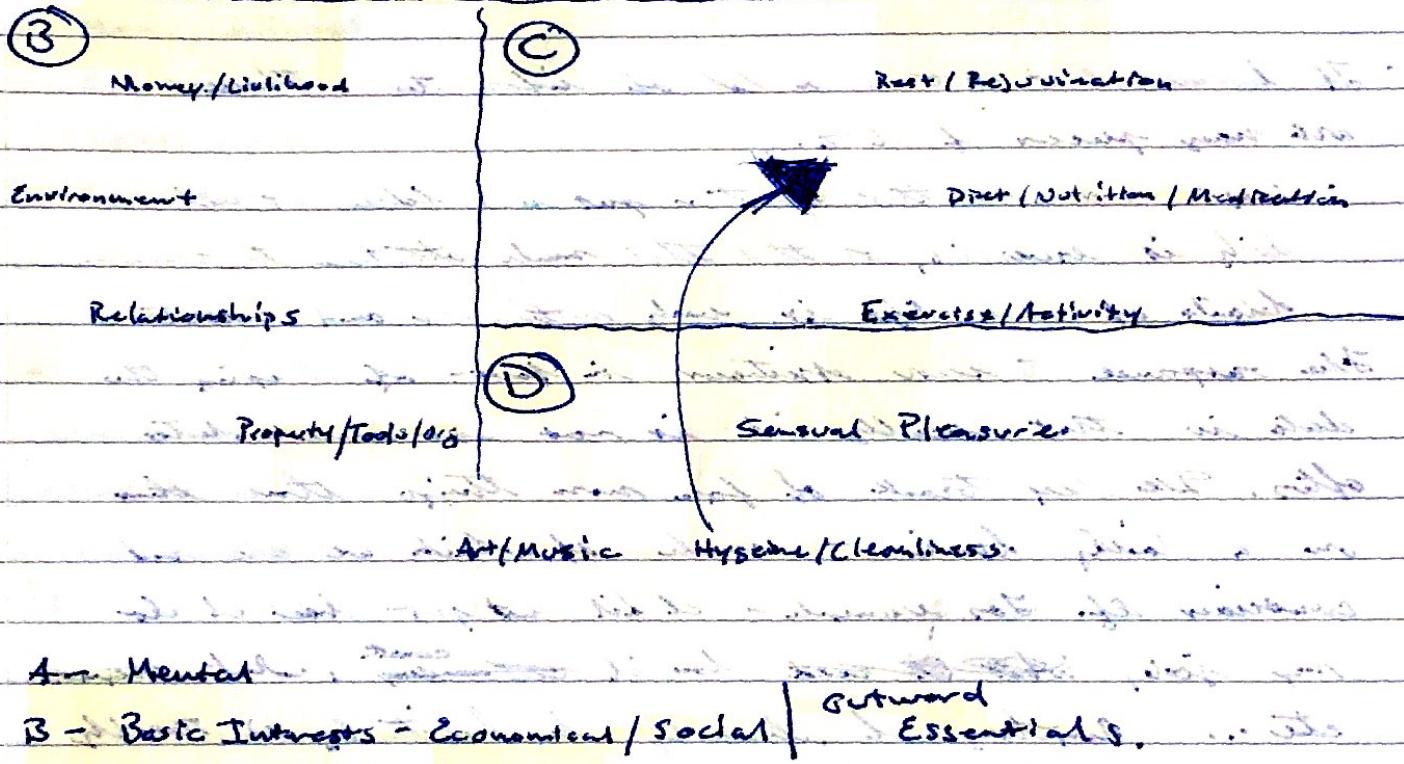
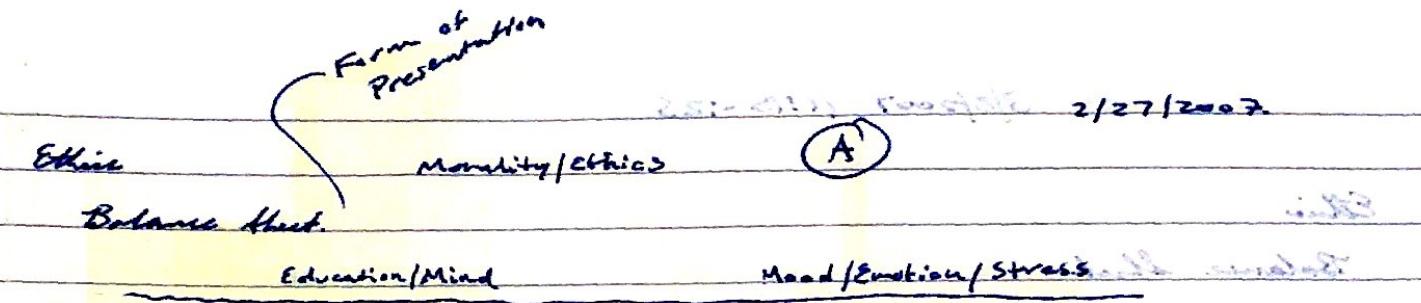
↑
I think this line of thought out. It is consider but
has potential.

→ If you start from nothing, what would be the
ideal path of development. What would
be the best course of events.

Now, the person could have to have luck to put
themselves into these circumstances, but it
is only to show what types of decisions
are good.

Obviously, if it is not how the person starting
would go through - The reasons for the address
very good one known to the educated, and other lesser worth
D not, & it is by luck that they make the path.
possibly not making decisions at all but falling into them.

However, the path will elucidate for those who do not
know good/proper ways of doing things, the
further the deviation the more likely the worse the
outcome.



A - Mental, Emotional, Social, Intellectual, Spiritual, etc.

B - Basic Interests - Economical / Social | Outward Essentials

C - Bodily Care - Bodily Health

D - Pleasure

3/3/2007 11:15-125

Ethics

Balance sheet

The balance sheet contains a lot of information. There are many pieces of data.

People might say that the time put into filling it out daily is excessive, or that this much attention to numerous blots of paper is only meticulous and eccentric. The response to such criticism is ~~to~~ of keeping the data in that ~~really~~ it is not so much data after. We keep track of few more things than this on a daily basis - much of which we are not conscious of. For example - cl did not get her cl do my job, ~~but~~ ~~it~~ how cl ~~not~~ ^{cost} ~~any~~, but ~~stressed~~ etc.. ~~anything~~ ^{for now} ~~already~~ do habits don't really ^{push it} come into cl closely attached to the job, but I became excellent at, and passed back into school ^{when a} ratios. The task of caring for the particulars of life is a thankless task not much diff. Than filling out a form at work, but obviously more interesting especially once you can think through it without having the form in your possession. Just as I can attend to many things while driving most subconsciously, cl can also leave no ^{very} quickly "in/out" & attend to many things in my ^{business} ^{involve} ^{data} ^{life}.

"in/out" & attend to many things in my ^{business} ^{involve} ^{data} ^{life}.

-It will no longer appear eccentric when cl can ^{over time} ^{less} ^{effort} do it in my head w/o need for the sheet. Like a shamed brother who attends to the multitude of ^{regular}

2/27/2007

3/3/2007, 11:50 a.m.

Ethics

Self Interested Utilitarianism.

utilitarianism from

Is utilitarianism

- You may have found this reason for your intuitions that your nicely writing an self-interested Utilitarian.
It was a confusion between a practical ethical method - or way of thinking about results you desire - and an absolute moral principle.

principle?

life

If you think about it as an ultimate principle, you immediately see a problem what's wrong about animal ethics. What reasoning there for not being a vegan?

argument against itself

- Really, you simply thought of a basic rule for bettering your life & the lives of others, that admits of exceptions, and it's only result an instrument for achieving a particular end, and you overextended it to be a primary principle.

- All other important principles cannot be derived from it.
- You will not generate other ends you value - at least it is often very difficult.
- Other principles may be more useful.
- You confused its usefulness for its objective moral significance. It may be very useful, but it is not the whole story. It might work great for some important ends, but not for all important ends.

3/2/07 1:25pm.

ethics

Human Shortcomings... Quick thought

Aphorism: ~~shortcoming~~ can be defined as a weakness or a

deficiency in the way we are living our lives. It's best to examine your

- sometimes we make intuitive decisions without going through an analysis process. This is ok, but we can never recall why we made the decision instantly, because it wasn't built to words

refine your choice of order in a bidding process.

You may feel an analysis that it wasn't the best decision - or it was even faulty. But the fact that you can make effective decisions without putting words to it is interesting.

Analysis of words is better if not forced to the decision - you can track why you made the decision - and re-evaluation to much faster.

3/9/2007 11:30pm.

Ethics

Ethics is divided into the theoretical and the practical

it is in the theoretical that we decide what we ought to do and why - and what we are to become.

The practical offers "different kind of ought. What you ought to do to enable yourself to do what you ought.

Most works on Ethics are not useful. They tell you what you should & shouldn't do and ~~sometimes why~~ but very seriously. - And it ends up codified as a set of commands.

For example - an ethical work may say that you shouldn't cheat on your wife in the practical portion.

But it doesn't talk so much about how to ensure that you don't cheat on your wife. This is the work of the psychologist - for example:

Don't do that. ~~versus this is how you don't do that~~

What is needed is an instruction for doing what is recommended.

Another example - A work on ethics may state that one should not smoke because it is just bad for you. It would sit out to locate the foundation of this, the consequentialism. They might try to justify a reason there. But it should also be a part of the work to say what one should do to not smoke.

The scope of ethical words is ~~very~~ limited. The main concern is to justify objectives: an ethic of a certain type. But once that is found, they go no further.

cl think the scope of ethics properly understood is extremely broad. clt is much broader than what people ordinarily think of ethics and morality.

- morality doesn't just involve interaction with other people
- it is not limited to general ends, but the ways in which those ends may best be achieved. clt is highly practical.
- it is involved in all decision making.
- clt is a process of making quality decisions.
- clt is not only the controversial parts.
 - the foundation of values
 - finding ^{the} best value system
 - which value system is best / a system of ends
- Finding an appropriate ethical principle
- Finding the best way to calculate - or to decide
 - i.e. whether how thes are to be used.
- It is mostly the practical, and flat's where it comes into ordinary life; and permeates everything we do.

It is decision making. Choosing what ends to pursue, and how to accomplish those ends.

And as Aristotle says, it makes no difference if the end is the act itself, or the object in which the act is directed.

~~It makes no difference to whether or not you want, whether it is being~~

- Selecting ends is the object of a value theory
- selecting good means (as an end in itself and a means to accomplishing another end) isn't much different than choosing a method.
- so it's clearly an object
- so, yes - what do I want to achieve
and what tools should I use.

The ends thing you want to achieve need not be the only thing beautiful, for you can select beautiful tools.

And if the tools are beautiful enough, you can use them with no particular end in mind, just because the use of the tool itself - the activity is the end.

The best tools are the ones few people ever
you pick them up.

March 11, 2007, Sunday

Ethics and my notes from your class with philosopher Peter Singer

Imagine your idea of permissible acts is created: it contains virtually any situation you can experience, and advice is given for each along with a list of permissible choices. It gives "instructions" for determining what case our situation falls under. It tells how to determine what the situation is by using a checklist of morally relevant situation features.

- One still must note themselves use it (and they would)
- one must know how to use it - to find their situation in the book (and to know that their situation is)
- Then the person must also what is recommended.
- And they must be able to correctly determine what permits results apply to them, so, in the situation is their traits & what flows from those, but many don't know their traits are.
- The problem here also is that the idea would be ~~permissible~~ an advice giving system and that it doesn't teach people how to always or more frequently make good decisions, it doesn't create people from which good decisions flow.
- The second step is producing the kind of people in which good decisions flow.

For the most part this is education, though this isn't always emphasized. We educate to create particular kinds of persons. Our object is a person that makes good decisions and not bad ones, and is of a certain quality we find inherently desirable. That's it. But we've begun to educate in a religion neutral way, to teach ethical ideals that are generally accepted.

- Ethics not all theoretical. Too much emphasis when for the most part people agree.

- Need to become highly practical

- The Education Index - character development - so that good culture, may be close in the education index, naturally flows from the person.

Outlined from other sides -
But the program is not made ideal.

If it was made more clear what the ideals were -

what kinds of qualities we want people to have -

and that education tends towards that, then

it will be as it is now, in the background.

happening a little, inadvertently and indirectly.

Because people are expected to stand on their

own feet themselves.

And school education is not enough, because parents

offer the dominant part of education

and that is the real problem - they are all

different - some good or bad, or modern, and

they hold sway. Along with other

children who know nothing and are not at
very education, sometimes totally bad.

when compared
with good education

Interestingly, the thirty animals I've outlined on what we're tendency to anyway. people want it anyway, at least [forget distinction]

For the remaining students who have not yet attended the class

March 27th, 2007 Tuesday [Day after trip to minaret] 2:15

not begin writing journal entries again. So, with that in mind, begin your Human Shortcoming portion of your Ethical Project.

I walk into the darkness from the light. I walk into the light, out from the darkness mostly because

This is actually misleading, for the reality is that to signify, you can walk from a meadow where there is light where there was shade previously, but also, where there was light, a new deep shadow has been cast, with shadows between them.

And yet this analogy is limited. I can take up all the space of the meadow. However, there is a limit to how much I can fit in the meadow because there is a limit to the space of the meadow, and because the light reads over territory already covered, and expands it.

This analogy is obviously very bad if taken literally.

It gives a different feel than other illustrations.

An illustration can make you think good or ill of its object.

An illustration is a piece of the whole, and the pieces themselves may not properly represent the subject.

• An analogy casts we can abstract from an analogy a model which is further removed from reality, and may be less inspiring, but have clearer representation & be less misleading.

Analogy are illustrative models. No one would take a model for the real thing.

But people mistake illustrative models for actual analogies for the real thing.

In the dark, nor in light fails to show the complexity of the subject. It is a mask. It creates a false perception that it covers the whole but really it only covers a small part.

- The author

Human shortcomings

- Perception - being removed from the real things
 being shaped by
 mistaking imagination for reality
- Distortions of Reality
- language & perception of the world - shortcoming of analytical reasoning
 - vivid illustrations have benefits, but can distort reality
 - focus on what is like reality in the head, know that you are fooled continually.
 - Recognize the common

Incoherence

- Your idea of incoherence is related to the ideas of consistency, freedom & bounded or free philosophy
- little word in track II distinction Epictetus: Incoherence
- You should find a clear way forward, if perhaps not in terms of principles of freedom / personal choice - already have all different vague ideas about what freedom is, with no transparency, how others - and yourself do not conform ideas, but there is a

March 28th, 2007

- Human Shortcomings

Mind

→ Body (← emotion)

Perception = Illusion

- Sleepiness

- Expectation → Effects of Drugs

- Interpretation → Overthinking, illogicalness

- Separation from Reality → Mind over matter

→ Habitual thinking, habits

Language = Not knowing about it → Hazards

- It is a tool of limitations → Fatigue
 ↓ it can be used improperly.

- Language system has shortcomings → Anger
 compared w/ others

- Can only symbolize small parts → Love.
 ↓ isolated things

- has limitations on how much can → stickers
 be communicated → by time & segment

→ Argument Errors → death

 |
 | - Rhetorics - Induction - Error

 | - Fallacies of informal logic

 | - for editing, Learning

 | - Naming & Classification

Thought - Time - fast/slow

- piecemeal - small portions

External Environment

- Memory / forgetfulness

 | - Recall problems

- Thoughts served - come from motives

- Late thoughts / inopportune thoughts → priming

- Intelligence

habit

Belief - Cursory study yields conclusions → Disagreement

- Not enough time → Dogmatism

- 1st decisions determine later course as → Violence
 in a journey.

- Older ingrained ideas hold sway. → Relativism

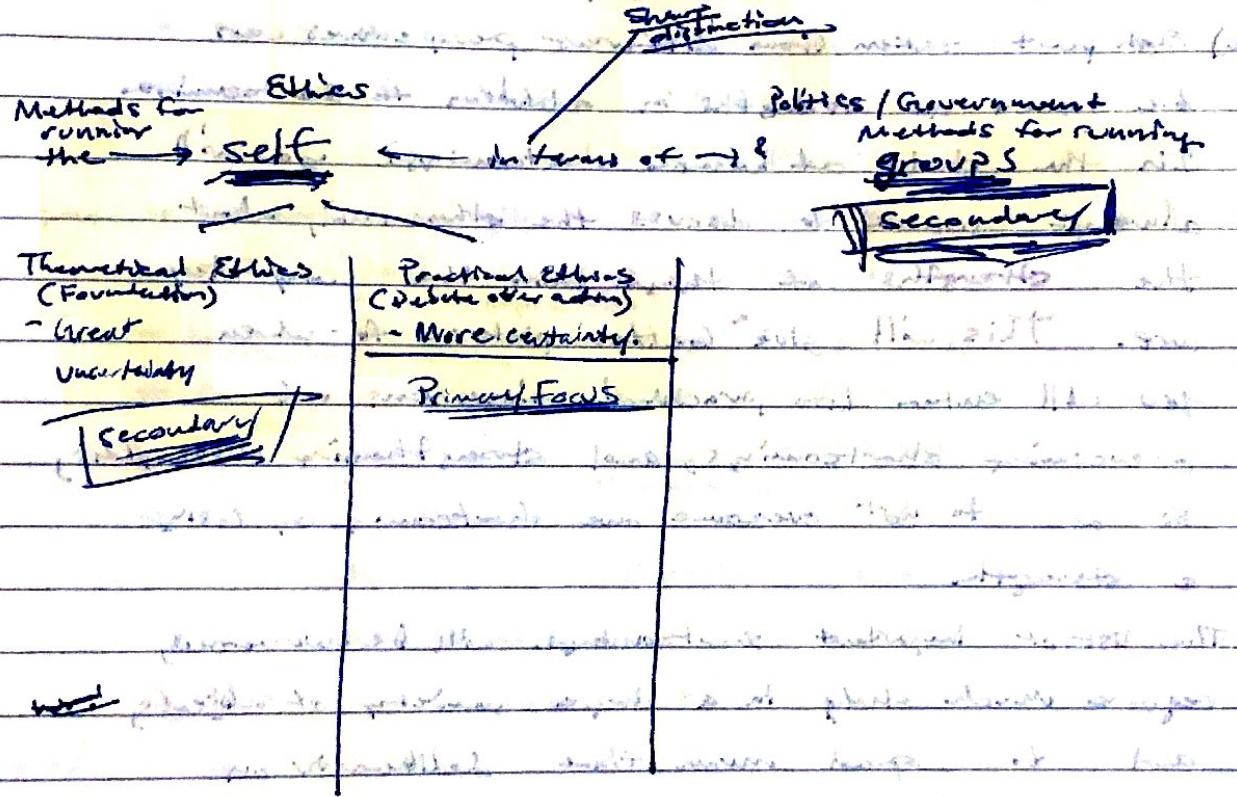
- Rationalization

→ Barriers to understanding

- Induction errors

- which are positive and negative in nature and will be
- Challenger to the study of Human Shortcomings
- 1) In relation to an ideal form, almost any human characteristics can be seen as ~~not~~ a shortcoming. Likewise, the relations to a purely negative ideal form, all can be seen as large positives.
 - 2) Each part taken from different perspectives can be seen as strengths in addition to shortcomings. In the study of human shortcomings you will always have to discuss the other end, about the strengths of things being the way they are. This will give better picture for when you will enter into practical discussions of overcoming shortcomings, and strengthening strengths, so as to not overcome one shortcoming by losing a strength.
 - 3) The list of important shortcomings will be numerous, require much study in a large variety of subjects, and to spend much time deliberating on recommendations in each area.

In the larger picture of this, in the study of Ethics as a whole.



PRACTICAL

Your writing

Basic theoretical orientation [will amount to much writing]

Practical Ethics

- Focus on self - good acts, good character.
 - Overcomes obstacles, constant work to strive / progress
 - Human shortcomings (Shared)
 - Personal Shortcomings (Shared amongst a few, or only)

The Index

The Standard / The Ideal

Ideal character

Movement (Progression)

March 29th, 2007, Thursday

First, show an example of a quality development of a person.

- Show that there is general agreement, for the most part, in the basic features of the development.

- consider alternatives - other plausible ways of developing.

The ideal development will have to refer to the study of human functioning, and the ideal man.

- To have an ideal development requires you need to have an idea about what type of person is to be developed. (and balance this with qualities of the development itself also.)

Ideal man [good ideas of what he would be like]

2nd development.

choose a life that goes smoothly

1st, define the mind and development, requires much structure, and one has to behave according to standards, is somewhat sensible, highly active, becomes highly coordinated, strong, flexible and healthy.

Develops good personality traits (the child ^{is} born with life-time - still characteristic) has basic qualities that lead to towards positive moral behavior, self-sufficient etc. Shows observance of other's safety, is creative more courage effectively, demonstrating creativity and imagination.

Entering back - These forms of good qualities are to be present early, and signs of good personality traits early. The child's strengths and weaknesses must be made known to the child.

High quality
early development → high quality education and →
- circumstances
- self-knowledge

positive life quality environment is of highest importance

You must compile all the qualities of a good man,
which you want for yourself

Personality - [See other existing typologies]

patient

self-controlling [choose words & certain products]

Permanent / Core Nation

Enduring → less enduring flexible

Intelligence

Personality

Mental Idiosyncrasies

Character

Cognition - Thought process

Core interests

Memory

Core beliefs / traditional

Prior History

Good character

- Although it may be evaluated by qualities that are intrinsic inherently good in itself, - for the most part it is by far the major part, is to be evaluated by extrinsic factors, behaviors, or results.

- There are several ways of approaching the analysis

of an ideal character: either by the qualities which flow from it, or by the actions which flow from it.

- by the thoughts which flow from it, or results.

- by the feelings which flow from it.

(example) - by aesthetic appeal of it in itself, it in itself taken as and results into itself

Results - very diverse and widely distributed.

- In itself - Much less diverse compared to the results of it.

Even when descriptive qualities of a character are being good in number, it is hard to explain why they are good without referring to the results. It is an intuitive question to consider. If we can't think of it in any other way, we can say certain qualities are Good but that is only from a perspective that it is subjective, basically "I think" I am attracted to it, or, it can repel me. But when we have asked why, we will not say "because" but that it has some other qualities we don't like, or, it doesn't attract us in any other way. → acc. with the

SG.

What work type
the various types
of possibility been
in Division's class?

and we also know that it is fortune which decides what happens also, aside from character, and also, undesirable characteristics of the person, or humanity in general. Thus the fact that bad seems it often seems as unfortunate or tragic.

and from this, we must also see that we (other mostly) judge the person by their character traits, ^{also} with reference to their actions.

This is where people often make mistakes in judgments for usually they will not go through a full evaluation, but decide based on a section of the character or person. Thus, one man may love a woman because she is beautiful and speaks passionately [must be for ext], while another may see her as bad because of vanity perceived.

People are very ready to ~~be~~ willing to judge others prematurely, or from a highly focused point of view.

The person is to be judged by their parts, too. There may not be a coherent person to begin with. Also like all objects it may be thought of as good or bad from a variety of perspectives. Perhaps some bad characteristics in some environment would be good [must be possible & imaginable]

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Deed + study
whatever he does - instrumentation
construction etc.

These actions may be active or character may be judged by imagined realistic results flowing from the same thing but for different surroundings, time, environment, or even in conjunction with other traits the person does not have, all so implying human being is really different people.

Also, there are many ways of getting the whole, by parts equally, by itself, or by some alone, or by some study act, by balanced & working, or by developing the whole.

These may be no best way to determine the goodness or badness of a person. But for different useful ways.

There is a objective way \rightarrow do you like it or not, or how much

love \leftarrow hate.

whether this self about your actions or for you or whatever

because when we do good we want to do more

so doing this leads to up the scale

so when we do bad we want to do less

Need to look into ideal heroes
and ultimate villains.

Study cultural
psychology.

It gets to the point where you wonder if we
should pass judgment at all.

Let's even move with your
ways to decide as
something to relate to

- to someone we should, you want to
pass judgement. - observe,

Next problem - what ~~perspective~~ can we take up
the evaluation.

~ Should we choose one?

Intuit. - Hope it helps
- surely some perspectives can't be taken

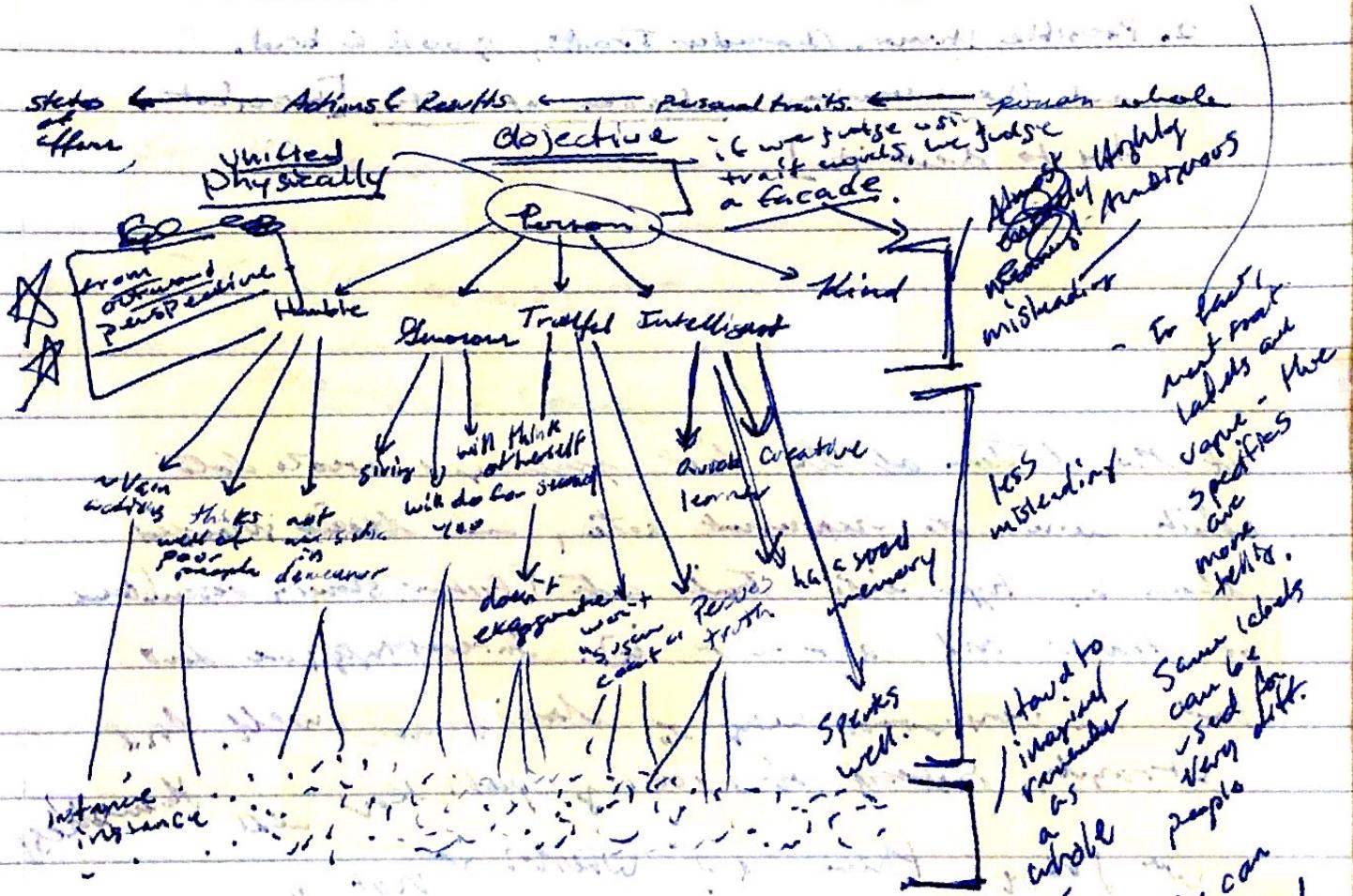
seriously / we
seriously & would take

For example - work such as this are first to
be considered from the perspective of adherence
to truth & honesty - and other criterion like academic

↑ And not Day the justifiable or who we judge
something of every different nature, like
swimming trunks

If you were to ask a man who calls his wife humble "what do you mean?" He'll first tell you, she isn't interested in material things, she is not vain. And if you ask further what he means will soon refer directly to acts which he will take to be evidence of her disposition. She does good acts of this sort not by accident but because she has this particular quality - and we can expect this of her. Good things flow from this part of her.

states good in themselves → actions and their results ← traits - character, personal, bodily
 & as states of affairs good in themselves



- Daily Sheet:

Form for
"What am I really
like?"

even for
true
self. This
is greatly
bad

Can be
Advised
and without
knowing

- Half of me will go to
hell, half will go to heaven

[I have more than one
soul - we work together]

This a lie thinks he
is truthful both when he was
a trav, and once he's
returned. And it he
said he was honest, people wouldn't really know.

These you must list and categorize

1. Human Shortcomings

- All
- Some (many)
- myself.

2. Possible Human Character Traits, good & bad.

at the bottom of the last page you wrote lots which were to represent acts, and then grouped them by type into trait acts [common elements of traits and act-categories]. Interestingly, we don't have a very good way to classify acts well, and strongly, instead of saying particular acts themselves, we judge them by whether or not they fall in under good or bad trait groups.

This can lead to great confusion — ~~and it makes~~ each act category is loaded w/moral judgement.

The consequences of act-categories (vs. traits - or virtues/vices)
~~that are far-reaching~~ and harder to fix

- if it seems to fit in a bad category, we assume
it was wrong, and prob feel shame (especially if
we thought it out as right - we remember it as
an act, and means/feels) connotes

Something bad, stealthy, corrupt, greedy, unethical, etc.

and we often believe in, and want others to do

the opposite of stealthy, corrupt, unethic, etc.

stealthy vs. corrupt vs. greedy

stealthy, corrupt, greedy, unethic, etc. are bad

so when someone is good, ethical, etc. we

feel good about it, and want to do it ourselves

good, ethical, etc. are good, right, etc.

stealthy, corrupt, greedy, unethic, etc. are bad

so when someone is good, ethical, etc. we

feel good about it, and want to do it ourselves

good, ethical, etc. are good, right, etc.

stealthy, corrupt, greedy, unethic, etc. are bad

so when someone is good, ethical, etc. we

feel good about it, and want to do it ourselves

52
March 30th, 2007, Friday

Unity

- Unity is pleasing. People like the idea of "oneness" and of wholes. They like the idea of complete connections, and not disunities.
- sometimes the idea of unity can be misleading.

First of all, just because many things have one thing in common, or many things in common, does not make them one, or unified. Rather we can say they all have some feature in common, and if we focused on set of all things having this feature they will all fall in that set. But there is no "oneness".

People have many characteristics, and just because those characteristics dwell in one body does not mean they are one - or unified.

We say we have one body only because we've glued a single name to represent all of our parts.

The same can be done for other things - for example our face that we perceive faces as whole, but not as separate parts. We've amounted features together to create a face. Is it really only different than a collection of eye nose and mouth?

a face is not a unified thing in the world, even if we perceive it to be one.

We ~~only~~ ^{can} see it, we might say the same for things, however. We ~~can't~~ ^{see} individual things as unified single objects. But is an eye ~~only~~, one thing?

Who ~~face~~ was ~~com~~ to have what ~~we~~ were by a fact. For example if I lose my eyes do I have a face? What about my nose, and my mouth, and until I am left with only skin and hair. Do I have no face?

If I do, what is a face then - the front part of my head? If I lose that then which I have no face.

The idea of a face is very suppose all
skin is removed from
my face. People would think he
has no face - how disgusting.
So the question is, is there really ~~oneness~~
in the world, or do we take
the stuff we're given and ~~apply~~ ^{impose} them
ourselves to make ones?

and they say
no, and I ask
which part is
ugly may they
not still
significantly
reply - his face
ugly.

Unified whole may not exist in reality, nonetheless
perceiving it in that way is useful.

The unity you've been talking about ~~is unity~~ ^{one can}
of the reasons concerning it.

For example, there is good reason to think of
a heart as a single thing - one reason is
to focus on it - all of its parts together and
to separate it from things around it.

Another reason to consider it as a whole, is
because it differs in important ways from everything
around it. It functions or does things different
at looks different, it feels different. Its parts
are different from others, it has different location.
It is unique in a way that justifies separating it
from its environment. It can be used differently
as well. It has different ends. It has different
composition.

We only know what interests us important. This is
dependent on how much important interests we can
know. We can see roughly as we begin to make
distinctions about our environment. We continue to
name things as we know more and interesting
things. As we explore and create it more. Doing valuable
work if there were not a guideline for naming things

yet we can then continue more fully than we could
otherwise about our following up of some of those same
we begin to subdivide and are thus more
specifically when we come again into

This at first we see "heart" and nothing else
but just as this appears - so what a tinted,
and later when it becomes useful, we
subdivide and name its features. Interestingly
when we say its features we subordinate them
to "heart" in terms of importance justifiable,
but it is weird.

You can discuss this more later, but for now, what you need to know is that primarily we judge character by results, and we judge both from a variety of perspectives. We judge results by other goods or a variety of kinds - pleasure or freedom for example, which in turn can be analyzed from a variety of perspectives.

Ultimately character is judged in terms of good goods and analyzable from a variety of perspectives.

Question - Some people do things continually bad despite their good nature. They act out of bad judgment. Others seem like they have the good will - or desire for good as a trait good in itself without reference to action.

Answer - This is the case. ~~That~~ we do seem to look at it as a good quality despite not leading to good results, but it isn't without reference to results. First of all, we know it leads to goods for man after other bad character. And both would be indistinguishable but for the actions produced. It seems to be the only way we can judge objectively. ~~That~~ we can imagine good actions from it, so it is not just actual actions, but possible actions [last thought would make it non-different] → G 10 46

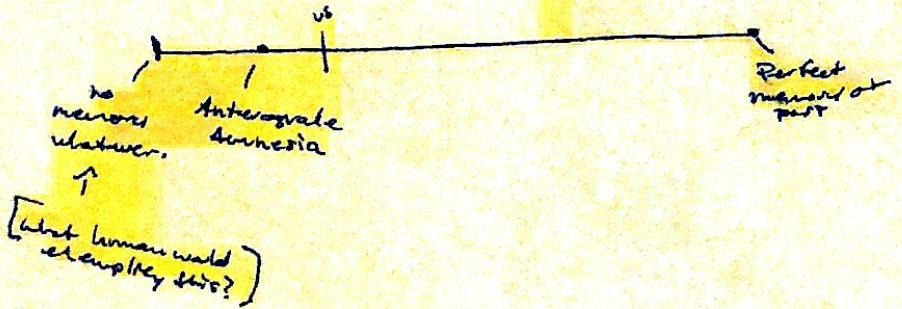
men are not so different from
each other - they all have ~~the same~~
~~common shortcomings shared~~
by all humanity.

Mahatma
Gandhi | non violent
people | people who
pray on a plane

(2nd April, 2007)

170613 (code.)

Moving
the antennae
can actually
cause actual
over activation
only in the furthest
extreme. It is
at the end of
the spectrum
& we are also
closer to that
end.



h h

look up "Narrative"
narratology

Sunday ~~1~~st, April 2007

Environmental movement starts habitat

Ethics

[Drawing out of hands, among individuals]

[Collective: Collecting the group of individuals]

Ethics

Theoretical Ethics ← Practical Ethics

Individual (working for better world)

Collective (collecting the group of individuals)

Propriety thinking for man and woman | Logic

Reasoning

Experience - direct & scientific method

About man & woman | About environment

Role and Principles based on Reason - proper logic

Cultivation of character

- self-knowledge
- intellectualization of Role & Principles
- individuality of personality ideal

Understanding of Human Shortcomings

- Human shorts [sic!]
- Common shorts [sic!]
- Personal shortcomings

Creation of a personal Index & Journals

Worldly understanding

- Knowledge of environment
- Knowledge of history

Transformation of the mind

Improvement of mental abilities

Improved spatial reasoning

Improved use of language - increased conceptual knowledge

Improvement of personal environment - Improved interaction w/ environment.

continue to use diagrams to elucidate the situation. You probably will not find a perfect model, but you will find one that is elucidating, easy to understand, and useful. The one above seems to show this very well.

• Ideal Path [the good development]

• The Ideal Man [the good person, object in the path]

whether there is an end to the path, it is not
as it can you because the ideal man you are fitted.

The ideal man will either be one which hasn't can be
improved (it is ideal in one most important way, and once

is achieved, development can still occur. Perhaps, it can

be thought of at a most important stage], or
it will be unattainable. Either way, the path

will be constant progression, with an unattainable
end in sight, or as the ~~path~~

this way is an end in its self.

April 2nd, 2007, Monday

From reading the section of Dray's "A Companion to Ethics"
is that your planned Ethical work will be incomplete
without several areas of research to justify your
position, possibly to include as subjects in the work,
and to simply be aware of for what you are
doing. As they are areas that anyone would
be expected to spend time studying to claim to
have a masterful understanding of Ethics in general.

The first one you need to spend considerable time on is the origins of Ethics and the history of Ethics.

- Anthropology & ethics
- Pre-human bipedal ethics
- Ethical possession (or cultural ethics) found in the animal Kingdom - w/ special emphasis on primates

- Natural development of views and animal and "possible" "cultural ethics" or ways of thinking that naturally lead themselves to favor Ethical systems.

- Also the origins of legislation and if only do it should be distinguished from ethics.

- Importantly - You need also to know what the intellectual community thinks - you can't shut yourself off.

- Especially their common conceptual/ideological understanding. You need this to justify any deviation from it. And they'll be the ones most interested in anything you have to say.

You need to understand Meta-ethics also.

Continue to examine the idea of non-human ethics.

~~- also look over just like others
people tend to like others
that's rational judgment
- people who are like
themselves or have
similarities they enjoy~~

~~all of this
judgment
is
perceived
soon
bad~~

In support of your view that a good character is one that good decisions / action and fortunes flow from it.

A bad character is one that bad outcomes flow from it.

The most noted are those who have bad characteristics that seem to receive great things & end having good results from their ^{deserving} bad character. Those whose circumstances & luck reward them well, despite their being a bad character.

- the focus of this also is the first step we judge decision making techniques in the same way.

• someone who uses technique in which good things can't not flow from it are good.

For at least those honestly trying for this.

• There are bad techniques who have ways continually flowing forth are seen as bad or unfortunate

• There are bad techniques that receive goods are noted. They are seen to be the worst, both because it seems contrary to the nature of things & not beautiful, and also because they feel that good deserves good, and bad feels bad.

Tuesday 3, April 2007

Also, in your study of ethics you cannot leave out a discussion of determinism & free-will.

You tend to believe that determinism is the correct point of view, but you have not looked closely at how this impacts others. Make sure to read Hume's books as soon as possible.

Intuitively there should not be much of an effect, but it is of great interest - i.e. the belief in determinism should affect the quality of your ethics. I.e. having an understanding of determinism & its truth will impact your point of view.

Personal Rules

As you know, it is very easy for you to form a habit, and once you do, it is difficult to get back on track.

An important thing to do is pay attention to signs that you are heading down the wrong direction.

As an example, you try to minimize and even lack of food preparation when you return from work but is the habit of eating fast food and eating in large quantities.

April 4th, 2007, Wednesday

5:38pm

Today we fasted until about 6:30 p.m. when we had a couple beers w/ Dan, and later a full veggie burrito.

You failed in your goal - you planned on having a small meal w/ Dan and not a large one. But you'll make up for it tomorrow w/ a full day of fasting - the only thing you will consume is water.

But what is the point of fasting?

Fasting

Fasting need not be just for food. You can abstain from many different things strictly for a short time w/ very positive results.

The main goal either way is a kind of mental detox - to deprive yourself from strong habitual desire, and to replace it w/ , by giving on a better alternative.

The second is mostly - to make a sweeping change to develop interest - of a newer form - to move you follow through

The third is to gain a new perspective for necessities you temporarily placed to the side.

So for the last few days you've had an
incredible desire for fast food and large
quantities - and this conflicts greatly
w/ your desire to lose weight, be more
fit, spend less money, not think about
food so much etc - many things have
fallen behind. You're not following your environment
route — Home → work → school → library →
What it do. Sun → gas → grocery.

Since it is difficult to reverse it entirely, you
should put yourself in a kind of
self imposed mental detox. Lock yourself
up in a house - or what ever
your pad.

1st Step - Start your sheet again. Keep it with
you at all times.

2nd Step - Plan to do something new & unique today
- make a change, that involves none of
the think you want to avoid.

3rd Step - Make it impossible to do what you渴望 -
lock yourself up.

so far tonight and tomorrow. Here is an example visualization:

(work) [Updated Reward form - Print 5 of them, Home Depot (possibly), FPS invoices, Handbook, Exercise & Stretch]

- Between [Go straight home. No fast food, no pit stops... just straight home] → Pay bills online

Home [Shower, clean w/ music on, Touch on Everything - Make bed, dishes, laundry, gear, car, dresser top, office organization, Prepare gym bag, — food, water etc., Welt to the gym (out)]

Gym [Study, Cardio, left leg, Abs / lower back core, left arm, Right chest]

Home [Sit on floor & study / stretch until bed-time.
- No T.V.]

Sleep [Set as many alarms as possible to ensure you don't get up.]

Lock yourself into this. Detox yourself - De-prime yourself. Especially tomorrow when you will have the urge to do the same thing at the same time.

You skipped 62 & 63. Be back.

Tuesday, 10th, April 2007

Human Shortcomings

Lack of time.

- To explain where we may

may be lacking my

- Life span is still relatively undramatically improved

- Learning is employed that all went before us. I mean,

- Speed of Thought

- Speed of activity

- Intelligence within (knowledge, skill, memory) and

To begin your study of Human Shortcomings, create a basic diagram of the main area you will want to cover discuss all can be imperfect and you can add to it later. Don't obsess over its structure and not the way its appearance of its arrangement.

Begin writing aphoristically to get things started.

You have many undeveloped ideas that you haven't - written down. Write your intuitions down, and come back to develop them later. You need to start this soon to gain some depth to each subject/idea.

Write also about the purpose and rationale for the project. What made you think of it? What was the original intuition? What will the study do? How does it fit in with your project on others?

Thursday, 12th April 2007

Your ideal day

rise early, sleep somewhat ~~earlier~~ about 7-8 hours
of sleep should be enough for most people

- wake up around 6-6:30 am (adjusted by when you
go to sleep)

- eat a small healthy breakfast, water, very
little caffeine. (maybe a small coffee). Everyth
was measured out - you know how much you eat &
the foods composition.

- all your lunch & snacks for the day are prepared
and placed in a special lunch bag. it
is also measured out & you know what is
in it.

- All you need for the day - everywhere it
organized into your bags/packs - gear.

Easy to carry, always organized.

- Rarely go out to eat for lunch (only nos other -
never by yourself) eating plain simple

- Should only eat food from the grocery store

- Leave for work very early, make daily stop
at library to read the newspaper & run errands at
bookstore and movies.

- Start daily form in the morning everyday, weigh
yourself & clean yourself very well down morning.

- Make the bed & organize entire morning -

- Exercise, stretch, & rest every morning.

no television during the day. and this is just before bed nonactivity.

- Make positive use of driving time - learning language or listening to lectures & books on tape CD.
- Get to work early, start the day actively, have a quick exercise.
- Work hard & talk little. Do prioritized first.
- Go to the grocery store everyday after work, even before talking.
- Go to the gym every day, even if just for 30 mins.
- Prepare for the next day every night and read / write.
- workout while at work.

6:00 a.m. - wake up

- clean up, shave, clothes nice, laundry etc. - clean up after ev. you do.
- eat, light & healthy meal.
- prepare daily packets (inch lunch)
- stretch, small exercise
- read / write / listen to music. Go for a walk, jogger

8:30 a.m. - leave for work. Go to library.

- read newspaper
- renew / check out books / movies etc.

9:45 a.m. - get to work

- start fast rotation. Talk less more do.
- get everyone on task.

when done art - what was left out?

What are the downfalls of this assignment?

10:45 - Home - get to other store immediately

- ration part. Get things down, lightly solve.
- eat/drink water/excessive water to music

11:45 - Home - strand to other store, other office
depot or other. Eat no fast food.

12:00 - eat lunch, water, exercise/stretch
High activity duration less talk. Put breakable
things in organizer, do push-ups, talk less.

6:00-6:15 - Leave for tutoring or gym

Grocery - Roots.

Tutor the best you can in ways you

already worked out

8:00 Leave tutoring; don't stay late - you should be

finished

8:30 - Gym - work on core/pelvis. Focus on legs and

Abdominal 5's. Left shoulder/chest. - Read/write at the gym. Relax.

10:00 - Home. Prepare parts for next day. Listen to music
Clean up, shower, read/match a little T.V. Then
go to bed.

11:00 - Sleep!

April 13th, 2007, Friday

The fasting project started very well - but you didn't do all this projects - you didn't have all replacements prepared for the next day.

You should have had the following ready -

1. Good food - & enough of it - otherwise you would think of having to eat this was bad. Then this you started to stop wanting.
2. Music ready to be turned on instead of the A.V.
3. Alternative activities/environments - dwell on the things you want to do mentally so that when the time comes they'll have force.
4. You need more quick meals that don't require preparation so if you don't cook you still have something to eat.
5. Your gym bag ready to exercise.
6. Laundry finished & to be done.

You slipped backward a little after the fast. hopefully the next fast will be more successful.

April 15th, 2007, Sunday

Ethics

Asceticism, Abstention, & Fasting

In prisonment. The most extreme (or a most extreme) form of asceticism is imprisonment without food & water. It would be interesting and probably rewarding to read about the mental experiences of those who experience it.

When fasting & abstaining from your regular pleasures for a day, you notice very distinctly and clearly what happens to you prior to indulging. You can feel sudden surges of desire and altered thought. While fasting, I suddenly had urges to do things I wouldn't have realized or desired - a cup of coffee in the morning at 7 even (driven to get coffee at a particular place, which involves travel, spending money, and possibly buying food. It often leads to being late to work also), for a soda (again, not just "soda" abstractly, the way you normally think about it, but soda at a particular place, and in a certain form (cold in a cup w/ ice)). In a non-brutalistic sense - imagining the taste, smell, image - all the sensory & associated feelings for food (in a context - place, form, feeling, etc...). What each of these desires have in common is a desire to have it immediately, or to decide you will get it immediately. You would have strong urges to just do what you normally do - things you could & even

desire as this you desire to do. nonetheless, there is a motivation to do these things, and when you don't there is discomfort. This includes have an - laying down after work to watch t.v., turning on the television, eating a large meal - all of which threat plans to do other things - this you wait at one time to do but later wish to avoid.

desire //	attraction & repulsion
like	dislike
to have	to be away from
to eat	to avoid
to do	to obtain
to wait / to eat more	// to not wait.

when we desire something, it is more comfortable to follow the desire, and uncomfortable not.

- the discomfort is usually short lived, and is overcome w/ time or distractiion, and the desire goes away.

desire is object oriented. To have, to achieve, to receive, to not do, to not see, to avoid

desire can be subconscious and compulsion - you can have and give into desire without realizing what has happened.

Your subconscious desire can be revealed to you through abstaining and the conscious ones can be made more clear - and the intensity

and frequency can be clearly seen.

motivations are things that move people into action. The ideas of motivation and desire are clearly linked together.

Perhaps they explain/tell about the same thing. It would be good to classify all the different motivations and desires and compare lists. They will probably be the same.

Motivation

- reduce discomfort/pain
- to feel good
- to have something from now
- to help another ~~choose~~ in trouble

Desire

- to have something
- to feel something
- to be perceived in a certain way
- to hurt someone

One thing that is clear is that drives & motivations get you to act ~~desire~~ after and often are accompanied by a feeling of repulsion or attraction.

To be motivated to get something to eat is to have an urge to get food.

urges are not usually involved by consciousness. By gradually increasing this is shown by the sudden nature of a multitude of urges that cannot be satisfied, and we become noticeable because of a discomfort that was not present before. Often can immediately give into an urge or compulsion frequently, it goes without notice. The urge itself does not always account up.

desire, but desire occurs when the ~~society~~^{desire} computation cannot be satisfied & there is some tension.

The ~~wishes~~^{notices} we are not always noticed by the actor when they occur, and can happen suddenly without warning - we don't see them coming.

If there is anything more primary to our action and decisions than ~~the will~~^{the wishes} we cannot know what they are - they are not within our conscious experience. Below this it may be little more than a biological computer making calculations - which ought not sound so strange, because this is what is happening all the time when it comes to posture and coordinated movement. What else is with its power?

Despite all of this, it is still within our control to determine what we desire & what we do-not desire. The simplest way to transform our desires is to put ourselves permanently in a new environment. That is, change our location or space, to a place w/ different qualities.

If I moved from Washington D.C. to the Amazonian jungle, Siberia, or the Manitoba bogs, I will throw the ~~majority~~ of my old ones through the day. Personally, areas are specific & have the adapt for a context.

I don't have an urge to eat, but an urge to eat chips in Hillebury w/ a soda in the Monsoon landscape that no longer exists for me.

It was ~~not~~ an exaggeration to say that the object of urges are specific & have context, for it was during a fast I had a hankie of wanting a sweet tart, and thus had an urge to satisfy it w/ my habitual soda at the 7-eleven. It was one of several efforts to satisfy my urge/desire for a sweet taste.

So by changing your environment ~~with~~ you can eliminate all environment oriented urges & desires that not necessarily basic human ones, associated w/ basic human drives

- desire for env. specific foods
- drugs
- possessions

Of course, through memory, you no, won't think you may want, but you will not experience an extremely high frequency of desire - like a person who had ~~an~~ urges for cigarettes 100 times a day but little or none after a year of having moved to a place w/ no cigarettes.

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You'll have to leave off this discussion for later.

Character and Environment

- A person who does no harm is not necessarily of good character. It may be that he is situated/ positioned for not doing harm, like a genius who cannot create weapons. However, one should be praised who does not do harm by making it impossible for him. However, ~~the~~ even a monster that chooses to live the cage life is worth more than the same monster w/ different accommodations.

April 17, 2007, Wednesday

write case material
in each area, why do
you need to know it?

Ethics

Ethics & ~~the~~ Major Disciplines

History & Ethics

Anthropology & Ethics

Archaeology & Ethics

Religion & Ethics

Science & Ethics

Philosophy & Ethics

Sociology & Ethics

Psychology and Ethics

Laws and Ethics

Linguistics and Ethics

Politics and Ethics

The World and Ethics

Ethics and Art/Music

Ethics and Literature

Biology and Ecology & Ethics

Fantasy & Science Fiction & Ethics

Ethics Research

- 1 - Continuing Ethics Research
- Ethics closer to Applied Ethics
- 2 - agreement in the field

Need to spend great time studying them

Value Theory. ~~the~~ The area of highest contention.

Object of your study of Ethics

To understand Ethics in general

To understand how to act, and how to live, - what to do, think, etc.

To learn to be Rational

The core of ethics

- Decision Making
 - problem solving
 - Value formation
 - Conforming behavior w/ rationality,
 - Personal improvement
- } Social ordering & interaction
how to act w/ respect to other people
} how to act in relation to
others in general
- Action always involves the actors.

The beginning of ethics involved the ordering of small groups of humans, and was not always explicit in its formulation. But always involved rules, but the origin of rules need not be anything greater than -

Never mate w/ my woman, so is your day, it will hurt you. The first understanding by the Submissive one is only like in that the animal ~~that~~ knows that in general, if it has sex w/ the female and is seen, it will be attacked. Thus the rule is that it cannot

The ethics of individual behavior was coincidental of basic knowledge about the world.

leaving animals - a kind of primitive ethics (I still think of it as an ethic, only saying primitive to appear those that will say that this is not what ethics is. But I want to broaden our sense of what ethics is. Ethics is involved in all behavior involving choice.

- notice if an animal learns and behaves according to rules - like - it's east that it'll hurt me - but is not conscious of this - its brain just does calculations - it is not involved in ethics. Ethics involves decision making.

Human Society
(species specific - does not count "others" to include animals)

↓
Societies including animals increase as we see today. Notice that as others to be respected in decisions More intelligent animals also behave more explicitly - can communicate w/ greater clarity. Humans communicate w/ the greatest clarity & have the highest level of mutual understanding (actually the latter maybe not - simpler animals w/ worse comm. may be so similar that they know each other very well).

Similar to animal societies, but starting to become more explicit, because of heightened explicitness of nonverbal behavior and laterality,

with language of various kinds, then adult

language as we see today. Notice that

more intelligent animals also behave more

explicitly - can communicate w/ greater

clarity. Humans communicate w/ the

greatest clarity & have the highest level

of mutual understanding (actually the

latter maybe not - simpler animals w/

worse comm. may be so similar that they

know each other very well).

Language - ~~language~~ Meaning

"I feel like a newborn"

Sometimes we can think and say something feeling we are saying something that has clear content, without realizing that it does not have clear content.

Take the phrase "I feel like a newborn" found in a song by Taylor (cannot remember first out) [found out in his tour (5 seconds - the joy of the internet).]

The sentence is not devoid of meaning, however, it gives an impression that it has more significance than it really does. You can say something without being certain if what you are saying really signifies something.

Take the sentences of a child

"God wants me to be nice. Jesus loves the whole world."

When saying this, mostly the child feels there is some meaning. What is the motivation for saying it if there is no feeling of significance? However, it is good to tell who Jesus was and what God is like, though one likely to stumble, give very removed, indefinite descriptions, or simply refer to the bible or repeat what was said. - all would be diff. from what would be expected from an adult.

5th, May, 2004, Saturday

Choice & transformation of environment.

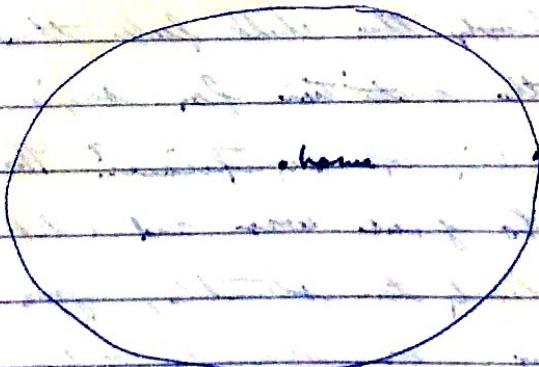
Ethics

Choice of Environment (and transformation of environment)

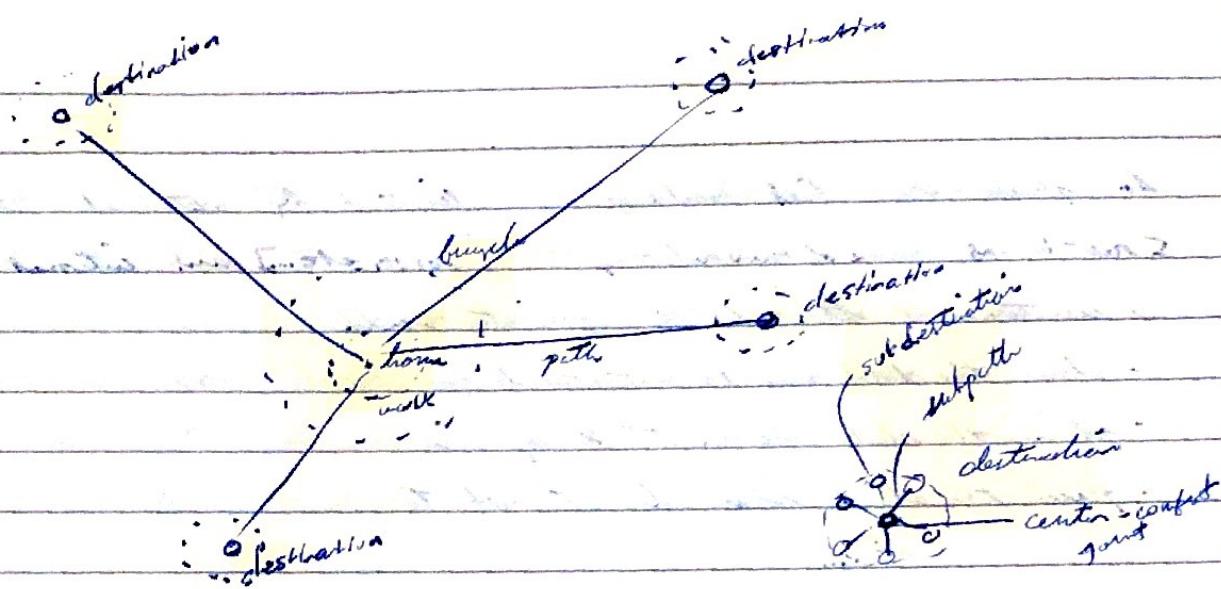
Perhaps one of the greatest decisions you can make for your personal welfare is your position in space.

By environment ^{it} doesn't simply mean your immediate surroundings, like over the room you are in, or your home, or your neighborhood. By environment it means the ~~the~~ collection of things ~~in~~ external to yourself that impact you.

To illustrate what it means by environment, consider the decisions you make concerning children. First of all you decide where you want to live - where your child will live. This binds your child in terms of the possible positions in space. Your child will be limited ^{to the area you are all} mostly, with respect to to drive them outside of your home, and further limited by the distance they can travel on ~~this~~ area.



Magnitudes
(but really all
these
areas are
not open
for travel.)



while your child is very young they are bound to their home and ^{small} destination space.

as your child grows and is able to walk on their own, this area of exploration expands. This is limited by the amount of freedom of movement given by parents.

This area expands even more as a child is able to use a bicycle, or a car,

~~restrictions~~ are what a child may travel because it is safe important to explore areas of exploration limits.

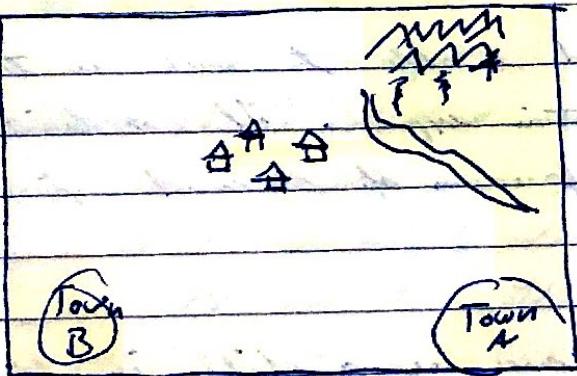
When allowed to complete freedom, and a car, a person can travel anywhere on road & then fast can take them.

Other barriers exist however - the barrier of personal restriction voluntarily placed, and the possibilities possible objects of the person themselves - when they would want to go, etc.

so place your child would go are limited by external circumstances (restrictions, mode of transportation, starting points etc...) and internal circumstances - the child's private world.

- place the child may be restricted to go
- place the child would think of going
- place the child knows how to get to
etc...

The world is large and usually the main area is too much to traverse even in a small settling area.



When people travel by path and by destination. A person occupies a small space and will travel by a line to a destination, and at that destination may rove and cover much of the territory. People aren't so much concerned w/ stepping on all parts as they are seeing all parts.

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The main point of this is that people live in a smaller world than they think they do. Of course we all like our Earth, which is vast relatively large, but we do not do our living all over earth, but on a very small area. In fact, in a lifetime of walking it would be difficult to physically cover more than 100 square miles of ground.

The area of the physical world people occupy is quite small, but also, the amount of thought we have of what is possible is also quite small. People tell me frequently that the wonder how I can be a vegan considering that I limit what I eat to vegetables only. When they imagine all the foods in the world they think well over half have animal products in it, and I eat that sort. So I am very limited.

But that's really not that different than my saying I will never travel to Australia, Africa, and South America.

But I doubt really they choose from the menu presented by this mind more foods than I. The menu served by the mind will really be only like 10 items, less than will be found in a single supermarket.

Unless they are a gourmet chef, they are unlikely to think of more foods when they consider "what for dinner?", than I, because we both are limited in what we will really eat for example they think of that I eat,

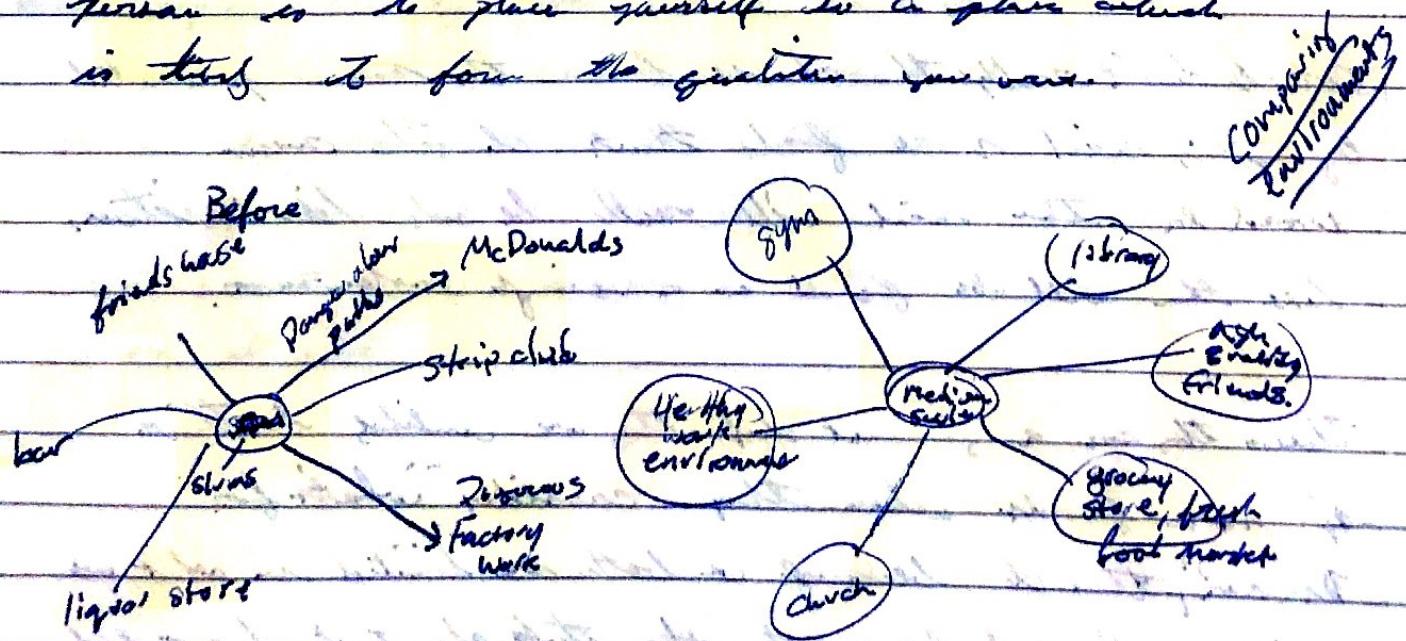
86
d'll have something on my mind they wouldn't think of.

When you choose the place in which your child lives, you are closing a small world for them. Their whole world will be all the places they can actually see, and things they can actually think of, and people they can actually see. Their knowledge of all outside their world will be second-hand through T.V., books, movies, or some other medium.

When you choose where the child lives, you must think of what kind of person you want your child to become.

~~Step 1~~ In attempting to think of the difference between the life of a "good quality person" and a "low quality person" in the environment in which they live.

Step 1 is leading a better life and becoming a better person is to place yourself in a place which is trying to form the qualities you want.



By simply changing where you live, you dramatically change your life, and let's begin now.

And changing your path and destinations you dramatically change your life.

Gradually you can narrow the world of your thoughts to the world of good thoughts.

You can only in yourself see the old plans by
other men and you will find you have greater power
to assist what's bad, because your heart has stopped,
and you've given your new objects, new ideas, new
values and strength. However, ~~you~~ you can
change back. That will be very hard work.

But once you give enough strength to your good side, you can be in almost any circumstance and fight off the bad ones with your good intentions.

Stigas

- 1) - ~~Transform~~ Change your ~~path~~ home, paths, and destinations
 - ~~Place~~ place that cannot be ~~changed~~ ^{transformed} entirely, and is can be transformed
 - 2) - Transform your environments.

25

At the core of this is personal transformation. To change circumstances into something better, you must put yourself in a better environment. A man with no resources in an environment full of temptation to do wrong, and wrong influences & wrong education, and physical desert and coercion is highly unlikely to come out good, and those that face such adversity and do come out good recognize the roots, and the luck, and surround their experience to no-one. In fact the advocates transformation of environment, and new education today know other circumstances are better for products by other people, and also that although he came out good, he lived through horrific times, he knew no one has to endure.

but
he
do

A major step for transforming a life is to change living environment. However, the extent in which it can fully change an individual is not so certain.

- Criminal Reformation and Reintegration.

- Alcoholism and Drug Addiction.

- Compulsive & Enjoyed Negative Behavior.

-

Ethics

[Activity]

Theoretical → Practical [Activity]

values - what type of person to become

- what kind of life to live
- what kind of actions to do
- what kinds of outcomes to produce
- * what kinds of people to befriend etc.

↑
all linked together
[the whole narrative]

creating what is valued

vs. producing what is valued.

Individual

Collective

[Activity]

Individualistic vs. collectivistic

more vs. less individual

less vs. more collective

more vs. less individual

more vs. less

more vs. less individual

more vs. less

Ethics

Ethical Theory

Procedure

Process of making the right choice is often

Select values will be used to

Method

using the theory of choice makes to

Achieve Values

Planning

Planning, Objectives, Strategy, Policy

Decide on Values

Decide on Techniques/
Methods

Implement

Objectives

What's needed

Objectives

Ethical Theory

Decide what's needed

Deciding what it goes

Decision values

Deciding
objects

Deciding Method/approach

Doing

Reformulation
new objects

Deciding Method

Doing

the process will be

Meta Ethics

Theoretical Ethics

Practical Ethics

Applied Ethics

When asks these questions, a lack is known to make it so we can't answer it. We don't know exactly, we are better able to determine what is needed, nor that people have driven to figure it out.

individual

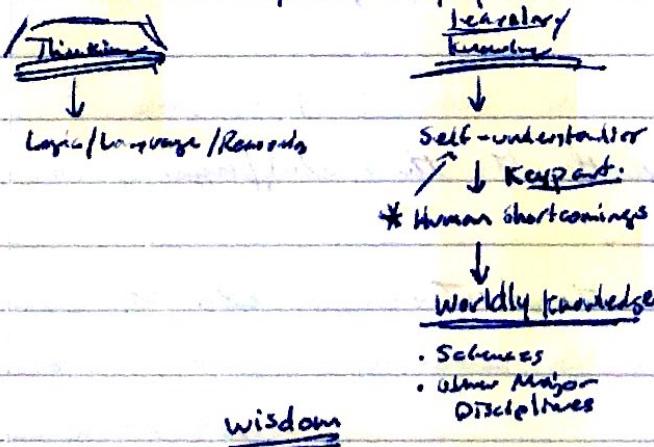
- What type of person should I become?
- How should society be organized?
- What kind of life should I live?
- What type of people should we cultivate?
- What kinds of outcomes to produce?
- What kinds of institutions to produce?
- What kinds of people to befriended?
- What kinds of family arrangements?
- How should I think?
- What kind of law?
- What kind of education?

Collective

To answer these questions the best we

can there are preconditions

- Proper thought, Proper Mind
- Right kind of knowledge/experience



Answers to above questions satisfactorily

After being able to answer them, however, tentatively,

Determine Values



Determine Life Method

Wednesday, May 9th, 2007.

Ethics

Choice of environment

This all but
obviously been the
done for you
model for your
next task.
choose to live
wherever you
want to live.

- Your ~~total~~ environment includes all things in the universe minus yourself.
- Your living environment includes everything over that has an effect on you, as it could affect you, minus yourself.
 - This includes: safety, destruction, and anything sensible in these areas. [or things that impact you even though you don't notice it.]

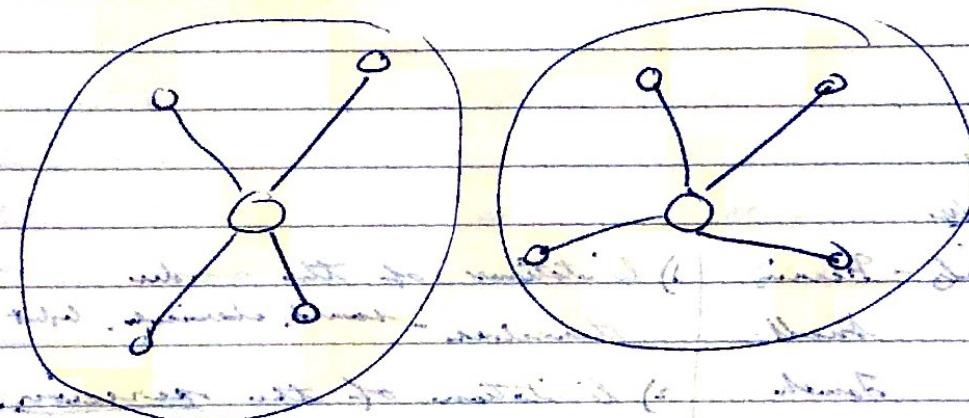
Your environment impacts all aspects of your life.

- Health - drinking water, air, food, beauty of surroundings, hospitals, people type, language → health, mental stability, education, safety / danger, love, food options, your ideologies, emotions, your potential etc.
- Altering your environment will greatly alter the quality / type of life you live.
- A primary ethical consideration is the location you choose to live.

Barriers to moving to a better environment

- Relationships - the greatest factor preventing us from moving
- Comfort - Not wanting to leave comfort zone.

If boundaries cannot be overcome, the place you live in entirely, at least you can change your personal environment to an extent. You can redesign your path, distract and you have the within limits.



So you can reside within the same boundaries and still dramatically change your living environment.

For any destination there is an infinite # of possible living areas.

If you can't change your location, at least there is a large selection of living areas that you can choose from.

These diagrams show also more about Human shortcoming in general. It shows how little of the world we actually come in touch with, and how our personal reality is more limited than we normally feel it is.

- 94
- You need to compile a list of all Human limitations - you need to organize and simplify what you come up with & reflect on each point.

The following things are limited in similar ways:

The things we see on a day to day basis

The people we meet

The information we hear

Limited Spatially

Temporally

Sensory - Hearing

1) limitations of the modes
thermally - sound, chemicals, light

Taste

2) limitation of the perception.

Smell

Physical - limitations of the body

Genetics

Muscle

Height

Health

~~Physiology~~

Weight

Skin color

Mental - Language

Behaviorally

Thought

Desire

Reasoning

Knowledge

Intellectual and cognitive abilities are limited by
cultural limitations contact limitations

Friday, 25th,

Saturday, 26th.

Sunday, ~~27~~, May 2007.

Human shortcomings

Religion

Another approach to arguing against religion is to use the human shortcomings point of view.

After listing all kinds of human shortcomings, you can choose some that you think are involved in relation to religious belief. Point out all the human flaws and possibilities to error that contribute to religious belief.

You can also show how general shortcomings leading to errors in other areas are not exclusive to those other areas, but apply also to religion. You can show how unrealistic it is that humans do not make mistakes with regard to religion.

12:30 a.m. Tuesday, 29th, May 2007.

Human Shortcomings

Laziness with respect to knowledge

Everyone feels discomfort when they perceive they do not fully understand something they should like to know all about. The proper thing to do in such case, to relieve the discomfort is seek to learn more about it through careful research, reflection and continued deliberation. Frequently after such action the only consolation is to decide that you're gone or lose as you can, and lack of time and interest requires satisfaction in a temporary conclusion and an admission that more is needed for a full understanding or perhaps it is unlikely that such knowledge is outside of grasp.

Unfortunately this is the process that carries out. Most people prefer to spend less effort and decide quickly and conclusively in other ways.

The following is a list of this that amounts to an avoidance of the somewhat difficult or less pleasant process mentioned above.

Do not do 1. To fall back on previously received information that has required little or no scrutiny, or is comfortable / informed enough to be too convincing to reject. Often times the information is not relevant.

2. Choose whatever option that presents itself to their mind that is most likable / attracted to them.
 3. Choose the option that is most familiar to them.
 4. Choose the option at the highest perceived value of authority.
 5. Choose the option that will be most rewardly in other ways.
- etc...

In each of the instances above, it paid in fact
drew not to include in my depth the types
of hard cases. It is simply to much work
to listen to unbroken arguments, expansion / explanatory
ideas, from people they rarely seem less
favorably.

There are significant barriers to revising original
conclusions. I conclusions are generally formed
prematurely, and once formed are difficult to
modify.

Another when a paper is reconsidered, the new
ideas, or conclusions if one has gotten so far, are
simply forgotten or less easily recalled than
the earlier conclusions, and so, once again lose sway.

The form of our studies needs to be the philosophy of Human shortcoming. All the different ways people fit themselves in errors.

Old views are hard to replace. Each time they are brought to mind, the case at recollection is improved and new ideas, if not favorably and favourably considered, may simply be forgotten or lose their chances of recollection.

Thus old views may win out simply because they are easier to remember.

The replacement view by the critics of memory immediately has however to answer, and not the opposite:

- Whenever a person perceives that long or strenuous thought is required to work something out, alternative means, preferable by their ease and not much else, are immediately considered.
- all that is required for comfort is what will be desired. Thus people will resort to explanations that actually explain little, yet feel as though they do, and we perceive to fill the void.
- Q. - ~~Ques.~~ Where did humans come from? What was their prehistoric life? Why do we seem similar to some animals more than others?
- R. : God created man. He did not do the "first day (?)"; and in his Sabbath
- Q. - Why is Jesus so powerful? What has been its reason for success?

You'll need many examples to demonstrate your ideas.

- People avoid listening if listening feels like too much effort
- Simple answers are easier - and so likable and more preferred.

2. Because it was originally a Christian country founded on Christian principles. The words "In God we Trust" are printed on the money.

People don't know that if their explanations are good quality or not. Those that perceive some explanations to be faulty have difficulty naming these why. So when Oklahoma mayor is used to show that someone's argument is poor it can be understood by the grammar of the argument.

People's explanations ~~are~~ required to be preferable ~~to~~ ^{long and} have strengths.

People will fight for an argument simply to avoid embarrassment, or to satisfy/magnify pride and self-esteem → and may do so without knowing it.

Sometimes people just be satisfied by claiming they don't know about the subject, or that no one knows, instead of offering evidence to back up what they say.

People will claim to know the explanation/reason for something without knowing any facts relevant to the topic.

They'll improve themselves as authority figures.

Perceived Difficulties

~~existing concept~~

Organise the topics of The Philosophy of Human Stoicism

Hard wiring - Memory, Telepathic illusion, idiosyncrasies, personality

Desires - No effort, Popularity, Riches, Sex, Novelty, Wins or losses, be liked, feel no pain/no stress, be treated

Environment - How

Stable Traits

All people

Some people

See Trying to find the most fundamental divisions for this study.

- (1) Humans want things, that we believe to do things right / thinks swift, etc...
 - (2) People and ~~other day~~ factors have a nature that leads them into error.
 - (3) They are guided to error by others. Their environment leads them into error.
- (4)

Error of perception

Body - Mind - Environment

All needs must come

Self - some

Human Shortcomings / Obstacles

- (1) Shortcomings in relation to an ideal. - Comparison to something better.
- (2) Human Nature disposes us to certain kinds of error

You cannot think rationally about how to organize your society.

What does "Human Shortcomings" mean?

what about "Human error"? mistakes, blunders or possibly

intentional acts done out of some misguided motivation

or even out of some kind of erroneous judgment or

view. (1) shortcomings in relation to an ideal

(2) shortcomings resulting directly from Human traits shared by almost everyone

(3) shortcomings resulting from external conditions.

(4) The Human trait of ~~not~~ shared by everyone, but found in everyone

in long-range view. Human family has evolved

under various different environmental conditions

in which the environment provides enough energy to help

survive. Human traits shared by almost everyone

are shared with other primates, monkeys, apes, etc.

Human traits not shared by others are the

traits unique to our species. These traits have

been developed over millions of years and

are shared with other primates, monkeys, apes, etc.

Human traits unique to our species are the

traits unique to our species. These traits have

been developed over millions of years and

are shared with other primates, monkeys, apes, etc.

Human traits unique to our species are the

traits unique to our species. These traits have

been developed over millions of years and

subject
is
of the
outside
world's
events

Tuesday, 3rd, May 2004

Tuesday, 5th, June 2004

Dublin Ireland - Starbucks across from Bewley's cafe.

Ethic

- Risky behavior and the good stories that come from it.

- Funny or interesting situations stemming from impudent behavior make for good story-telling, and interesting memories that result are used to rationalize the continuity of the risky behavior.

Some of the more humorous and interest-provoking stories are those stemming from mischief or impudent behavior. Some favorite stories of mine of my friends and family involve such subjects as public drunkenness, dangerous acts & while intoxicated, fast or dangerous driving, dangerous acts resulting in injury, promiscuous & risky sexual behavior, deceit, indecency/nudity, vulgarities, exhibitionism, etc. - all are stories which may usually convey moral instruction on what not to do. Instead it is they make good stories to entertain others.

Clearly there is a contradiction of using such stories as moral examples of what not to do, and also to justify risky behavior by saying ensuing negative results make for good storytelling.

Also, those who do get enjoy in such behavior may not even see a lack for good stories to tell.

make pamphlets to give to
people. When you write an essay, about a subject, make sure
they are well researched.

Wednesday, 6th June 2004.

~~Ethical issues~~ / ~~Health issues~~ / ~~Environmental issues~~ / ~~Religious issues~~ / ~~Personal issues~~ / ~~Practical issues~~ / ~~Concerns about the future~~ / ~~Concerns about the past~~ / ~~Concerns about the present~~

Vegetarianism vs. Veganism

- about Morris & Connor and the need to eat red meat.
- statement from them
 - You might live as a vegetarian now but when you get older you'll need to eat red meat...
 - Her doctor was giving her iron injections but he knew that she'll need iron from red meat in the future.
 - She didn't become ill from her diet until 10 years after starting.

Counter arguments

1. She was not a vegan but a vegetarian. So she had dairy/egg & perhaps even fish. It is a fact that everything you need you can easily get from a vegetarian diet.
2. Iron comes from a variety of sources and not simply red meat. Meat is not required in anyway for absorption. Iron can be absorbed in a variety of ways like most other vitamins - in fish form, by ingestion from vegetables, or from fortified foods. If this were not the case,

- Need to write a ~~why~~ vegetarian or doctor submit!

160/108

DV
generations
would take
not same

not enough to
take up all

of low much you
get from food

part of it
to what it takes

it needs

the body

it needs

a. iron would not be listed on most
manufactured labels for foods. Nutritional
labels are science based.

b. Doctors would not recommend
using ~~vitamin~~ iron supplements

for people w/ anemia

c. Foods would not be iron fortified.

There would be no point in getting
iron in foods that didn't naturally

contain it - and even more extreme

there would be no point in getting
it in anything because it is only

to be derived from beef.

d. It would be anemic because it has
a good iron diet, and maintained it

for over five years, but in fact all

blood tests, including at the red cross

donation centers, have been found to have

iron rich blood.

e. Nutritional need for iron does not
significantly

vary with age.

f. ~~elderly~~ onset of iron deficiency symptoms

don't take 10 years for onset. onset is

symptoms of symptoms are rapid.

3. Digestion is the process of breaking down the large
piece of food we eat into very small units/
molecules that can taken into the blood &
used by the body to regenerate new tissues, & cells,

feed cells etc. All of the ~~most~~ healthy blocks may
be found in the vegetarian diet.

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Number, variety, & balance in the diet
and types of nutrients

4. Nutrition and nutrition is a well researched science & has been developed sufficiently to make firm conclusions about human nutritional requirements. The subject goes as far as to describe what it is in meat that we need for optimal health, and it has been proven to be found in a wide variety of non meat sources.

5. I have heard several examples of vegetarians who have become sick over a long period of time living a vegan diet. Such examples do not indicate anything wrong fundamentally with the vegan diet. There is a huge # of examples of lifelong vegetarians - esp. in Indian cultures. The examples of vegetarians that did not do so well were in westernized nations within communities that have meat centered diets added to. People in such communities are not raised to buy and prepare the types of foods necessary for a strict vegan diet. It all is much more

Those of difficulty also tend to be first generation vegetarians not raised to live the proper vegetarian lifestyle. A good vegetarian diet is characterized by:

1. Regular, proper food selection in shopping
2. regular/consistent supply of all the foods required to complete the diet
3. Adequate variety of foods
4. Cook skill or regular visits at well functioning restaurants.

Both the best
selection &
seasoned
veg selection
can go far.

However,
with anyone
it starts
must be consistent
and attractive!

106
New doesn't always mean better.
But there cannot be progress, without
somebody being new.

Do it
alone

||Zetwerk Traditions||

addition, the first generation vegetarian diet not
been trained or supervised shopping, preparing, locating
groceries etc. Mistakes/inefficiencies ~~not~~ that
would be caught by an parent or companion can
easily be missed when doing it alone. More often
than not lack of motivation claim it is due to
inadequacy of the diet, but it is most likely due
to other factors.

6. Failure to maintain good health probably stems from
other factors.

1. Toxicology: Vegetarians will tell you their
disciplined and consistent, but it's anyone
who tries to eat healthy with the same ~~lifestyle~~
~~lifestyle~~ happen. Poisoned or important mistakes
can result in a period of lowered health.

2. Regular people are becoming sick too. Regular
people can get sick from a bad diet too. But
they don't give up. They don't entirely and make
dramatic changes necessarily. If you're anemic
due to iron deficiency you need iron, that's it.

Diet related health issues thought to result for
vegans/vegetarians only do not only happen to them.

That's why they fortify food w/ essential

vitamins & minerals. Fortification was designed for
the average diet to guarantee people get proper nutrition.

7. People are not so different in their dietary needs.

This is why they have agreed to have a simple RDV
to change size in proportion, making "little people need less",
"big people need more".

If you don't need meat, you are still compelled to be
grateful, kind, caring so animal is needed ~~as much~~ →

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You can continue to try to live the vegan/lifestyle
you always did, but with one very small adjustment,
several sources of ~~more~~ organic properly raised meat per
day.

Topics to discuss about the vegan diet:

1. Chlorine are not a problem. A vegetarian can easily be overweight.
2. Why you became one. Animal ethics, being a good consumer - selecting from ethical sources.
3. Not a hypocrite if you can't be perfect. Didn't stop people like party and inconsistencies whenever they may be found, and try to use them to justify the present state of affairs, that is, doing nothing at all. - Not only that this cannot be fitted into this kind of view (such as removing evil from the world - bad things).
 - The advocate of doing nothing / the do-nothing idea that I'm good as I am no need to improve.
4. Adequate nutrition easily found in vegetarian diet. The vegetarian diet is easy. The vegan diet is requires effort at first.
5. Once a vegan/vegetarian for a while, living the lifestyle, it becomes automatic/habitual, with little thought required, and little more to be wanted; just the same as an ordinary diet.
6. Labels - translate what they are/mean & how they fail to capture great variation in diet & ideology.
7. Nutrition Basics. What is required / where you can get it.
8. Habits required. Attention required
9. Increasing ease of being a vegetarian
10. What is meat & what is not.
11. Why ~~at~~ a vegan/vegetarian does not feel deprived.

We next door family farm dogs.
One family dog is in.

The man walked
down the street.

One family owns 15 sheep and makes more money. It's outlets cheaper. It looks well, but you learn of the deplorable conditions inside. [The conditions are making what really goes on in factory farms]. Get sheep to fatten

doesn't mean that we
but no progress without
or where? Growth
and? new.

Meet each other

or with old $\xrightarrow{\quad}$ or new? ~~old~~
or new $\xrightarrow{\quad}$ old? ~~new~~

- Even if you feel you must eat meat, we disagree with all else I have to say, I hope you can enjoy with an understanding of the need to be a good consumer, and that your choices immediately affect the world. At the last last you should reduce your meat intake for health, and try to become less dependent on it by eating more vegetables and most importantly, buy from quality sellers, who truly care for you, the environment, etc and the animals. Sometimes you pay a little more, but think of it as being charitable, spending for the good, encouraging good actions and rewards, and ~~to~~ my something very definite results. ~~Sometimes~~ At least you know it is well spent.
 - Vegetarians - get milk/dairy/egg from good sources, don't be ridiculous. Remember that early should be present no matter which option you choose.
 - Vegans - buy your vegetables from quality businesses. Bad business grocers are not limited to meat & dairy farms, but farms and grocery good ways are not going to go to good health care ^{Big}. Vegetable farms may not care for their workers.

next time buy a ~~tiny~~ tiny laptop.

Compare the people w/ good jobs w/
those w/ bad jobs

Educated w/ educated
Security (etc) and uncertainty

Healthy w/ the state

People who ~~were~~ ^{frequent} bad environments w/
good. (B.K. very young; barbers
by age etc.)

7th June, 2007. Friday.

I never thought I would be in the position of
regret for not seeing an old friend for a
while before his death. Now all I think about
one is his not knowing how I truly feel about him,
about how I didn't think this way until he died,
and how I didn't know who he was, who
he progressed to become before he died.

One
thing takes
away
your
that everyone
we knew
is having
some
feelings
it regrets

There are several human shortcomings ^{bound} among them -

① Narrowness of attention and focus. Many important ^{[my sit. -} different
things fade into the background, leaving only current ^{for} others.]

Preoccupation to mind. Can't think of all at once.

② Time. Busy life allows only a short time ^{family} for leisure & friends.

Sometimes we ~~are~~ find it too difficult or stressful
to meet up. Those we haven't seen.

③ Pride. Not admitting your own shortcomings/mistakes and
placing the blame/burden on others. Pride can create
anger/apprehension & anxiety, and make you avoid the other.

④ Anxiety/fear/laziness. Seeing someone you haven't seen in
a while can be stressful. ~~all~~ Anticipation creates enough
anxiety for it to feel to be too much effort to meet
up.

⑤ Pride - embarrassment over history w/ the person naked.
You want to avoid awkward feelings and judgment
from someone who really knows you and won't be wrong.

⑥ Blaming oneself too much, taking too much responsibility.

Only small responsibility can be taken for an event that
occurred so much later than the event.

All are distractions

stress behaviors that can be set out of control

- (1) alcohol + other drugs (6) entertainment
- (2) Excitement - risk taking (7) physical activity
- (3) Women - sex (8) Cottles / masturbation - intimacy
- (4) Other people - ways of coping on ourselves

When we feel pain, we want to be distractions.

Distraction is not the core however. We feel bad, and we want to feel differently. Almost anything that particular pain we want to avoid. To ~~feel~~ not. And so we distract ourselves - drugs / alcohol / cigarettes / coffee.

Every May 12th you would think of Chris

You certainly would have re-united w/ him. :)

People frequently say you need these distractions to get through life & through pain.

But is always the positive replacement comes in. There are all kinds of healing activities to do, that are not distractions at all - but deal directly w/ stress, & if a distraction is a need, there are positive ones.

Monday, 18th, June 2007.

Year 47 class - phonetic

- Ennui - from Oxford English Dictionary

1. Old variants - Annoy, Ennoy

"So far as the frequency of use is concerned, the word might be regarded as fully naturalized; but the pronunciation has not been anglicized, there being no ~~no~~ in fact non-Eng. analogy which could serve as a guide."

The feeling of mental weariness and dissatisfaction produced by want of occupation; or by lack of interest in present surroundings or employment.

situation, one
circumstances
occupations
interests
etc etc

Fallacies - John Wood and Douglas Walton

Saturday, July 1st, 2007.

Precative - Minimally regarded as such; supposed intent.

stipulation, stipulator, stipulation

- 1. To lay down as a condition of an agreement.
- 2. To form an agreement.

inter alia - Latin - among other things and with

Fallacies

- ad hominem - "a fallacy in which persons direct their attacks against the man, not against his arguments."

praevaricatio

mimesis

reflexive

encomium

de re

C. C. Chittenden

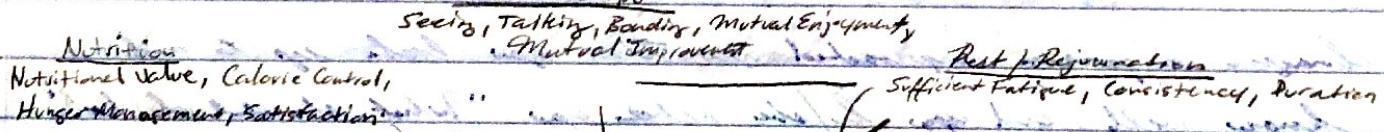
Tuesday, 10th July 2007.

Mnemonic schematic of the daily slip - balance sheet.

Daily Planning

- | | |
|----------------------|---------------------------------|
| I. Nutrition | VII Environment |
| II Fitness | VIII Mood and Habit |
| III Livelihood | IX Cleanliness, Health, Hygiene |
| IV Music and Art. | X Outdoor and Travel |
| V Relationships | XI Property and Organization |
| VI Rest/Rejuvenation | XII Mental Development |

Relationships



Rest/Rejuvenation

Sufficient Fatigue, Consistency, Duration



Environment

Positive Location, Transformation



Mood/Habit

Positive Mood, Habitual Action

Livelihood

Budget, Spending, Earnings, Activity, Progression

Music & Art
Poetry, Creation

Property/Org

Cleanliness/Health/Hygiene

Outdoors/Travel

Music & Art: Mental Development

Monday, July 16th, 2004.

Ethics

How ought I act? What do I do?

Typical questions commonly thought to lie at the core of ethics are actually poorly formulated & misleading questions.

In order to understand how to answer the question you must have a clearly specified context to refer to.

Imagine a person approached you that you look up to and know well, and you he/she asks you "What should I do?" or "How should I act?" Now, how do you respond to this person? You can't respond in any instructional way without first inquiring for more information about their present circumstances. You might ask "What should you do concerning what?" But imagine this person presses on, and tells you you are missing the point. What she is after you, she tells you, is to instruct her on what she should do right now, in relation to everything. → The entire situation. Or she might say instead, what should ultimately guide my decision making - i.e. What is the supreme moral principle (or set of principles) I should follow; or, what method she should use for decision making? There are interesting interpretations of

the question, but if that is what we want, the
other word choice for the question is somewhat
bizarre.

- ① What should I do now that I graduated
with my degree in philosophy?
- ② My wife cheated on me w/ a co-worker, how
should I act now? What do I do about it?
- ③ How am I to act? What should I do?
How am I to live?

132 are normal scenarios in which you'd find the
question. In fact, you'll be hard pressed to find
a situation other than in philosophy where questions
such as this will be offered or stand alone
questions.

The asker of ③ will comprise the listener. The
questioner may not have a clear understanding
of the request, and if he/she does, the listener
will need to ask for clarifications, which will
allow that for purposes of normal discourse
and clear communication it will have been better
to avoid the question entirely by asking a
more precise question that is to the point.

#3 simply put, is an example of the phenomenon in
the late 20th century computer community's

Slit in , slit out.

Bad questions yield useless answers
Bad lies do thoughts, no useful end.

wrong turn,

dead end.

So we might as well skip question 3. and simply ask whether "interpretation" or "translating" of the question clearly indicates what the intent is.

How am I to live? How should I live my life?

What is involved in this question? What must I know in order to answer it properly?

first - Again what was asked:

- What am I to live for?
- What should my goals be?
- What should my ends be

To answer you will need to know what he is

- Human, animal, android

or less strongly what kind of person he is, what his qualities are,

- intelligent or slow, ugly or beautiful, kind or wicked,
- what he likes
- What he likes or is capable of like
- etc etc ..
- Gurdjieff put: you must know very much about him his characteristics, his circumstances, and important aspects of his environment, - and all and those must be known present past and future.

- 117
- ① Impressions to be avoided
 - ② must understand a question before answering it.
 - ③ must understand ~~anything~~ ~~to you with~~ to any statement before evaluating it.

Now this is to be asked: how can we live? very well?
- It wouldn't be wise to start all down together,
together, but what should we all do in situations
common - or it seems we are all
similar, and being so similar, we ought to
do the same over, methods & ... of living

Monday, 23rd July, 2007.

... Continuation.

In any case, the questions at the beginning of
this section are vague and confusing. And as
a general rule, where a statement is vague or
ambiguous, or expresses ideas incompatible or
very different from one another, analysis should
start only when the statement has been
translated into a form or forms that are
equivalent, or capture what is intended in
the original statement. You should start w/
clear question and not vague ones.

What is with this writing? No visitors wrote this, but

not good. What do visitors write when no visitors?

Answers? Please.

When you act not as a principle and it applies, you should still attempt to act in accordance w/ it.

July 29th 2004.

Follow principles. Worse not following the principle - no, worse transgressing against or acting not in concordance w/ the principle.

Principle - acting w/ \rightarrow tendency towards acceptable results.
acting against / transgressing \rightarrow tendency towards ruined
a quality principle

Reason

Soundness

- A clear-cut reason
- Aligning one's mind to reality. Live in the real world. Making decisions based on the real world. Not ~~about~~ living in ~~descriptions~~.
- Logic... clarifying the skills of argument, and making quality claims of thought. Mastering the skills of induction. ~~Always~~ Making your beliefs & thoughts sound.

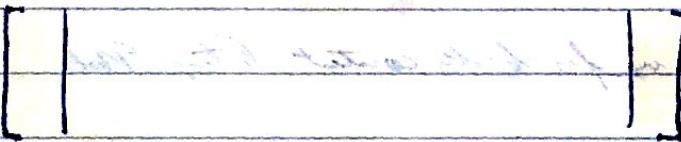
Unquestionable
facts
evidents
&
conclusions
from them
shouldn't
regularly
requireably

Induction
Deduction
Abstraction
Analogy

- Avoiding Booziness to quality reasoning
state of mind imminent to good reasoning
 - Bad moods, strong emotions, habitual patterns of thought & replacing them with states of mind that lead to excellent reasoning.

Methods of Annotations by Book content Testings

T system highlighting



section highlighting

-
- *

section highlighting & level of importance

- I 1
- II 2
- III 3

location - numbering.

object - get away from
excessive writing in
books to accomplish.

the same ends but
consequently

These methods have
two effects

- interactive reading

for attention

2. - BCh for

maintenance knowledge

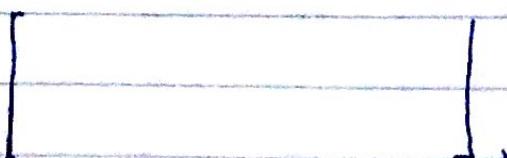
400% speed
or to
markedly
mark
easier

Marginal annotations.

Later write as much in margin as possible so you will remember what you have written so that you can refer back to it later.

less init, less work, less obtrusive - but

does not encourage re-reading.
however, if you take great care to position them rightly, by working the open side first, read on until finally the perfect place, it should have the same effect as underlining.



single lines are better because they can be corrected if you put the brackets in the wrong place. taking care in position focuses attention to the text.

current system. More can be added later.

Short underline for words or phrases

corner brackets for short passage and passage
within paragraphs.

longer passages and multiple paragraphs

short/small marginal annotation. Chattered for
you to be able to read but not necessarily
anyone else.

i, ii, iii paragraph numbers for book content listing. Not
for in text.

levels of importance of packages - semi-system for
categorizing but not the cross batches.

Q 3 marginal (border) definition

C 5 marginal cross reference to another source.

* intratext target.

or alternatively

* - Asterisk w/ varying #s of cross batches.

The reason you need these in addition to corner brackets is
because you will have to look to for in long sections to
find closing brackets. You should be able to find the closing
bracket at a glance.

August 5th, 2007, Sunday.

Journal

Writing - Your writing project.

Worrying about finishing your project, the scope of the project, and desire for money and fame from it have prevented you from continuing to work on it.

Wouldn't it be better to focus on your other reasons for doing it, the satiate curiosity, for knowledge, for the improvement of yourself and those around you? Those are the reasons which motivate you to continue, so you need to find a way to stay focused on them. Make yourself curious. Write your ideas habitually. Stimulate yourself to remain motivated.

The following are goals you should work toward now -

- 1) Write everyday. Not only when motivated but also as a job. It need not always be fun. Think of it like exercise - you must do it for your own benefit continually, or you will not get your desired results. If you are not motivated frequently enough to complete it solely when you are interested.
- also - you must know the things on topics for which you can actually complete writing.
- 2) Research regularly. Start now! How many times have you thought to visit the library for journals? Has up to date on recent thoughts on your subject area? How can you claim to be an expert?

Ethic, Human Shortcomings

Most shortcomings can be at first clearly grouped in relation to an ideal. In fact many things not normally considered shortcomings can be viewed as such in response to a relevant ideal. We really may then be said to have an infinite number of shortcomings. Clearly there is no good reason to allow into all possible shortcomings but those that are worthy of discussion, because of their impact on our life, our need to know them in order to diminish their harmful effects, and when they are ~~absurd~~ interesting or humorous. Occasionally I'll spend some time on absurdities for my own enjoyment (carefully without irritating the many, too frequently.)

ideal	shortcoming
Perception, sight,	bad night vision, bad peripheral vision, focus on one thing at a time, etc... ad infinitum

Relative size	Giant; teeter-totter, etc - mom	Fragile; - can't see through thin etc...
--------------------------	---------------------------------	--

I Perm	<div style="border: 1px solid black; padding: 5px; display: inline-block;">Thousands of men, spermatozoa, super-sperm</div>	- Limited # of offspring, low possibility of pregnancy, 1% solution.
--------	---	--

Also, sometimes the ideals you come up with, let's say it out loud, we realize that you are already closer to a more general ideal than you think. To be quite glad my head can't spin all the way around and in any direction as a goal!

August 9th, 2004, Monday.

Topics — Ethics Project

Like the book on power, you should give examples of manipulation of a moral principle, and when the reverse of the rule should be followed. You can't trust your audience to figure out how to use the moral ideas properly — so you must train them briefly — how not to use it, when not to apply it, & ideal applications.

Man and Animal.

Man is an animal. We may distinguish man from non-human animals at times, but man is an animal. Now, all animals behave in set patterns. As the more complex, the behavior becomes more complex, yet they are still in set patterns. This is what makes animals predictable to us, and makes us able to hunt them. Yet, we too are animals.

What is more likely, that ~~other~~ animals act in patterns, only to the exclusion of man, or that ~~man~~ man does also.

We do see patterns in human behavior, the better we know them, the more predictable people are to us.

unlike language, or standing upright, etc..

which is clearly exhibited only in humans.
~~complex~~ patternlessness does not.

Also - patterned behavior is exhibited by all animals. There are many features animals do not have in common, but patterns are not one of them.

All animals are deficient when their brain is damaged.

Ethics

You need to think about how power fits into your ethics.

You need, in addition to supplying a study of ethics, a replacement ethic superior to all those already in existence.

Spend more time playing up ethical ideas - it should be everyday you are wasting time.

What role should power play? - The multiplicity of interests.

Core Foundations

How you are compelled to be involved with

125

20th Monday
August 18th 2007, Thursday

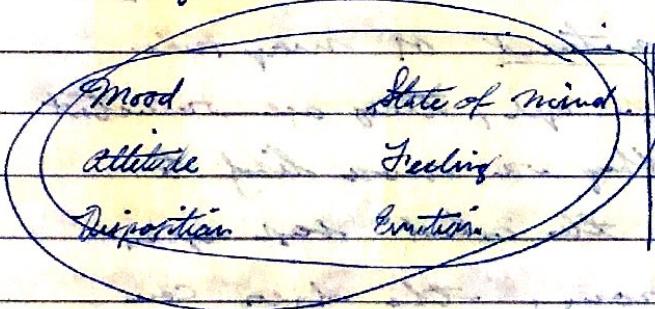
When a person asks another for a favor, they have the full advantage in terms of manipulation over the person asked. The person asking the favor may have a plan, a way of taking advantage of another's kindness. When the person is asked, he is taken off guard, and will have a tendency to say yes. And notice they haven't planned for it as the asker has. It is a case of one person having a plan for another person, for which the other is unaware and may never suspect what is happening. So the asked says yes, and by saying yes gives the asker what he wants, and also places himself in a situation where he may be stuck in a commitment or may take blame. Once someone says yes, they are reluctant to go back - instead they are more likely to rationalize. Also, if the asked says yes, and something goes wrong, the doer can always deflect blame, saying "I asked him and he said o.k."

August 23rd, 2007, Thursday.

Day off at Barnes & Noble w/ Gia-lot & ~~Theory of Emotions~~
Ethics - Mood / Attitude & Emotional Awareness

Aspects of mood:

- Anxiety
 - Stress
 - Sadness
 - Fear
 - Anger
 - Envy
 - Depression
 - Excitement
 - Discomfort/Comfort
- a dimension
[pleasant/unpleasant]
1. you can be in a state
about being aware of it.
= Description or situation
is valid ok.



Attack
rare terms
that require
some explanation
when used

For any correct feeling - you may be ~~in between~~

- uncomfortable — neither — comfortable

- people may disagree w/ stage here - so cl'll feel less cl'll
use it.

- if you — you will usually be neither or comfortable

- when you have discomfort you
are between & become aware - you
rarely feel comfort - unless it
you feel especially good "which is
true - imagine laying on the beach
at a cool breeze or very
comfortable

Mainly for pinpoints a feeling. Not



To be able to capture a large amount of emotions using a group of dimensions in a kind of map or co-ordinate system - To make it ~~more~~ ^{spectral} - unless you want even if there are many feelings.

comfort

discomfort

pleasant

unpleasant

pleasure

pain

pleasure

seems to be

calm

excited

contented

same

not-waiting

wanting

not.

wantable

attraction

repulsion

attraction

optimistic

passionate

realistic

level of desire.

level of desire

level of irritation

proud

embarrassed

wounded

easy to do one

negative

response

embarrassed

proud

Some relate

to objects

don't use a

system of

opposites

Content

a) These two words may not be describing the same spectrum

b) They are if they contain the same word

c) ~~they are not the same word~~

You can really only learn to control the results of a state through training - it is a skill to learn through practice.

To practice it, you must be experiencing the state, and must attempt to gain control over it. Unfortunately this kind of training is required for making almost any change in our lives.

Barely will understanding something alone result in a change in a person's habit without experience & practice. Especially very important changes.

* Do all people have the same basic emotional range?

If so, the set can be seen as mostly finite.

People say, "you don't know them well."

Unless, you temporary situation. But

The emotion probably is not entirely situation dependent. Other analogous/similar situations may evoke an analogous another

- Discrepancy of emotions - Finite

- probably based along a large but

smaller set of dimensions.

- Key is to know the dimensions

and for those fixed to experience the set of ~~set of~~ ^{and for those} ~~different~~ ^{fixed to experience} situative forms.

when talking about emotions what we have
in mind is one, or more usually two or
combination of:

~~the list~~

~~of~~
~~dimensions~~

~~or~~
~~expressions~~

Friday, 24th August 2004

The following dimension seem to be at the root of some
of the others in the list:

1. desire
2. like
3. anger
4. anxiety/pain/moroseness
5. fear
- 6.

Ques: You feel very uncertain about
this list. It is because
the words are vague and
fuzzy. They represent vague feelings
which are vague. Perhaps
making the list ~~more~~ by
shorter word help. Perhaps it
should be longer.

Why not combine them so that
they don't seem
to be similar?

How emotions differ -

- will respect to time
- with

emotion / feeling groups. When

desire / want

you use your mood chart

attraction / like

and you need to describe the

anxiety / stress / nervousness / fear

feelings, go next to relevant

curiosity / interest

headlines

motivated / active / hasty / excited / stimulated

envy / jealousy / distrust

confusion / ambivalence / cloudiness / uncertainty / not confident

depression / lassitude

contentment / satisfaction / not aware and others / not

detachment / neutrality

embarrassment

confident / buoyantly / proud

boldness / determination

anger / rage / hatred

loneliness

grief

sad / melancholy / melancholy

irritability

anger / fury / rage / fury / anger / rage

apathy

| ~~4~~ Create a master list on a large sheet of paper every emotion you can think of.

~~Tuesday, 28th August 2002~~

~~Wednesday, 29th August 2002~~

The personal form

The genesis of the personal form

The personal form started - with a simple idea - carrying a notebook ~~or PDA~~ all day in an envelope, and the PDA you carry around wasn't useful and you thought. You were too lazy to even turn on your PDA, and you didn't always want to use the keyboard.

You did use those things, but there was a barrier - just getting ready to use them was a pain, and carrying them around was a nuisance - it made you want out of it.

So you decided a single small sheet of paper would be easy to carry around, and no problem to quickly refer to. Also you prefer to write by pen, so you actually enjoyed using it.

You made it your daily slip. It was a small 4x6 sheet of paper (a slip) you could carry to write the things you need to do for the day, and any work notes you have. Although small you found you could fit a great deal of writing on it.

Soon after seeing how useful it was, you began to loose your daily eating so you could lose weight.

Thursday, 20 August 2004

Homosexual marriage parenting.

Look at the story below.

Three men - all friends, taking care of three children.

The children are aware that they are not gay, because the main character had a wife, ^{an} ~~she~~ is always a woman. It would be less certain if they were.

But consider that in every other marriage between man and women, they are expected to exhibit a non-sexual intimacy towards each other. Close intimate interaction is limited to things like general conversation, body communication & body language, perhaps occasional touches. Anything beyond this is thought to be excessive.

Consider also that in other cultures these behaviors are acceptable between men and women.

But suppose the two homosexual men share a son. If members of the same sex are committed to caring for children, it would be deemed ok, because no sexual activity is going on - or non-socially acceptable intimacy.

But can this not also exist in heterosexual parenting? As long as intimacy is not sexual in front of children, or excessive, or too socially provocative so kids become easily convinced, from all appearance

things are the same - the only difference is that the parents call themselves partners and not just friends.

Notice also that male-female marriage often already fails here. After this interaction in male-female marriage can be very damaging. Male dominant & abusive relations, excessive passivity from one parent & aggression in the other, sexual abuse make nicely, and other behavior ~~that's~~ not befitters of a quality role model.

Monday, 8th September 2007

Genesis of the personal form contained ...

... so you would write down the foods you ate and how many calories were in them. At the same time you also included a simple to-do list so you wouldn't forget things you had to do during the day.

You began to lose weight. Once you were aware of how many calories you were having, you restricted your intake, and began exercising at work. Because of you wanted to see how many calories you were burning to accurately

numbers may catch you off guard because, as you begin to track exercise, it becomes a useful tool for things like a nutritionist, food calorie counter, exercise tracker. In this case you stand positive results, simply by being aware of your activities in those areas and by using it as a reminder tool - a reminder for positive things you should do everyday like weight, eat and track calories.

At this point ch became aware of what ch was doing, and what this daily slip could become. First of all, the daily slip was an easy thing and to use, and was not a nuisance to carry around or view repeatedly (using a PDA several times in just a couple minutes becomes somewhat of a burden). Secondly, it was a useful reminder, not only of things to do as in a task list, but as for areas of your life to attend to - nutrition, and the exercise. It was already a tool for awareness of personal activity. When ch eat something, or get ready to eat, ch think differently, ch don't just eat, thinking it is good, or have such and such ingredients ch want. Now, with ease of habit, ch can see how many calories it has, and how it fits into my day of eating. ch know how it affects my overall plan for weight loss.

and d. can do it or can - it is not a burden.
BLT is a tool for training, to make new
habits. d. now has a coloris country habit.
But it isn't the annoying task people think it is.
BLT is automatic - as automatic as knowing what
you eat a BLT is, or what is in your favorite
food. What took much effort at first becomes
automatic and habitual - as with ~~any~~^{any} any
successful form of training. Becoming taken
more than knowing some facts, but training. It
is also a model of reality. This is related
to awareness. The form is a kind of snapshot
of your life. BLT is the truth. Your orientation is
as it is, and it will tell you as it is and
when completed it provides a snapshot of important
aspects of your day. In fact, it doesn't have
to be limited to those things d. does, but anything
that needs attention - love life, relationships, H., etc.

^{it's}
^{snapshot}
at this point in my project d. had a vision
of what d. wanted it to become. ~~After~~ d.
wanted to greatly increase the scope of the
project to include checklists for things not
to just everyday stuff for other activities
which constant awareness could be important in
life. He thought he could do some other stuff, more
important like school, financials, your health,
deteriorating, my friend. Thought his checklist and
life stronger - But it really was not at all.

People
w/ special
conditions know it.
Diabetics,
Cancer Patients,
etc..

Everyone knows that experts in any field important
to you will say keeping lists and accurate records
are extremely important.

Nutritionist → food list / nutrient list

Accountant → spending, earning / budget etc...

Fitness Expert → keep track of exercise

Not only to know what you've done, but to know

what you are, and better judge

what to do next, and also to diagnose weak points.

Financial advisor → keep receipts, track investments

Doctor → track symptoms, backtrace activities
to disease sources

↓ To know that causality or something in your

↑ environment, life, you need accurate info about

↓ your activities. Example, → what caused

↓ Good poisoning. - well, what did you eat?

Activator Checklist → track where you got good ingredients,
what you ate, what nutrients, what your reactions, what

drugs etc., how you tested good, how to improve etc..

Sleep Doctor → track activity, when you sleep,

/ project manager what you do.

Daily Planner → have a calendar, have a to-do list.

Mechanic → keep track of car, gas, maintenance, etc..

This applies to any area in which you often do

↓ something & it's required.

They have a common understanding, often unspoken,

of the power of having a list or form containing

accurate data. It is a ^{more} scientific approach,

than the normal sifting through memory etc..

So think of how dramatic that is → actually ~~using science~~ to improve your life.

The only thing strange about what I'm doing is that I do it. It is common knowledge that we should do it, at least in any area relevant to our current most important concerns, such as health. But most people are not motivated to do it, and those who are are rarely you seem strong.

At this point, you're very aware of what you were doing, but you didn't get far initially, and didn't have time to focus only on it. So you gradually developed & tested it on a daily/weekly basis. You used it daily, so everyday you could see ^{points,} ~~new points~~ strong points, arrangement problems, new forms etc... So you continually added, removed, and reformulated.

As a beginning trying to lose weight, I became ~~but~~ worried. I was overestimating my protein intake. I had to balance a low-caloric diet w/ making sure I got adequate nutrition. Some of my first additions were ~~lists~~ for vitamins, checklists, and for tracking protein along our calories.

I also became more aware of the need to

track my personal caloric needs. To do this I had to know accurately my body weight. So I made a slot for writing my weight every day.

Also, the knowing my weight motivated me to work hard to lose it. Also, it makes you aware of what you really weigh. True knowledge of your health in that area. You can't look in the mirror to see if your body weight is in healthy range. It's hard to know with to check. Forecasting your weight is bad for your sake without rapidly and not realize it.

One of the interesting things I noticed about the daily slip, is that at $\frac{1}{4}$ of a sheet of $8\frac{1}{2} \times 11$ paper you can fit an amazing amount of writing if you write small enough. People with much larger than this need to. You can read the fine writing of a book very easily, so readability is no problem, and you can write far enough to fit on a very small size of paper.

About this time you came up with the idea of a balance sheet or balance picture. The core of this idea relates to the fact that you could include any important aspect of your life over the sheet, but that you would be best off focusing your attention to only a few different core categories. On leading a quality life there are several very important things you need to think about and. You need to think about money, food, exercise, comforts, health, quality relationships, communication, fun, outdoors, and

now. Obviously it is difficult to give each of these the attention they deserve. Most people have a tendency to focus on one area at a time, and put the others aside.

In a year all you can do is one or two things at a time, so ~~you~~ it is necessary for you to put most things to the side while doing anything at all. But to live a quality lifestyle there must be balance — you need to have the proper amount of attention to each area to have a balanced lifestyle. Everyone is familiar with the consequence of "putting all your eggs in one basket."

personal example

College - Extreme focus on education → because overthought among other problems

Excessive work → decreased mental health, feelings of stagnation, the search for a focus on girlfriend.

lack of friends involvement

Focus on exercise → poor schoolwork.

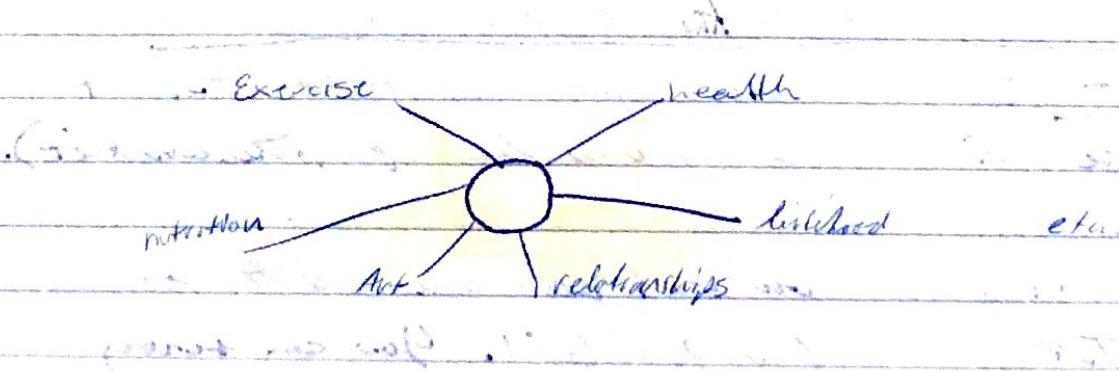
I have the problem of still being a perfectionist, but I recently learned that in being perfect in one area I neglect almost every other area.

One should strive for balance.

The biggest problem w/ this is lack of time, ~~order~~ and problem areas. For example, I had money trouble where I had money trouble & had too much anxiety to think about anything else. I put other things aside, including health. And once I had money [sometimes it is just fine to focus on a problem area if it will restore balance] and you truly try to focus on each area, you see that you can't do it all in a day. Having balance on a daily basis isn't really totally necessary (except for the most important divisions) - you can neglect some things for a few days and still at certain intervals. If possible and time permits, daily is best.

The balance sheet is a diagram of all the areas you must focus on, and not neglect, to live harmoniously, without letting a part of your life go sour.

The following is a small example balance chart:



It is a symbol used to remind you of all that is important, and all that requires care to flourish. It is a reminder that you must not neglect certain areas, and is for motivation you to restore balance.

As above said, it is difficult already to keep life balanced, and without a reminder you are almost certain to forget important parts of your life.

This leads me to another function of the personal form -

self-help / personal psychologist.

One of the greatest things a psychologist can do for you is sustaining balance. You will always spend time dwelling in one area, putting others to the side.

The things you must care for can be overwhelming, and you will likely try to simplify by focusing on one or several things. The psychologist will allow this, but will try to ensure you don't neglect other important things, or will tell you you need to focus on ~~a~~ a problem area or an area of great importance.

If you train yourself to remember all areas, care for all areas, and to know when and what you are neglecting (because when you neglect something, it is very likely because you have forgotten about it).

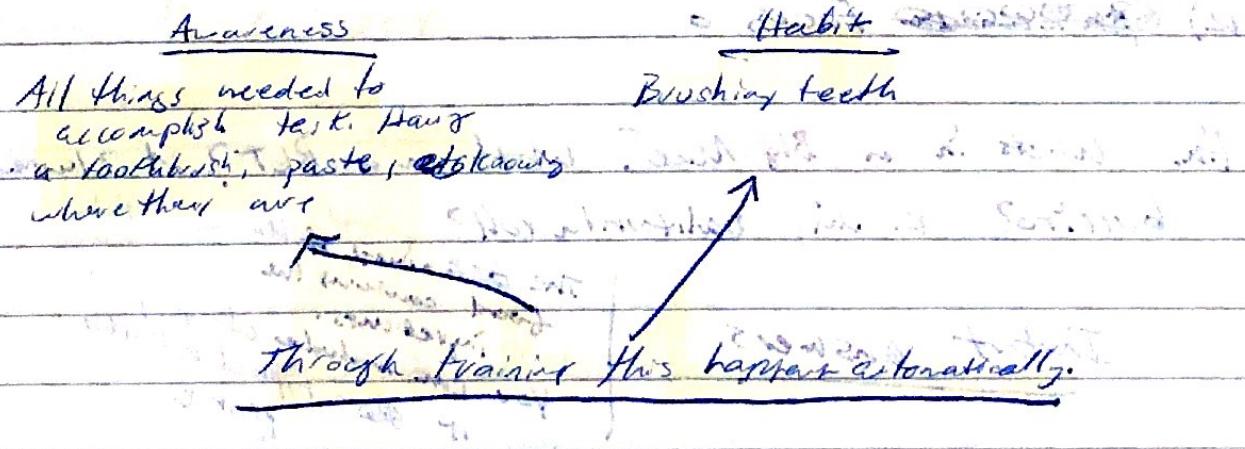
You can perform on your own one of the very important jobs of a psychologist. You can survey all that is important to you.

The ultimate goal of the personal form is training to produce quality habits, so you can do everything you need to flourish automatically without much effort.

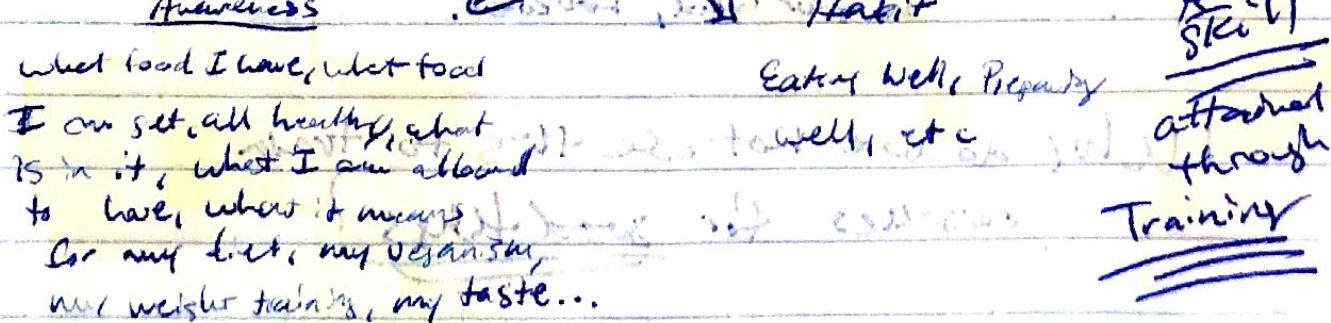
You can only do this by building awareness about your life and focusin on all areas for maintaining a balanced lifestyle, so you know what you need to do and do it automatically.

It is somewhat like training from a parent. Children learn to be aware of certain things and do what they need to do automatically by their parents. Their parents constantly remind them, punish them, point out truths about them (this, strength), and show them how to do things, repeatedly. Refraining to create a positive habit, for automatic action.

Example:



My example - Food blog. Both Automatic



To talk about.

(1) Format choice - Sections

(2) Environment visualization.

(3) The Day Model derived from environment visualization

- noticed that Place, Time, Sequence, Category, and Actions are common to everything you do.

⑧ Division each to 2 groups
I. Daily Picture & Snapshot

II. Checklist / Data book

So far you've discussed the purpose and function of

the journal form. The following list summarizes

this:

- 1) reminder, mnemonic device
- 2) ease of use, no barrier.
- 3) awareness, self-knowledge
- 4) data, truth, model of the day.
- 5) Training, Habit Development
- 6) Balance, Harmony, No regret.
- 7) Self help, personal psychologist, parent
- 8) Automaticity, ease of processing Automatic flourishing
- 9) symbol, ritual, focusing on what's important
- 10) motivator
- 11) Application of science to your own life.
- 12) ~~spaced~~ Focus o

[Great obstacle for anyone interested in doing what you've done.]

Ha. What's in a Big Mac? What's on a BLT? A 7-layer burrito? Kimchi, California roll?

Instant answers

The ~~background~~ of the food contains the ingredients. You can include along with it a typical nutritional profile.

Well, how hard was it to learn it? If you

just focused on it for a couple hours,

and now it is automatic
in your mind, forever.

Why do we not use this to train
ourselves for good things?

The difficult part of the journal form is choice of content, the format, the best type of values to use. Also, choosing the right qualities to focus on. This is particularly difficult in the mood/emotion section, where it is difficult to pinpoint the type of emotion and other relevant feelings.

[You're not making these decisions, continue after you've worked on organizing your old slips, and go on through your entire development.]

Tuesday, September 25, 2007.

Tuesday, September 25th, 2007

Wednesday, November 7, 2007.

Today you're realizing that you've focused too B.S.
~~too~~ while you write.
there

When you stopped doing what you like - studying, and stopped your other project, and focused only on your relationships, etc. problems up this, everything went downhill. Remember - keep balance in your life. Any significant focus in one area must be temporary. Any problem must be handled quickly and effectively.

Stake
forwards
Letter

continued - Wednesday, 11/7/2004.

Stoicism

- Thought about.

Self control

Disciplined mind.

unaffected, indifferent

Knowing what is within our control & what isn't

- Not thinking good or bad of the things outside our control.
- Not being damaged by loss, misfortune, misdirected desires.
- Not dangerous.

Free minded

* Look up Stoicism in your Philosophical dictionary

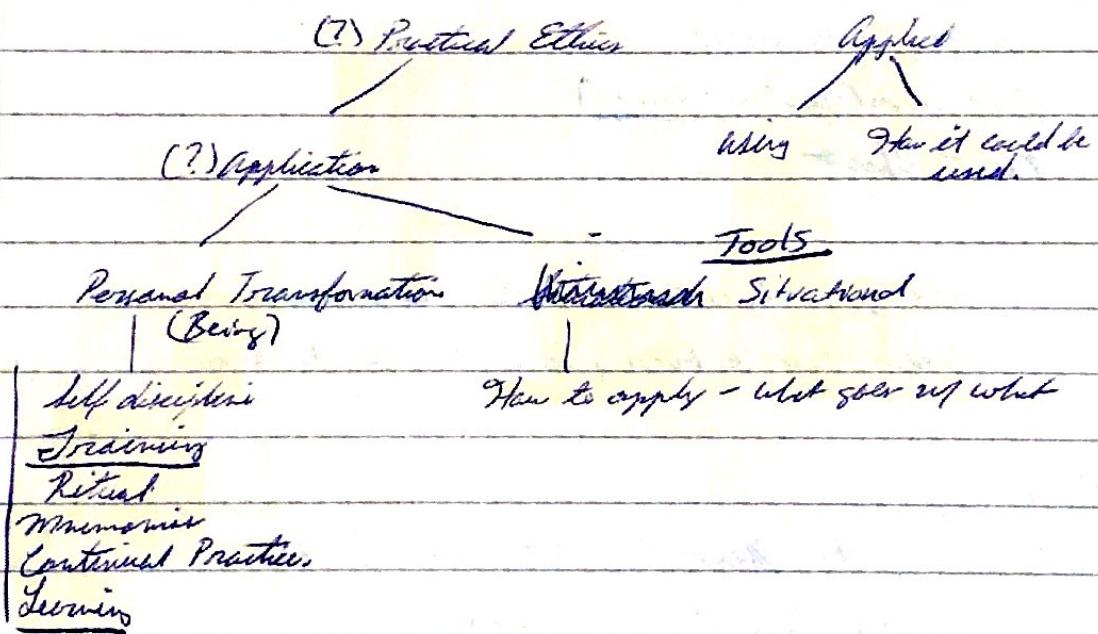
Sunday, November 18th, 2004.

Tuesday, December 4, 2004.

Plan your other project in detail and begin to execute your plan.

- ① Map an outline of your project - & of the subject
- ② Plan your steps in researching & writing
- ③ Begin & stay on grades.

When you map out the study of others, don't try it all in one giant map immediately. Break it down into different smaller maps, and if possible re-put them back together to form a larger map later.



Making a map you are satisfied w/ will probably take years, if you able to do it at all.

Don't become obsessed w/ words. If you wish to divide or write, use phrases & appropriate label them so don't confuse yourself w/ single words.

Solidify
this
plan.

Need a plan for
each area of the
balance sheet.

Exercise Plan.

Goal - overall fitness

| Body Composition Goals
Performance Goals

(A) Muscular Strength (B) Cardio (C) Flexibility

(A) Goal - balanced size, strength, and symmetry. - overall balance

long term - size, strength, symmetry, look, endurance

shorter term - left leg (quad/calf)

Glutes (both sides)

left arm (shoulder, tricep)

right chest

(B) Goal -

long term - endurance, speed, anaerobic, low body fat.

short term - maximum calorie burn, long distance training.

(C) Flexibility Goal

long term - complete flexibility - very limber joints.

short term - improved flexibility esp hips

- injury control

- increased relaxation.

①

②

③

④

⑤

Legs

Biceps/Triceps

Legs

Chest/Upper back

Shoulders

Abs

Abs

Abs

Abs

Calfs

Calfs

Calfs

Calfs

Upper body

Shoulders

Lower body

Core

Daily ~ Lower body
Abs, Calfs, Forearms.

X Permanent
List to routine.

Will be exercised
but will sometimes
be missed
and will
get bent.

Tuesday 12/4/2007 Continued...

Wednesday, 12/5/2007.

~~Religion in Christianity's relation with our day, world~~

The ~~bible is not a perfect book~~ contains many ~~contradictions~~ and ~~conflicting~~ ~~views~~ on ~~many~~ ~~issues~~ ~~such~~ as ~~war~~ and ~~slavery~~.

Part of the problem w/ the bible is its unclear application and seemingly bad results. Some rules appear to be absolute which appear that ~~no~~ there should ~~should~~ be exceptions.

Example:

Jesus' statements concerning divorce

Jesus "turn the other cheek"

Also, some areas of the bible defy clear understanding, b/c the document was a perfect work it would be more accessible to readers. Some points are unclear - etc.

The following are problems w/ the bible as a work of ethics

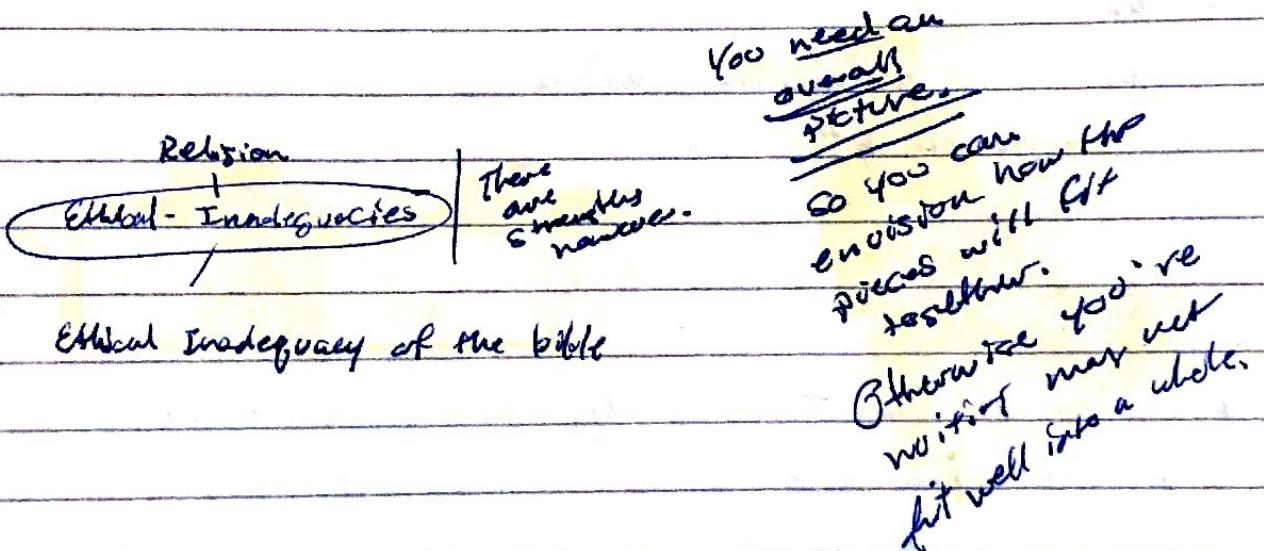
- Dogmatism or Absolutism that doesn't seem to make sense
- Unclear language
- Apparent contradiction
- Accessibility
- * Not comprehensive
- Not fully explaining
- Principles not spelled out.
- Inconsistency

Saturday, 12/8/2007

- Religious people use non-religious methods of reasoning to make moral choices/judgements when they don't have anything clear cut stated from the bible.

-

In fact, Even strong christian use non-religious techniques most of the time, because the bible does not usually give clear answers.



Monday, 10th December 2004

Focus on this
until you are
at least close
to some
completeness.

Ethics II (Religion)

Short summary on view of the existence of God.

Many have sought to prove the existence of God through philosophical argument. Efforts to produce such an argument, such like the ontological argument of the middle ages or the argument from intelligent design, have been shown to be unsound and/or invalid, and they have failed. This is generally accepted.

In full view of this fact people continue to believe. Christians who believe the reason for this is that they are not so important for Christians. Even those evangelists that still use such flawed arguments would not convert upon discovering the flaws.

People Christians generally hold their beliefs for other reasons. I think most religious people are religious for reasons of personal experience.

Personal experience is at the core of belief in God. Some say they've been saved by angels, transformed by scripture, have met God himself, or experienced miracles that feel can only be explained by God. For people who believe for these reasons philosophical arguments ~~provide~~ for God are relatively unimportant, excepting for when they are perceived to ~~do~~ confirm what they already believe.

My personal belief is that there is not enough evidence to show God exists, that all theological argument for the existence of God can be easily shown to fail.

That it is impossible to prove the existence of God without the right kind of evidence.
Personal experience is ~~not~~ not enough.

- outline first outline
- then brief summary
- then actual writing

*(that there won't
show enough is
not enough)*

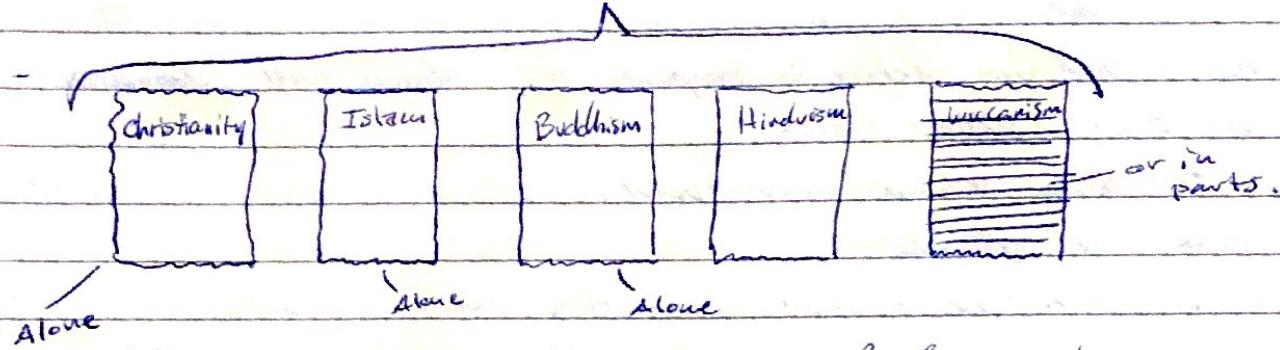
- I. A priori arguments fail // Philosophical arguments fail
- II. Evidence for is insufficient
- III. Evidence against is not ruled out, and is much stronger
- IV. People believe because of personal experience - highly personal evidence.
- V. Personal experience can tell you that something exists, but it cannot tell you what its properties are.
- VI. It appears unlikely that God will be proven to exist.
- VII. Atheistic & Agnostic arguments are much more powerful and convincing.
- VIII. Arguments against Atheism & Agnosticism are very weak.
- IX. State of Knowledge concerning God - people simply don't know, it can't be confirmed or fully denied.
- X. Pascal's wager fails
- XI. What my ~~tentative~~ tentative beliefs are.

Aids from this

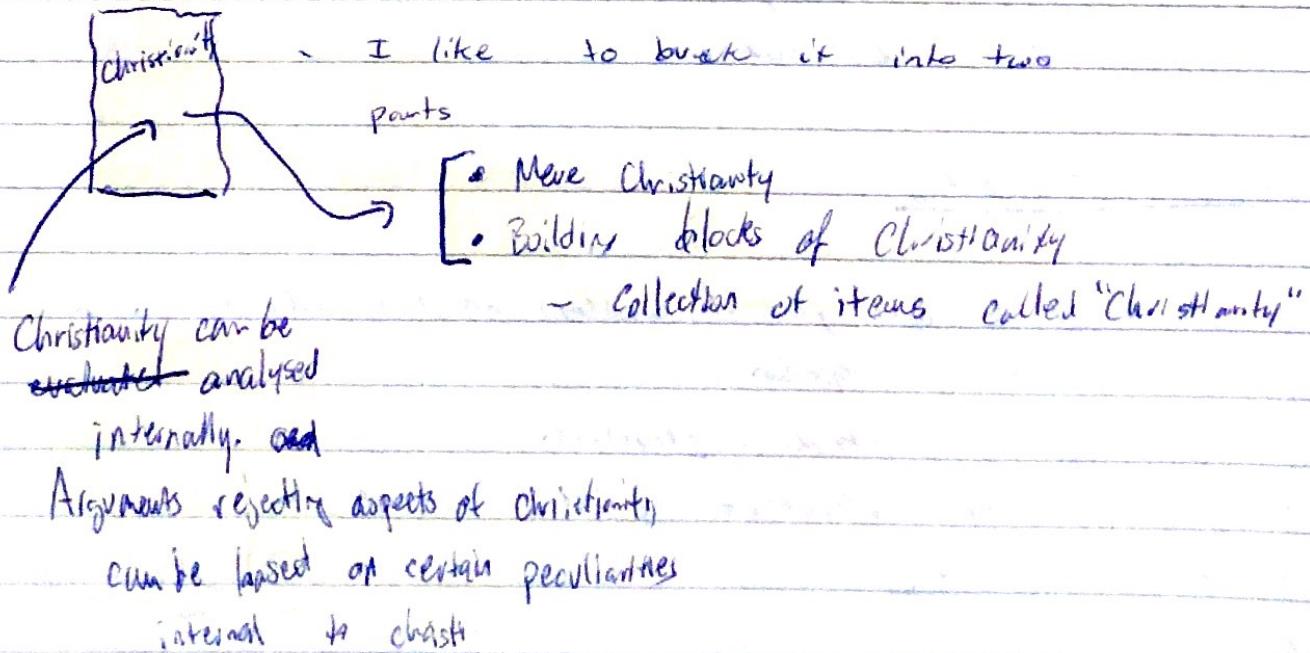
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Religion

They can be treated as a group



- Within each religion, there are arguments for & against.
As religion is a body of information. It may or
may not assume various forms.
- You can reject certain parts of each &
still say you're a member of that faith
- You can interpret it very differently, and
end up ^{with} entirely different views than another
- But in each there is a core which is for the
most part shared by all believers, or in any
believer over their process of personal change



philosophical methods are impersonal
and objective.

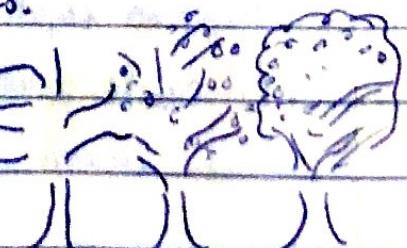
Religion

Whether or not you believe in a particular religion will dramatically affect your ethical stance.

- It will change your values.
- Existence of afterlife
- Pleasing/Satisfying a God or something extra-natural.
- If you can show the core of all religions to be faulty, they all go down.
- If you can show the core of one to be faulty, it all goes down.
- If you can mount enough arguments against, you can topple it.
- The least required is to bring it under doubt, and to show clearly that other options have not been ruled out.

Process of Writing

- ① Mark off all your personal writers on the subject, review
- ② Get references together
- ③ Build a new outline - structure.
- ④ Build on the structure w/ short summaries.
- ⑤ Flesh it out.
- ⑥ Edit it, make it pleasant.
- ⑦ Complete.



!!! and will ever be !!!

- There are an infinite # of perspectives for each religion.

- The perspective of one ~~will never~~ ^{never} match entirely the perspective of another.

External Arguments - Arguments that impact a religion w/o focusing on anything in particular w/in that religion.

^{still}
^{we}
^{do it}
^{for}
^{with}
^{risk}

- Arguments about unreliability of ancient testimony. The argument impacts of miraculous events is an example. Christianity, but ~~has~~

Internal Arguments - Arguments that are directed to specific things w/in the religion.

- Arguments about whether or not Christ is god or prophet. This is an ^{wrt} ^{open} ^{outly} ^{concern} ^{general} ^{application} ^{that happens} ^{to} ^{apply.}

Core Arguments

vs. Peripheral arguments.

or - foundational

versus non-foundational arguments.

foundational - Can any experience give us reliable knowledge of God's properties?

- Ex. I \neq speak to God, how will I know he is all powerful, versus just powerful, or that he is the God versus just some God, or if he is the greatest of all Gods.

non-foundational - The God described in the Old Testament

is incompatible w/ the God of the New. The God of the old appears more as a tribal God, a God of a people.

Tuesday, January 1st, 2008 - New Year!!!

Happy New Year!!

Wednesday, January 2nd, 2008

Monday, January 7th, 2008

My Journal

Today you went to work sick and exhausted. Your back was sore, you were weak, and you were tired from Tuesday for your puffy lip.

Ethical Project Planning

After you were reminded in conversation with Dan and Bill of the need for a better plan for your ethics project. To review, you will need the following:

1. An outline of the work - map
2. A study plan
3. A research plan
4. A writing plan
5. A publishing plan

For your study plan you recalled the idea of working from highly general to highly specific such as your idea for your study of Ethics Theory.

Robort's new History of the world most general

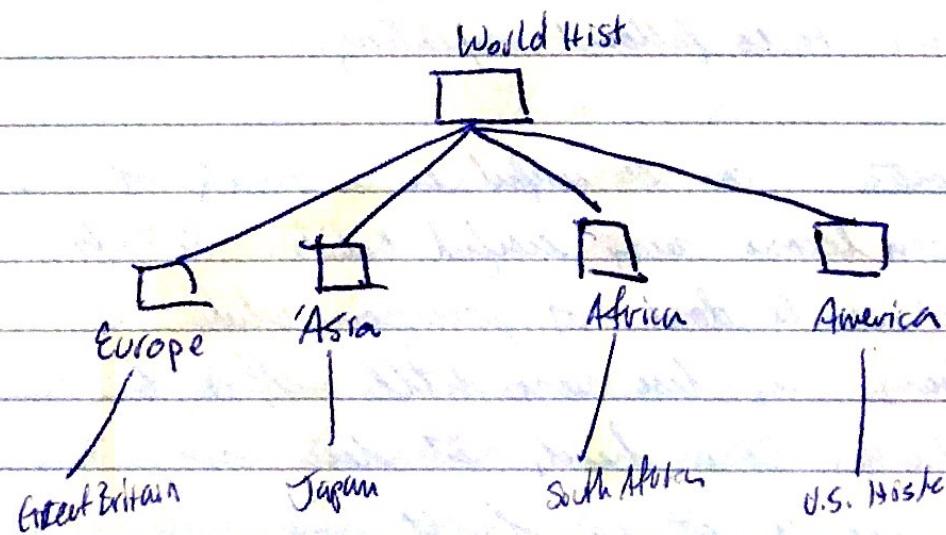
History of Europe, of Asia, of North America, of Africa

Human Anthropology, Ancient world history, Modern world history Regions by large

History of Women, History of Warfar

by large time scale
Topics of interest

History of China, of United States, of Rome of these smaller regions.



As you make your way down you'll find you already have a decent understanding of the first & second stages.

Ethics

This map is harder to
work out

Should match
closely your
outline of
the subject
itself.

Anthology / History of Ethics

Ethical Systems

Outline of Ethics

Ethics

Personal Transformation

Memory defining - shortening

Laziness - shortening

Habit - good habits.

~~Rituals~~ Rituals are used to change a person's state of mind, and to accomplish a task rightly by rigid result of behavior to be followed repeatedly.

A ritual or routine can be useful in a variety of ways. Rituals can become very useful habits. Rituals habitually followed can be done w/ precision while the person following may use very little effort to do it automatically. As a habit, it does not take effort to recall, it is built into daily activity.

A ritual can

1. Combine a variety of healthy behaviors into one group of actions.
2. Make it less likely that you will forget

any of the actions - or you may if it was not part of the ritual.

3. The ritual itself can be performed very quickly because it is systematic.
4. The rituals can become automatic and require very little effort.
5. A ritual can be used to alter consciousness into a particular desired state. Thus a morning routine may accomplish tasks such as ^{good} hygiene, good nutrition, preparation for work, and putting yourself in a desirable mood.

Your original idea was to create several rituals to follow each day that would make you able to accomplish all the daily tasks you need to finish to live a more healthy, happy life. The object is to incorporate different parts of your balance sheet into the ritual so that you regularly do all those things you forgot to do or don't want to do. You want to maintain your balance with as little effort and automaticity as possible. Once you will have created a most beneficial kind of habit.

Once you've acted on the ritual perfectly many times you will be able to do ~~that~~ it automatically. The ritual will be incorporated into your brain as a regular observed activity.

You will be transformed by the ritual into a more effective, happier, healthier human being.

It will also save time & effort that you can now use for other matters which require ~~actual~~ effort and are more important.

A child must take effort to brush their teeth and shower. But for you it should be effortless.

A child would forget to wash their clothes and clean up after themselves. But for you this should be automatic and effortless.

Ritualizing & habituating important healthy behavior is as foundational as the above activities are for children. Likewise, you should expect yourself to do those things you know you need to do automatically & without effort.

Whether or not you've done this in relation to hygiene is already a sharp division between adults & children; yet those who stop at tooth brushing are seen as children by those who automatically do what effort may move.

things which are very good for Thursday.

Thursday, 17th, January 2003.

Saturday, 19th, January 2003.

Psychology - Choosing against proactivity induces self-control

- People seem only able to make conscious deliberations against their habits by feeling a certain amount each day before they lose the power. Their ability to consciously will naturally determined behavior against their natural proactivity is lessened throughout the day the more it is used. It takes much effort & discomfort, and once this ability is weakened, people have a tendency to start doing whatever they feel like at the moment - the comfort thing.

Sunday, January 20th, 2008

- Writing & Studying.
- Ethic Project

You need not feel ignorant concerning your ethic project.

When writing you sometimes get the feeling that you lack the knowledge required to honest write. Although you certainly need to research, and be well read on the topic you wish to write about, remember that studying itself can make your thinking about the subject less fresh and original. Such study may even distract you from your project; at the very least, focus your attention to things not really within your interests.

a good rule to follow:

Write as frequently as you read, if not more. Also, write about the subject you are interested in before you research. Once you've done your research you can re-evaluate your own writing. This way the unique character, style, and creativity of your attempt to do it all on your own will be preserved in your later work.

Thursday, 24th, 2008

Thursday, January 31st, 2008

Journal Entry

Lost - Other - purpose in Humanity:
life - meaning
Relationships

I just finished the 3rd season of Lost, and I must say I was struck by the ending. Jack's life fell apart after leaving the island, and the reason why Kato, when he tries to ask him to come back with him to the island, and despite him having left - despite his constant effort while on the island to have, was very sullen, yet very lost aesthetically - planning at the same time. Kato once seemed to be happy and well after leaving, yet no desire to go back, and no second thoughts about being left. His life off the island appears to be stable, in contrast to before the plane crash.

One of those I have represented emotions after watching it... I can clearly see how life on the "lost" island is preferable to "Ally's" normal life as most of us experience it via the GF.

Life on the island:

- Insecurity - Basic needs - all necessities met
- Close-knit, readily available
- Everyone plays a role - clear forms of gray - to live/ work
- Beautiful atmosphere and to get off the island.

On first, life on the island is presented as ~~presented~~ ^{island}.
The movie soon preferable to my own life
for the same reasons. At the end of course, I
shore in Guck's emotion. I feel in watching
it that he belongs on the island.

Life seems more important on the island.
Everyone has something to offer others.
I feel is that it is gauged to feel
unwanted, unneeded, and plain / ordinary,
and pointless; with no clear expectation,
no certainty of what you need to do. Life
now is similar to the ideal life in Star Trek - the
all necessities are provided for, so there is to be
spent on "enrichment and improvement" of the self.
Practicing yoga, martial arts, exercise, etc.

The biggest difference between lost & real life is
social isolation. No doubt people feel
a longing for other (not similar) view, its, but
everyone has a place, a value and community.

They all have belongingness - shared plight.

- * - you'll have to short type them in the chapter.
 - at least type in a clean edited version.
 - immediately after you finish writing.

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It would be a good idea to begin compiling a list of all questions you find important to answer throughout your ethical project.

Thursday, February 7th 2008

Ethics / Morality

- Definitions of terms. Ethics, Morality, Etiquette

word-bankment [ineffective, counterproductive words]

- addictive / addiction
- free-will
- Ethics / Morality?

sometimes eliminating words, without
help cleanse the mind, and
the risk of losing an idea,
but clarifying it.

Thursday, March 6th, 2008

human

Deciding what to do, what to achieve, what to do, what to do,

What can I do? What can I do?

What can I do that

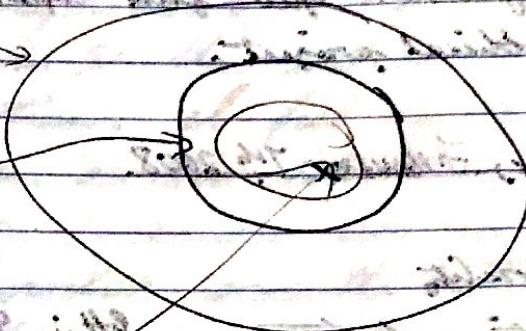
would promote my values

What can I do that

What do I want to do?

What do I need to do?

etc.



What should I do? What's

What's wrong with
this question?

Among all goals, what is my ultimate highest goal?

That is,

What decision would best serve my ultimate highest goal?

whose ultimate outcome
makes decisions about events that
within our control. So there are

multiple conflicts.

How can we

? Decisions, conflicts

what happens if choices / decisions are there.

- setting goals
- planning directions.

2 kinds of kinds of
decision acts.
how can you know
which to do?

What can I do right now to best promote my best interests?

set a goal

think about how to do something

make a plan

think about what object to pursue.

act on an existing goal/plan

goal

desire/knowledge

plan

act towards an existing goal

act

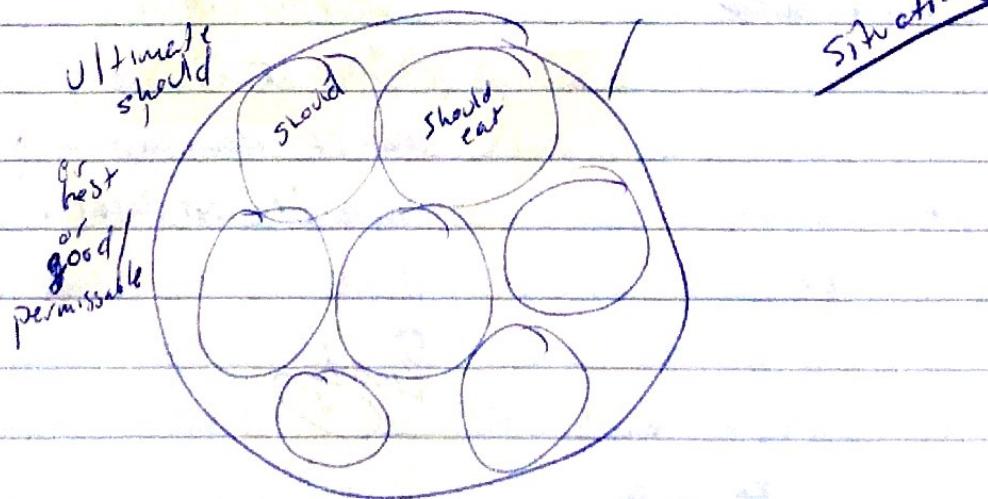
act idly. - without reference to any goal

act spontaneously

Activity towards something.

setting a goal for the sake of something else.

Friday, March 7th, 2008.



March 29th, 2008 - Saturday - Miami, Florida. Ocean Starbucks
Biscayne

Writing & Study.

You're not doing the things you planned or doing to progress your work. Plan to do the following immediately -

- 1) Visit the University of Maryland. Find out about all relevant journals to logic and ethics.
- 2) Begin writing and research for "The Shortcomings of Materialism."
- 3) Make your writing & study a first priority.

You've done this for exercise, and now your health is much better - but you need to focus on your studies in the same way.

Notes while reading the section on meta-ethics in the Oxford handbook of contemporary philosophy

"Availability characteristics"

what the hell is

"narrative?" - d

haven't seen anything so

make it not real.

your right solution,
using best/worst, etc..

as a translation, - seems to
work the same ways as

movies. But as ~~theater~~

michael smith points out -

see
Broad
(1982)

you'll still need an independent measure for
society's ability to expand or deteriorate over time.

Want to look up [from Meta-Ethic, p8 (17)]

- fitting attitude theory Ewing 1947, 1959
- ideal observer theory Firth 1952
- values or secondary qualities - McDowell 1985
Wiggins 1987
- dispositional theory Lewis 1989
Smith 1994
- response-dependent theories Johnston 1989
- "back-passing" ~~similar~~ Scanlon (1993)

~~focus~~ Vocabulary like
~~values~~ as a growth.

like we in
there still
talked

the "good"

It want to tend to my vocabulary as it
would tend to a lens as ~~it~~ encouraged its
growth through proper feeding and care, but also
to prone it to remove undesirable parts -
to make a greater ideal form of tree -

The problem of philosophy is that almost all
papers contain large claims of arguments that
are dependent on one another. A writer will
accept a conclusion at one step and assume its
truth at later steps. What I find in most
cases, however, is that the earlier steps are flawed -
and so all the rest is on west of true - a fantasy -

Sunday, March 30th, 2003. Starbucks Miami Beach Ocean & Edgewater

Look up - Newcomb's problem. From Contemporary Phil.
(Nozick 1969) Urie Etches, p. 8. 22.

SC - cognitivism and non-cognitivism

Clean people are more likely to be people who want to clean, and not those who simply want things to be clean.

- do it once or twice
- make it fun or interesting
- create a habit.
- make it a routine
- and you will find yourself wanting to do it, if not for the sake of staying comfortable by doing what you always do, and not something new.
- ☺ The main obstacles are the "novelty barrier" - leaving the comfort zone, and not staying the repetition from boredom.
- Excellent habit to foster
 - doing new things - esp in the place of bad habits in general
 - and constantly changing things up to stay interested.

Monday, March 31st, 2008 @ Starbucks South Beach
ocean & Espanola
- Moraboy. Breezy!

unified theories of value. hedonistic
or
desire satisfaction accounts of "good" &
"social fair"

evaluative hedonism

- accepted by few

- many arguments against & counter-examples

- Nagel - experience machine

radical experience versus pure pleasure.

* too much of moral philosophy is arm-chair philosophy

hedonism & incommensurability

parameters for measuring pleasure - see Bentham (1823)

John Broome 1991

Ted Lockhart 2000

~~difficult~~

A toolmaker would realize quickly that it will not be possible to construct the best possible screwdriver or "the ultimate screwdrivers." Not only would it be impossible to construct, the pursuit is impossible.

a tool can only be better than another in relation to something it will be used for. And our idea of which hammer or bust can sound perfect, but end up not having the right feel in use - fails

to do what we thought.

Experience is needed. You must use the tools and you ~~must~~ to know if it works, and do what it's supposed to. You must wear it out to know its durability.

These are not things philosophers do with their theories either. This is why so much remains inconclusive.

~~Contemporary~~ other seem to be
now in the way direction.

the frontier
Ques

what should
I read?
so you can
learn
what's been
about
that.

Raihan 1989 - talk about Nozick's experience machine.

It will help
you
make money
not
be poor
(be poor
life)

simple hedonistic approaches.

pleasure/pain

preference

desire satisfaction

"Approaches suffer from problem
that what we seem to find
valuable is objective states of affairs
exists independently"

why should
it just
exist

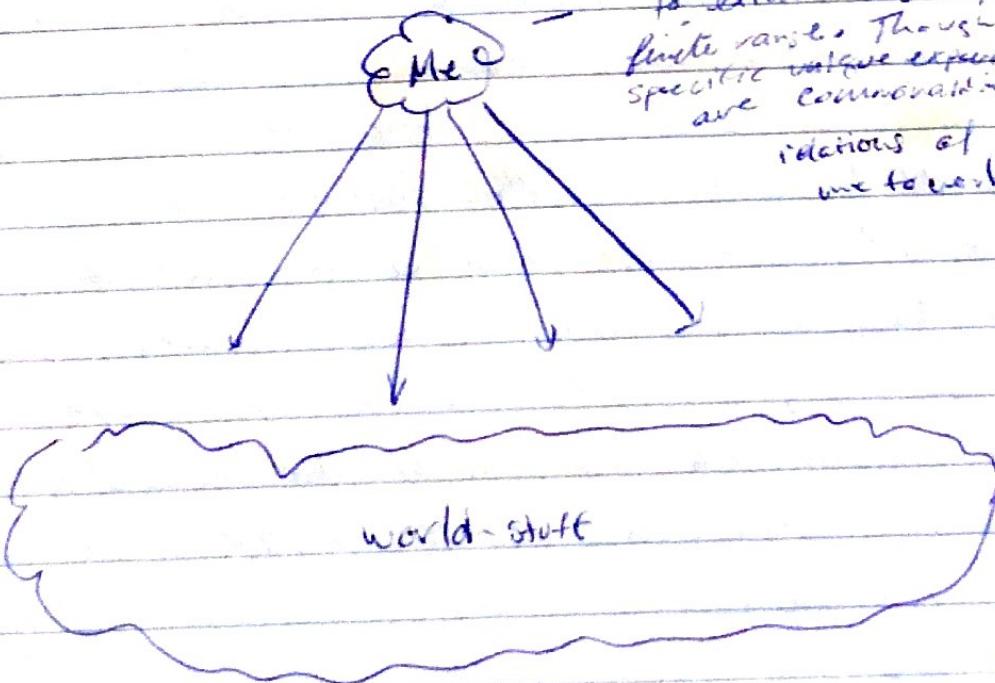
will set
to
exists
at
story
joe.

"Some things are good even if they don't cause pleasure, and are independent of our desires and/or preferences." Candidates will include "Being like beauty and knowledge."

We want
specific
answers

The character of my relation makes
to external objects, has a countable
finite range. Though coloured by
specific unique experiences, there
are commonalities. I have

relations at a way
me to world. of
experience.
the world
that is limited
but not
being this
at a time
in this way.



My possible
experiences are
infinite (but my
mode of experience is limited).

I find it likely that the ways we interact w/ the world ~~are~~ are
numerous, but countable.

the different watches, over
don't really make the difference

It has a logic that is more
experience centered.

When I go shopping on five stars, my experience costs
less than has store parallel. Nice watch, I like it. Expensive,
I can't buy it, it's too expensive.

Quote from Smart on page 35.

- This type of thought experiment and Smart's example simply shows ~~how~~ for me, how overconcerned w/ calculation we are. Who cares? This has no impact on my life at all, and seems to be not a personal ethical consideration, but one of legislation. The fact that no-one would personally care shows that it is an all extended ethic.

think before you write.
Formulate a better way of expressing before writing or speaking.

In general, try to manipulate things in your head only.

Parfit's "repugnant conclusion" simply makes it ~~obvious~~ makes it seem ~~clear~~ that other ~~ethics~~ should be restricted to personal concerns. Utilitarianism is ridiculous.

Why would I choose an ethic that talks about the kind of planet we should have in terms of 1 million very happy people versus 100 million partially happy people? If people were to vote on this, even utilitarians would be compelled to choose whatever world led to their own greater happiness.

Parfit's
repugnant
conclusion

I choose whatever world I'm happier in.

Why think about ethic? Why do I care?

You can't
already
not be
able to
do it.

Ultimate foundation of what I am supposed to do.

~~Susan~~
Susan
Wolf's (1982)

about overly demanding ethics -
How their principles are
all overriding.

~~The good life~~

Varieties of good lives.

Entirely different people

Entirely different activities.

Some better than others in
different ways, depending
on calculation &
values. Tourism.

It's a matter of determining
what you are, & what options
are available ~~so you~~

then selecting a way to
bring about that outcome.

Using a method designed
to bring about a
good life.

Reduction of
Ethics
to decision
theory.



utilitarianism

makes

most

All

pervasive

even
small
issues
are seen

as moral

issues

because

moral

issues

call for

just

decisions

issues.

plots the

out

decisions

unless they

are no

will

make

our

choice of

Method.

similar.

we need

the same

ends.

for

and decisions

that kind

you can use that

all that

however

over

two trends

of

devotion

for

and

two trends

Almost

No humans

~~or~~ ~~people~~

~~choose~~

an

ethic

that

overrides

~~the~~

personal

interests.

~~the~~

interests

~~the~~

what does

everybody

want?

)

plots the

out

decisions

unless they

are no

will

make

our

choice of

Method.

similar.

we need

the same

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and decisions

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you can use that

all that

however

over

two trends

of

devotion

for

and

two trends

Tuesday, 17th, June 2008 - 6:50 a.m. On Plane Enroute to ~~to~~
Costa Rica via Miami
through -

• Journal
• Ethics

- 1) You neglect Marie. She is a very important intellectual and moralistic stimulus.
- 2) Reading about practical ethics is also very important. You "lose sight" of your moral projects - veganism, humanitarianism, etc. Right now you are reading *Singin' in the Rain*, and you've been immediately impacted. Stay focused on what you really want to do with your life.
- 3) You've been lying to yourself in order to feel good about purchasing things you don't need.
- 4) Why is defending yourself against the judgments of others so important? You've been pre-occupied with Eddie's remark that you should own a hybrid. ~~Egg~~

A. - Concerning your self-deception.

When you purchased your Volkswagen Touareg, your motivation was primarily a desire to have something you liked. It was materialism. It was vanity.

- You convinced yourself it was o.k. ~~after the fact~~ to buy it, during the purchase and afterwards, by emphasizing the safety of the vehicle, the good quality of the lease deal, and the value of getting a lower higher quality car you plan to keep for the long haul.

Later you began to think more about the poor gas mileage of the car. You thought about this most likely because of how expensive gas was getting, and the debt you were building up. It was an afterthought to consider you did also think about it because you were becoming increasingly nervous about the impact your car has on the environment. There was always a sense of guilt when you thought about it and rationalized it.

That is where you deceived yourself. You really think your car is ~~unimportant~~, too expensive, not handle, and poor for the environment. But you deceived yourself into believing this was o.k. because you were protecting your safety and the safety of your passengers, esp. him. You truly believed it ~~was~~ is safer than the civic, and it certainly is. But that is not enough to justify buying it - and you always felt it best didn't admit it.

First of all, while it is safe, it is not the best. You are not giving yourself enough credit - at the time there weren't as many options to consider. Overall, the car isn't that inefficient compared with even mid size vehicles. You thought the tradeoff in efficiency and it was worth the safety you get in return, but now, as more hybrid options become available

- Talk to Chris Sore's Dad about why he rides his
bike to work.

in SUVs - ^{Ed's comment.} and the commute Eddie made, you
have become more worried about your decision
the quality of

and what you should do now. The decision to buy
that car was probably bad. It is too expensive
and there are odds against And realistically, how
much safer are you and him now? ~~you~~ it
so that you are significantly safer. This is an
old vehicle, but not one compared with other
cheaper more efficient vehicles like the pilot.

But remember, Ed would still have made the same
argument whatever non-hybrid you got. Also, recall
that you told Jacob you could have purchased a hybrid
if it was available - at the time the hybrid was
an option. Perhaps you should have considered that car.

~~What questions to ask?~~ Now you need to think about what to
do ~~about~~ now. Do you keep it or sell it? Do
you drive it less? Should you buy a bike? What are
the downsides of that. What about public transportation? ~~etc.~~
How much time, \$, effort, and safety would you
sacrifice to decrease the usage of your car on the
environment? Should you become more politically active? ~~etc.~~
This is an important subject to write more about, because
sacrifice is always involved in important moral decisions.
Also, as if you are alone in the world your contribution to
pollution etc... would be nothing - yet you feel committed to
make ^{personal} meaningful change. Why? Shouldn't you be more

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Visit Peter Singer again. Write about your preoccupation
with relativism/construction & instrumentalism - & the
- lack of true foundation of systems like preference utilitarianism.
- also elaborate justification of values.

concerned about political activism? You need to
think more about other ~~more~~ ^{more} pressing issues also.

You seem to be heading for a solution to this:

What you're already showing with the balance sheet! A personal
form is that you have a systematic ethic that
produces results in areas valued by everyone - and
that people differ in priority to each area for various
reasons, and that such differences are justifiable because
of variations in interests, etc, but that others are
not justifiable. You need to specify clearly what this is -
it appears you found it.

All of this involves the personal ethic. For the most part it
excludes social activism, unless that is an interest you
have, or are particularly good at addressing. It is not
an interest all people share naturally. Though once
it is had it feels valuable - but is generally short-
lived in focus and very easy to forget & let fade into
the background of more immediate interests immediately
impacting the self.

It appears that this is the fringe of personal ethics.
Interest bridges the gap to politics. But it seems you
lack a foundation for Personal-Individual Ethics but
not social-political Ethics.

Actually pursue Fair-Trade Shopping.

Organic

Fair-Trade

This area I don't think you've had an answer.

This is the area of confusion when it comes to ~~animal issues~~ ^{animal issues} ~~organizations~~ ^{of groups}.

Things you need to do immediately. #1 priorities. (To Study)

Do immediately or in the ~~readily if~~ ^{necessary}

- #1. Research for Human shortcomings. Go to the Library
- #2. Research for Vegetarianism UMCP..
- #3. Find out how to get any book you want through the newspaper, county public libraries.
- #4. Formulate a quality study plan that you can stick to, that is realistic, and will help you in a genuine process.

Study Methodology

On average you can read 15 pages per hour. So it takes

Between 2 & 3 hours 20 minutes to read 50

pages which is your goal per day.

If you read while you do cardio, and you do cardio 1 hr. per day, you need to read an additional 2 hrs 20 minutes to read 50 per day.

130 would require 2 hours of reading.

This is reasonable. Esp. if you read during break, or if you are exp. attentive and read fast.

No H.W.
W.W.H.

95 and Morley + 95 and right 1hr30 f 1.55 right next
8-10 days 7-11.

56 pages average per night reading is not good goal, because it is a goal, and it is doable.

~~3 pages~~ 3 pages of writing on top is also a good goal. Quality means $\frac{71,000 \text{ pages}}{100 \text{ days}} = 710 \text{ pages per day}$ about 100,000 words per year. 1 million words in 10 years.

If you write the mark on same day, you can write more up for it on days off, when your goals will be higher to automatically take care of the active days.

75-100 pages & 5-10 pages of writing and all and you should work to increase speed by efficient the whole time.

$$56 \text{ pages per week} = 1.6 \text{ day}$$

$$250 \text{ pages require } 15 \text{ days}$$

$$350 \text{ per week, } 1.7 \text{ day}$$

which is 4-6 full books per Month.
A quality ^{book} study on a subject would be 3-5 books.

56 pages

- 20 to effects / logic

- 20 ^{current research} topic of interest

- 16 ^{interest of market}

600 per month

$\frac{600}{12} = 50 \text{ pages per day}$

$\frac{50}{56} = 0.89 \text{ day}$

1000 books

$\frac{1000}{12} = 83 \text{ books}$

$\frac{83}{56} = 1.5 \text{ day}$

2 | 3

4 | 6

4 | 6

2 | 3

So 2 months is adequate time for a basic study.

Through August

- Vegetation.

- Evolutionary Theory.

Jan - Feb

March - Ap.

May - June

July - Aug.

Sept - Oct

Now to Aug now.

2 terms 2 months

Now → 6 forms per year. I've half a year.
July - Aug.

Evolutionary Theory [July - Aug]	Sept. → Oct]	Oct	Nov
1. Origin of Species		≈ 400	
2. Entomology History of Evolution		≈ 250	100
3. Structure of Evolutionary Theory		1,200	2,100
4. Drosophila		250	2,350
5. Wilson's book		200	2,100
6. Cell 12th ed Molecular Biology		300	2,150

Veganism [July - Aug.]

1. History of Veg.	≈ \$100	≈ 4 months
2. Eth. of what we eat.	≈ \$100	
3. Animal Rights	≈ \$100	

1200 = 1 term

in books
in reading

need a spreadsheet to chart.

Make a ready spreadsheet

Make a writing spreadsheet.

Secondary Topic Planner

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2008

- | | | |
|-----------------------|---------------------|---|
| 1 Jan 3 Feb | - | Environment & society |
| 2 March 3 April | - | |
| 3 May 3 June | - | Industrial revolution, agriculture, food availability, climate change |
| 4 July 3 August | Evolutionary Theory | Vegetarianism, processes & methods |
| 5 September 3 October | - | Research in the field of medicine, nutrition & health |
| 6 November 3 December | Astronomy | How we work in the world |

2009 Do it ourselves learning through their sources of need

- | | | |
|-----------------------|-----------------|---|
| 1 Jan 3 Feb | History - World | World War I & II |
| 2 March 3 April | - | European Union and its role in our society |
| 3 May 3 June | Chemistry | processes, products & methods |
| 4 July 3 August | - | Industrial revolution & its effects on environment |
| 5 September 3 October | - | Research in the field of medicine, nutrition & health |
| 6 November 3 December | - | Want in transportation |

2010

- | | | |
|-----------------------|---|--|
| 1 Jan 3 Feb | - | Women and the global market |
| 2 March 3 April | - | |
| 3 May 3 June | - | agriculture to market, production, distribution, consumption |
| 4 July 3 August | - | |
| 5 September 3 October | - | What's left to produce? |
| 6 November 3 December | - | |

Workshop on 3rd

with the market

... 10th

1

Sec. 4 research

workshop for 10th

1

Research for 10th

1

10th what to present

Subject Development.

Taking History as an example, your studies will proceed from a survey of the topic, to more specific focus if interest continues or if it is necessary to move forward in a project. If neither be the case, and you don't wish to progress further into the subject, at least the survey will provide a general understanding of the whole of the subject, and you will be able to make use of the more crucial concepts for other fields.

So for History, a survey would begin with an Anthology of the whole of the subject, a History of the world, or and/or a work on the techniques and purposes of the Historian. More practically, you have the following development in mind:

Roberts History of the world

History By Geographicaly History of Europe
Regions

 |
 History of United States

 |
 History of Asia

 |
 etc...

- Focused History By Period:
- Modern World Hist
- Medieval World Hist
- Ancient world Hist
or - Anthropology.

History By large Topics

 History of Warlike

 |

 History of Women

 |

 History of Tools etc

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Ethics & Reasoning / Planner Logic

2008

1. Jan & Feb
2. March & April
3. May & June
4. July & August
5. September & October
6. November & December

2009

1. Jan & Feb
2. March & April
3. May & June
4. July & August
5. Sept & October
6. Nov & December

2010

1. Jan & Feb
2. March & April
3. May & June
4. July & August
5. Sept & October
6. Nov & December

Winnipeg, Manitoba, Canada

Sunday, September 19th, 2003.

- Moral philosophy means different things to different people. The subject is diverse, and it is not to expect to come to a conclusion between them, as they are uncertain.

Ozone layer is absent
Ozone layer is consumed

Moral Philosophy, all will agree, has several & well-
proportioned or recurrent themes.

- moral Philosophers interested in finding a method or principle that can be used to systematically resolve moral disputes.
 - Other thinkers are interested in finding the foundations needed for moral systems that ultimately will be used practically, either in its form or in a more practical useful one.

Ethics / moral philosophy

- about problem solving
- about decision making
- • about determining what people "ought" or "should" do in various situations. About right decisions and right solutions. ~~other good standards~~
- about making good decisions. (good = decisions, or permissible, or acceptable, or tolerable).

- about finding ~~standard~~ standards deciding what kinds of decisions, actions, solutions, etc. are "good."
- About the manner in which good is brought about.

~~Ques.~~ What is stored in the main object.

Why Ethics exists:

- 1) Problems, decisions, situations, etc...
- 2) Disagreements about how to decide such issues ~~etc~~
- 3) The need for a common ground for decisions, solving other problems.
- 4) To find a foundation

Ethics

Veganism

Taste

When people think of vegetarians, this is what they tend to imagine: living up strange lifestyles and strange food diets. They eat tofu and strange tasting foods that normal people find unacceptable.

~~Other~~ ~~vegetarian~~

To me this is a disappointing fact. Message from television, the radio, and other people are simply inaccurate and giving the public stems from ignorance.

Vegetarians are nowadays can eat just approximate very closely their the diets they are accustomed to. The person who loves chili can still eat incredible chili. Many Mexican food can be made vegetarian very easily and tastes fantastic. It is the same as much Italian food, Chinese food, Japanese food & American food.

This approximation can be achieved using only vegetable grains and legumes; although today vegetable based meats make it much easier. Simply replace in the meat you normally eat at the closest tasting vegetable protein.

Some people are put off by the use of the word

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vegan meat. It seems to conceal the fact that it is not meat, and some think it ~~is meat~~ is hypocritical for vegetarians to eat it and advocate a meat-free diet.

The confusion (because it is actually a poor argument) is based on peculiarities of language, and a couple of its ~~inappropriate~~.

Meat is a animal-based, flesh-food that comes from the muscle tissue of a variety of species of animal. Most logically, people think fish is not a meat. It is, and it falls under the normal definition perfectly.

The word meat also connotes "meatiness" ~~as well~~
~~the particular qualities & look like~~
~~a particular~~ texture of protein derived from muscle.
We have expectation about what meat should look like - it should appear dense, compact, thick, and it should have a strong consistency. This might be why people don't think of fish as meat, because ~~the~~ ^{the} ~~qualitie~~ characteristics of ~~as~~ the muscle tissue of seafood differs greatly from land mammals. But when closely observed they look very similar compared to all other foods and surely fit in the same category.

Taste

- ~~resembling~~ The normal diet, vegetarian replacements
- Unfamiliar foods - new foods - developing taste
 - different cultures at analogous
 - ~~vegetarian specific food~~ - don't really exist.
 - they are always incorporated into our ~~original~~ ^{present} taste which have been placed according to our experience. Any ~~vegetarian~~ food are already found in most cultures.

Meat has its characteristics because of the arrangement and type of protein it is composed of.

The deficiency of language I was talking about is that when a new object ~~comes~~, like vegetable based "meats" for example arrives, it seems to fit under a category which it is actually excluded. Vegetable protein has all of the characteristics of a meat, and when placed side by side w/ other meats ~~without~~ will seem to belong completely until we say where it comes from. It also seems to belong so well that it makes little sense to coin a new term for it. Thus we preserve the word meat, but add the word veggie to show that indeed the stuff stuff is the meat, but is vegetable based.

There is another good reason for using the hyphenated word than creating a new one. A newly coined words would likely lose the familiarity we have w/ the word meat, and would unnecessarily discourage people from trying it. Perhaps this isn't quite true. If we gave it an ethnic sounding name, perhaps people would be more willing to try it as they would eat other food from another culture - (A similar effect occurred when soy beans were served in a restaurant as "edamame.") I do think people have a resistance to trying veggie-meats in part to the idea that it is a poor alternative or imitator of regular meat.

- vegetarianism as another significant step
in the development of our health and
increase of our life expectancy. ^{13 of} ₁₅₀

Book called
150 healthiest
foods
- The large
majority
are
not meat.

Not it is bad meat for those who cannot
or prefer not to have the real thing. <sup>other clear
preference for
vegetarian foods</sup>
such like lactose milk, or gluten-free bread - or rice
milk. <sup>Taking
Bowel</sup> - The products created specifically for people w/
allergies.

Vegan-meat was created also as a substitute for
meat, either for people w/ specific allergies, for
improved health, and for vegetarians. But ~~but~~
although ~~it is true~~ this order of events is true,
it isn't true that vegan meat is simply a
cheap substitute or poor imitator. Vegetable meats
^{and should} can be viewed as a distinct class of meats with
its own taste, its own uses, and its own
properties. No-one thinks twice about eating turkey
sausage or ^{all} beef hotdogs because they are cheap
substitutes they have their own advantages and
disadvantages and one best used ~~for~~ with their
distinct properties in mind for making quality
meals.

Most people don't know what reindeer tastes like,
yet people moving to the north would give it
a chance long before eating a veggie dog -
although both are substitutes for the real
thing, and the person tasting it has no
experience tasting either. For someone who has
never had reindeer, there is no reason to
assume it will be like ~~an~~ ordinary hot dog.

Any hunter will tell you that not all meat tastes alike, and some are generally avoided for their "gaminess" - or pungency. The Northerner may have developed a taste for it over time, like people have grown accustomed to local delicacies, and like vegetarians have grown accustomed to ^{anchovies, octopus, and various organs.} vegetarian meats.

In fact vegetable meat, if it weren't for the media's portrayal, and the traditional American biased messages to each other, veggie meats would be a less threatening, more inviting option than some of the strange delicacies of the world.

People eat strange things -

College kids drink goldfish, ^{raw} Japanese eat fish eyes, others pig fetus - and so on. Some food critics make a living eating strange foods, but for some irrational reason, there some people will shy away from eating vegetarian.

It just isn't macho or dangerous enough I guess.

B.B. - ...

Back to taste.

Bad food is just bad food. It depends on who's cooking, and if they know how to select ingredients.

On seeing at a dinner w/ several friends, I ordered the vegetarian chili, and so did a close friend's girlfriend. I enjoyed the chili, although it wasn't particularly good, but my friend, when tasting his girlfriend's chili, said it wasnt good, and asked aloud "Was it bad because it's vegetarian?" - not really as a question - but thinking aloud and answering to himself i.e.

I was slightly annoyed by this, but didn't say anything.

The real answer to his question, though was no. It wasn't so good because of the cook, and/or his selection of ingredient - most of which were cubes perfectly cubed, indicating it was frozen and not fresh.

The point is this. Bad cooks make bad food. I've had terrible meat chili. On last, most chili I've had has been poor.

~~top~~ ^{made by} ~~bottom~~ I've had excellent vegetarian chili, ~~made in~~ ^{by} quality cooks, or cooked by myself.

My friend said the chili was bad, but it was certainly better to ~~satisfy~~ any major companies. Better. canned chili, uses inferior ingredients, in fact ~~etc.~~

Bad cooking does present a special obstacle for the vegetarian cause. People ~~generally~~ form opinion too ~~too~~ considerate opinions too rapidly and apply them too generally. Thus ~~to~~ A ^{baby} ~~good~~ first impression at an Indian restaurant ~~bad~~ will frequently lead the following result. The person will think

"This meal is bad" and will move on to have a poor attitude about the restaurant, and frequently generalize it even more to have a negative attitude about Indian food.

To show that this does happen, think about someone who claims to dislike a class of food, and wonder how much experience that person really has w/ that food. Think about classes of food that you tend to avoid. How much experience do you have with this class - how complete, how often surveyed its options?

A bad meal at a restaurant really tells you little more than that you had a bad meal. ~~Or~~ That hot food was bad. The cook that night might have forgotten a key ingredient, or is inexperienced. Or ~~over~~ the option wasn't a good choice, and another would be better.

You might really enjoy something else on the menu, in which case your first impression of the restaurant would have been grossly inflated.

All of this stems from ^{one} ~~or several~~ Human shortcoming. They ^{are} relate to the ^{general} inductive fallacy,

↓
the very first
visit of
people.

of drawing a general conclusion ~~from~~ that it is not justified by the experience in one of several ways. It might not be enough instances, or great enough scope, or the generalization might not follow from the experience at all.

For example, to claim that the chef at the Indian restaurant is bad, and to comfort him personally, only to find that he didn't cook your food at all - the cook is training did and missed the final ingredient, or inadvertently used spoiled food.

This has special effects for vegetarians cause because people are ~~common~~ usually apprehensive in the first place about eating vegetables, ~~so~~ thus setting themselves up for a bad experience. If it doesn't go well, the person's belief goes into it will be confirmed. Thus this tainted experience seems to have bad before the meal never gets to overturned. ~~The tainted experience~~ It seems confirmed.

It is different for someone who goes in fresh, having no idea at all about it. And although the bad experience may be conclusive for the person, it is less likely.

- Tainted experiences to use.

- I ~~came back from~~ China thinking it was flavorful - but I caught myself, realizing my experience ~~was~~ local was almost totally lacking. It's like ~~American food~~ American food, & there is even such a thing on McDonald's and a bad restaurant.

- your
- the belief that mexican food is good.

Imagine you go to a restaurant, and your waiter ignores you, stops by your table infrequently. He seems displeased by your selections because they are not the more expensive options. The food is terrible, and overpriced.

Now imagine on leaving, you know

what are you likely to think. Although you should thank the following, I find it unlikely you, or I would.

- that the waiter might actually be normally good, but is having a bad day.

- more likely you will say to yourself - this is a bad waiter.

- that the ~~restaurant must be overpriced~~.

~~After the meal~~

You'll think it is overpriced - but it might not be normally.

- Your experience might have been outside the norm. - or at least parts of the experience.

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Tuesday, March 24th, 2009 @ 10:23 pm.

- Piggy bank
- Death road.

Piggy Bank

Trying to find exact change at the last moment before you'd need to pay for something is irritating. I noticed that it isn't necessary. Carrying change doesn't do anything but costs added weight and accumulate in pockets. So now I put all coins in a piggy bank, and when that fills up, in pasta sauce jars I would otherwise throw away.

I did this everyday for probably a full season-length when I thought to count it. I was amazed to see the ~~weight~~ and volume of coins that piled up effortlessly; it seemed no time passing. I had it sorted by a ^{coin-} counter in my bank and found I had over \$100.00. ~~Wow~~ It seemed that I rarely received change, yet it added up so quickly.

My change accumulates this quickly, and despite attempts to not spend money, imagine what other things add up without notice in the background of our activities - trash, auto-expense, human waste - and that of how fast things ^{equally} disappear or last (or last).

- fuel is burned, water is used, money runs out.

~~clerk at a store~~, ~~help to express~~ clt is an example of how small changes in behavior, which apparently have no effect can ~~the~~ accumulate ^{very} to be harmful or beneficial. cl started keeping change coins because it is easier to handle all at once at a time, and to ~~use~~ bills when in a long line of frustrated customers at a store. As a side effect cl quickly saved money cl otherwise would have spent, and by the amount of change cl received, cl clearly didn't need to spend anymore.

small decisions? small orders have big results.

Because it is money cl otherwise would have spent, and because cl already developed a habit for saving, cl decided to make it the store that should go to people who need it. cl was fortunate enough to enjoy the things cl purchased when cl received the change, so for each this cl enjoys, cl now has a ritual to think of those that cannot, and cl can feel more fortunate myself, and make them more fortunate also.

Small changes do add up, and paying it forward are a small example. Becoming righteous for amity, recycling, reusing, using less energy - all

work with us

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small changes add up, - it
isn't something new - we encounter
it ~~every~~ daily. - "power of compound interest"
- Savings.
- good things come to those

most quickly if you could compare
for yourself yourself (you can't - it's hidden
you would see the good you do.

It seems dangerous in the first effects of
other people, but why pay so much attention
to that ~~other~~ now - how often do you think
this way - to compare your experiences, your
happiness, and your actions now mainly in
relation to others. - You'll find it's
isolated to this setting. - Try to notice large
scale changes. Like you usually do - focus on
you.

When you do this, you'll find others will
start ~~not~~ follow your lead, and you can
count part of this success as part your own!

Death Road.

Monday, April 13th, 2009

11. The arguments in this book, I hope, will not only show that veganism is a viable option for everyone, but also ~~that the~~ ^{show the} that activism in general, and goodness, and progress of the mind are ideals which everyone should strive

Ethics

Rational, skills (develop this idea in your essay) for, for themselves, their best interest, Vegetarians? children (from you) and the world.

Mankind is often referred to as the tool-making species. This is a much better description than it first seems. Perhaps we should also add "tool-using", because when we're not making tools, much of our activities seem to involve using tools ^{in one way or another} in a variety

Tools isn't supposed to mean simply hammers, screw drivers, bows ^{but also the pen is paper of our writing, or the arrow, or the bow,} and so on; although they are included - what is meant by tools is far more general (and includes). We can hardly do anything nowadays without using some kind of tool. When I wake up I rise from my bed and blankets is perhaps all made up of sophisticated tools; machinery, and therefore we sleep tools add them in my comfortable clothing, also an insect. First I use the toothbrush, the toothbrush is a tool, the tissue paper is used, the faucet, all those things need to create them, my toothbrush, on and on, this is lady to use aside ^{of} other tools, stacked on perhaps millions others, labels, nutt ~~washers~~ etc.

you see not all refer to material things only, I think what is meant by "The tool-making species" is far more general? probably, if not in its

intended meaning, at least in its application.

Language is itself a tool, at the core of what distinguishes humans from everything else, and has been refined over a very long period of time (although actual developments in language seem to be exclusive to concept building - perhaps now changes are faster?)

More ^{as 15} ~~similar~~ to no tool is ^{one other} ~~is this tool~~ two other tools - method & procedure/directions. These are sequences of actions, and written descriptions of essential aspects of these sequences.

Even more so than the # of tools we depend on, is the # of methods & sequences of action we depend on. There isn't a single tool in existence that does not depend on some way, or process of producing them. Tools have recipe - this must be followed precisely for the desired result. Processes have steps - each of which itself is a small method. The smallest part of a process itself amounts to a process can be referred to as an atomic process, for lack of a word in regular usage (I'm sure there is one). Because usually what I've thought of tools to have been thought of already (not surprisingly).

You might be wondering how this relates to regularization. I hope I haven't lost your attention, as it does relate very nicely. Summary the long route is better. I'm about to the point.

Civilization is a nexus of method. Our present state depends on a significant accumulation of tools and processes and methods.

One may argue that we're getting out of hand, but I insist that that's not a result of development in itself, but in comparison w/
the type of society we are. Nonetheless, as
I've said elsewhere, this ^{can} ~~can't~~ be judged in
parts in wholes in relation to an unlimited set
of relations, so this judgement in the negative ^{or} ~~can~~
be placed beside many judgments of the positive.

There has been progress in a way, in the sense
that if the accumulation has resulted in a
easier life, with form less pain and suffering, at
least for the beneficiaries of the tool technology's use.

This development of society, relates to and parallels the
development of individuals.

^{young} Children learn skills, this is obvious. Some children
not only learn skills, which are methods and processes
^{internalized}
internalized

Success in life is in a way, largely dependent on
how well children learn skills, their proficiency, and the
~~ability~~ ^{to} ~~ability~~ to use the skills ⁱⁿ making money,
living health etc.

This is why we value education - it teaches skills that we expect will increase our children's abilities to care for themselves, us, ~~their~~ parents, and everyone else in our nation, and it would argue our world.

adults, I find, frequently underestimate the time & practise required to internalize a process at all, and developing it to the proficiency level to justifiably say ~~they~~ have a skill, much more. As a result, people "lose skills". Skills sufficiently internalized aren't lost, especially when incorporated into daily behavior.

As a result I can ride a bike
and type but I cannot
play the piano or bake a
cake.

compt
let
with
cc

Internalization is when a process is represented ~~temporarily~~ ^{completely} in some way by the nervous system in a permanent or semi-permanent way, such that the process can be regenerated on demand. In other words it takes time to set in the body the right way and stay there.

Tools and methods are such a part of our everyday lives that we are colored by them though not through, ~~know~~ ~~by~~

skills, routine, children continued...

part of this should be
in your work or
other part in the
Vegetarianism section.

~~Repetitive~~, repeated

Routines are groups of co-ordinated activities. Referring to my example of my morning tasks, we could call the whole process of waking through when I go to work a routine, or just brushing our teeth a routine.

I'd like to use groups of acts with similar or related purposes as routine (acts performed also in conjunction w/ other tasks on the same occasion)

Every day I spend time in the bathroom cleaning myself -

I call this my hygiene routine. Subdivided into distinct ~~acts~~ or subroutines. These can be subdivided yet

Hygiene routine - Shower routine

Shampoo hair,
wash body
shave

Each of these again,
is a skill

- mouth
tooth cleaning routine

What's important in
skills are seemingly

- facial care routine.

trivial things,

- self-exam routine.

but they are

not

Some people do not

* The success of an individual can in large part be determined by the # of success-promoting routines accomplished throughout the day

have these skills or are

not proficient. This would

be Red Class of people w/

mental disorders, and are

of course these can be defined in many ways, but here I'll assume for our purposes ~~green~~ many mentally disabled.

That success is a balance of factors in

a Maslowian sense, and a balance of

qualities that promote [?] human flourishing

As for myself, I've created 10 categories I think are relevant for my personal flourishing, and ~~so~~ it will differ from person to person, but at the core - the areas of spent my most time on and collecting data on will not vary from person to person.

Planning & Tracking itself (most number)

- ① Nutrition
- ② Fitness
- ③ Livelihood
- ④ Environment
5. Habit / Routine
- ⑥ Mental Control & Mental Development
- ⑦ Cleaning, Health, and Hygiene
- ⑧ Relationships
- ⑨ Rest & Rejuvenation

10. Music, Art, and Novelty.

11. Property & Organization

12. Outdoors & Travel

13. Humor.

Slow
Our best
you should
have the
map.

Experts would tell you that many of these areas are important to create an overall sense of well-being.

A lack in any area is likely to ^{decrease} create overall sense of well-being - (The core ones)

(Continue later)

[Remember - you don't have to finish a paper to publish.]

back to children.

The full idea concerning the importance of nutrition will have to go into your general theory of Ethics.

Experts tell us that we need to ~~follow~~ keep track of each area - fitness expert - track weight, exercise program, HI expert - track etc..

One area in particular, among many, is nutrition. Nutrition is incredibly important. Recall that the primary focus on overall health is through ingestion - which is why most treatments include drugs to take orally. Clearly, what goes in is incredibly important.

From my experience, people are ~~clueless~~ even the most basic ^{on} topics ~~of~~ nutrition. As a vegan, I know people are totally ~~clueless~~ on underlying science about nutrition.

"8 week Nutrition Seminar"

Topics to talk about

- * Eat on the go.
 - * Increasing your metabolism
 - * How to shop @ the grocery store
 - * The right kind of fats
 - * Discretionary calories
 - * Breakfast/Lunch ? Dinner - Do we eat all day and more in today's fast food world?
 - * Calories - what are they? how many do I need
-
- * Are you getting the right amounts of carbohydrates, proteins and fat in your diet
 - * Food pyramid
 - * Disease prevention - diabetes, cancer
 - * Healthy snack samples to try, CUP
- contact: → etc, CES, nutrition specialist

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all routine? daily
activities combine to
be a day. But organization
can be ordered w/ purpose excess
further out the day, but human
soc like most other mammals have
day-rosters.

Adequate nutrition is achieved by almost everyone in the U.S.
so why talk about it being a skill?

According to the my layout, Nutrition is a set of related
routine, which can be taken collectively to be a Routine set.
Value class, subset of knowledge, Routine set.

Nutrition - Examining & for quality food.

[Livelihood]

Shopping for quality food & worth

Cooking quality food

Buying quality prepared food.

Continually increase knowledge about nutrition [Mind]

Continually increase cooking skill.

Proper eating habits

Chewing enough
eating "slowly"
quality food ordering principle

drinking water w/ meals

portion control & calorie control

proper variety, proportions

Proper eating schedule

Discipline & self control

More groups could be added.

Each Routine set is Routine is related to commonly accepted
values. The commonly accepted values, like proper weight, good
looks, longevity, vitality, are closely closely resemble what
scientists would refer to as flourishing of a Human organism. I believe
that ~~flourishing~~ human values, while not having an objective basis
flourishing does - as long as the word represents something actually
in the world - as fact.

- I Words & Names
- II Values, Value Theory, Aesthetics
- III Routines, Rituals

Thus this set up, or map, clearly colour us our value system, and also our educational system. [especially certain education, where the focus is self care]

It relates well with my view that an objective standard can be achieved, as even if part of the focus is inter-subjective in part, this depends on the perspective from which you want to survey the information.

This basis will include the idea that balance is important for optimal levels of contentment \Rightarrow flourishing. With over emphasis on one area, the tendency is to lose focus on another, which leads to dysfunction \Rightarrow distress in one area. This fits well with psychological models of dysfunction \Rightarrow distress.

The Routines? Routines sets should also be compared w/ Maslow's model.

Proper Routines are situation dependent. If those things at the bottom of Maslow's hierarchy are not present, then many aspects of my reward routine will not apply - for example, earning $\$$ - it may not be accessible.

or more difficult scenarios may result - having to ignore one at the cost of another - $\$$ for family for example, which on the psych. model will very likely lead to distress - yet might be necessary.

Most define Flourish?
success.

Some individuals have great fitness level
successful individuals
model 100% fit
100% support

looking at individuals
that have these
characteristics

asking "what?"
to be objective
as looking for
purple

Cross M.
the world

activities
why
their
purple

that's it.
to objective
we can
stop

say
that's it

+ this
root
want

People cannot however argue that this does not apply to them because of their situation. This is because the diagram fulfills many roles - it has ^{practically many purposes - other than purposes} dual purposes. ^(you can create for it.)

1. To be used as a mnemonic or reminder of what to do
- moral guidance
2. To map values
3. To describe the activities of successful individuals - the ones that flourish.
4. To represent a delicate balance that must be maintained.
5. To show an ideal of behavior
6. To represent the recommendations of ~~two~~ specialized experts.

~~best represented~~
in table form.

Like Maslow's Hierarchy, this system is based in fact.

- moving from the lower levels to the higher levels is very difficult without success in more basic foundation areas.

The diagram can also be represented in a hierarchy or pyramid, without distortion. Each area is interdependent, but can be visualized as a pyramid for each part or a single very large pyramid.

~~be presented as~~
Potential Pyramid.

The pyramid as a building of required skills \rightarrow activities

\rightarrow Attenuate buildings - more variation at the top.

The ~~base~~ can be steered in various ways. Some work better than others. Some are faster than others.

Mistakes
~~but~~, what the
pinnacle is,
or could be,
and why our
own
order.

This has a much wider application than vegetarianism.
This is one tiny application

Vegetarians tend to be
short/have higher IQ.
For us people to be
tend to be

Nutrition Vegetarianism plays an interesting role here.

Application of this on vegetarianism.

1. Nutrition is important.

2. ~~Recommendations~~

The path towards good nutrition is the same at least in its beginning (nearly all the way) as the path towards vegetarianism.

The path is certainly shared most of the way.

Q: This means a beginning vegetarian is a Nutrition beginner - improver - nutritionist.

If both experts' recommendations are followed often successful their diet will even become a vegetarian subtype. - People who will be able to classify themselves among people who do call themselves ^{a type} vegetarians. And it's not a choice - you either fit the criteria or you don't.

3. Two people who ~~follow the same~~ If following the same diet, w/ similar reasons, or some reasons in common, w/ similar objects in mind, why not admit what you're doing & what your intentions are.

Therefore - Anyone following the recommendations of health experts and take them seriously, ~~can~~ justify ^{be} called vegetarian or near vegetarian.

1 1-50 no
 2 50-75 yes
 3 50-60
 4 60-70
 5 70-73
 6 71
 7 75

6 61 ①

Randomization using a single standard coin.

1. flip

Draw equally among 167 people

$\begin{smallmatrix} 1 & 1 & 2 & 2 & 2 & 2 \\ \text{coin coin coin} \\ (1) (1) (2) (2) (2) (2) \end{smallmatrix}$

cl think you've confused 2 ways

1 - using a base 10 system.

1 method. Generate a table and

simply use the flip table.

2. Greater than less than
same.

7 with 4 positions

I know the first because
7 is $\frac{1}{2}(2^4)$

still must generate
7 with 3 digits.
nothing subtracted.

Practise - draw among 31 people

5 coins

$31 = 22221$

$\begin{array}{c} | \\ 31 \\ | \\ 16 \\ | \\ 8 \end{array}$ odd

400 316
no add 2.

$23 = 21221$
 $\begin{array}{c} | \\ 21 \\ | \\ 12 \\ | \\ 4 \\ | \\ 8 \\ | \\ 10 \end{array}$ odd

2^3 Thus I know $2, 1, 2, 2, 1$

first position

so only twenty 1

below 237225

now do need to
generate the #
with fewer coins

27.

$$\therefore 27 < 32$$

$$2^4 < 27 < 2^5$$

use 5 coins

$$\begin{array}{r} 1 \\ 2 \\ 1 \\ 2 \\ 2 \end{array}$$

$$\geq 16$$

$$\frac{2}{1}, \frac{2}{1}, \frac{1}{1}, \frac{2}{1}, \frac{1}{1} \quad 11 - 16$$

$$\therefore 27 \square \frac{1}{2}(2^5)$$

$$27 > 16$$

- Plus in 2 when greater than

- Plus in 1 when less than.

When 2 subtract.

$$27 - 16 = 11$$

$$11 \square \frac{1}{2}(2^4)$$

$$11 > 8$$

$$11 - 8 = 3$$

3 is small enough to
know now.

Continued
on next
page

Interestingly it also tells you the maximum # of steps required to locate a number using yes/no questions.

What # of coin flips for 28,000,000?

$$2^x \geq 28,000,000 \div 2^{x-1}$$

continued from 2 pages back (1 sheet)

from another angle.

Experts almost universally recommend a vegetarian diet.

Imagine you met with a doctor about your diet, and predictably they say eat less junk food, eat more fresh vegetables, eat less meat, avoid saturated fat, and so on...

They're obviously going to tailor their recommendations to your level of knowledge and skill level. When I go to the doctor, they don't have recommendations, I'm doing all of it already. It's built into my vegan programme. Back to point though - this is another proof that it has to be developed slowly, and it will be in one direction. It requires time, skill & expense.

You will not be able to do it all at once. All I will commit ~~straight~~ to saying that 98% or more of people cannot possibly do all other doctors recommendations. ~~First~~ First of all, they have other matters to attend to which may also be important. But they won't have the knowledge

Skills

* Interview Nutritionists

What kind of skills will the Doctor recommend?

Skills that sound simple but almost no one has.

Put nutritionist closer here.

Back to children.

These people starting from nothing presumably share the (*new ^{sad & true}) universal desire for children who will succeed in life - be good, thrive, be healthy, etc...

How can these people possibly hope their children will be this way, if from birth they are raised on bad food, to develop a comfort and preference and bias to that food, and ~~do~~ only know how to make that food. How if they are w/ parents who make minimal attempts to be better w/r.

This idea - being a good role model is universally applicable. It applies to food. It applies to indifference also.

We've agreed nutrition is important, it is a primary ~~important~~ determinant of good health.

What if religion is wrong, and we've spent our life on something based not on what's real? What if it's a con in part?

- one step at a time - focus on content.

Why is it
worth it?
Is it disturbing?

→ Put on your thinking cap - better decisions

Bad things about religion list:

1. Explanation of Natural events in punishment/punishment terms, or other "moral" terms
2. Devaluation of the present life due to the promise of an afterlife.
3. Raising the value of weakness, instead of strength (in contexts)
4. Excessive focus on motivational forces beyond our understanding - and considers them bad. - Guilt
5. Devaluation of general knowledge.
6. ~~suspension~~ Suspension of skepticism

Conveniences of religion

- Faith
- Not describing what God or heaven is, but saying its better than what you can imagine.

Clearly you should have those habits you want your child to have, if you want them to have them also. The same is true for behavior - you're a role model - the most important element of teaching - so you want to believe how you want them to believe in front of them. It's ludicrous for parents to expect children to be something much better than they are ~~present~~ or behavior better than they do. Expect them to be just like you. So be the person you want them to be & be proud of yourself and your child.

Getting good nutritional skills takes time - as "baby-steps" implies. It will take years ^{also research} to perfect it. But perfection isn't the competition.

~~- aim for perfection expect to fall short. But it is improvement. That's important. Be proud for small things, as you would with small improvements your child makes. Perhaps your child will see your development and your work towards something better, and imitate that.~~ - One of the best possible things to pass is a desire to be continuously progressively active, and not indifferent & stagnant.

Teaching your children the skills ensures that they will continue to act that way on their own. Otherwise they might want to be healthy, but not be able to succeed.

Vegetarians are more likely than the average person to partake in this healthy lifestyle.

~~Like all people in the world my parents did some things right, and other things not so right.~~

As a child I learned from my parents how to cook, shop for groceries, and to maintain a kitchen - which ingredients to buy and keep? how, and how to cook.

I did not learn how to eat in a healthy way, however.

Because of my parents I can cook up easy, and shop for healthy foods. Because of them also, I had no understanding of quality nutrition, I ~~had~~ had poor eating habits, - and

like bad portion control, serving sizes \uparrow , unbalanced diet, or ate too fast without chewing sufficiently, or had very little impulse control, and was always allowed to eat as much as I wanted.

~~as a result~~ ^{of} ~~everyday~~ ^{the} tendency to ^{eat} slightly to

Restructuring.

- What good nutrition consists of. Experts agree.
 - good nutrition is basically equivalent to vegetarian/vegan nutrition.
- Vegetarianism takes work, but so does a good diet, at ~~first~~ ^{any} at least.
- Vegetarianism requires knowledge \uparrow skill \uparrow habit.
 - ~~Because~~ ^{because} I didn't have them all
 - Nutritional well-being optimized with a balance of good skills, solid knowledge, and good habits.
- Children. Vegetarians have an edge. ~~so yes~~ Do you want your kids to have a good diet, or your diet?
 - Can't expect them to do it alone.
 - Work towards vegetarianism for children.

Conclusion

- Summary of Methods, Patterns \uparrow Trends.
 - Application to Nutrition
- Nutrition is important.
 - Foundation - Maslow
 - ~~Health~~ ^{half} The path to health is through the mouth. get done
 - Deficiencies, Excess, Internal Medicine.
- ~~Good~~ Good nutrition \uparrow Vegetarianism share the same path -

Try to complete a basic edition w/
Vegetarianism as part?

- Both require gradually ~~progress~~ work w/ gradual progress.
- They require the same skills.
- Vegetarianism is an ideal of good nutrition and includes skills.

I.

- Methods, Routines & Habits.
contained in

What is the
topic of
this
section?

II

- Nutrition is Important

Nutrition's
Skills?

III

- Vegetarianism requires a kind of Routines & Habits
- Practice is required.

contained in

- ~~What~~ are you how you would want your children to be?

IV

- Being vegetarian teaches children well.

nutritionally,
- Being as responsible as a vegetarian as you should be anyway.

- Lectures about nutrition, but vegetarianism teaches people things which are worthwhile.

Vegetarianism as Advanced Nutrition - For yourself and for children.

Vegetarianism as Advanced Nutrition
and Moral Progress

Being a responsible vegetarian.

Q. A good vegetarian diet is very healthy at all stages in the lifecycle, including for children & athletes.

But being a vegetarian doesn't pardon one from

~~Nutrition is
a personal
discipline.~~

guaranteeing themselves adequate nutrition for themselves and their children. This is important for everyone, including non-vegetarians. Historically there has been widespread disease due to deficiencies, and these people were almost never vegetarians. It usually results from malnutrition or a very imbalanced diet - frequently in the extreme as in cases of malnutrition due to alcoholism - where alcohol is preferred to food.

Vegetarians do need to be cautious about 2 things more than any other, although they can easily care for - sufficient protein & B12 intake.

Sufficient protein is usually guaranteed w/ eating enough calories & in variety.

[expand]

B12 is guaranteed through fortification. If you don't eat fortified foods, you can get it easily w/ supplementation.

It is an area of dispute as to whether or not it is ~~actually~~ generated in enough quantity by the body.

Q) List often deficiencies. - ? Sources of deficiency.

Typically, as mentioned earlier, deficiencies are usually resolved by incorporating more vegetables into your diet.

Growing children require greater care in nutrition than adults. Nonetheless, again it is easily met in a vegetarian diet.

Plenty of protein rich foods are available - vegetarian meats, beans, etc.,

- * Find out nutritional requirements of infants.
 - Breast milk ? substitutes.

Remember, if you feel the need to eat ~~something~~^{an} animal product, try to substitute it w/ a vegetarian version.

If you can't choose a source that is the best possible for animals ? the environment.

Use it supplementally. There's no need to make a 180° change back.

Vegetarianism is small but important

- "I don't focus on nutrition because nutrition isn't important, I focus on what's truly important."

This is something I hear all the time. It is one of various forms of the same argument - Why are you paying so much attention to that - why not think about . The blank in the above statement is filled in with "what's truly important." Another time my friend filled it in with "not using gas, because people are dying in a war over oil." Others fill it in with focus on Human life, family, religion, relationships etc.

People are saying the same thing - focus on what's truly important, but people can't seem to agree on what that truly important thing is.

When I ask them what they are non-specific, I'll ask what the truly important thing is. Sometimes a person will say faith, or family for example. But usually they stumble for an answer. Then they don't stumble, they inevitably do at my next question - why is that truly important and what does true importance mean?

That is one thing I find disturbing - people tell me what I should focus on, but they don't focus on that. Not only that, but by stumbling in their answer they indicate to me that they don't know what they even say they should direct my complete attention to.

~~- wonder
- why I live
- visitors this.~~

That's hardly good advice.

But also, IF you know what's "truly important" and you claim to focus on it, why can't you articulate what it is your desire and why.

~~for example~~ How can you practice it everyday and give it supreme importance, without knowing what it is? I have no difficulty explaining vegetarianism, and contrary to what they think, it does not have central importance in my life, it is derivative of more important ideas.

In any case the response is a result of confusion.
~~above all else~~ First its very questionable what things should have core importance. That's not really how I think. I think many things have great importance - and in sum together, collectively, and in balance w/ one another, they all have central importance.

Also, it isn't necessary to always focus at the center. Sometimes, depending on the situation, a portion of the picture requires complete focus. This is a truism, and is how people usually act anyways - in loss of a relative, in major debt, etc. Lots of things are important, but now lets focus on the crisis.

People don't really need a single focus. Practically it doesn't even make sense. Throughout the day when focused on a task you "forget yourself" and you become involved in what you're doing. The ultimate focus is out of mind. People can't even believe in any other way, and why would they want to. Some things in some situations require complete attention to do them well.

Throughout the day we need to attend to different matters. We don't need to do only one thing - flat truly important thing. In fact, we can focus on more than one thing. Like I said, lots of things are important and all require attention, none require continual uninterrupted attention either.

This is the case w/ Vegetarianism. I don't focus on it all day long continuously. It is not the singular focus of my life. It only appears that way to people because it is "out there", and noticeable and invites continual questioning and conversation. But I don't think about it all day long, and it doesn't have cultural importance to me, although it is very important, ~~it is just~~ ONE important thing among others.

It's
not
the
most
work.
Should
work.
Reminder
o.k.

But
continual
focus
is
ridiculous

Connects
Gens'
have
j.o./
books
have
all thoughts
is
personal,
especially
when
these people
can't
show its
real.
And i'm
13n
real.
I'm gain
which
Santa
Claus
also
my
thoughts

But what if I was focused primarily on
that in my free time. Perhaps it is
a hobby. ^{Perhaps I like it} That wouldn't be so bad, and
after all most people watch T.V.

2 or more hours a day. — The same people
who say I should focus on what's
truly important simultaneously — &
wonder what they think about when they
watch television. And if they're lazy
enough to watch T.V. all day, what
other lazy, unuseful things do they
do.

More to the point, however, is that to learn
something well requires patience and practice.
Thus to learn something means we save it,
importance and our time. A student
studies Sociology in college and spends
hours reading about it, goes to class for it,
etc. gets an A for excellent, graduates
in 4 years, but later changes interest
and wants to do IT administration — their a
computer hobbyist. We never say anything
bad about this person, yet they've
paid overwhelming focus to something they
won't use so much. This is because we
all know but forget inbetween that
knowledge itself is valuable to character
and well roundness, and becomes

hope to have a career as a nutritionist. Isn't it
helping people be healthy and prevent disease?
It's important to remember that working to cure preventable
diseases.

useful at unpredictable times.

So what about the person who takes an interest in nutrition?

Is that not more useful than Sociology. For yourself, your family, your children! To spend more time healthy.

To enjoy old age, the time when you ~~can't~~ have the greatest possible value to other people because of vast experience.

Clearly, it's important! It's important to everyone else who hasn't mastered it. Especially in our country where obesity is epidemic, and excess/laziness is the norm.

Vegetarianism encourages mastery of nutrition with the advantage of increasing human moral sensitivities.

People say focus on human life, but will lay waste to the farorest and have no care for animals.

They're both important.

~~Also means helping your mind is body healthy enough to function at even a basic level.~~

~~Avoiding danger - all can be lost. That's why things are important.~~

~~Remember when writing H's? about 5 seconds was the importance of health~~

Again, to learn something well, and to master it, takes focus and effort. Like learning to brush teeth for children can visibly take a more central role for a child (children will talk to you about the little things they learn - like brushing teeth - whether you as an adult are interested or not, which also shows that it has a centrality to them - this focus on it.) Learning good nutrition will be part of "What's going on with you" - it's among your foci, the things you ^{had been} ~~see~~ trying to do lately. The better you get, the less focus is required. (Especially if you don't give it your complete attention) up until you master it, in which case it becomes effortless. Even on mastery of a skill, you have to be watchful to ensure you don't stray to some other activity. Alcoholics who master sobriety [Peter el say wrote - of course effectively remove from their life, and create barriers strong enough to make relapse very unlikely] still must be watchful and keep it central in importance, and use reminders about the importance, although clearly they've gotten the discipline through much effort and practice and can finally relax after having met ^{most of} their goals.

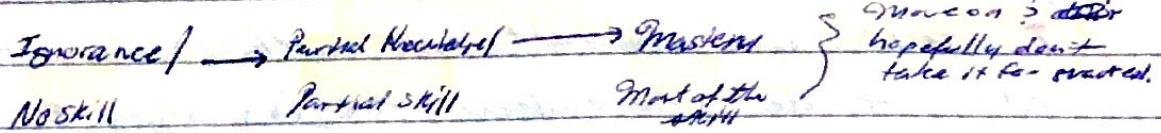
This is the process involved:

Complete Ignorance - learning the importance of - practice at ↑ increased

awareness/knowledge → on an on until mastery, and ~~knowing it~~ memorize

* Practice / Learning

again



at mastery the skill will allow for virtually automatic results. When I write now, I don't think at all about how to use the pen? how to spell? form sentences. I learned about reading? practiced it to ^{new} perfection. When I type it is the same, words virtually flow from my mind to the computer. I can work? think and automatically it happens.

Likewise with sound skills or motivation you simply don't need to dwell on it any longer. It is the acquisition of the skill. Less focus and time is needed. Instead, I can accept my level of proficiency, knowing it now will lead effortlessly to the rewards which the method? skill was formed for. Health happens. Charity happens. Now I need to be sure not to take it for granted? to fall into other routines. I need to only ~~not~~ remind myself daily of its importance and to practice it at times for refining and ~~make~~ continual progress. But the first steps are over.

These are lots of skills that can make us become more successful people. When we're working at each we're the students we look like flats what we care about.

Experts:

\$ The average adult will teach their children
Nutrition they learned as a child - in
high school. Hardly the nutrition
taught by experts. They'll die too memory
and instead of gold nuggets they pass on garbage.

people may say we've lost what's "truly important."

I say we haven't lost anything, so long
as we do remember the big picture.

What else we have to do, and why we have to
do it. We remember that ~~all~~ many things
are important - we can name them all.

It isn't a vague idea of true importance. It
is concrete, and we can talk about it.

Children? Parenting? Veganism - return to

Children become just like their parents. I say this
so parents and future parents will be motivated to
be the type of people they hope their children will be.

I don't expect to succeed, however, because as we all know people
tend to love themselves, and are very likely to hope their for the
some
reason
children are just like them. What child couldn't, a not
stagnant,
father might ask "Be as strong, good-looking and They are
perfectly
good
in
very
way.
successful as me?" forgetting that that hardly measures well the quality of a person, and when this is present in their mind, they know it.

People's minds are floating around constantly, and this results in people who know a better outlook, or know something relevant for a decision, but forget it at times, or forget it when its most useful.

Thus a person may "know" their work points, or may

"know" what's important, but don't have this at mind or
w/ ready access to their mind frequently.

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Being
Vegan:
what is best,
and what its better for
you and everyone else in world.

An excellent gift from a Vegan Vegetarian
to someone who doesn't get
where they are coming from.

Title: Mentalism

That you get the person who thinks, as almost everyone does "I'm good," but they don't have their bad qualities in mind. And when they focus on their bad qualities, it may lead to a depression, and thoughts like "I'm a terrible person." Neither is true, and it is good to keep the big picture in view.

So anyway, parents like everyone else when asked if they want their children to be just like them will probably feel the answer to be yes. A better answer is — part like me part like someone else.

This is all why a ^{good} standard of measure needs to be put in place, and you must measure up to that standard. People act as if they know such a standard or are the standard, the greatest possible thing they can be or could become.

Vegetarianism ? Advanced Nutrition returned

The process of work towards the vegetarian ideal incorporates all the steps recommended by health experts. By moving towards this object, you are doing all those things with your diet experts are teaching you you should do — and some people must do. Some people must eat like vegetarians, because their health is poor. — Just by this fact you can see the vast superiority of Vegetarianism.

IV Vegetarianism as Advanced Good Consumerism.

Veganism the advanced self-concept
Pride

It is vegetarianism or very-new-vegetarianism which is used almost ~~as~~ medicinal purposes.

On the flip side, the foods that are removed when moving to this are considered harmful and frequently referred to as poisons or time-bombs.

Again - the diet recommended to extend the life of the elderly is make their life better - the diet we are expected to teach children, and ourselves to flourish is vegetarian.

-

Monday, April 27th, 2020

Vegetarianism and routine.

I can imagine someone saying that my behavior is strange. such a focus on routine is obsessive.

Recall that children are taught to focus on routines, and only when they master their routines do we focus on other aspects of their behavior. As they get older, we help them refine their routines. However, now that you can brush well, lets make sure you floss correctly and floss it after every meal. Notice that many people don't even make it that far. They stop at brushing teeth.

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clock, myself included, brush, floss, extra tongue scraper, examining my teeth w/ a mirror, use a variety of dental picks, and use a rubber tip for cleaning below my gums, then I disrupt w/ mouthwash? make sure all my tools are cleaned and disinfected. I do all of that in 3-5 minutes, as much time as it takes ~~most~~ many just to brush.

I gradually refine this further and further according to what I learn. I do it in a way that is not time consuming (a key ingredient to dysfunctional discussions).

How much healthier is this routine? about this. What is recommended by experts - yet no one ~~major~~ assimilates it? It also saves dental \$\$. I want I can perform the work of a dental hygienist to myself, and I can predict w/ my own inspection of my teeth what dentist will recommend.

Imagine your children doing this w/ no effort at all, the way you perform basic (actually complex) routine w/ no effort at all. Like your habits, which are based on learning things from parents - and their parents, and civilization, and incorporating it into effettive behavior. Why not incorporate now.

cl regularly observe what people do; say to me, and cl find that people progress little - in terms of healthy behavior from the time they leave this parents house. also fast, there is much regress - w/ the new development of "adults-only" habits, like drinking alcohol, large amounts of caffeine, exercise promiscuity, attention to sex, gambling - etc - all this which get much less attention under the supervision of ~~friendly~~ good healthy nurturing parents.

On my own time cl notice that self-teaching good behavior is new habits is difficult & slow.

After deciding to not drink coffee, 2 years later cl'm still drinking coffee. Much of what cl do is automatic & when cl do it cl'm comforted. cl can sometimes be watch yourself and count the days you didn't do what you planned to do.

w/ a parent however, they keep close tabs, and remind you, and force you to do what's good.

clf you tell a good parent that you are having trouble stopping drinking coffee, they might question you more about it, watch you closer, and not buy coffee anymore (or at least hide it). When they catch you ~~they~~ ^{then} can take it away.

They can praise your success ? ~~so~~
make you not want to fail. They can
make you feel some shame at failure,
and help you feel the goodness of success.

In the military people ~~but~~ get the training
I am talking about here. People w/
bad habits are forced in a short period
to adopt new behaviors, and are forced
to become better - \rightarrow feel what it's
like to be healthy.

Humans are like dogs - they don't really
know what's best for them. After undergoing
training however, they are healthier ?
recognize the teacher as good.

Reply to - "Life is too short to be Vegan, do not eat what you like."

What does one when this is said:

"Life is too short" to put effort into something good for you and others
to improve yourself, adapt to new information
to put some pleasures aside for more important goals,

One also hears that the person speaking doesn't understand the nature of pleasure, and comfort, and how it is modifiable, and how they acquired their taste according to their environment.

One finds this kind of complaint especially disturbing because it is tied to one of the most base reasons for objective veganism - refusal to modify behavior because of very simple pleasures. The person who says this ~~is~~ doesn't care about the benefits only the taste. The ~~right~~ thing or flat taste is adjustable - and only one adjustment is required.

Once again - the moral superiority of the activist is apparent. They will ^{so} put personal things aside for greater goods. ~~small pleasures~~

2.35

- All the constants? arguments against
veganism, and I mean just about
every one -

stem from what is repugnant about
human beings - laziness, irrationality,
and pure selfishness?

People have a tendency to believe that doing good) need for instant
for others is opposed in some way to doing good
for the self. This can sometimes be the case,
but from my experience the two are usually tied together.

the reasons
for
veganism
?
vegetarianism
trials grown
so vast and
complex
?
work
for
it's
so many
ways
Urgent
ways
etc
Health
global
warming

With creativity we can make doing good things work in our favor.

The prejudiced person balks at change because of the appearance that they will lose out. The uncreative are at least better than the merely prejudiced, but balk themselves when they can't see how to reconcile their interests w/ the interests of others. The creative can see how they can make it work.

prejudiced - first to complain / dismiss

uncreative or lazy - second to complain / dismiss

the creative - has the personal understanding flat type

they can make things work

Work
no cost
for
US

adults
red
green
going
etc

not people aren't explained
Jesus can stupidity
love of
innovation
ignorance
only the

Are people originally good or bad?

That this question has received serious attention is very sad, and shows how truly ignorant even intellectuals of the past have been.

People debated whether or not babies were blank slates or born of evil etc.

This stupid question stems from Religion; the most superstitious fantastic portions of which

Everyone is born w/ original sin? What does that even mean.

Anyone can see that goodness / badness does not reside in objects, including people.

We judge things to be good or bad. We project attitudes of like ? dislike on objects.

We can only objectively say things are good and bad in relation to criteria. And then its goodness ? badness is restricted to those criteria.

We ought not start saying it's good or bad without telling people our criteria because good & bad is taken by other people to be objective.

Then they might agree w/ you, but have no clue at all what they are talking about when saying it to someone else.

There is a case for abandoning the terms altogether because even when objectivitatis criteria it will be too difficult to convey the information to others - they use them too regularly & they are tailored - they are destined to confusion.

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D Need to write about what you like about
organized religion

~~illusions~~ - illusion of ~~unity~~ of oneness

VS
S
P
B
names

after
having not
seen
now.

years
few
continually

illusion of linear progression over time. will confuse
- forgetting side steps people.
sound indefinitely

- Illusion of continuity. \rightarrow uniformity \Rightarrow identity

- 10 years go by, assumption that people's things haven't changed since you've last seen them. Combined w/ Uniformity - assume that they are actually the same thing.

~~toys~~

- 10 years go by. Same thing / Same person. Change imperceptibly slow. Most apparent w/ "I'm the same person" but also similar w/ close companions.

when two are always together is case continuity, but never look at photos or videos of each other - are bound to be shocked at the changes when they do.

Ethics

Ethics

de/ought.

- Summary of previous ideas

- A full exhaustive analysis of "ought" is not necessary.

As with other words, we surprise ourselves by the vastness
of its variety of uses and its flexibility and adaptability
to new circumstances. We believe we've analyzed it fully
when we catch ourselves using it in an interesting way, or
even novel, but acceptable way.

- It isn't necessary here in part because our goal
isn't to ~~the~~ exhaustively describe our language and its
uses of ought. Rather, it is to describe the transition
from factual/descriptive statements to ought statements
or ought-like statements of a certain class. We would
include here also uses of such words as "should," "must,"
or imperative statements like "you must" do that or
"the need" to do this. There's no need to focus on
"ought" alone - and especially not exhaustively because it
^{particular} is merely a member of a class of ~~the~~ language usage.

- The class of usage is a ~~the~~ movement from
the way things are in the world to a "compellingness"
to do that thing. Sometimes the "compellingness" is
thought to be "binding" as in the case of "you need to --"
or "you must." Sometimes it is not. Sometimes the
"compellingness" is strong but not binding. ~~Or there's~~ ^{exists} This
seems to be a minimum requirement - "a perceived strength
of compellingness" That raises from a strong claim to
do something (perhaps there are strong alternatives not yet reflected)

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to a complete compelliness or binds which is absolutely binding.

- Now you can see talking about "ought" itself isn't important - it is a group of instances of this kind of movement - from talk and understanding of the way things are, objective facts, to what acts are to be performed. We ~~only~~ use should or ought or must when the act ~~are~~ ^{in consideration} attaches a level of "compelliness".
- Another interesting thing about "ought" and "Should" and other similar ways of speaking - they are all translatable. This means we can preserve meaning using different ways of speaking. I am a huge fan of translators when something is confusing, but better still for analysis. Translation is an amazing analytical tool.
- I've spent some time analysing the is/ought problem using translation. I've translated "ought", "should" - etc... in numerous instances to ~~that~~ language that preserves the meaning nicely and actually communicates less vaguely and more accurately. My translations have been very informative in what I have in mind when I say such things. I can see the shared meaning between the translation & original. I can see the ^{idea to} infutive convertability - the latent "trying to express" - the things I'm using language for.
- Not results of such analysis, which I plan to share shortly, is that we can do away entirely w/ the traditional constructions of ought, should, must - etc - They are not necessary at all. ~~If you were to compare~~

all the languages of the world, past and present, and future, between dialects in time, and between different people with different ways of using language, we'll find quite different ways of speaking similar or even near identical ideas.

With so much variation, we continue to do a good job translating - preserving key aspects of meaning.

Sometimes it's important - as linguists know sometimes some languages have better tools for discussing things than others - it still works.

When something is missed in one translation, sometimes comparing it with another translation. In any case, we all agree that translation does a fair job.

So here's ~~the way~~ my Anders from translation.

#1. Context matters in ~~an~~^{almost} high degree.

#2. We use the language in an unfolding context. Communication is unpredictable. People say things we don't expect. It really is a language-game. Thus context is constantly changing as the conversation progresses.

#3. The way it is said matters - tone, strength, speed - all parts of the same dialect mean -

Consider the following sentence

Mette
Ole
Charlotte
Charm
Dad
Dad
Dad
Dad
Dad

"Tonight ~~we~~ should get Chinese food."

said in a
conversational
manner as if
the idea just came
to mind.
"Oh - we should get
Chinese".

like should? argues of two word. The connotation is there but bideness isn't. It is said in a way that is non-anxious.

~~Relig~~

~~Gen~~

Ethics

Speciation

Shortcomings - "taking things for granted" } "unseen important
"background facts" ~~regular~~ ~~common~~ ~~facts~~
"Unseen things resulting from being an insider."

- The cultural mask =

relative to

- Culture as an accumulation of tools & methods

Culture is tools altering being. We mistake ourselves as
being the way we are because of our decisions, or
over contribute it to genetics. - But forget the huge
accumulation of tools that are processed & present in our
culture

Imagine removal of these tools. Imagine less and less
culture. We resemble other primates more & more
by this method. - More tied to environment - like
animals. More Among animals in the world - rather
than in and among humans and human creativity

Real life example babies. Babies & small children resemble
primates but not as accumulate skills & tools we do have
ourselves behaviorally. But what if we didn't have these tools?

Moving To-Do list.

Things & Stuff

- Checklist of things you'll need for the trip.
- Separate those things from everything else.

- Create a 10 by 10 section in the living room.
- remove items from ~~in~~ shelf on top furniture - Box up.
- put furniture in 10x10 area first.
- put all packed stuff in 10x10 area next.
- take apart our furniture you can

Cleaning

- Clean my the windows & other glass.
- Wash body For last time
- pull out all hairs 1 by 1 with tweezers like egyptians did
- Leave him at home
- New identity

red
leaf
veggies

#2
Vegetarian Book.
• Vegan stickers
• Where to get
buddies?

- Today:
1. Print out personal form.
 2. Fix web-page in internet explorer
 3. Start wallanad.com. or C.M. euancaugh.com
 4. Milestones / Goals to achieve
tangible - useable

Reusable Travel List.

What's
Adams today?

Hygiene/Bath:

- soap: bar or gel (will do set from hotels)
- shampoo?
- conditioner
- lotion
- sunscreen (only instead of lotion?)
- toothpaste
- toothbrush - 3 all dental tools
- toothbrushes
- floss
- rubber-tipped picks
- fine picks
- coarse picks
- mouth-wash?
- razors. (not just one)
- comb
- measuring tape
- shave cream/soap
- alcohol

Clothing:

- Underwear
- Undershirts
- Comfortable t-shirts house
- Comfortable house shorts
- socks - gym
- socks - dress
- swimsuit X 1
- exercise shorts.
- exercise undewear
- exercise shirts
- exercise sweatpants
- exercise sweatshirt.
- shoes - gym shoes (running shoes)
- dressy shoes
- hiking boots
- comfort shoes/ sandals. (beach shoes)
- Khakis
- jeans
- t-shirts
- long sleeve & sweaters
- button up shirt,
- suit
- jacket?

rain - rain jacket

- rain pants

- rain shoe covers.

cold - weatherproof shell

- sweat jacket

- thermal shirt

- thermal pants

- long thick socks

Camping

- tent

- ground cover

- rope

- ~~hiking~~ stakes

- stove

- fuel

- cookware

- dishes

- ⁴ ~~hiking~~ utensils.

Food

- cooler

-

Games

- chess

- Nintendo DS plus games

Thursday, June 18th, 2009

Ethics

Veganism

- Hippocracy (spelling?)

Vegans care about more than simply health, animal welfare, environmentalism, etc and so on - there are many other important things to think about. Vegans care about living a quality life, about getting along well socially - forming strong positive friendships and honest intimate relationships. Thus a Vegan, like anyone else, may experience obstacles to their vegan goals because of conflicts with other things he or she cares about. Some vegans will not be able to be as strict as others - perhaps a person who really wants to be vegan has a family that cannot accept or understand not eating dairy for some reason. In this case the diet is not a vegan one but a near vegan registration one.

- briefly → this shows why I dislike the label vegan, but I do like the attitude and ~~global~~ point of view stand by many vegans. Most Vegans would be willing to eat non vegan things if strong enough reasons compel them to. This might result in a person calling themselves a vegan despite not having a vegan diet. People will wish to tell the person they aren't vegan, to that person annoyed, but they will claim they still are.

This is because the vegan knows it is the reasons behind the vegan diet which are important, and the commitment to that point of view is what they associate with "being vegan".

Two definitions for "vegan" are in current use. One is to describe a person's diet. The other is to describe a point of view - of a moral commitment - of an attitude and a set of reasons for their diet.

This following is the way it will use "igen" throughout
the remainder of this book:

Vegans will frequently care about things in addition to this and attribute it to their vegan point of view

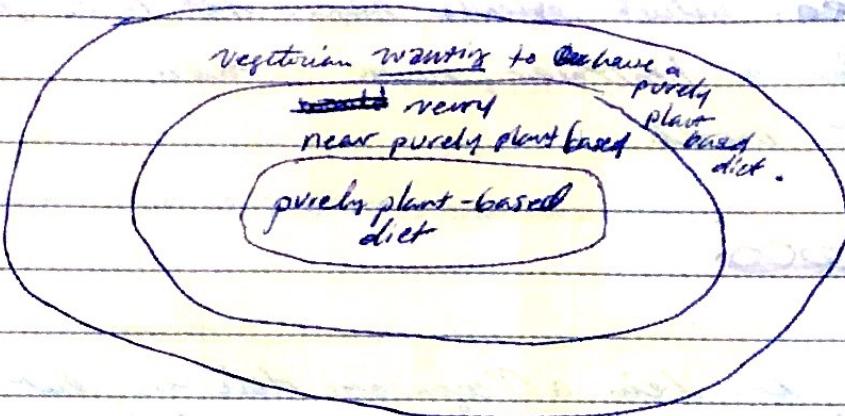
Never might want the definition to be broader or perhaps such narrower. Can people who don't share the platonists but share the dict. I'm not trying to replace the definition with my own - but I do want to allow it more latitude - that it's not clear cut, and ~~but~~ indicates how I will use the word for clarity of the remainder of the book.

Set up meetings w/ different vegan agencies. Join Vegan groups.

Delve Vegan

- 259
- Check Books
 - Check References
 - Check Reference web sites
 - Check organizations.

dietary
Vegan.



Vegan

purely plant-based diet,
general boycott of products
harmful animals

contentious
what is harmful?
incredibly difficult
really an ideal
ways that can't
be fully realized.

reasons for having a purely
plant-based diet are:
1. too diverse

Because of the confusion about the word, for clarity,
it will use the term vegan to signify my
personal focus, which I think really underlies
most vegan behavior. - it won't be very controversial.

Just keep in mind that the term is somewhat
confusing, and that the word isn't really necessary at all regularly,
and with a higher degree of
A vegan is someone who eats, under normal conditions, a purely plant-based diet, ~~especially~~ ~~especially~~ as a boycott, for several reasons:
animal cruelty, human welfare, environmentalism, personal health? well research,
being, corporate welfare; public moral responsibility and ~~more~~ compassion

- What will happen to the animals

~~veganism~~, which extends beyond diet to a general striving for a healthier, happier, more compassionate world.

~~Reasons for Veganism~~

The reasons for being a Vegan are diverse, but Vegans tend to share certain ^{are} ~~commitments~~ committed to a more compassionate humanity, that is less vain, frivolously destructive, and secretive / ignorant about large scale pain & suffering.

Veganism is but a small part of a positive moral outlook that emphasizes progress and activism, for creating a world that ^{has} ~~is~~ less unnecessary pain and suffering, especially pain & suffering resulting from

- large scale poverty
- ~~completely~~ animal enslavement / asymbiosis
- ~~extreme~~
- extreme pain & suffering
- warfare (cheap labor)
- exploitation of environment, human resources,

This book is about Veganism primarily with a great emphasis on reasons for Veganism

Veganism & Hypocrisy

- Vegans will protest

~~One of the most common reactions to~~

~~the change of~~

"Hypocrisy" is not used especially rationally in everyday situations. In fact, I think there is a form of bad reasoning w/ "hypocrisy" which is fallacious.

It is
agents
of
another
that is
often
overextended
to
people
who
don't
deserve
it.

Hypocrisy and Good Advice

- "Not practicing what you preach"
- having a "double standard": ^{one for} for yourself ~~and~~ others

People will call another person a hypocrite when they perceive that there is an inconsistency between that persons actions and ~~what they say or~~ think about how they or others should act.

Thus if someone says that you shouldn't smoke, yet they continue to smoke themselves, they are called a hypocrite. There is an incongruity between how they think others should act and how they, themselves act.

This is a very common example - children are told by smoking parents they shouldn't smoke. Children, perceiving the hypocrisy of their parents, place less weight on their advice, especially when their parents rationalize their behavior.

~~Hypocrisy is not a strong argument~~

But this case of hypocrisy usually does not damage the smokers claim arguments for not smoking. Needless to say, smoking is not easy to quit, and smokers are well aware. The smoker knows that the expense of ^{time? money} purchase cigarettes, the harmful consequences to their health, their decreased vitality and premature aging, and the many other reasons for not doing it, are very strong in themselves, but become much stronger when connected with the strength ^{that} of smoking habits; routines have over their behavior, and the addictive drugs that only make it more difficult, and for some almost impossible to stop. Thus the smoker, by their ~~inability~~ inability to stop, by the day by day repeated failure at stopping, knows very well the true danger of smoking ~~at present~~.

The smoker is not a hypocrite to say one should not smoke, even though they continue to do so. ~~It's~~ Their behavior may indicate that they enjoy smoking; don't want to stop, which to others may show they are hiding something or lie to them. ~~But~~ They forget that if their parent was completely uttered away by cancer, their continuing to smoke, and their degenerated condition, would seem to strengthen their claim, and they would not ~~have~~ hypocrisy.

Charges of hypocrisy also fail when a person encourages acting on something they have difficulty doing themselves, or is unable to do.

For example, the smoker who says you shouldn't smoke, who is trying very hard not to do it anymore.

It also fails to call a parent a hypocrite who didn't do well in school, or didn't eat well, or didn't exercise, who wants these things for their children, because they now know how much better kids

To put it more generally - charges of hypocrisy fail whenever the person's argument for or against doing something are ~~extremely~~ strong. It doesn't matter what the person does, however irritating it might be that they don't do it.

A person who is rightfully called a hypocrite

is someone who ~~pretends to~~^{a moral} basically preaches, as if they have authority over it, as if they act on it regularly, as if they personify it, but don't do it at all, or pretend to, and they don't even try to.

A hypocrite is a pretender - someone who claims mastery over something principle

they never ~~actually~~ follows. Or a hypocrite might be

someone who by all appearance doesn't even care about what they preach, but say it for authority. Like a fat doctor who tells you to lose weight

People are also called hypocrites when it ^{merely} appears they are acting inconsistently with their principles. This happens when

Hypocrisy is falsely charged also when a person acts contrary to their principle, but when ~~it is~~ such a contrary act is out of the norm — since for example (unless it is somehow extreme — like adultery)

As a Vegan you will inevitably run into people who will say things like "why are you wearing a leather belt?" or will ask you if you have one, or leather shoes, or a leather wallet. It is irritating when they do that because they didn't take a moment to ask why you are a Vegan — ? what are we supposed to do?

Vegans of my sort are not hypocrites. They are striving for a ~~better~~ moral ideal, and at beginners haven't achieved perfect consistency and as humans they have other ~~more~~ important things to consider and may slip up occasionally.

With respect to moral responsibility and involvement, the core is moral consistency in action. But the escape, or withdrawal, to pursue what we feel is more important — our responsibility, which is more self-aware, is outcome rather than

Inconsistency! What about
you? [Include a section of
gross inconsistency across the
average person]

gross inconsistency
grossly obvious?
unjustifiable
inconsistency.

Friday, June 13th, 2009

Elliott

- When I feel hopeful

~~REASONS~~

When I am able to have a candid conversation with someone about this, (which is rare), they are surprised when they hear that I am not striving to have a purely vegetarian lifestyle for itself. They are responsive when I tell them that in certain conditions I would eat animal products, like if I was in a life and death situation and hunting is necessary, or if I owned and cared for my own chickens and ate their eggs. They are also understanding when I tell them there are some animals I will never eat, unless in a severe life and death situation, because the animal has qualities which lead me to value their lives in addition to their suffering, as I would with ~~small~~ small children or severely handicapped humans. So they "get it" when I tell them I won't eat dogs, or advanced birds, or dolphins, or whales, or pigs and so on, and that in the spirit of compassion, and acceptance of my profound ignorance, that I'll include so called "lesser animals" to give them the benefit of my doubt (a ^{tiny} great ~~despite~~ small benefit after - but I.E.) people understand this. It is consistent with a large portion of their moral intuitions. Normal people are very inconsistent morally, in a way that does matter. ~~Professor~~ Moral Philosophy is concerned with finding or creating a solid foundation for morality and establishing

~~Notes~~ Add to Ethics

(Evaluative actions)

Education is extension of moral sentiments. So that's what ethics is largely about - so clearly we need to resolve the issue of evaluative concepts. animal (of course), but we're interested in that direction because of the questions it starts us.

a consistent systematic way of evaluative action

Moments like these, when people are open to understand ~~acknowledge~~ me, in the same way I try to be with them, I can see that we truly are in agreement with one another. They see where I am coming from and approve of me. These are moments that keep me doing what I do. The times when I see their attitudes changing. It reminds me that ~~now~~ I shouldn't be surprised when people are inattentive, or when they attack me or call me a hypocrite, or continue to do what they do - largely perpetuating the situation.

My role is as an educator. My obstacles are the same obstacles that all kinds of cultural innovators face - ^{those concerned w/ social justice} feminists, egalitarians, homosexuals & transgender rights activists - the primary obstacles are ignorance, indifference, lack of attention, marginalization, suppression, and denial.

When at despair and when at full militant

When What important to a regn is the communal progressive attitude and focus on moral responsibility is enjoyment of the world. The ~~bottom line~~ is what regn wants to export most, and those that cannot be regn along with anyone else.

Progress is found in ~~foolish~~ sustained effort in the role of educator and activist.

But being militant and physical does have its time - especially when those cannot protect themselves.

Morning Routine.

Remember - if missed - do at the Wednesday, Jan 3rd 2009
very next possible time.

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outline format.

Memory

Planning / To Do's / Reminders - Memory

- ① Nutrition
- ② Fitness
4. Livelihood / Money
5. Environment
6. Habits and Routines
7. Health / Body Measurement / Cleanliness
8. Rest / Rejuvenation
9. Relationships
10. outdoors/travel

11. Possessions / things / Property / Organizations

12. Mental Development / Writing / Study

13. Music / Art

14. ~~Environment~~ Activism

Nutrition

~~Weight~~ - Weight - Morning - 179 Evening _____ 2st Actual 180
 Goal: 170 by July Reg. Burn 35,000 Days remaining 29

Burn per day: 1,200 approx

BMR + ~~approx~~ = 1,900

Calorie Burn + thermic effect = 2,180 + activity level = 2,500.
 Today's Weight Gain/Loss

Food.

Food Cart Sodium from caloric tot. Fast?

Qty Time Calcs Protein ~~for breakfast~~.

1. Coffee and soy - Starbucks 20oz 9:30 100 3.5

2. Subway - Footlong veggie salad 12" 12:30 900 35 (25)

3. Soda - Dr. Pepper Diet w/ count 20oz 12:30 100 (1,100) 8 (25)

1,500

Diet list - Vitamins? Mult, B12 Protein 100g carbs? _____

H1 Priority Monitor Points

Fitness.

- Exercises

- Workout Plan

- Rules / Focal Points

Financial

- Money - Spending / Earnings II Big type whatever the easiest etc.

Earning - Work, Tutoring etc.

Investment.

- Rules / Focus.

Environment.

to 30 to 30 to 30 to 30 to 30 to 30 to 30

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65 66 67 68 69 70 71 72 73 74 75 76 77 78 79 80 81 82 83 84 85 86 87 88 89 90 91 92 93 94 95 96 97 98 99 100

10. *Leucosia* *leucostoma* (Fabricius) *leucostoma*

3. *Abbildung* ist eine Abbildung.

10. *Leucosia* *leucostoma* *leucostoma* *leucostoma* *leucostoma*

is open to us.

6 b b b b and D d d d d

tablets 66.5 mg x 30

6 6 6

998.858 9.858 9.858

सूर्यो द एवं कामना विना

—
—
—

—
—
—

Leeds Library Board. See also

10. *Leucania* *luteola* (Hufnagel) *luteola* Hufnagel, 1802.

A page of handwritten musical notation on lined paper. The notation consists of various symbols representing pitch and rhythm, such as vertical stems, horizontal dashes, and small circles. The symbols are organized into several horizontal rows. There are some red ink marks, possibly corrections or highlights, visible on the paper.

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20

2 0 9 8 , 8 0 9 0 0 0 0 0 0 0 0 0 , 1 1 1

o 9 9 9 9 9 9 9 9 9 9 9 9

261

K - Knee

Group B

N. M.

Christopher Matthew Cavender

Christopher Matthew Lawrence

8

Christopher Matthew Lawrence Jr.

exp. think st.

243

Group 4. $s\frac{1}{2}$, a, t, v, e/4

۴ ۵ ۶ ۷ ۸ ۹ ۰ ۱ ۲ ۳ ۰ ۰ ۰ ۰

lar. gaa
a a a a a
99

say ~~it~~ ~~is~~ ~~a~~ ~~a~~ place

9 90 000

666-666

A handwritten musical score on three staves. The top staff is for Treble (G-clef), the middle staff is for Bass (F-clef), and the bottom staff is for Bass (F-clef). Each staff contains a series of eighth-note patterns. The first staff has a '4' above it, indicating a common time signature. The second staff has a '2' above it, indicating a half-time signature.

$\omega_1 + \omega_2 = \omega_3$

face: d. d. d. d. d. d. d. d. d.

YAGE

safe

safe 9 9 9 3 3 9 9 9 9 9 9 9 9

saw 7 9 2 8 3 3 9 8 3 2 3 5

safes

since

e 0 0 4 2 0

a 0000000000000000

sec & a. d d d d d d d d d d

cos α β γ δ ϵ ζ η θ φ ψ ω ν μ

can 9 9 9 9 4 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9

64 9) 9) + 1 9) 1 + 9) 9) 9) 9) 9) 9) 9) 9) 9) 9) 9)

Matthew Caronage

Mead

Mead's Promise

Christopher Matthew
Our promise to you is that
we will never stop striving
for even higher results.

We commit to you that
we will sustain our forests
and other natural resources
for generations to come.

To us, working in a forest
and its ecosystem is more
than a livelihood, it's a
personal investment in the
future of our planet.



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