GOOD SOIL

AN AGNOSTIC GUIDE TO LIFE



RICKY BROWNE

This book contains principles and ideas Ricky has incorporated into his thinking and judgment over the last ten years.

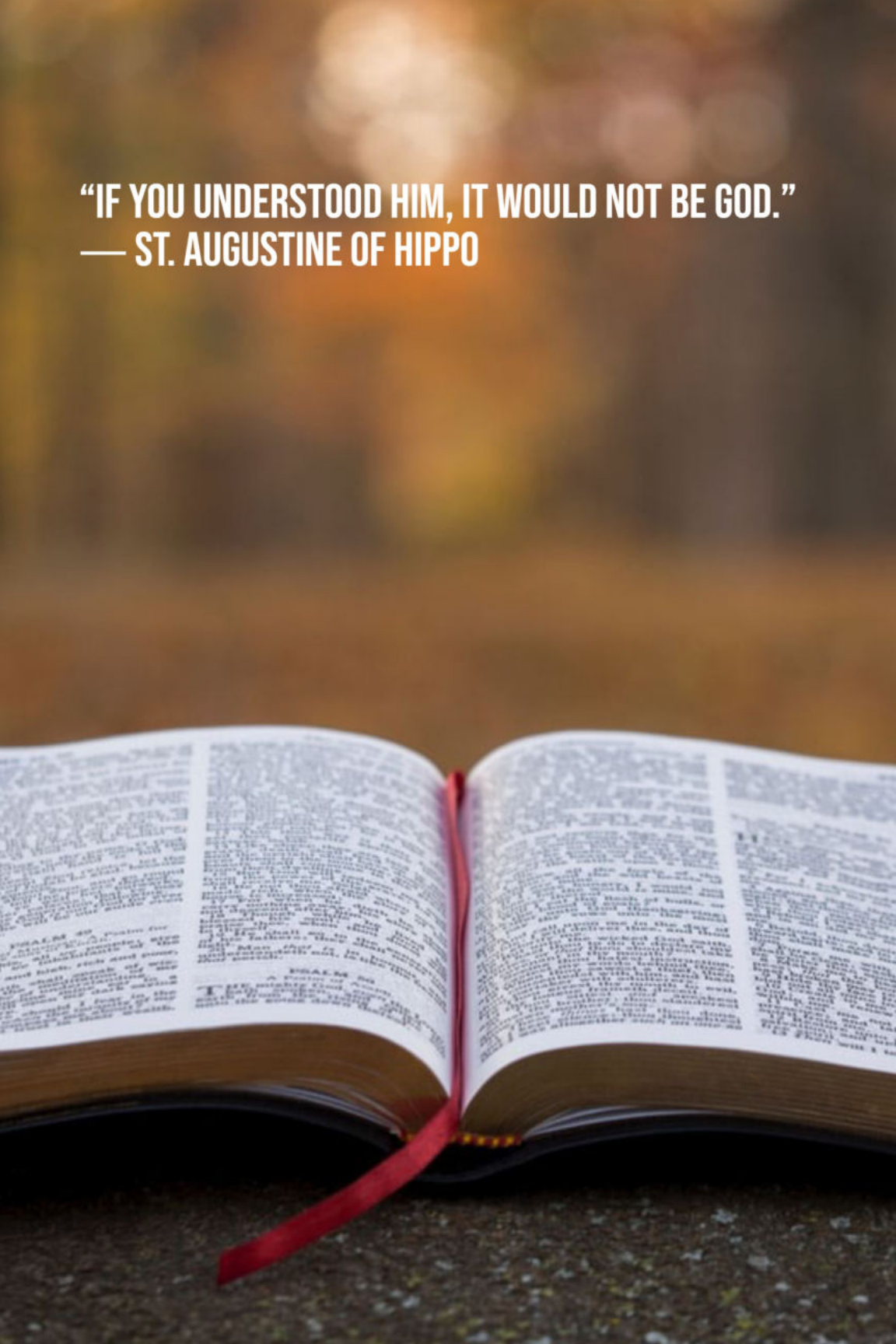
The origins of these principles were conceived through learning and adapting information found in a varied collection of written, audio, and audiovisual material.

The principles Ricky covers were also derived from a process of disseminating his reality and learning from his mistakes and misinterpretations, along with the unravelling of false narratives adopted over the first thirty-five years of his life.

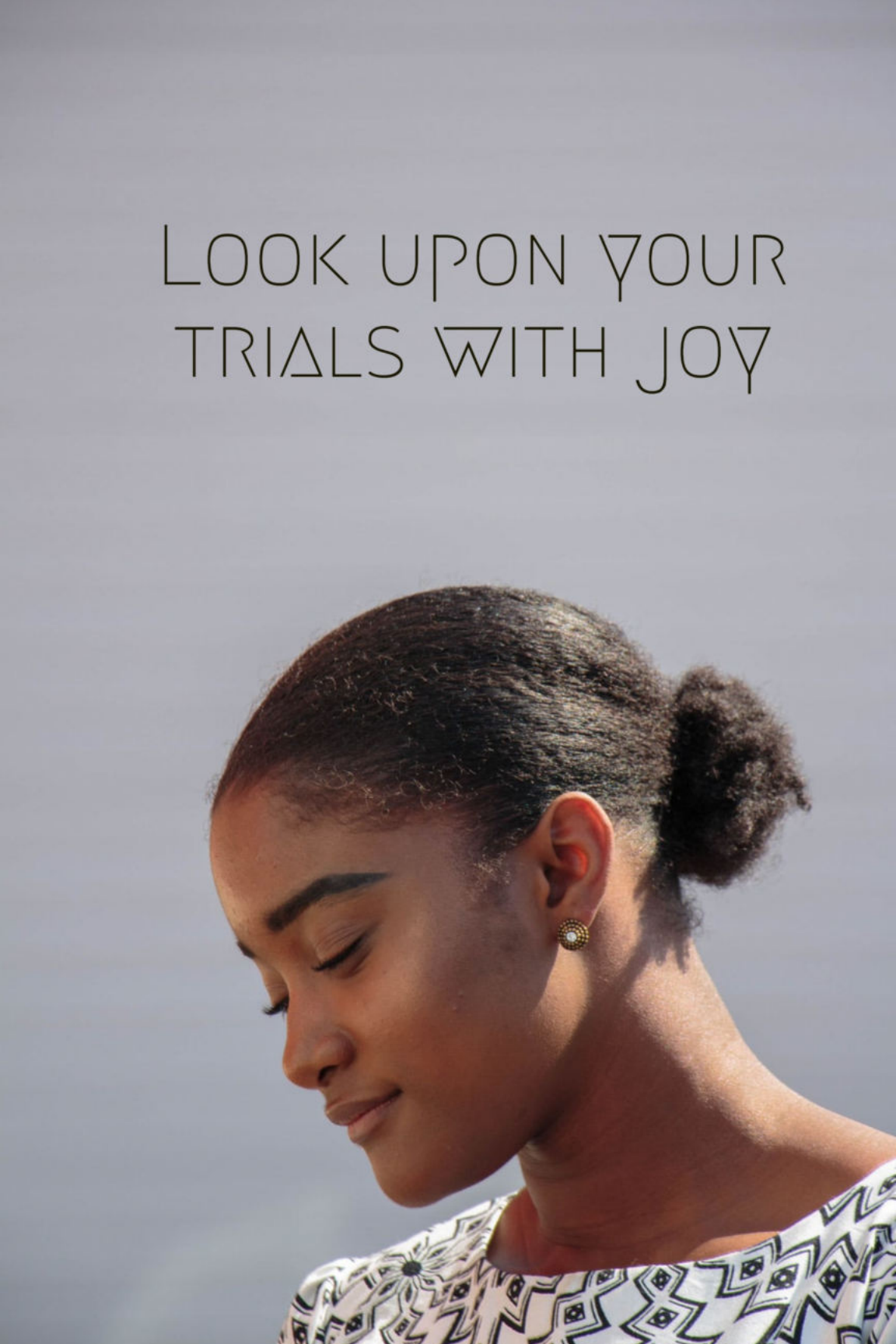
Most of what is written is generally a combination of both what Ricky has learned and the application of that knowledge through the lens of what Ricky has deciphered from his own experiences while on his journey of growth, and his recovery from mental illness.


To Will & Grace
Grow your own way.


SUUM CUIQUE
TO EACH HIS OWN


“IF YOU UNDERSTOOD HIM, IT WOULD NOT BE GOD.”
— ST. AUGUSTINE OF HIPPO

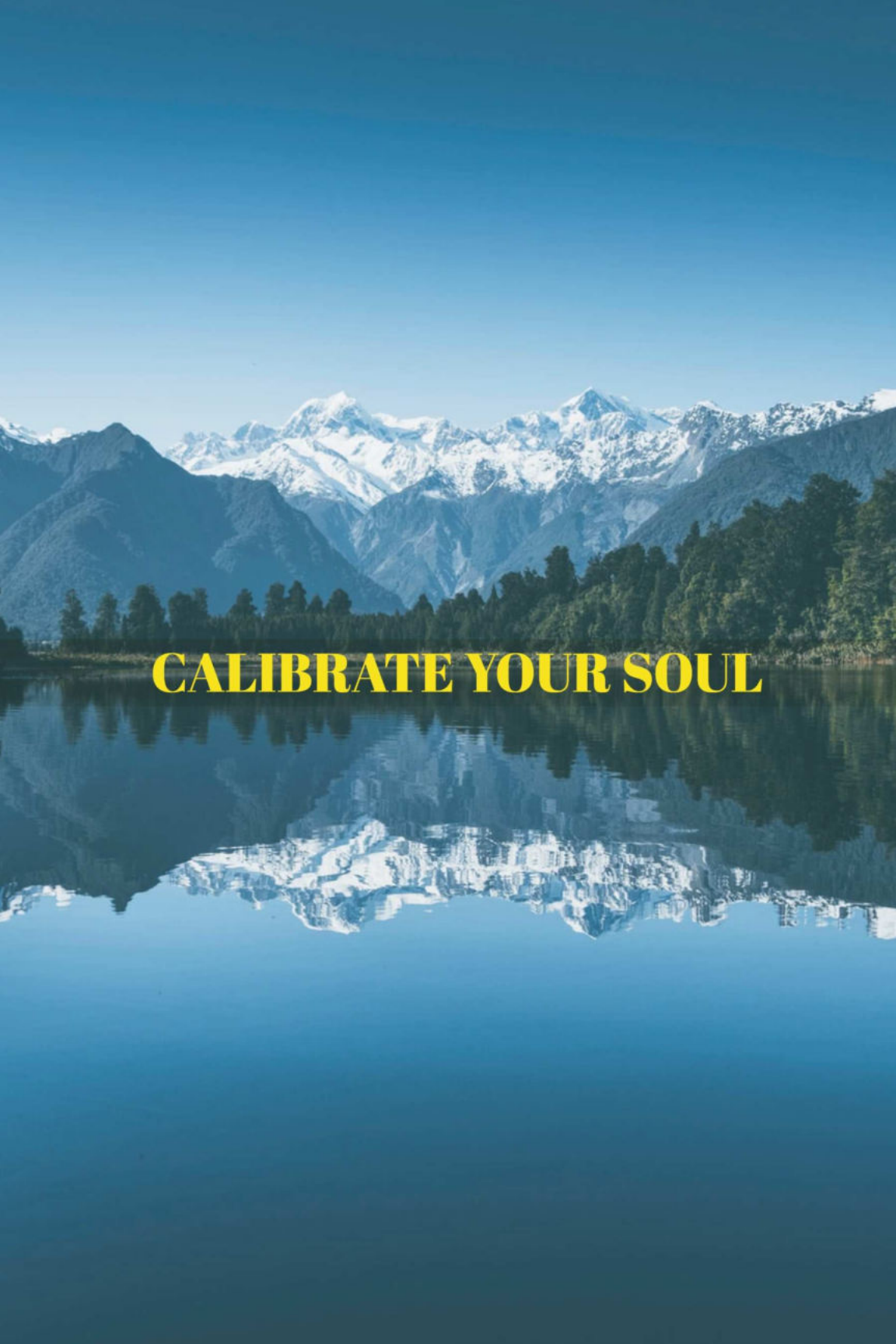
Look upon your trials with joy

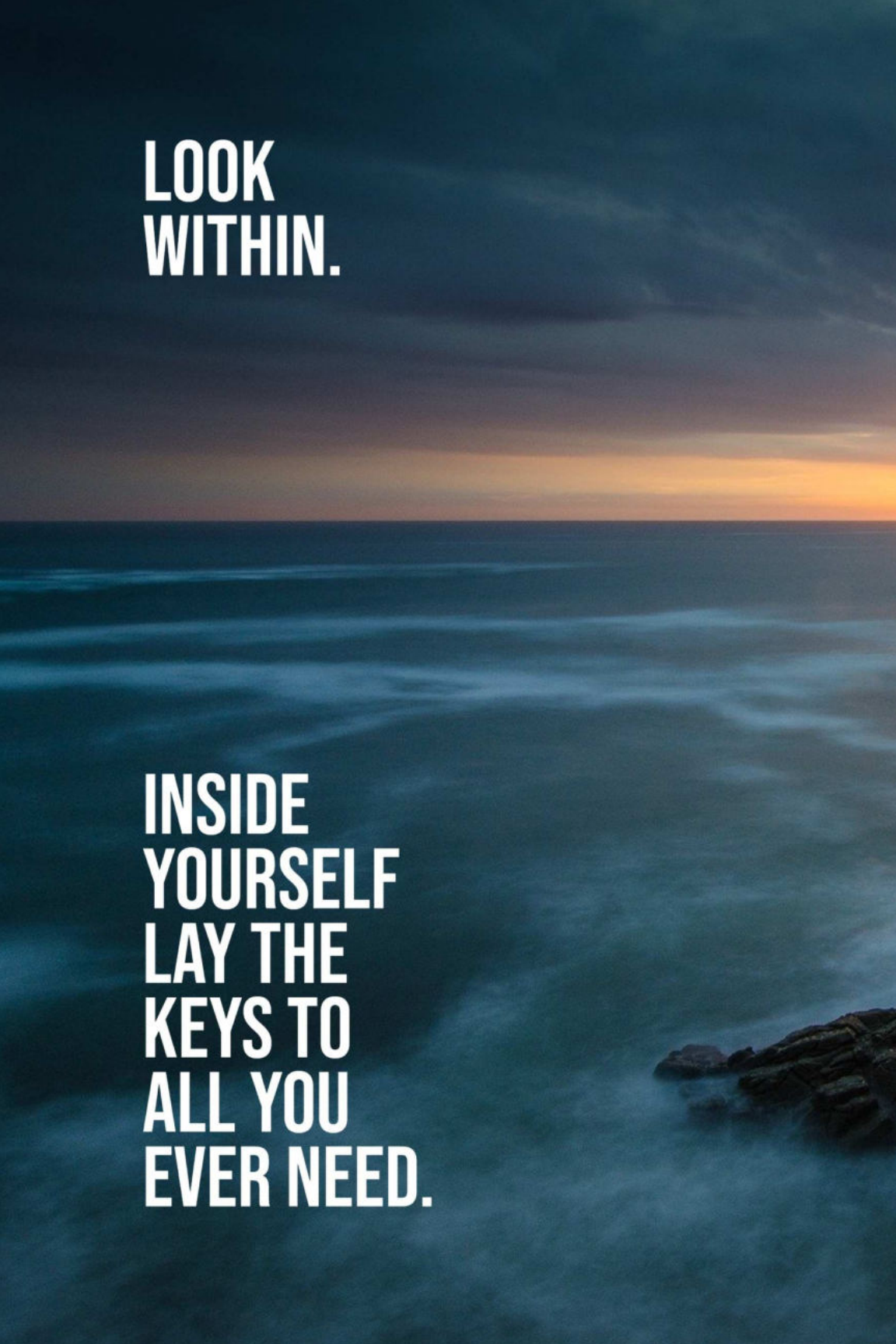



THE
OBSTACLE
IS THE
PATH




LEAD ME TO THE
RIVER AND WASH
MY SOUL CLEAN.
LET ME BATHE
IN GOOD LIGHT AND
BREATHE
IN THE GOOD
SPIRIT


CALIBRATE YOUR SOUL


LOOK
WITHIN.
INSIDE
YOURSELF
LAY THE
KEYS TO
ALL YOU
EVER NEED.


MANY OF US SEEK TO BE
UNDERSTOOD BY THE
WORLD. WE FIRST MUST
STRIVE FOR A BETTER
UNDERSTANDING OF
OURSELVES AND
OTHERS


TO BE
UNDERSTOOD
IS A GREAT
GIFT TO
GIVE, AND
A GREAT
GIFT ALSO
TO RECEIVE.



THE TRINITY

WHEN YOUR VALUES, ACTIONS, AND WORDS ALIGN, THERE IS NO PSYCHOLOGICAL SCHISM. THIS PRACTICE WILL IMPROVE YOUR SELF-ESTEEM AND IS KEY TO A LIFE OF AUTHENTICITY.



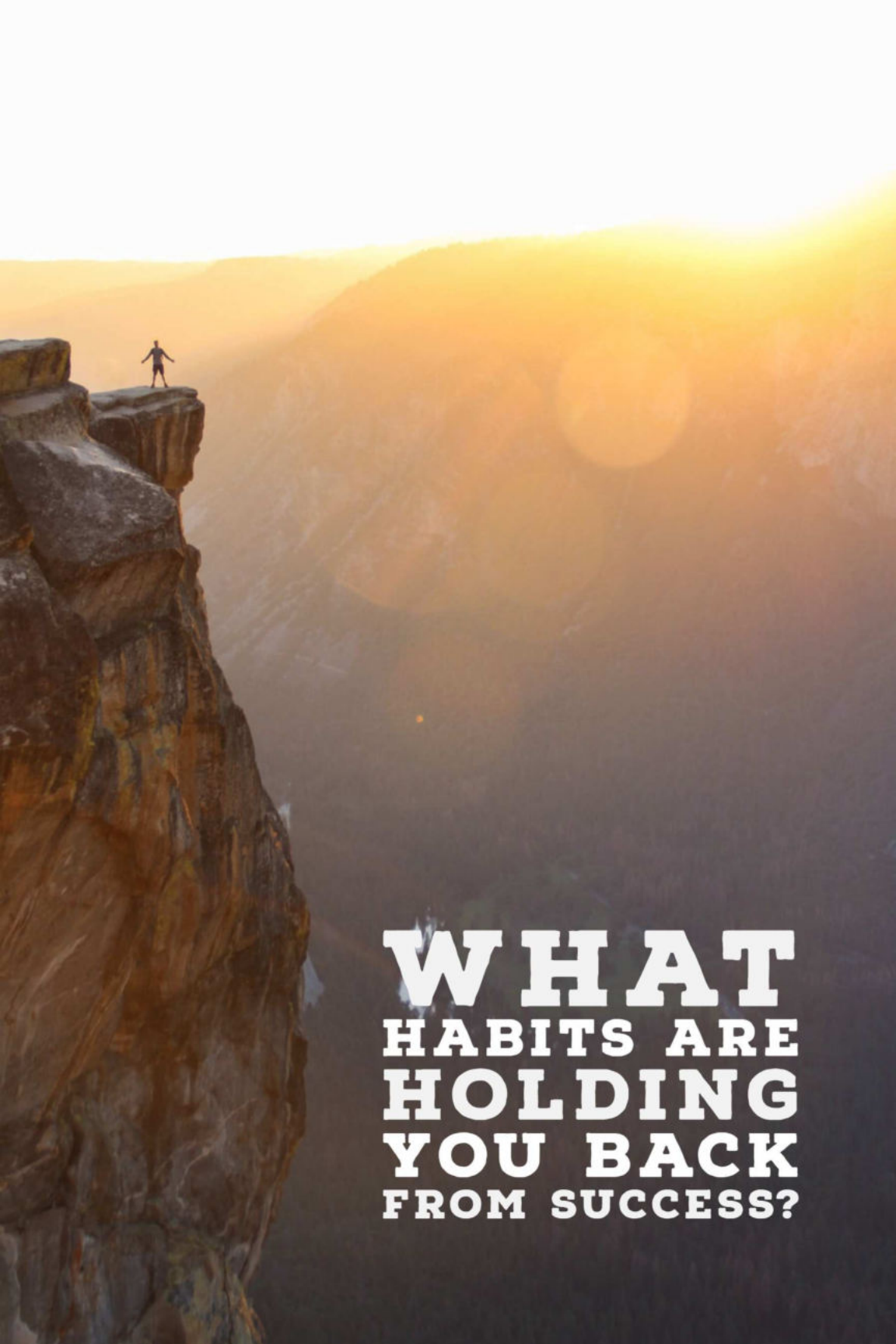
DON'T
AIM TO BE
DIFFERENT
AIM
TO BE
AUTHENTIC

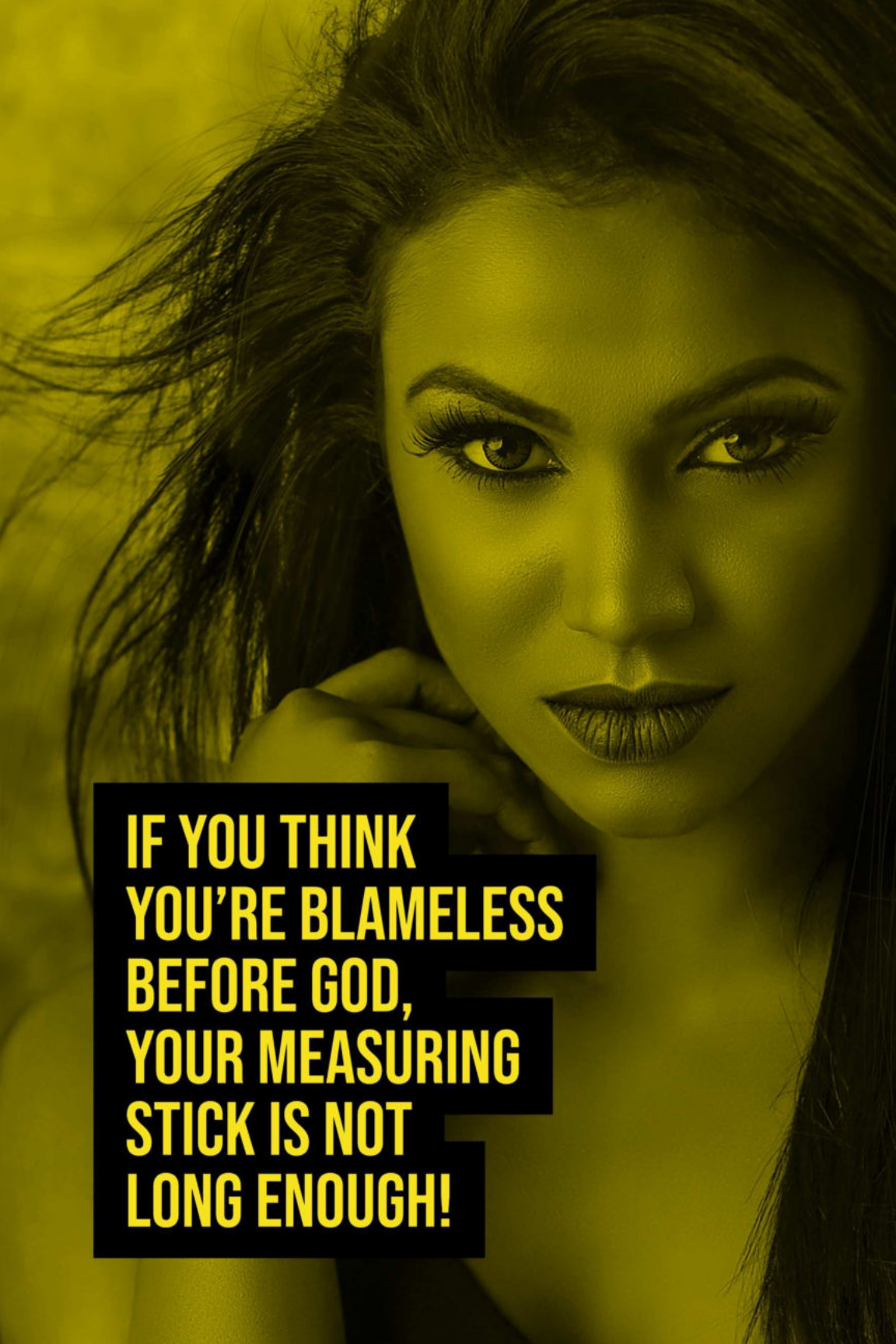


BE REAL

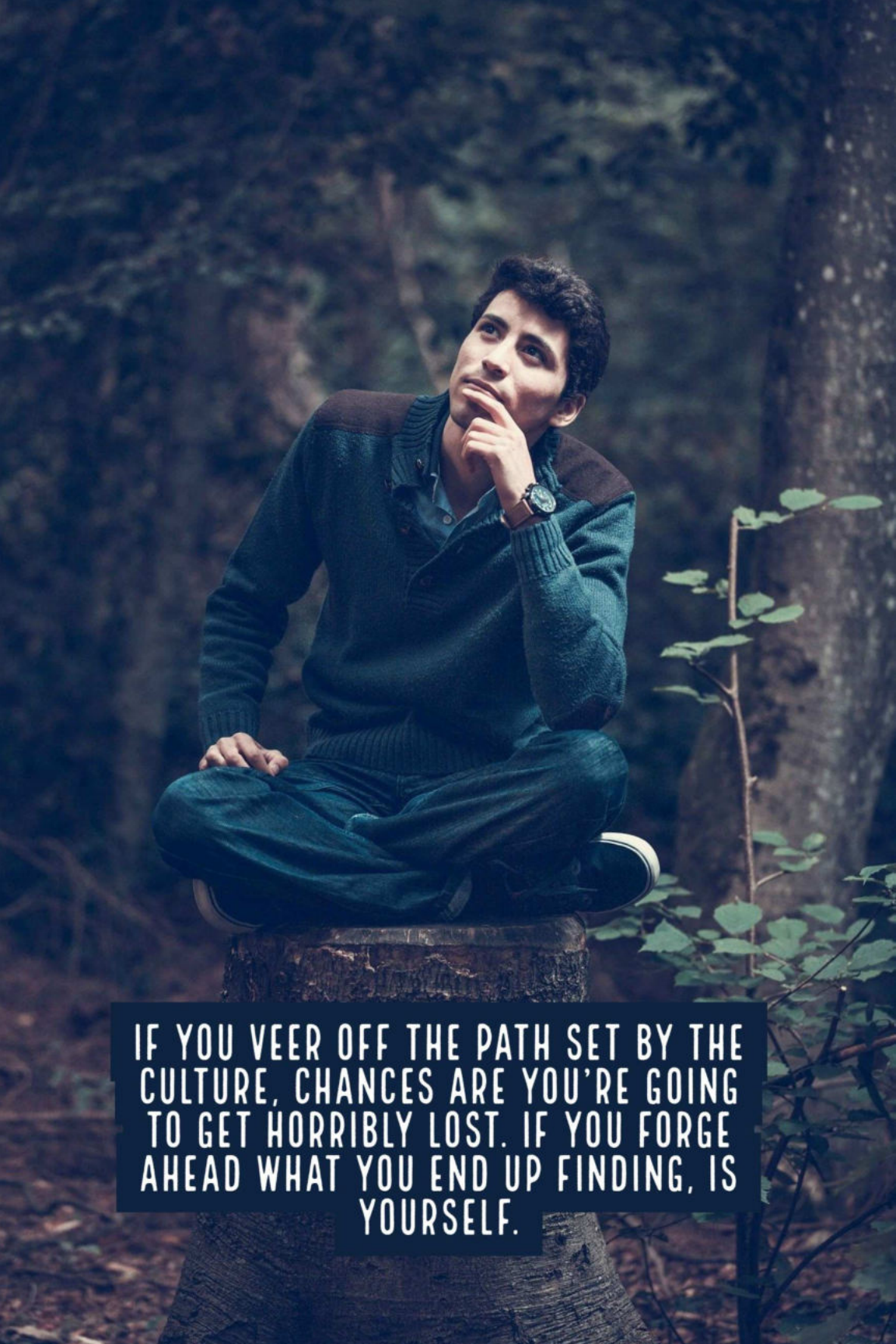
IT'S UNDIGNIFIED NOT TO BE


RESPONSIBILITY
BREEDS
EMPOWERMENT

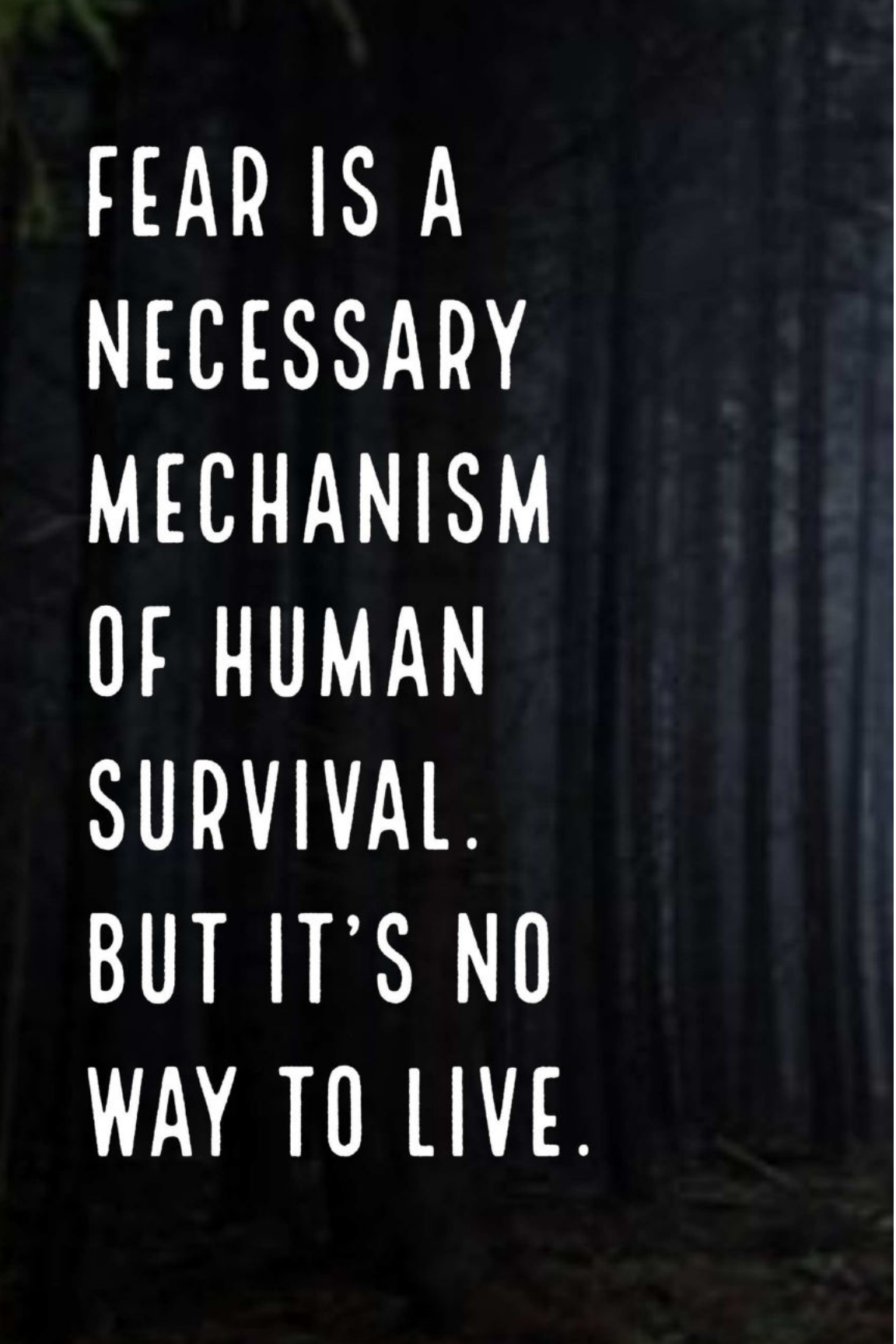

WHAT
HABITS ARE
HOLDING
YOU BACK
FROM SUCCESS?


IF YOU THINK
YOU'RE BLAMELESS
BEFORE GOD,
YOUR MEASURING
STICK IS NOT
LONG ENOUGH!


Be Kind. It's
as simple
as that.


IF YOU VEER OFF THE PATH SET BY THE CULTURE, CHANCES ARE YOU'RE GOING TO GET HORRIBLY LOST. IF YOU FORGE AHEAD WHAT YOU END UP FINDING, IS YOURSELF.

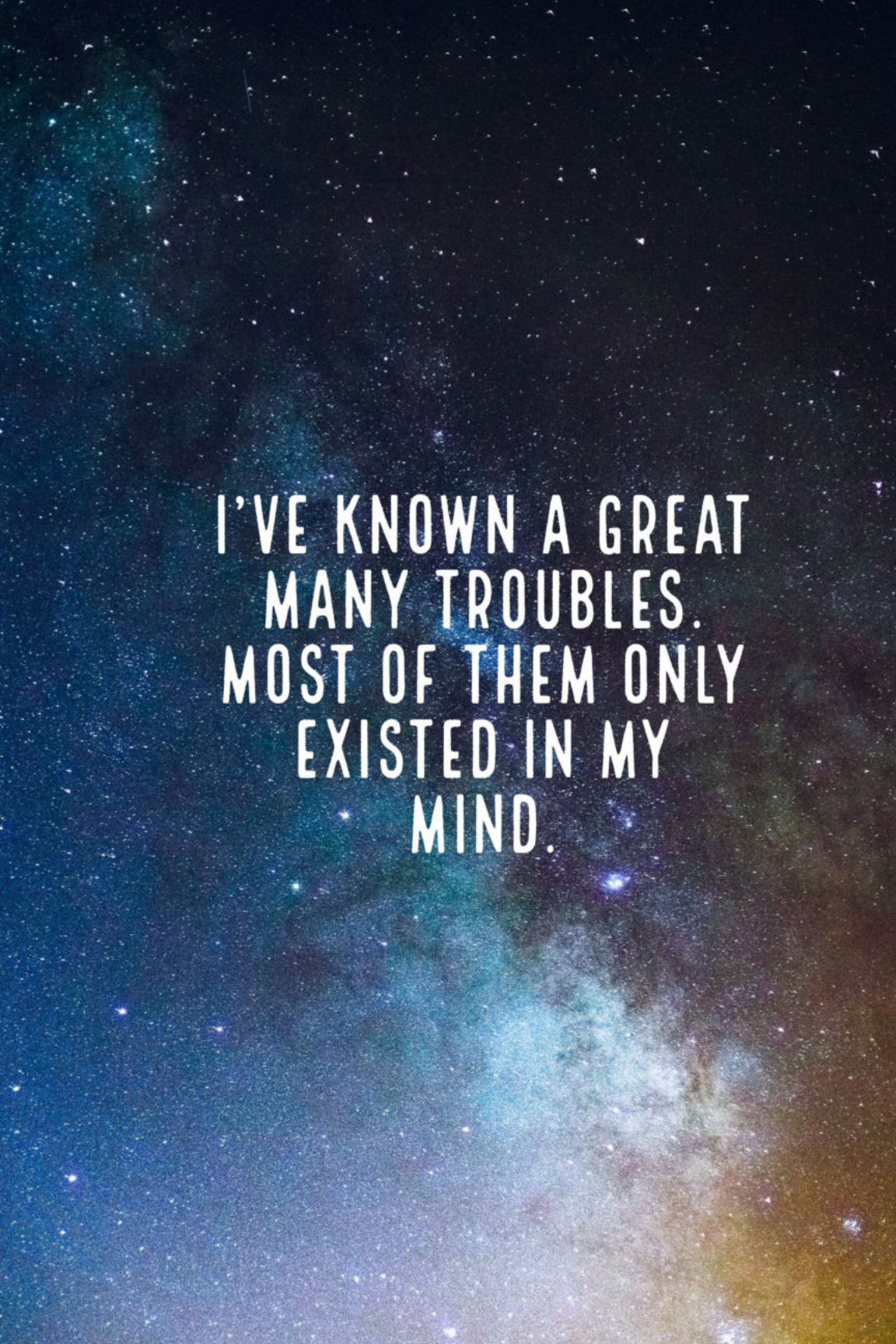

CLOSE YOUR EYES
AND IMAGINE HOME.
WHERE ARE YOU
NOW?


FEAR IS A
NECESSARY
MECHANISM
OF HUMAN
SURVIVAL.
BUT IT'S NO
WAY TO LIVE.


DON'T BE AFRAID
TO STICK YOUR
NECK OUT. THIS
GUY ISN'T!

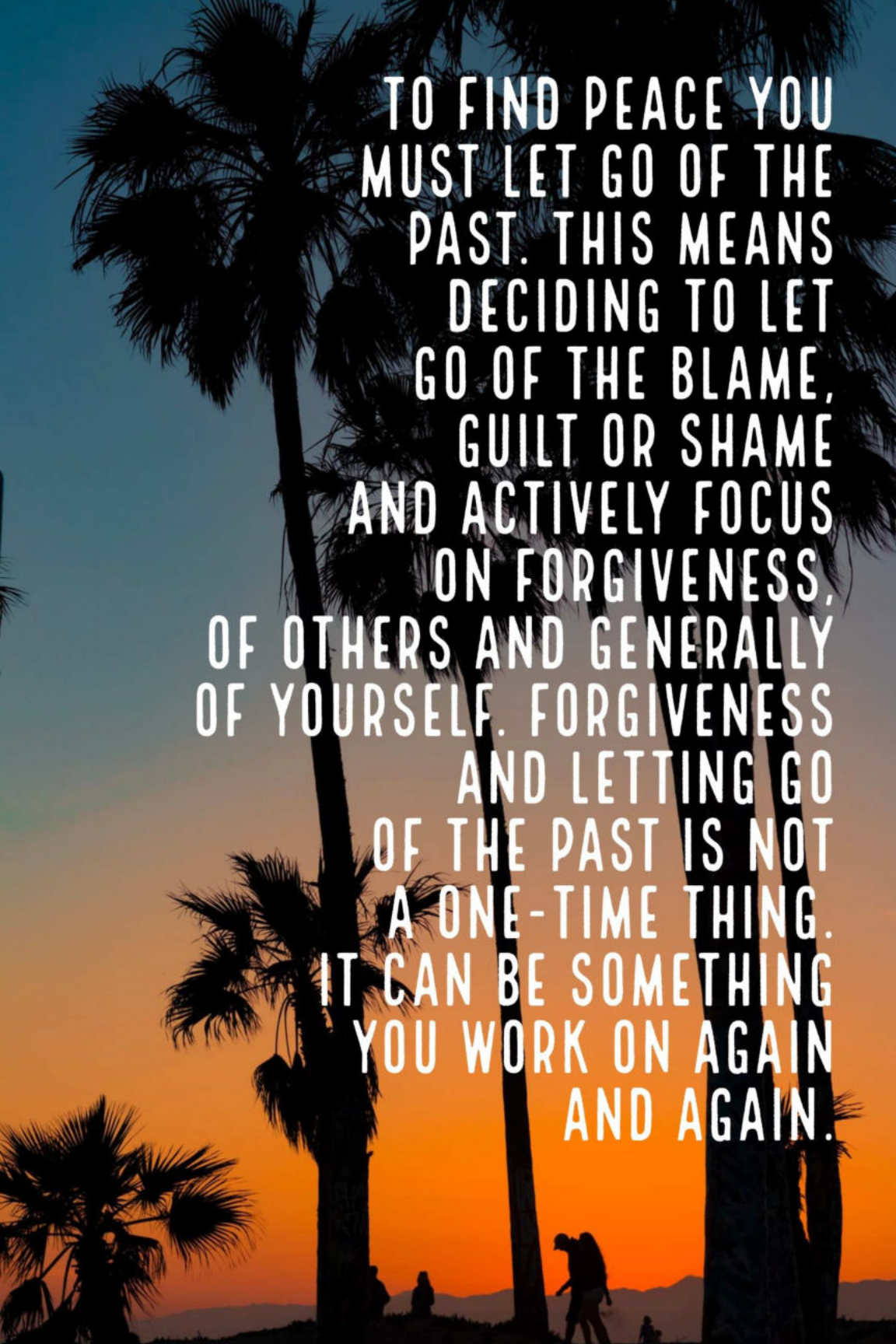
YOU ONLY NEED WHAT YOU NEED.

THE REST IS CLUTTER.


I'VE KNOWN A GREAT
MANY TROUBLES.
MOST OF THEM ONLY
EXISTED IN MY
MIND.

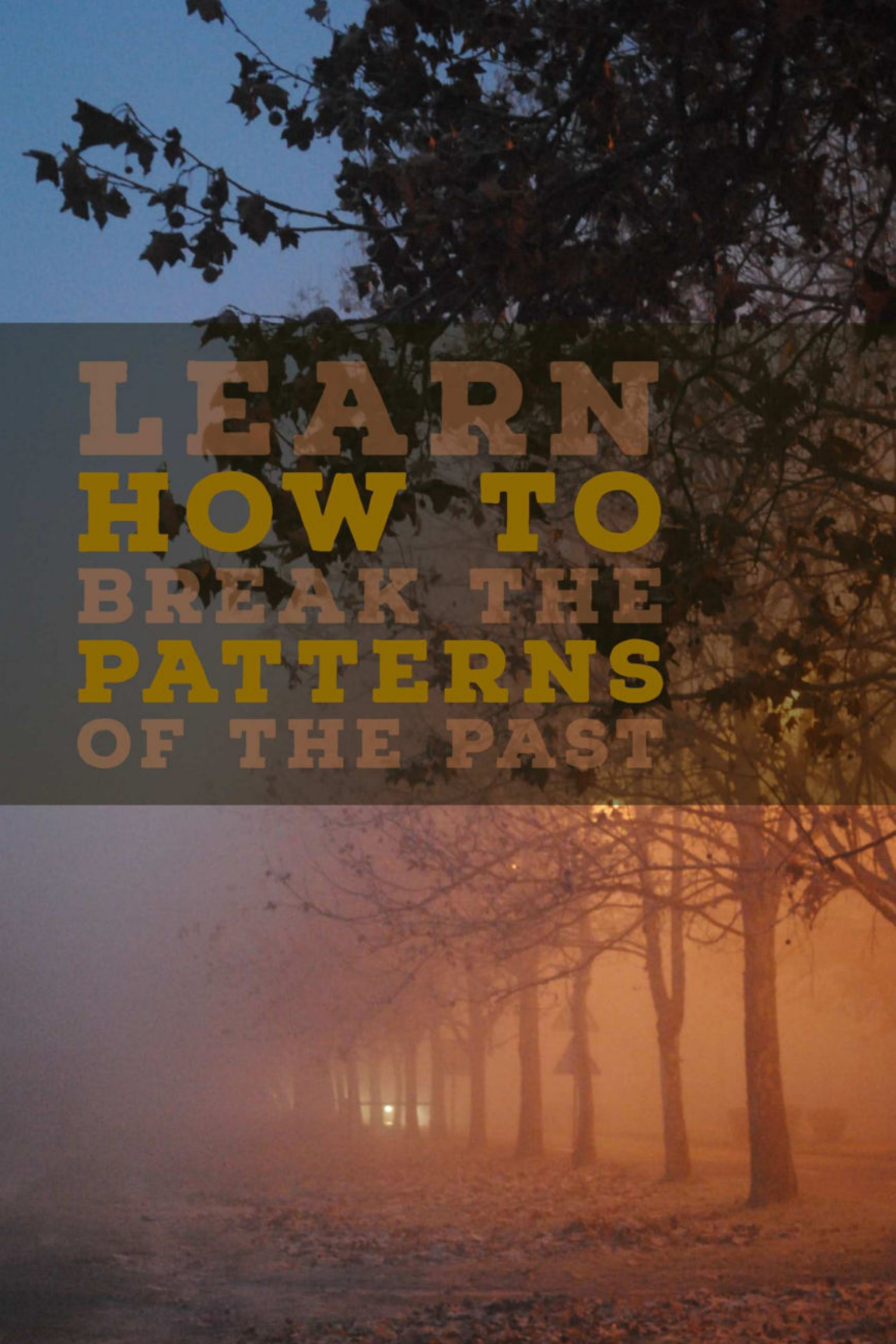
LETTING GO OF THE PAST IS NOT A ONE-TIME THING. DIFFERENT PEOPLE AND SITUATIONS SPARK MEMORIES THAT TAKE YOU BACK TO THE WRONGS YOU HAVE COMMITTED AND THE INJUSTICES BESTOWED ON YOU BY OTHERS. TO FIND PEACE YOU MUST ONCE AGAIN DECIDE TO LET GO OF BLAME AND SHAME AND FOCUS ON FORGIVENESS OF OTHERS AND OF YOURSELF.



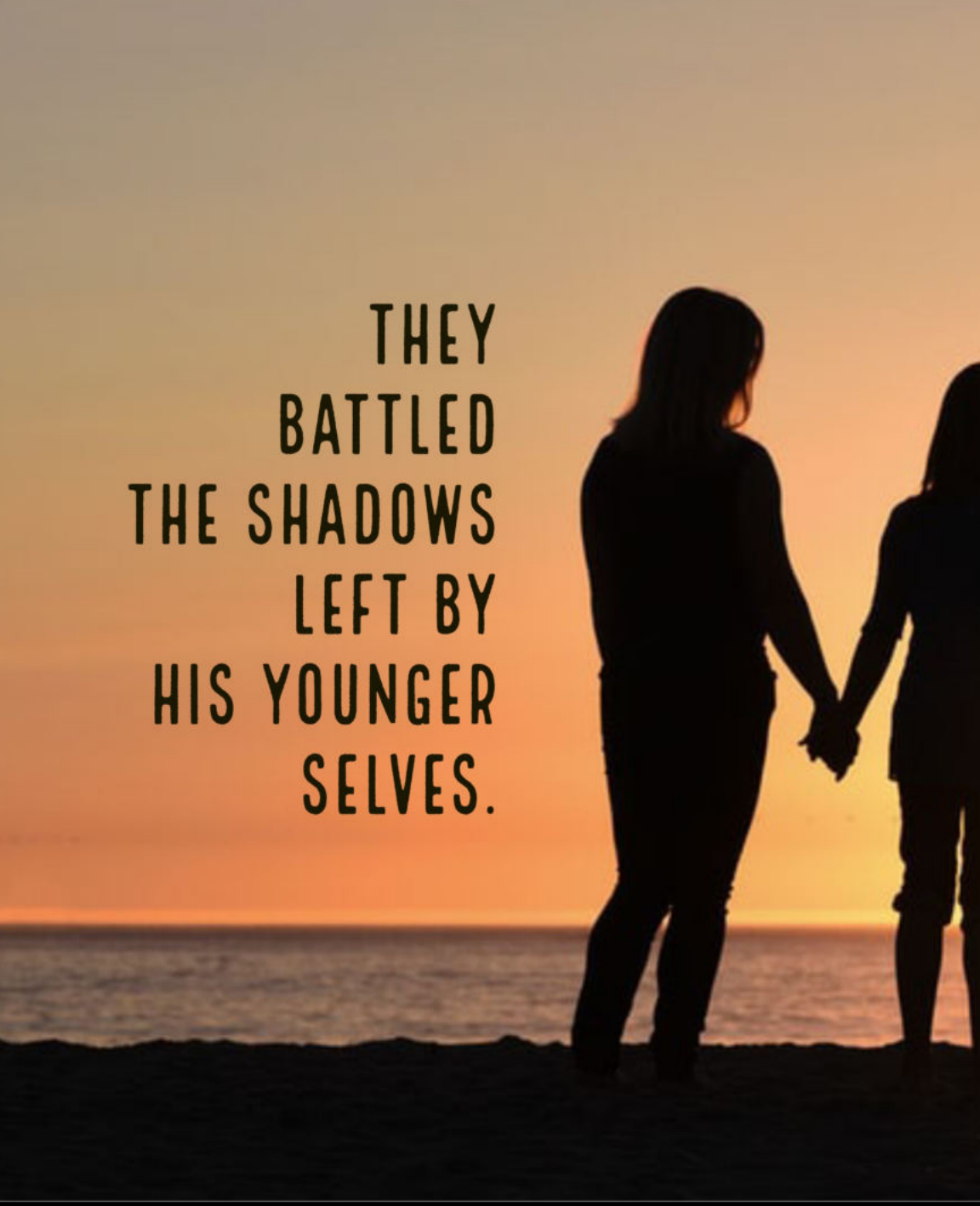

TO FIND PEACE YOU MUST LET GO OF THE PAST. THIS MEANS DECIDING TO LET GO OF THE BLAME, GUILT OR SHAME AND ACTIVELY FOCUS ON FORGIVENESS, OF OTHERS AND GENERALLY OF YOURSELF. FORGIVENESS AND LETTING GO OF THE PAST IS NOT A ONE-TIME THING. IT CAN BE SOMETHING YOU WORK ON AGAIN AND AGAIN.


FORGIVENESS IS
EMPOWERING

EVERYTHING CHANGES, NOTHING IS PERMANENT AND NOTHING STAYS THE SAME. ONCE YOU EMBODY THE TRUTH OF IMPERMANENCE YOU LIVE LIFE FOR WHAT IT IS WITHOUT GETTING SWALLOWED UP BY LOSS.


LEARN
HOW TO
BREAK THE
PATTERNS
OF THE PAST


FIX YOURSELF FIRST


THEY
BATTLED
THE SHADOWS
LEFT BY
HIS YOUNGER
SELVES.


FORGIVE YOUR PARENTS



IN THE FULLNESS OF TIME YOU WILL KNOW YOUR OWN FOLLY



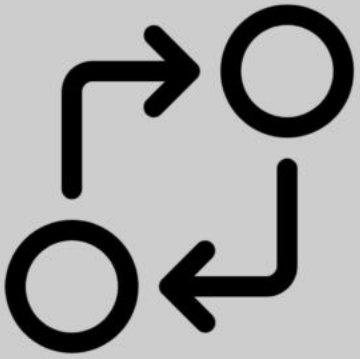

IF YOU DON'T CRINGE A LITTLE WHEN YOU LOOK BACK ON YOUR PAST. YOU'RE PROBABLY NOT GROWING AS A PERSON.


IT'S EASIER TO MOVE ON FROM A MISGUIDED PAST WHEN YOU KNOW YOU'VE IN SOME WAY OVERCOME IT. HOW? BY ACCEPTING YOU'VE MADE MISTAKES, AND RECOGNISING YOUR MISGUIDED ATTITUDES WHILE CHANGING & CORRECTING THEM. YOU CANNOT BE FREE BY JUSTIFYING EVERYTHING YOU'VE DONE OR BELIEVED IN THE PAST. YOU'LL END UP STUCK THERE, FULL OF BLAME. BECAUSE YOU'RE STILL MAKING THOSE SAME MISTAKES AND REINFORCING THAT SAME FAILED MINDSET.


DON'T BE BLIND
TO THE WAYS
OF THE WORLD.
DON'T BE
BLIND TO
YOURSELF.


ATTITUDE IS
EVERYTHING!

HOW YOU DEFINE THE SITUATION DEFINES YOUR ATTITUDE TOWARDS IT



Life has a compounding effect when it comes to gains. Those who receive gains or wins in life are more likely to receive more of the same. The Bible says "For to everyone who has, more will be given, and he will have abundance; but from him who has not, even what he has will be taken away."
– Matthew 25:29, RSV.

This is called the Matthew Principle and is true for society as it is in the natural world. It is a natural phenomenon and not a fault in human governance and systems. Losses compound as well as gains proving life is truly unfair and should be accepted as such.

The Matthew Principle is reason alone to not look over your shoulder when trying to get ahead, the playing field is truly uneven. It also should be understood that just because you've had a late start that you shouldn't try. Compound your wins, not your losses. Replicate small wins and build on them. Be blinkered and compare yourself to who you were yesterday.

Just because nature has a tendency for unfairness does in no way mean we should give up on the idea of fairness altogether. Creating a more level playing field is a just goal for society and the individual, we just have to be realistic about the outcomes.


YOU STAND NO CLOSER TO THE SUN THAN ANY
OTHER MAN. UNLESS YOU'RE ON TOP OF A HILL.



THERE ARE PEOPLE WITH TALENT WHO WORK AT THINGS AND **BECOME BETTER.**

THERE ARE PEOPLE WITH **TALENT WHO THINK TRYING IS UNCOOL** OR AREN'T MOTIVATED TO PROGRESS OR DON'T LINK PRACTICE TO IMPROVEMENT AND NEVER **FULLY DEVELOP.**


DON'T TALK, DO

FAILURE
IS
JUST
THE
BEGINNING

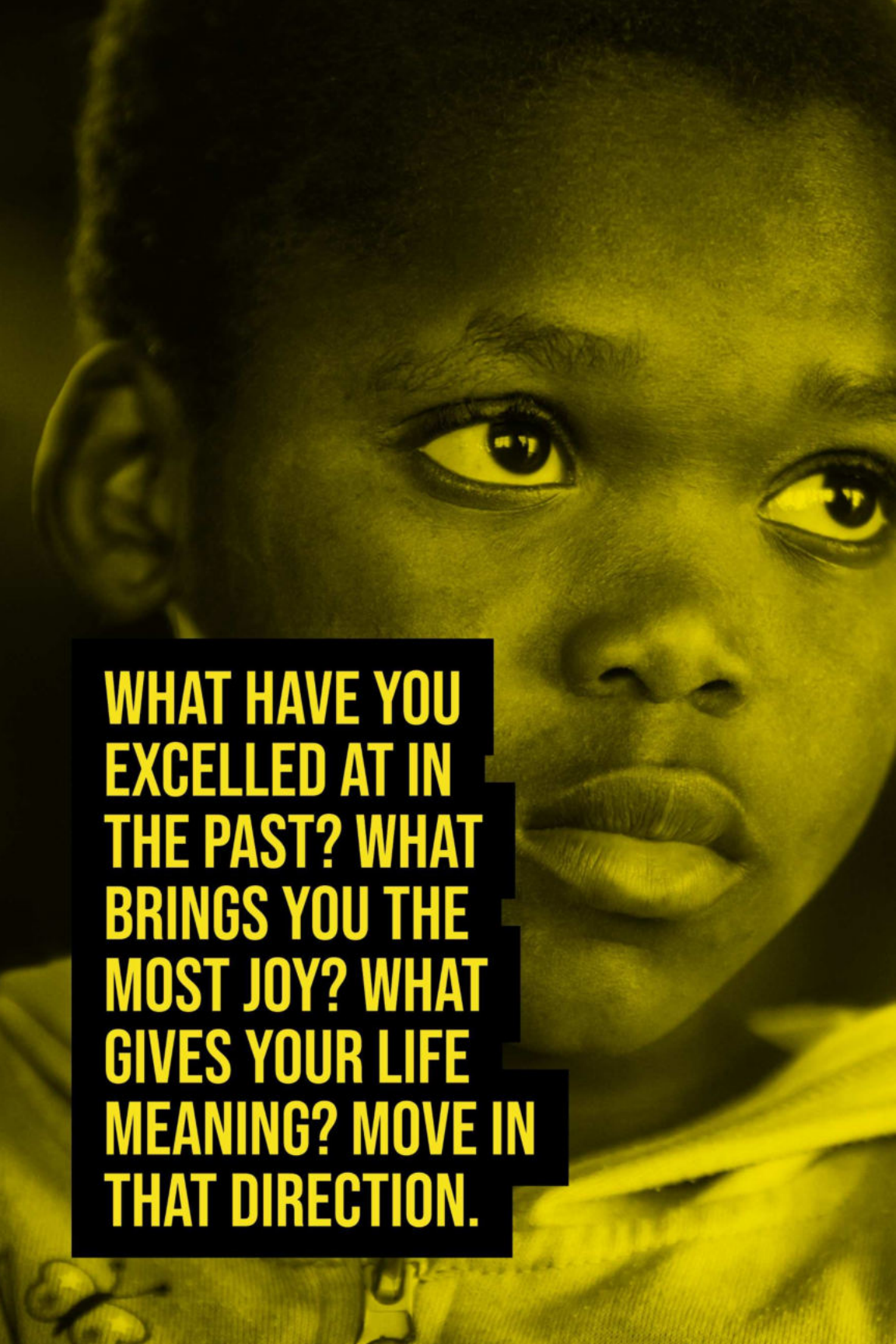
FAILURE CAN
BE LIBERATING
GIVEN THE RIGHT
MINDSET



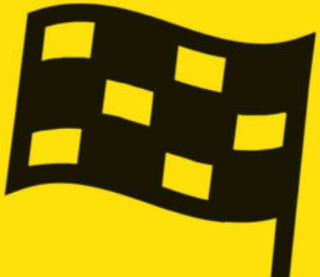
FAILURE IS
A LESSON
ONLY UNDERSTOOD
BY THOSE
WILLING TO
LEARN IT

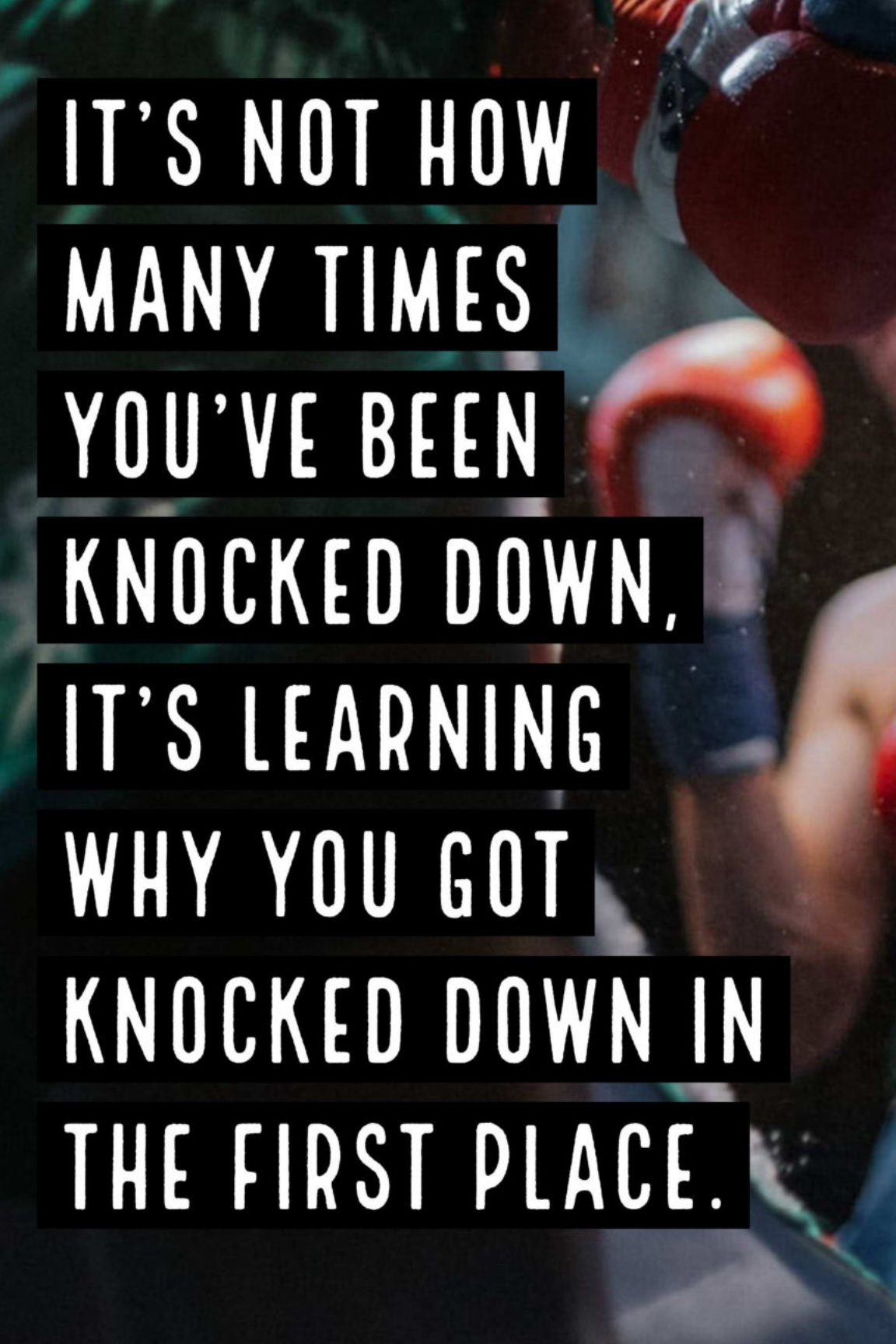

GROWTH
THROUGH
FAILURE


FAIL FAST
FAIL OFTEN

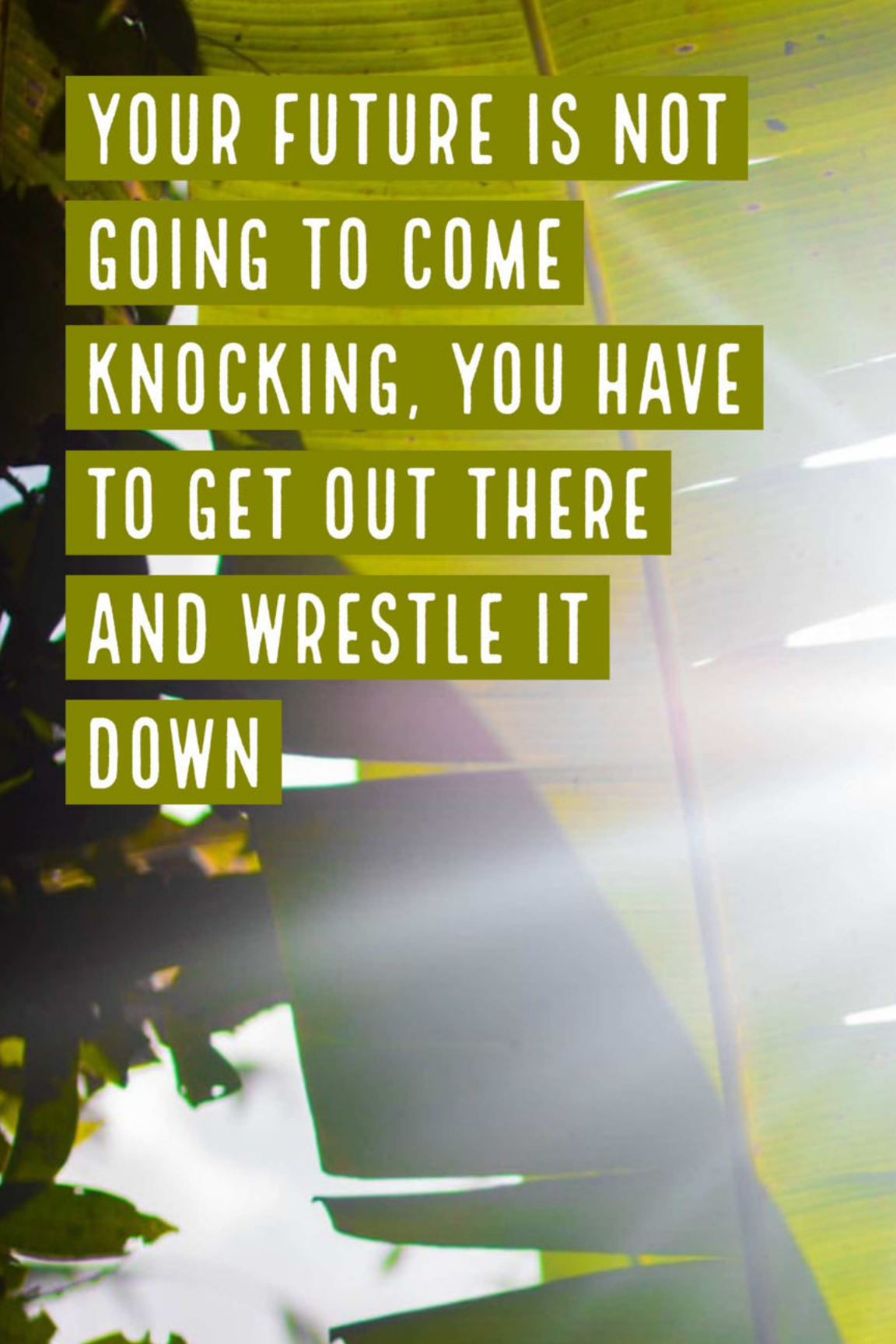

WHAT HAVE YOU EXCELLED AT IN THE PAST? WHAT BRINGS YOU THE MOST JOY? WHAT GIVES YOUR LIFE MEANING? MOVE IN THAT DIRECTION.

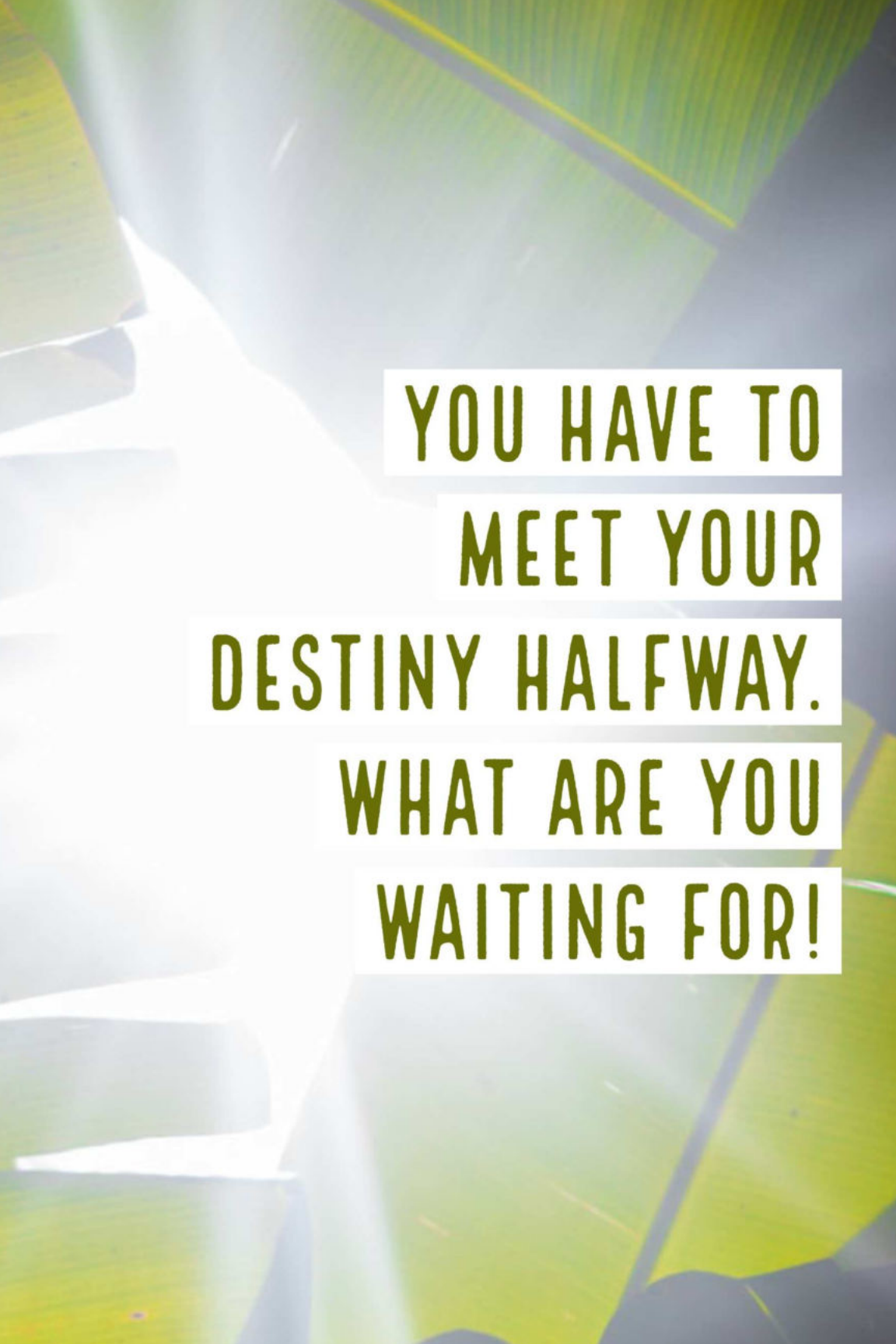
DON'T OVERLOOK SMALL WINS, TRY TO REPLICATE THEM.



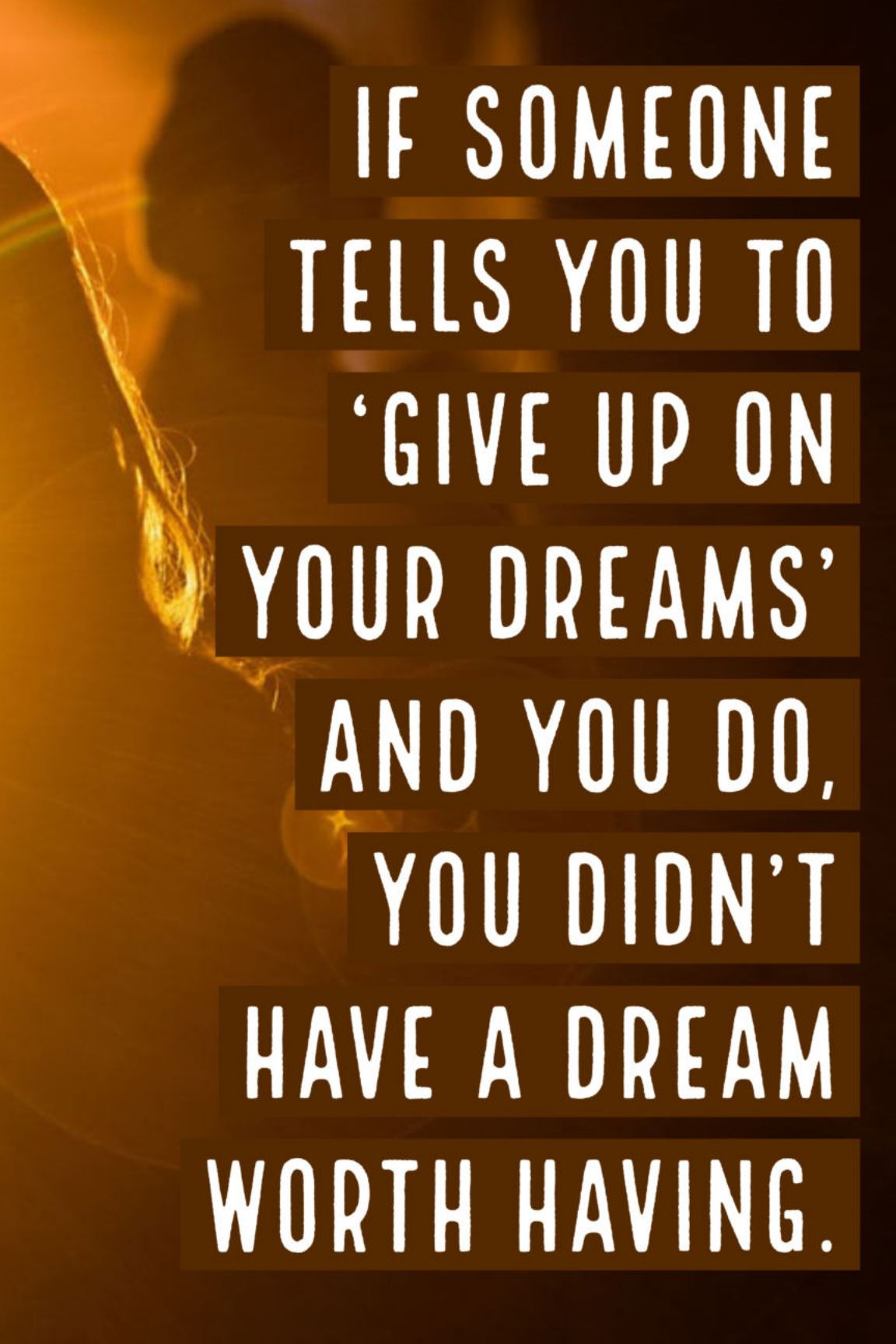

IT'S NOT HOW
MANY TIMES
YOU'VE BEEN
KNOCKED DOWN,
IT'S LEARNING
WHY YOU GOT
KNOCKED DOWN IN
THE FIRST PLACE.


ADAPT, RETOOL,
RELEARN, REFINE,
RECREATE. THIS TIME
WILL BE DIFFERENT


YOUR FUTURE IS NOT GOING TO COME KNOCKING, YOU HAVE TO GET OUT THERE AND WRESTLE IT DOWN


YOU HAVE TO
MEET YOUR
DESTINY HALFWAY.
WHAT ARE YOU
WAITING FOR!


SOMETIMES
THE BEST
THING YOU
CAN DO IS
GIVE UP ON
YOUR DREAMS.
SOMETIMES.


IF SOMEONE
TELLS YOU TO
'GIVE UP ON
YOUR DREAMS'
AND YOU DO,
YOU DIDN'T
HAVE A DREAM
WORTH HAVING.

ASK QUESTIONS.

FOR GOD'S SAKE ASK QUESTIONS.

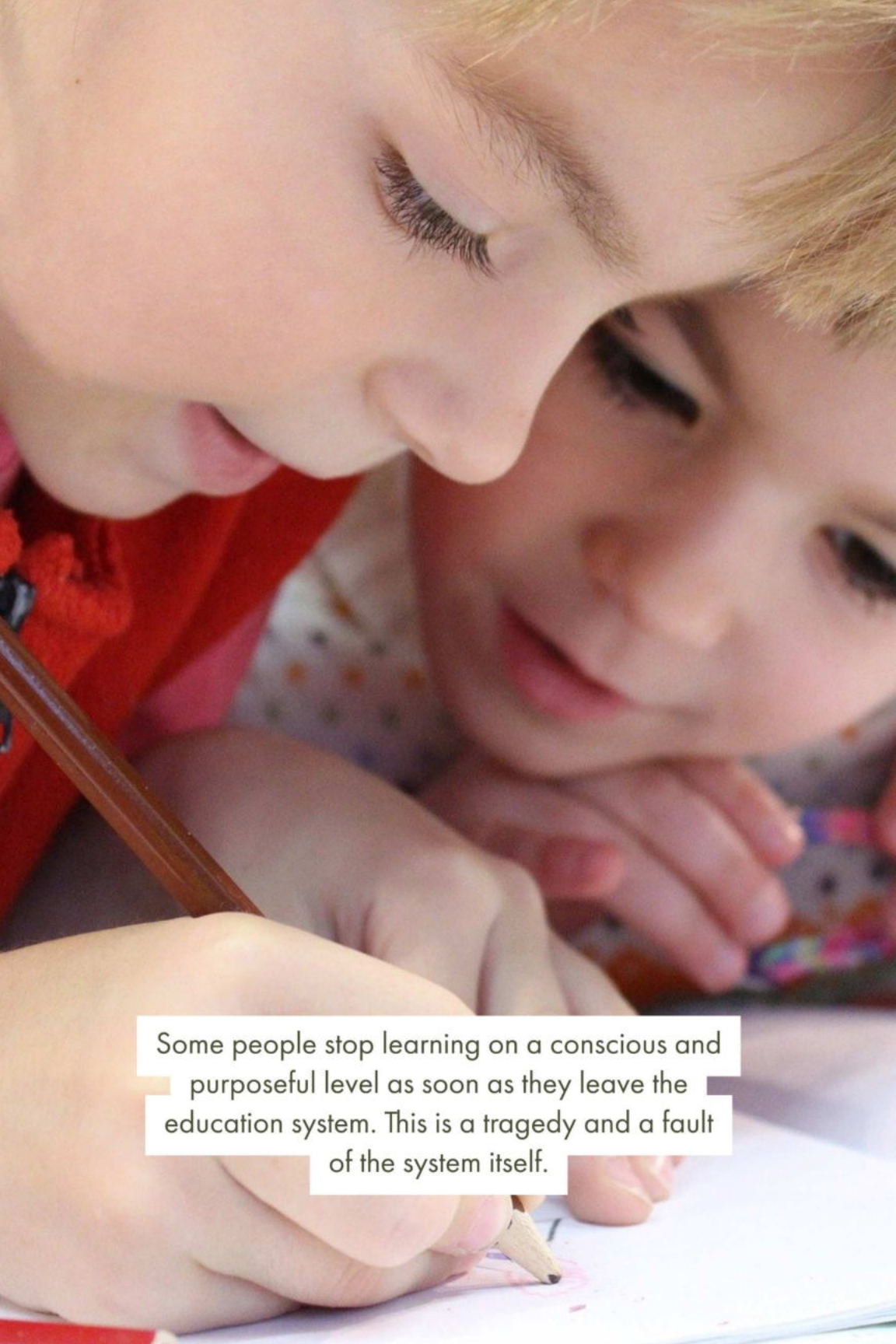


JUST BECAUSE YOU DIDN'T WANT TO HEAR SOMETHING DOESN'T MEAN YOU SHOULD IGNORE IT. SOMETIMES THAT'S EXACTLY WHAT YOU NEED TO HEAR.



THERE IS NO GOOD ASKING A QUESTION IF YOUR INCAPABLE OF LISTENING TO THE ANSWER


YOU CAN'T GROW AS A PERSON IF YOU NEVER ADMIT THAT YOU WERE WRONG. YOU CAN'T CHANGE YOUR MIND IF YOU'RE RIGHT ABOUT EVERYTHING.

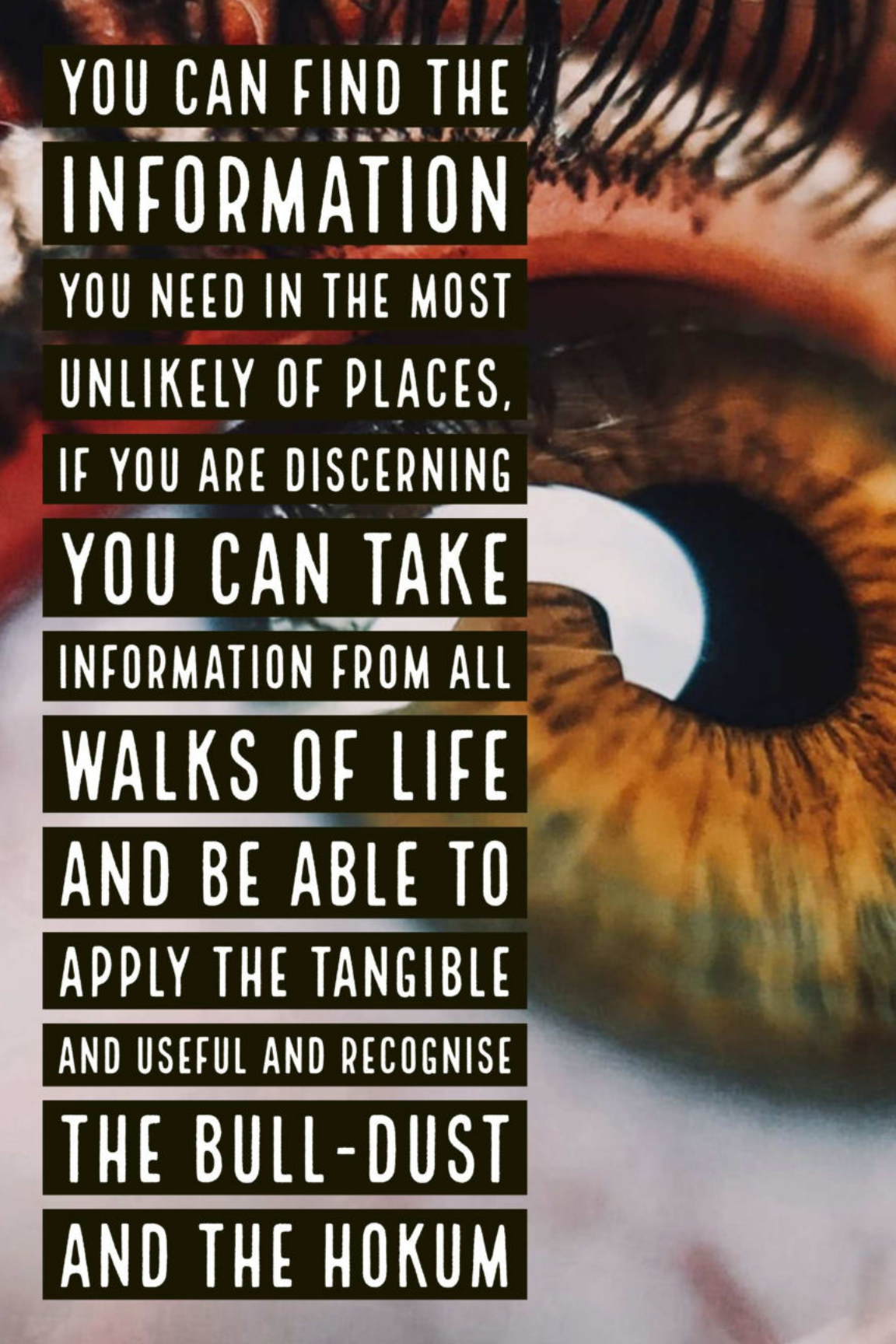


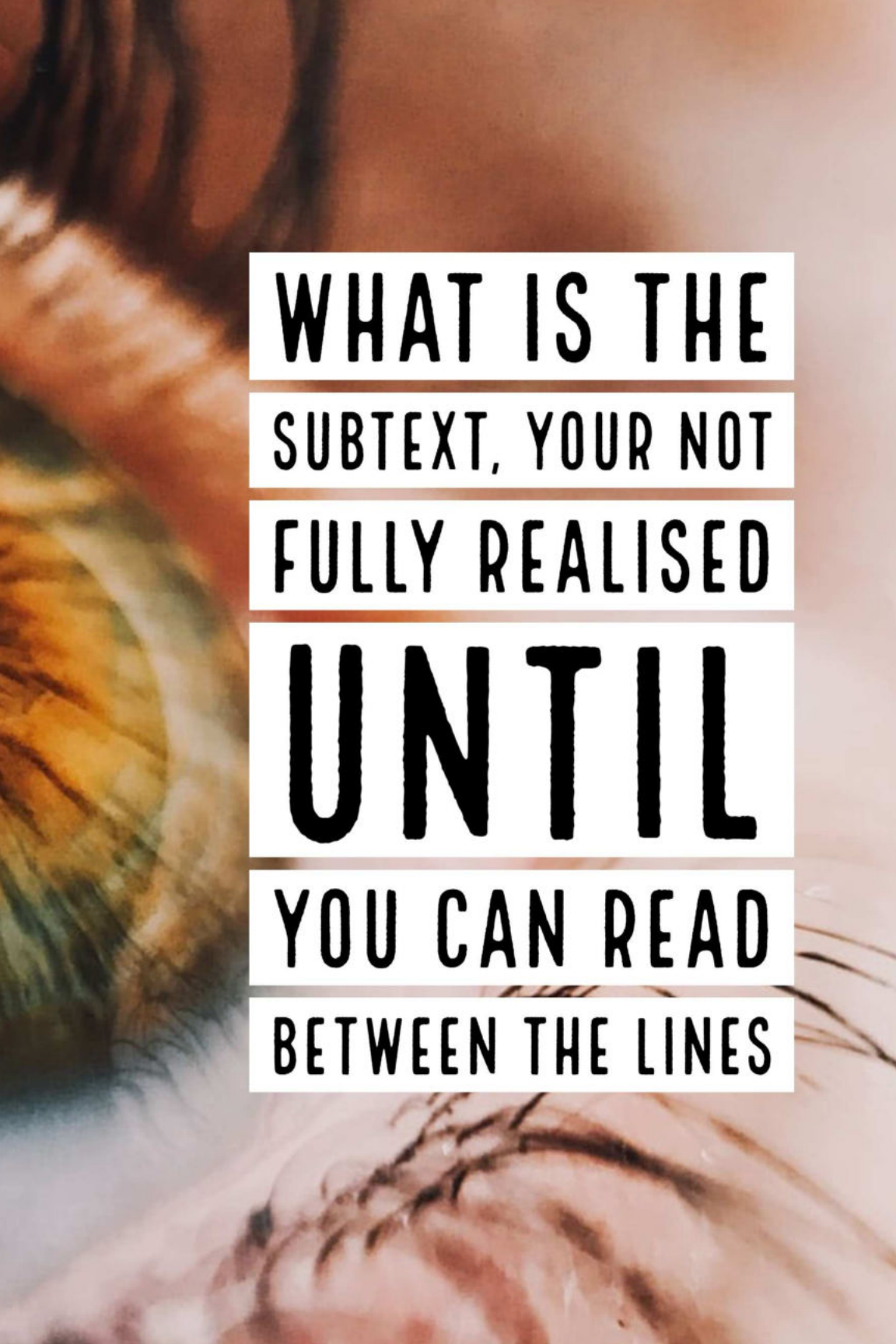
Some people stop learning on a conscious and purposeful level as soon as they leave the education system. This is a tragedy and a fault of the system itself.


YOU'RE
GOING TO
GET IT
WRONG
BEFORE
YOU
GET IT
RIGHT.
FULL STOP!

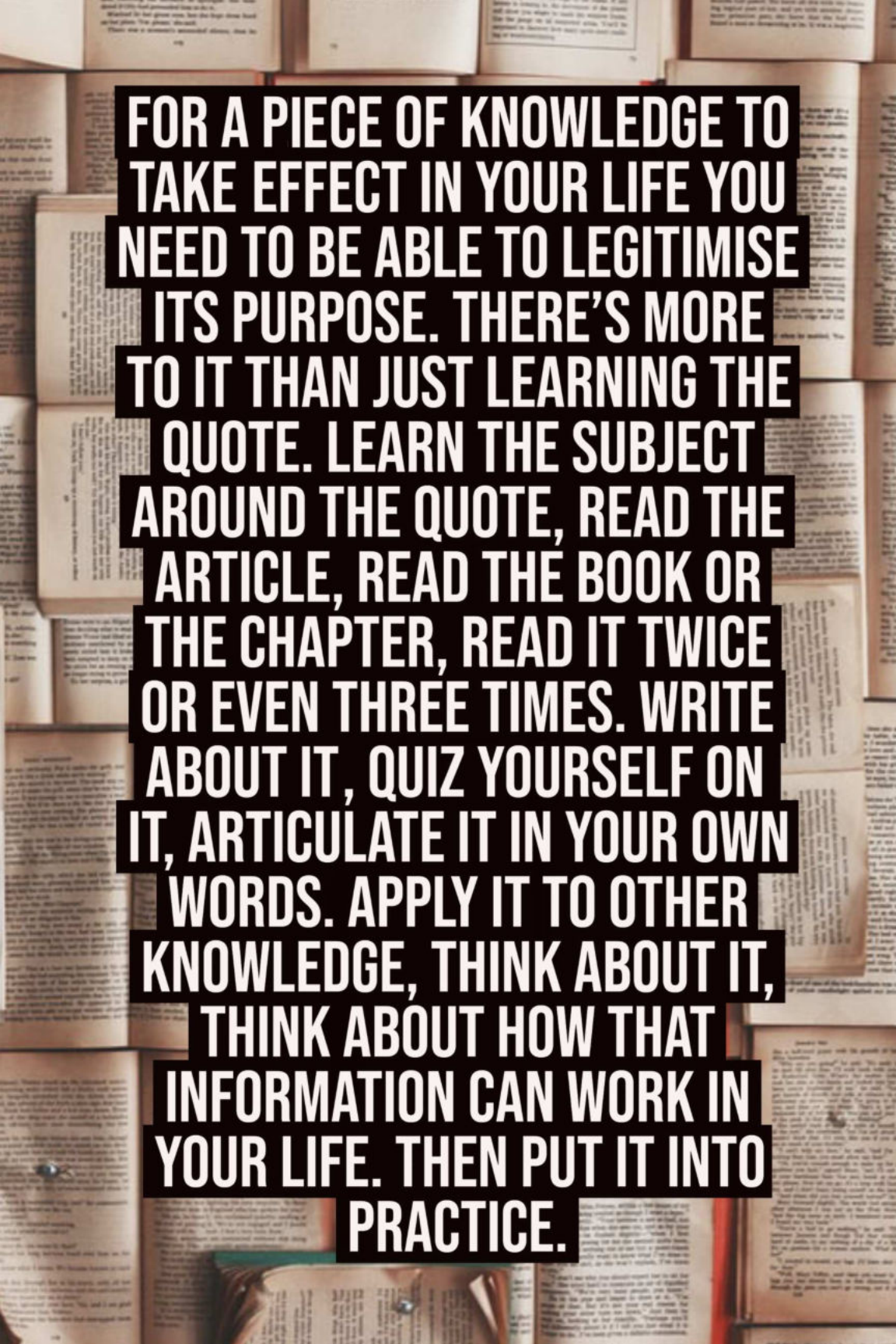
IF YOU BELIEVE
EDUCATING
YOURSELF IS
UN-IMPORTANT
YOU WILL ALMOST
ALWAYS BE
UNDER-VALUED
COMPARED TO THOSE
WHO BELIEVE
OTHERWISE AND ACT IN
ACCORDANCE

IF YOU JUMP HEADFIRST INTO LIFE WITHOUT DEVELOPING AN UNDERSTANDING OF IT, YOU COULD LAND HEADFIRST INTO A SHALLOW POOL OF YOUR OWN IGNORANCE AND YOU MAY NEVER RECOVER


YOU CAN FIND THE
INFORMATION
YOU NEED IN THE MOST
UNLIKELY OF PLACES,
IF YOU ARE DISCERNING
YOU CAN TAKE
INFORMATION FROM ALL
WALKS OF LIFE
AND BE ABLE TO
APPLY THE TANGIBLE
AND USEFUL AND RECOGNISE
THE BULL-DUST
AND THE HOKUM


WHAT IS THE
SUBTEXT, YOUR NOT
FULLY REALISED
UNTIL
YOU CAN READ
BETWEEN THE LINES

MASTERY
IS
ACHIEVABLE,
WIZARDRY
IS
NOT.


FOR A PIECE OF KNOWLEDGE TO TAKE EFFECT IN YOUR LIFE YOU NEED TO BE ABLE TO LEGITIMISE ITS PURPOSE. THERE'S MORE TO IT THAN JUST LEARNING THE QUOTE. LEARN THE SUBJECT AROUND THE QUOTE, READ THE ARTICLE, READ THE BOOK OR THE CHAPTER, READ IT TWICE OR EVEN THREE TIMES. WRITE ABOUT IT, QUIZ YOURSELF ON IT, ARTICULATE IT IN YOUR OWN WORDS. APPLY IT TO OTHER KNOWLEDGE, THINK ABOUT IT, THINK ABOUT HOW THAT INFORMATION CAN WORK IN YOUR LIFE. THEN PUT IT INTO PRACTICE.

ASSERTIVENESS HELPS US TO SEEK OUT INTERACTIONS THAT HELP US NAVIGATE LIFE. IT HELPS US TO BE AWARE OF OUR VALUE AND HELPS US TO STAND BY OUR VALUES. IT'S ABOUT LETTING PEOPLE KNOW WHERE YOU'RE AT. IT'S ABOUT MAKING PEOPLE AWARE OF HOW YOUR FEELING AND WHAT YOU WANT WITHOUT BEING OVERLY EMOTIONAL OR AGGRESSIVE.

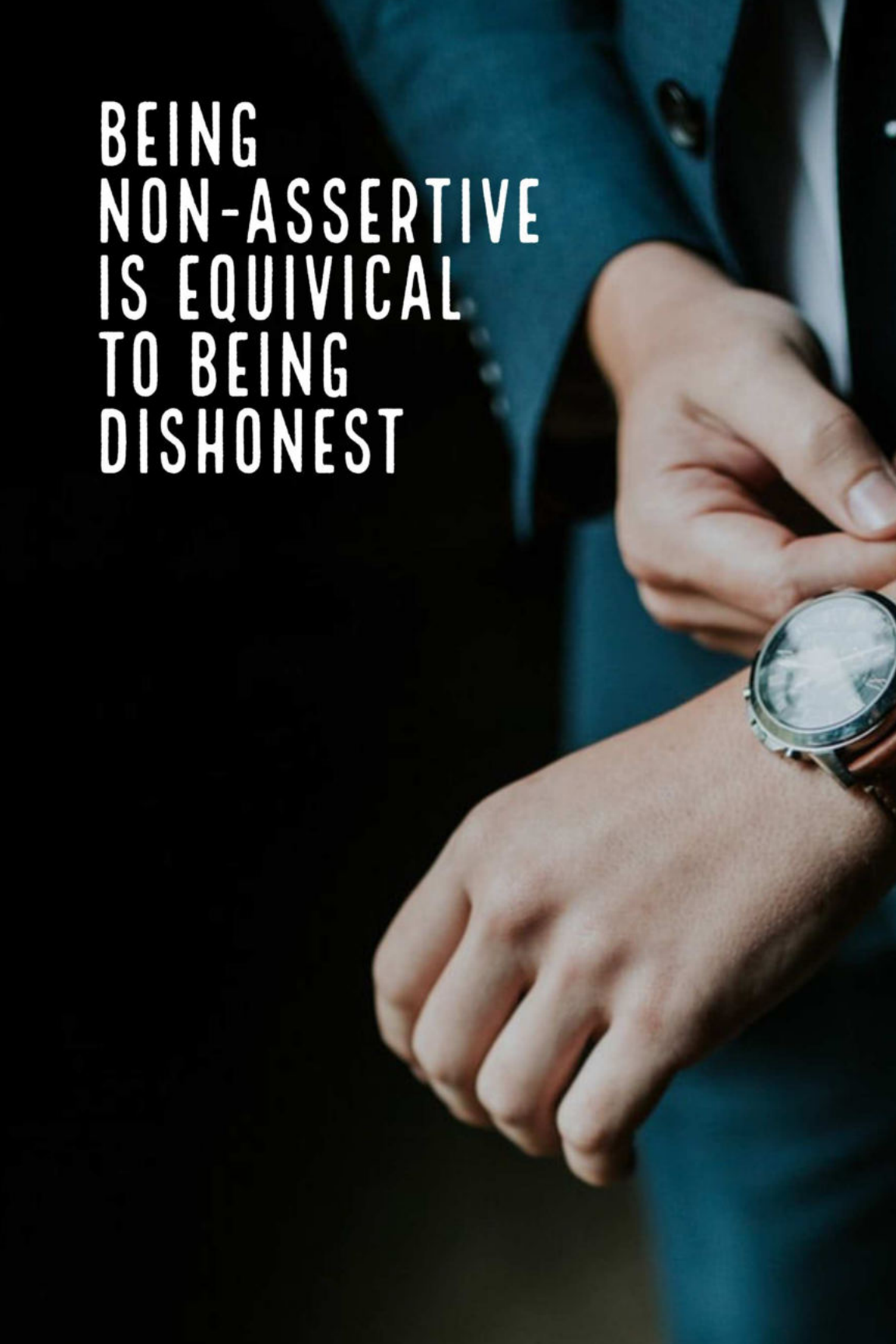


If you come from a well-to-do family, chances are you have been taught to communicate and negotiate effectively with authority. This breeds a healthy respect for authority as they are made to feel as though they have some autonomy and say when faced with institutional or personal power.

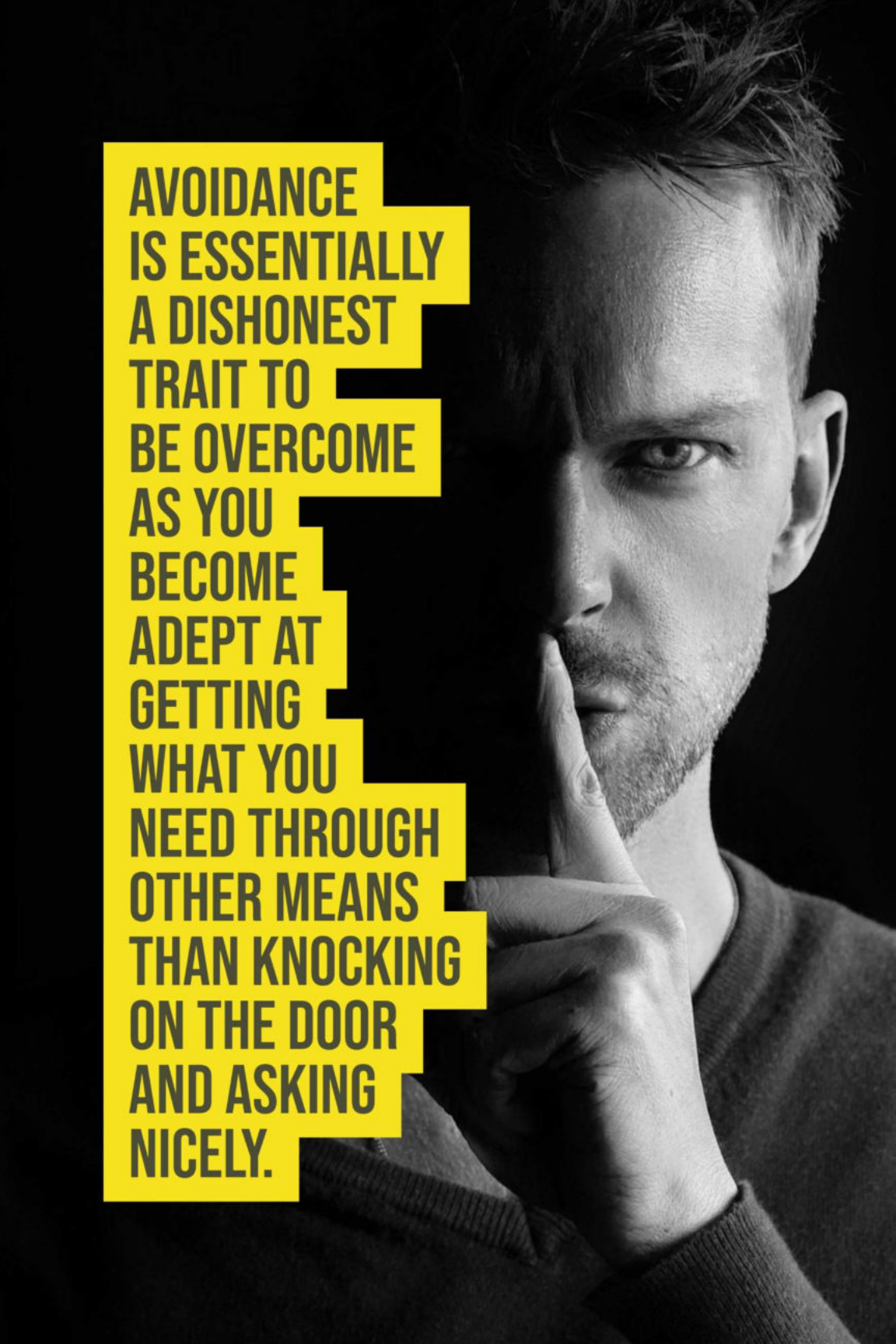
This ability to work with people and represent yourself is called 'Assertiveness'. Once you learn assertiveness and incorporate it into your being, you are better able to see negotiation from a win-win perspective, whether you have the power or not.

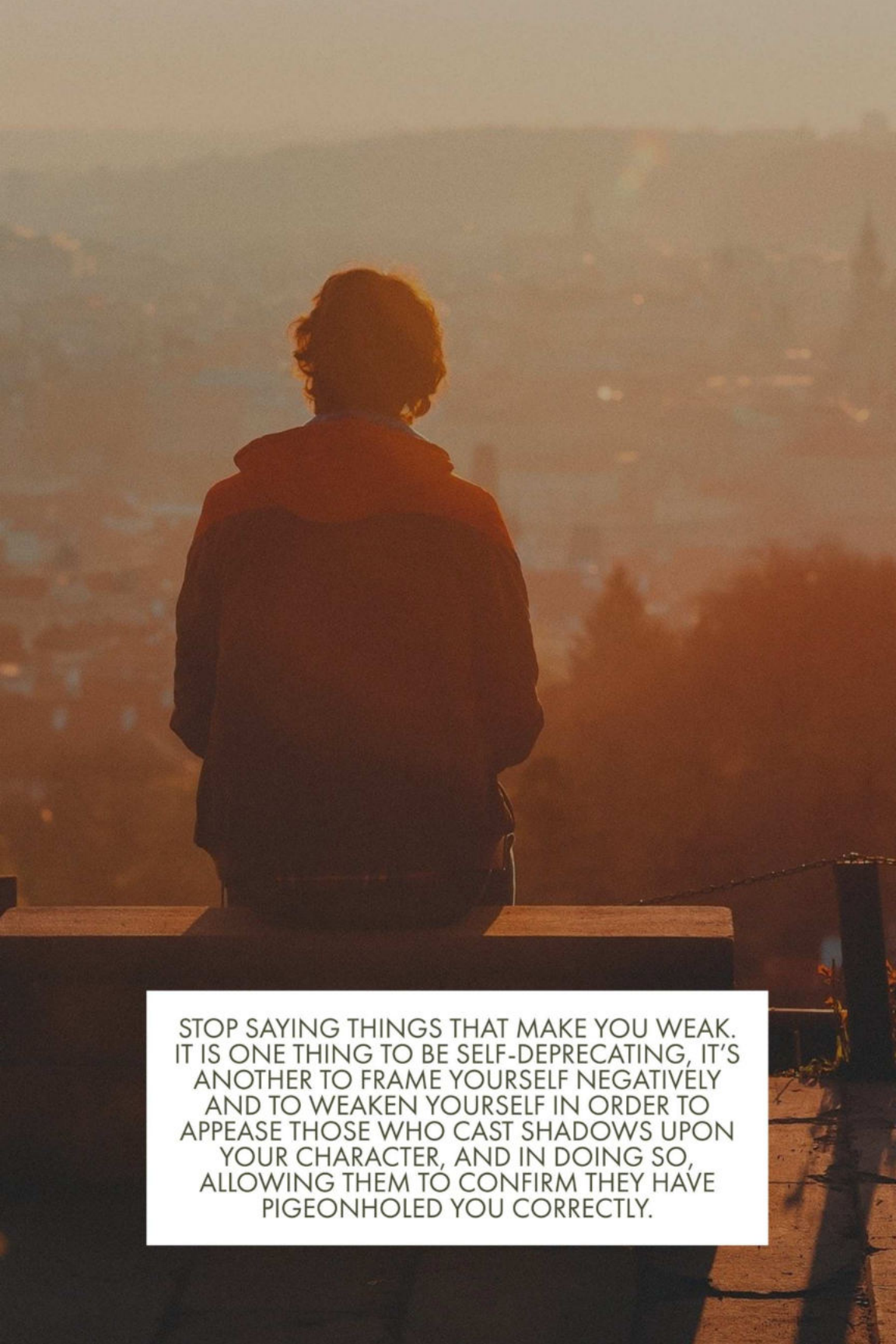
This skill means you can go into any situation thinking that the relationship can be one of harmony. If you have power, but not assertiveness you are more likely to use your power to take unfairly because you see it as a winner/loser situation. People who have not adequately learned to negotiate their wants and needs tend to see violence and abuse as an option for controlling their situations and see negotiation as manipulation whether by the other party or themselves.

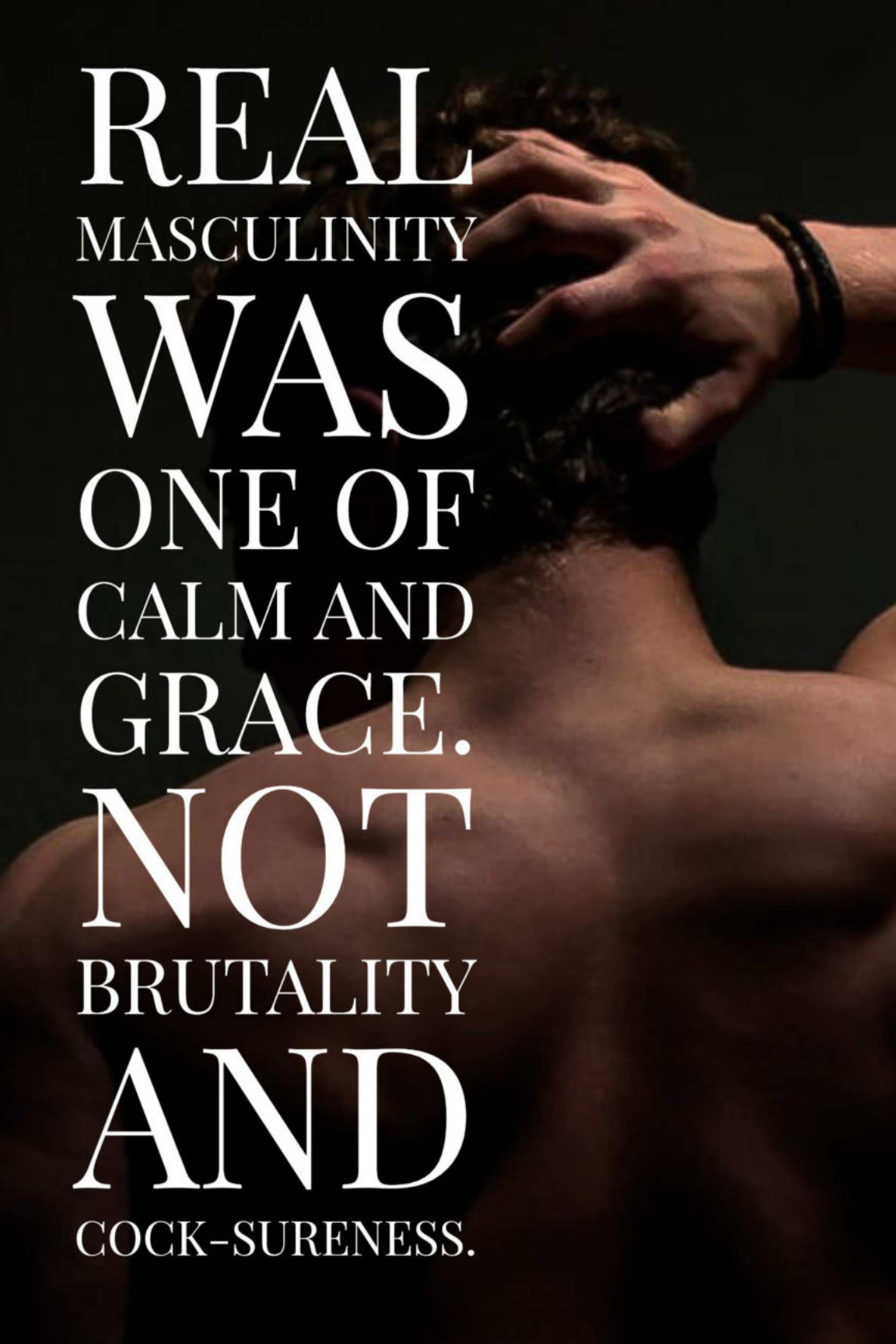
Children who grow up with parents who are unable to teach their kids to be assertive, grow to be more avoidant, and sometimes more cunning. They will see adults as barriers to their wants and needs. They grow to feel more comfortable going in through the window than knocking and facing those at the front door. Avoidant personalities are many in lower socio-economic communities. When confronted by authority figures their fight or flight mechanism kicks in. They feel vulnerable around these people as they lack confidence and trust and don't develop adequate methods of communication. Instead, choosing to listen to and relate to peers with similar deficits.

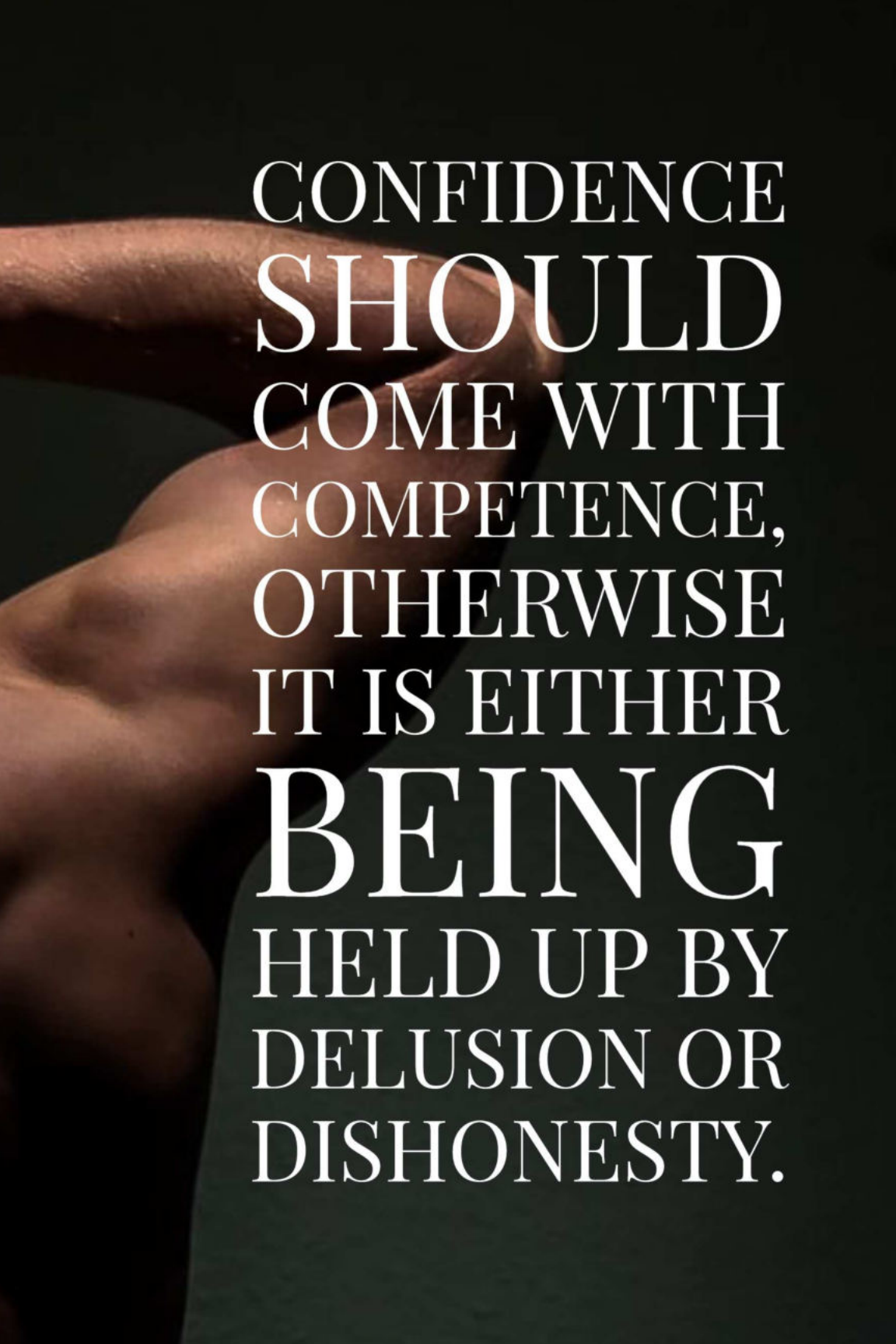

BEING
NON-ASSERTIVE
IS EQUIVICAL
TO BEING
DISHONEST

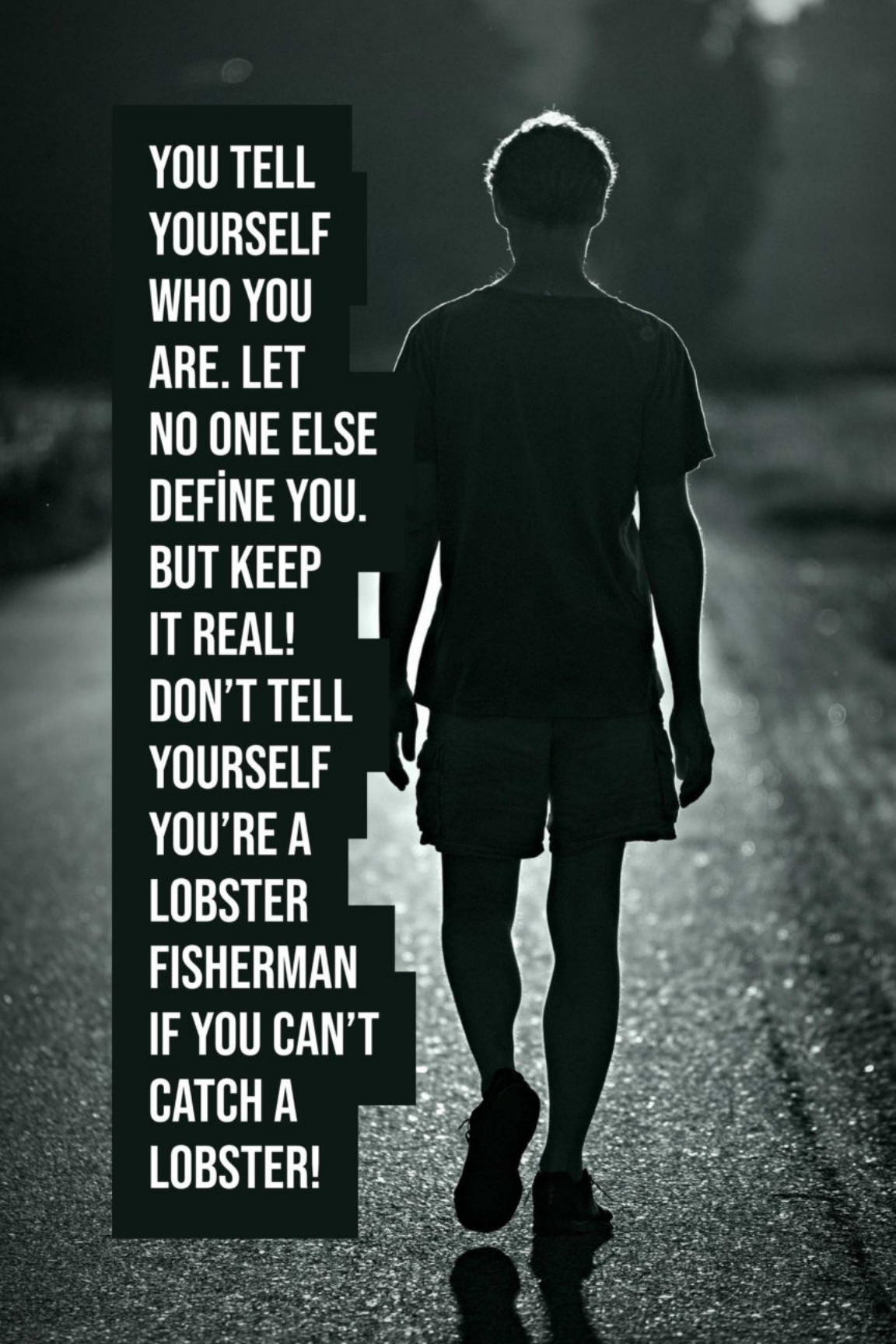

AVOIDANCE IS
THE ENEMY
ASSERT
YOURSELF


AVOIDANCE IS ESSENTIALLY A DISHONEST TRAIT TO BE OVERCOME AS YOU BECOME ADEPT AT GETTING WHAT YOU NEED THROUGH OTHER MEANS THAN KNOCKING ON THE DOOR AND ASKING NICELY.


STOP SAYING THINGS THAT MAKE YOU WEAK. IT IS ONE THING TO BE SELF-DEPRECATING, IT'S ANOTHER TO FRAME YOURSELF NEGATIVELY AND TO WEAKEN YOURSELF IN ORDER TO APPEASE THOSE WHO CAST SHADOWS UPON YOUR CHARACTER, AND IN DOING SO, ALLOWING THEM TO CONFIRM THEY HAVE PIGEONHOLED YOU CORRECTLY.


REAL
MASCULINITY
WAS
ONE OF
CALM AND
GRACE.
NOT
BRUTALITY
AND
COCK-SURENESS.


CONFIDENCE
SHOULD
COME WITH
COMPETENCE,
OTHERWISE
IT IS EITHER
BEING
HELD UP BY
DELUSION OR
DISHONESTY.


YOU TELL YOURSELF WHO YOU ARE. LET NO ONE ELSE DEFİNE YOU. BUT KEEP IT REAL! DON'T TELL YOURSELF YOU'RE A LOBSTER FISHERMAN IF YOU CAN'T CATCH A LOBSTER!

AS HUMANS, WE ARE WIRED TO SEEK APPROVAL. ONLY THROUGH THE PROCESS OF MATURING AND INTENTIONAL GROWTH DO WE OVERCOME THE DISADVANTAGES OF APPROVAL SEEKING. IT IS A PROCESS OF ADJUSTMENT THAT NOT EVERYONE APPROACHES. IT SHOULD BE SAID THAT EVEN THE MOST SELF-MOTIVATED INDIVIDUALS WANT APPROVAL ON SOME LEVEL. IT'S HOW THEY SEEK IT THAT DIFFERS.

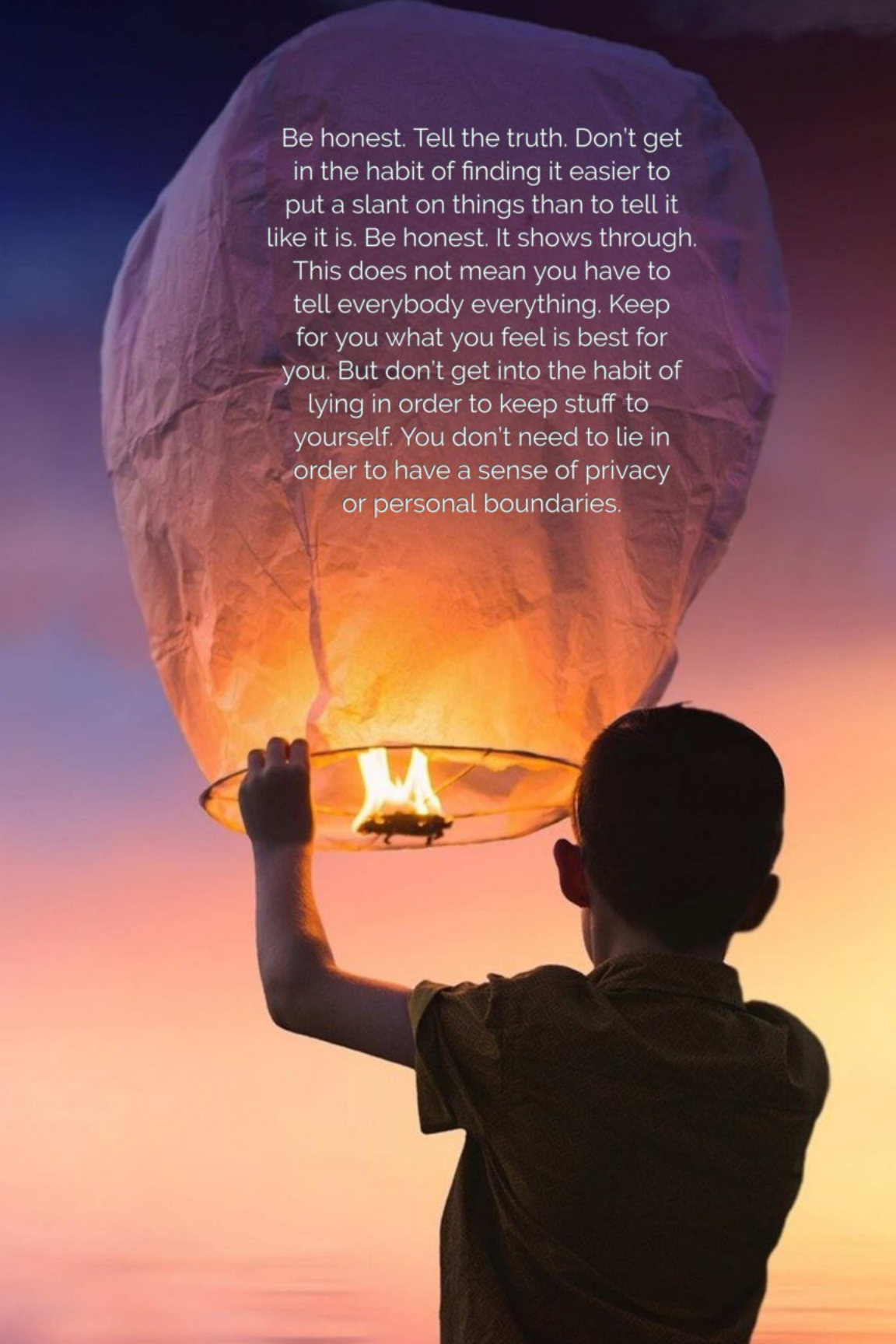

TRUST IS A SKILL
WORTH LEARNING.
WHEN THIS
SKILL IS
UNDER-DEVELOPED
YOU MAY
LET IN PEOPLE
WHO AREN'T
WORTH
LETTING IN, OR
DISMISS
PEOPLE WORTHY
OF YOUR TRUST.

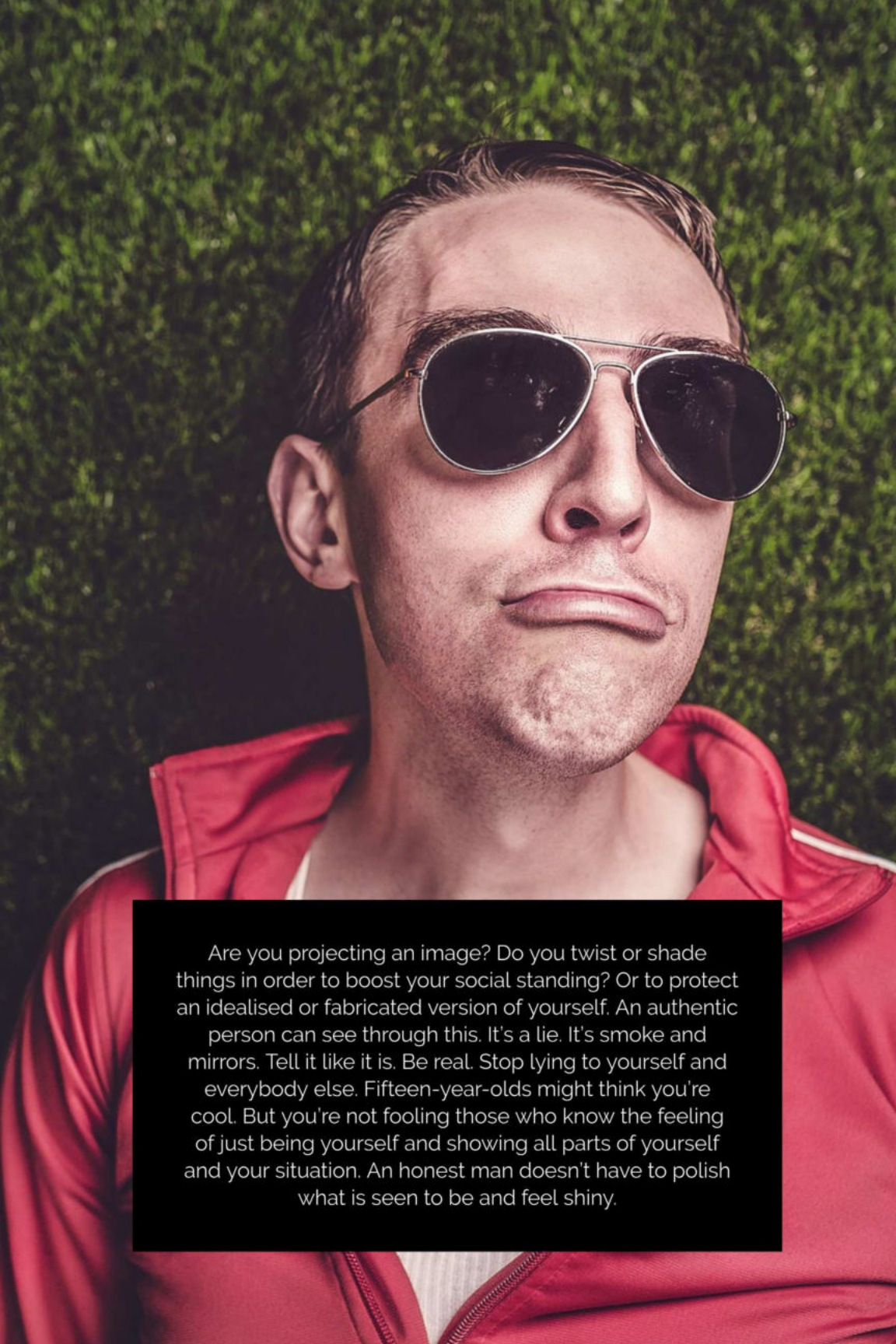

SURROUND YOURSELF WITH
BACKERS, NOT ATTACKERS


FIND PEOPLE
WORTH YOUR
TRUST AND ACT
IN ACCORDANCE
TO KEEP THEIRS



UNLESS YOU'RE SURROUNDED BY HATERS AND PEOPLE WHO DON'T WANT THE BEST FOR YOU, STOP LOOKING FOR SOMETHING BETTER. EMBRACE AND DEVELOP WHAT YOU HAVE.


Be honest. Tell the truth. Don't get in the habit of finding it easier to put a slant on things than to tell it like it is. Be honest. It shows through. This does not mean you have to tell everybody everything. Keep for you what you feel is best for you. But don't get into the habit of lying in order to keep stuff to yourself. You don't need to lie in order to have a sense of privacy or personal boundaries.



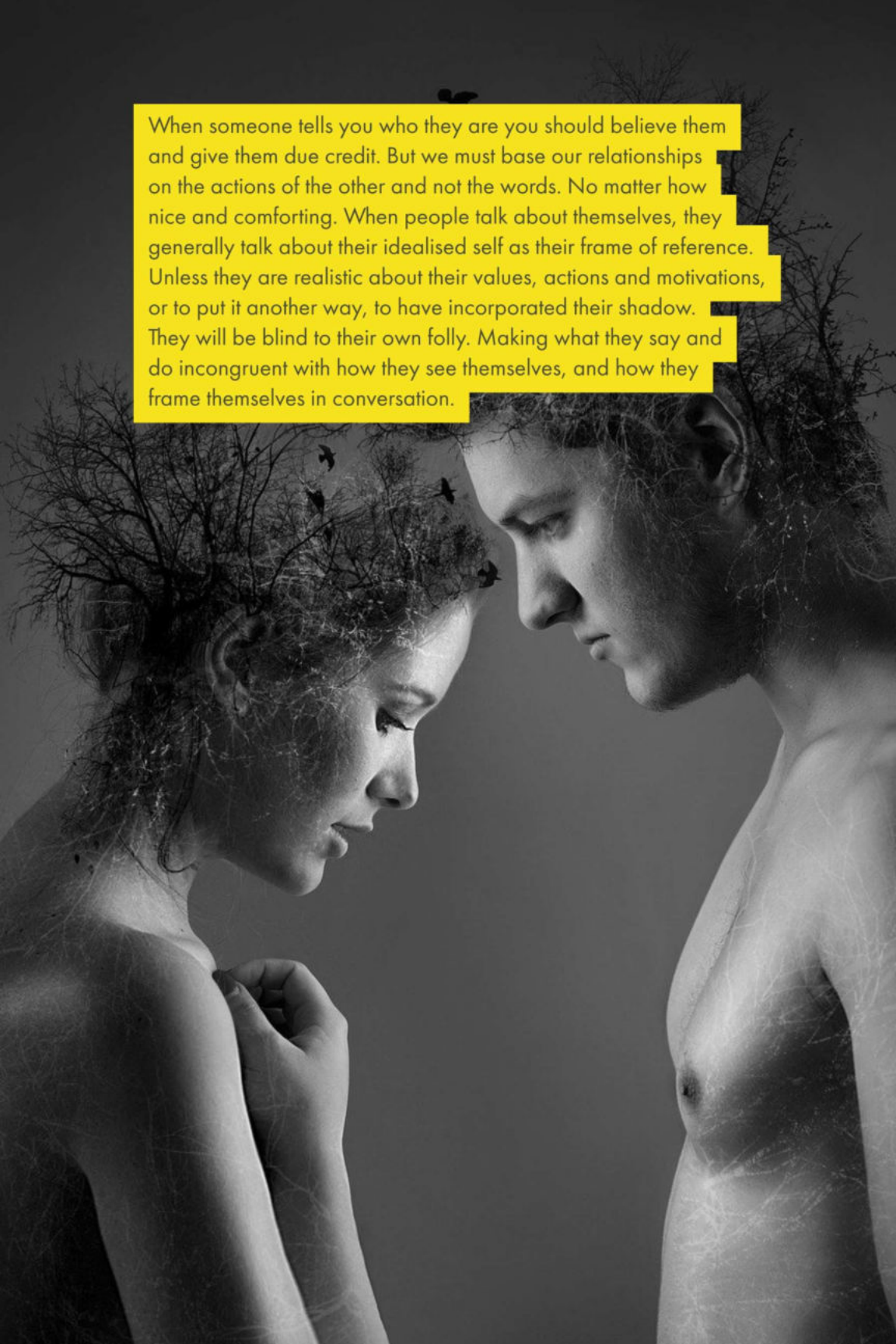
Are you projecting an image? Do you twist or shade things in order to boost your social standing? Or to protect an idealised or fabricated version of yourself. An authentic person can see through this. It's a lie. It's smoke and mirrors. Tell it like it is. Be real. Stop lying to yourself and everybody else. Fifteen-year-olds might think you're cool. But you're not fooling those who know the feeling of just being yourself and showing all parts of yourself and your situation. An honest man doesn't have to polish what is seen to be and feel shiny.

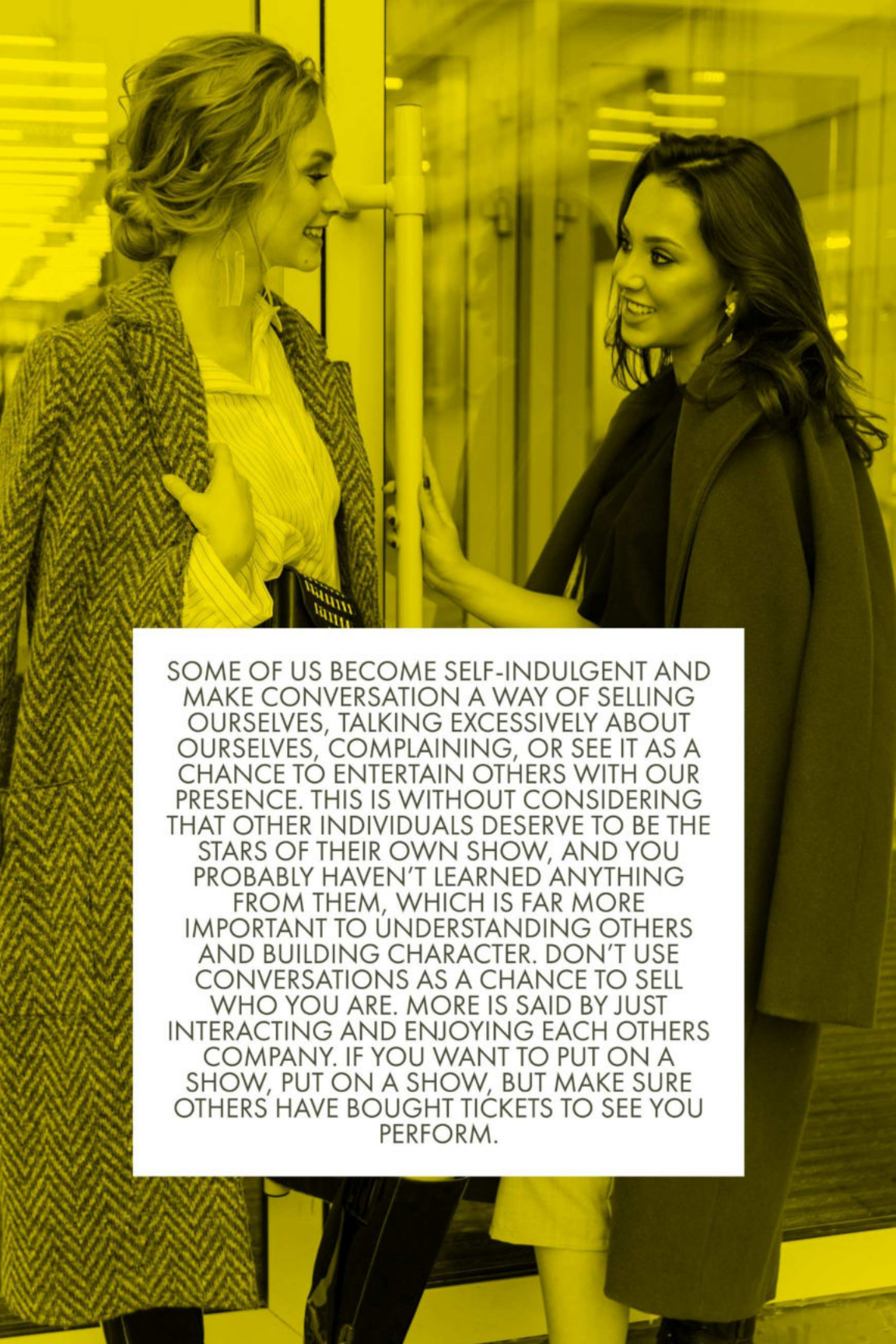


Give up on being cool. It's all born out of image and competition. Think more about being warm. To be warm is to be loving and to have time for people. Show yourself, the flaws and the fantastic, and be loving. People will respond. While the cool kids stand around and promote their betterness, you can get down in the mud, into the depths of togetherness and our shared humanness. Without the isolating divide of competition, of being above or of being the best. Be imperfect. Get in the mud and shine, and help others to shine. Don't sit apart, or try to stay spotless. It's a hopeless, boring, and a tedious waste of life.

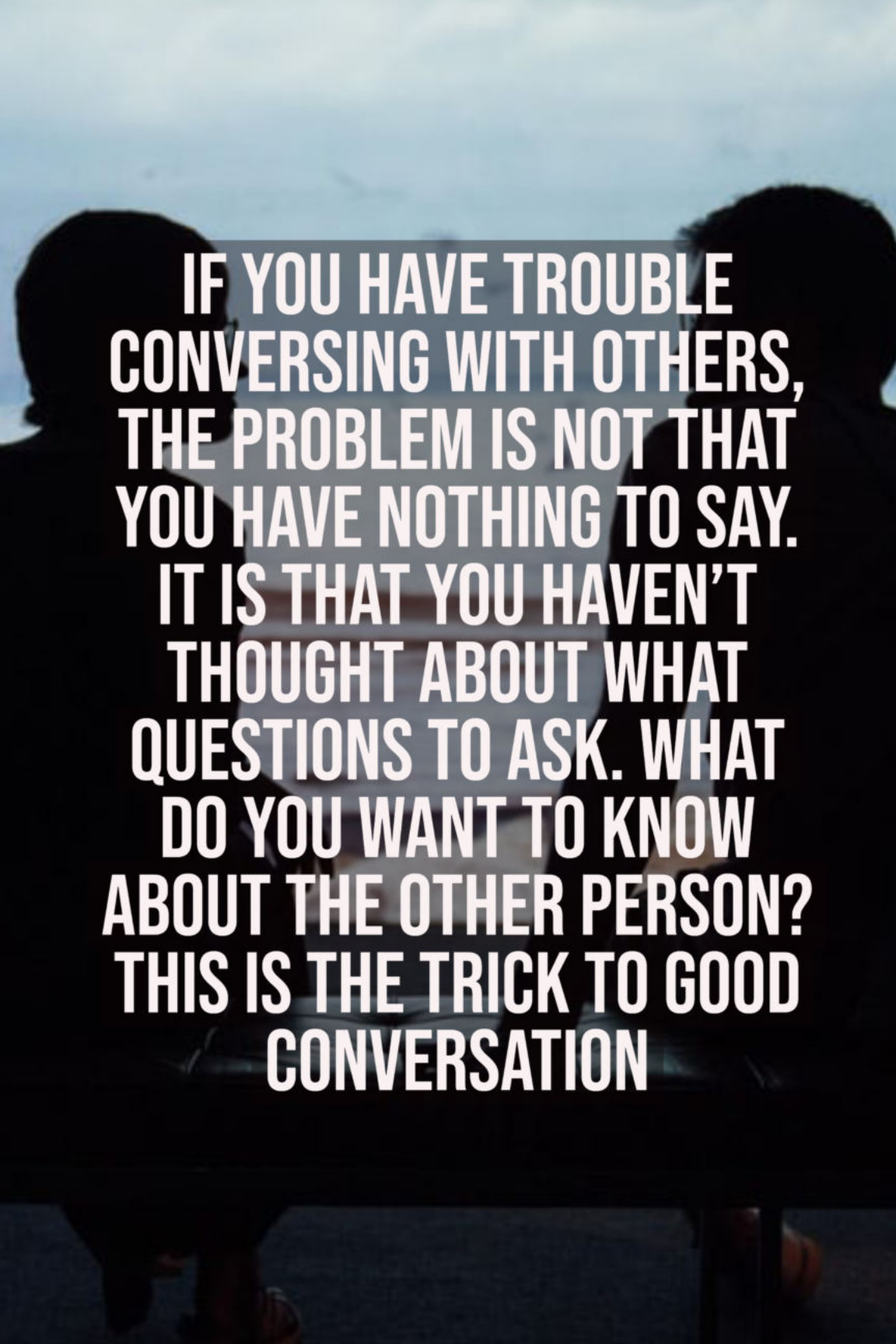

You can't have true friendship without vulnerability and the acceptance of differences. If you cannot give people those two things, then you cannot hope to find true friendship based on mutual growth and understanding.

One of the harsher realities is that in order to live a good life we need the ability to discriminate in order to protect ourselves and thrive. We must do what's right for ourselves and make judgements on whom to trust, whom to let into our lives and whom we confide in. To say all people are equal and we should love everyone equally sounds all well and good, and many people do just let anyone into their lives. But generally, they pay a high cost for this. As we grow older it becomes easier to discern peoples motivations and values through not only what people say, but also by interpreting what they say through their actions and behaviours. As we mature we become less naive and usually have already had let people into our lives that weren't good for us. But some people choose not to learn because they have the belief that they can change people, or that everyone deserves their time based on a twisted sense of equality, or because they have low self-esteem and don't deserve better. People can be at all different stages in life and to give time to someone who doesn't recognise their own shortcomings and deficits is not good for you or for them. You are enabling their behaviour or poor value system and telling them you accept them the way they are. And by doing so, their actions reflect on and impact your life. It's all well and good to bring someone into your life because you think you can change them, but unless an individual is on a journey of growth, change and self-discovery it is more likely they will try their best to bring you down to their level in order to make themselves feel better about who they are. When it comes to whom you choose to be around, have as a friend or partner up with, be discerning. Make the critical judgements necessary. Not to scold them or change them, but to protect yourself and others in your life. It's not mean, they will figure themselves out. Do what's right for you, even if that means being alone.


When someone tells you who they are you should believe them and give them due credit. But we must base our relationships on the actions of the other and not the words. No matter how nice and comforting. When people talk about themselves, they generally talk about their idealised self as their frame of reference. Unless they are realistic about their values, actions and motivations, or to put it another way, to have incorporated their shadow. They will be blind to their own folly. Making what they say and do incongruent with how they see themselves, and how they frame themselves in conversation.

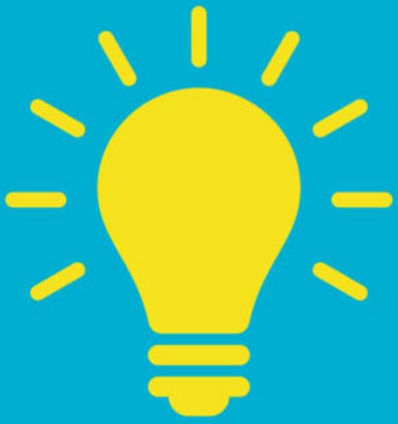


SOME OF US BECOME SELF-INDULGENT AND MAKE CONVERSATION A WAY OF SELLING OURSELVES, TALKING EXCESSIVELY ABOUT OURSELVES, COMPLAINING, OR SEE IT AS A CHANCE TO ENTERTAIN OTHERS WITH OUR PRESENCE. THIS IS WITHOUT CONSIDERING THAT OTHER INDIVIDUALS DESERVE TO BE THE STARS OF THEIR OWN SHOW, AND YOU PROBABLY HAVEN'T LEARNED ANYTHING FROM THEM, WHICH IS FAR MORE IMPORTANT TO UNDERSTANDING OTHERS AND BUILDING CHARACTER. DON'T USE CONVERSATIONS AS A CHANCE TO SELL WHO YOU ARE. MORE IS SAID BY JUST INTERACTING AND ENJOYING EACH OTHERS COMPANY. IF YOU WANT TO PUT ON A SHOW, PUT ON A SHOW, BUT MAKE SURE OTHERS HAVE BOUGHT TICKETS TO SEE YOU PERFORM.


IF YOU HAVE TROUBLE CONVERSING WITH OTHERS, THE PROBLEM IS NOT THAT YOU HAVE NOTHING TO SAY. IT IS THAT YOU HAVEN'T THOUGHT ABOUT WHAT QUESTIONS TO ASK. WHAT DO YOU WANT TO KNOW ABOUT THE OTHER PERSON? THIS IS THE TRICK TO GOOD CONVERSATION



SELF LOVE
MEANS
NOT HAVING
TO BANG
ON ABOUT
YOURSELF
ALL THE
TIME!



SOMETIMES YOU HAVE TO DIM YOUR BULB SO OTHERS CAN SHINE

DON'T BLOW SMOKE UP PEOPLES ARSE TO GET THEM ON SIDE. PRAISE ONLY WHAT IS REAL. FOR THEIR SAKE AND YOURS.

BE GENEROUS.

GIVE MORE THAN
YOU TAKE AND
DON'T KEEP SCORE.

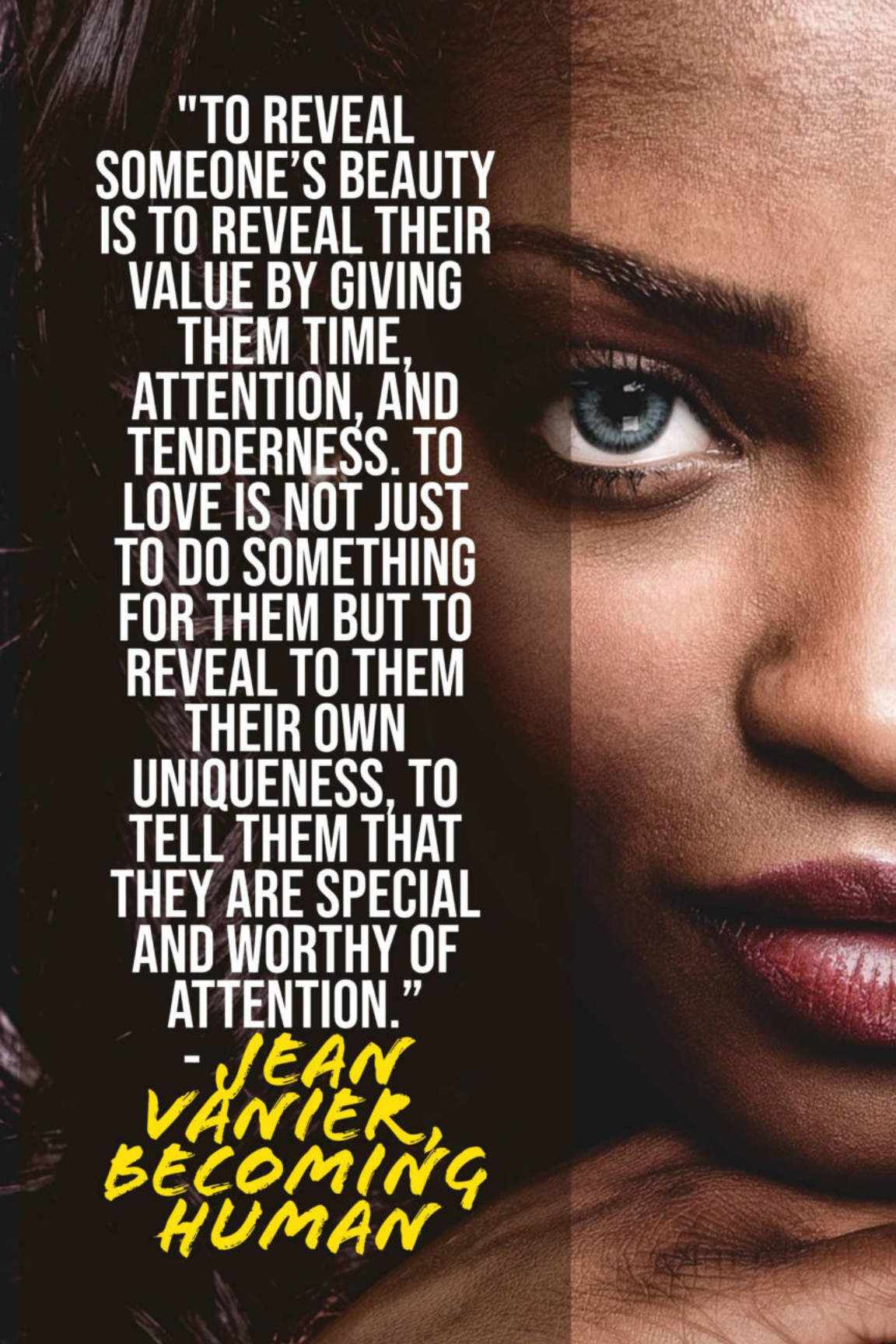
FOOTBALL IS A ZERO-SUM GAME WHERE ONE SIDE LOSES AND THE OTHER SIDE WINS. SOME PEOPLE ARE FOOLED INTO THINKING THIS IS HOW THE WORLD WORKS. BUT THE TRUTH IS MOST SUSTAINABLE RELATIONSHIPS AND INTERACTIONS BENEFIT BOTH SIDES.

TALK THINGS THROUGH WITH OTHERS, IT WILL DRAMATICALLY IMPROVE YOUR CHOICES.




DO WHAT YOU
CAN FOR THOSE
YOU LOVE!

HAVING LOVE IN YOUR HEART AND HAVING THAT LOVE BOLSTERED BY THOSE AROUND YOU. TO BE AROUND THOSE WHO KNOW LOVE AND EXPRESS IT IN THEIR WORDS AND ACTIONS BECAUSE THEY HAVE LOVE IN THEIR HEART ALSO. AS OPPOSED TO THOSE IN A CONDITION OF COMPETITION, JUDGEMENT, AND COMPARISON WHICH LEADS THEM TO UNDERMINE BOTH THOSE FLOURISHING AROUND THEM AND OF THOSE WHO ARE STRUGGLING. THOSE IN THIS FRAME ARE IN A CONDITION OF IGNORANCE, AS THEY HAVE NOT DEVELOPED THE TOOLS NEEDED TO GIVE AND RECEIVE LOVE, OR HAVE NEVER BEEN TOUCHED BY A LOVE THAT IS UNDERSTANDING AND GUIDED, WITHOUT ADMONISHMENT. LOVE IS FEELING CONTENT IN YOURSELF AND HAPPY WITH YOUR STATE OF BEING, LOVE IS SELF-CARE, LOVE IS WHAT YOU PROJECT WHEN YOU WANT WHAT IS BEST FOR THOSE AROUND YOU AND HAVE THE TOOLS TO DO SO.


"TO REVEAL SOMEONE'S BEAUTY IS TO REVEAL THEIR VALUE BY GIVING THEM TIME, ATTENTION, AND TENDERNESS. TO LOVE IS NOT JUST TO DO SOMETHING FOR THEM BUT TO REVEAL TO THEM THEIR OWN UNIQUENESS, TO TELL THEM THAT THEY ARE SPECIAL AND WORTHY OF ATTENTION."
- JEAN VANIER, BECOMING HUMAN


FIND SOMEONE SPECIAL, THEN TREAT THEM GOOD, ALWAYS!
THAT'S THE TRICK.

GENTLENESS IS A TRULY
UNDERRATED QUALITY



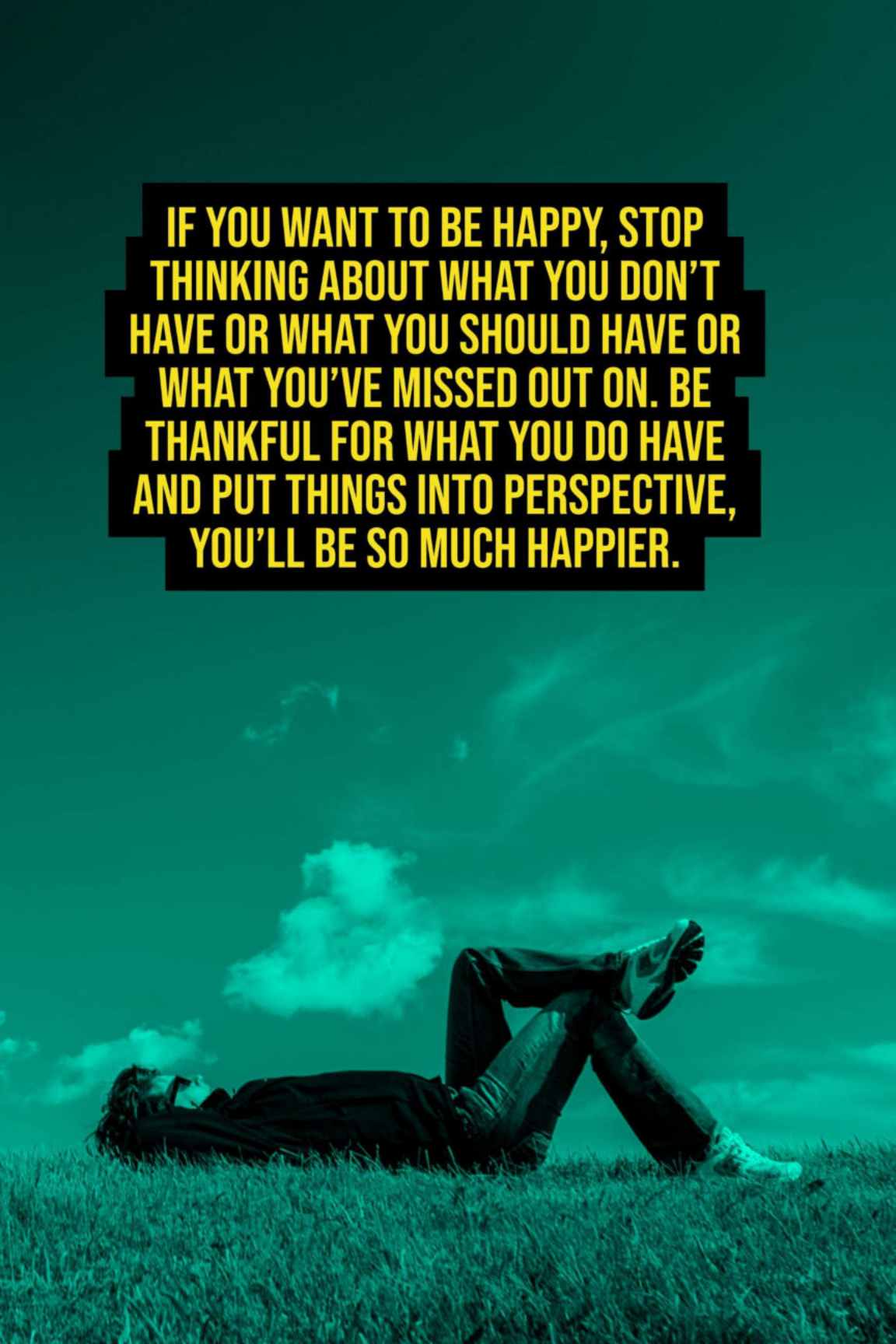

EMPATHY
IS A SKILL
JUST LIKE
ANYTHING
ELSE.
WOW

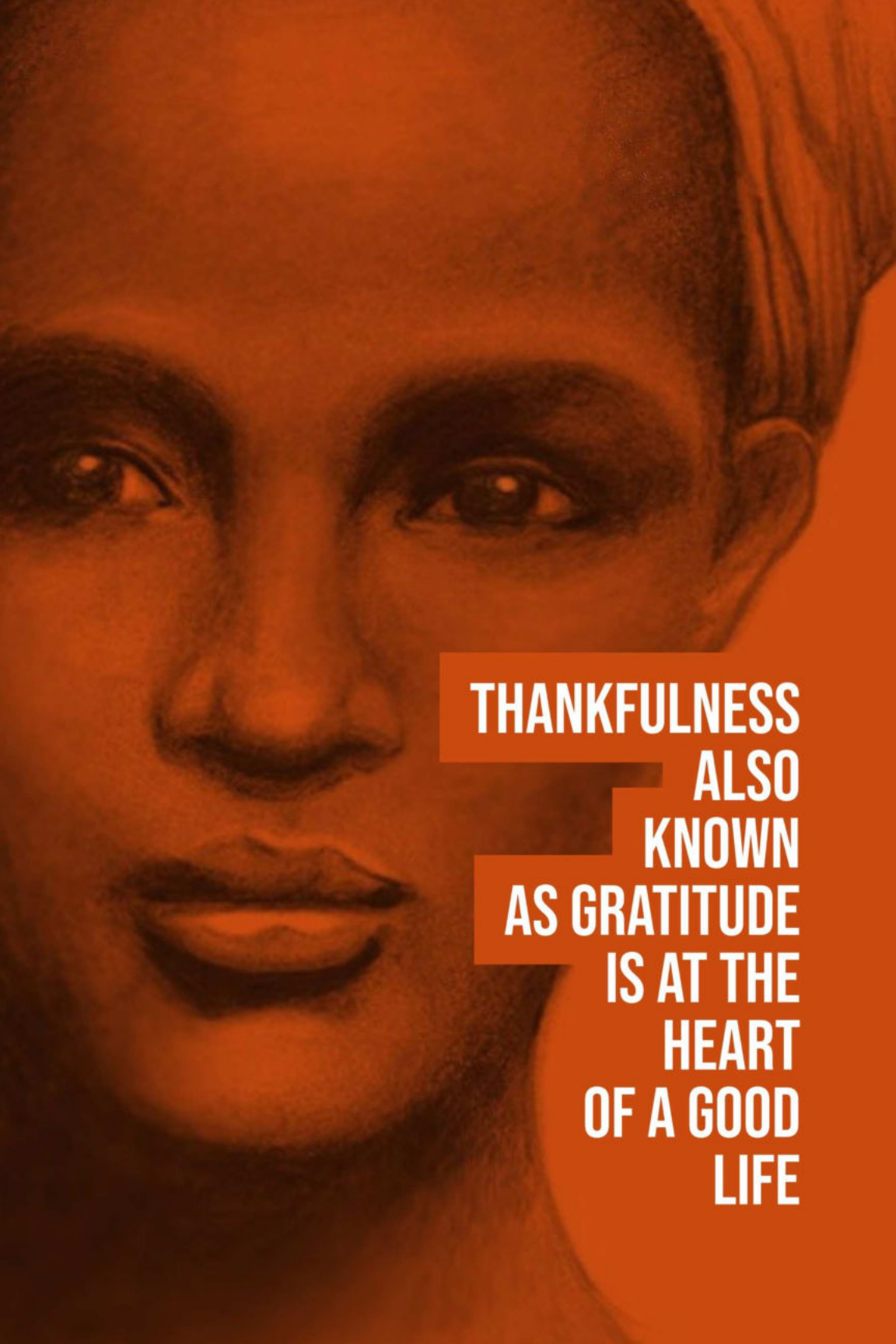

BE HAPPY
ENOUGH AS TO
NOT TO WORRY
ABOUT HOW
HAPPY YOU ARE

BE HAPPY ABOUT YOUR SITUATION AND THE PEOPLE YOU SHARE YOUR LIFE WITH. THANKFULNESS IS A GAME-CHANGER.

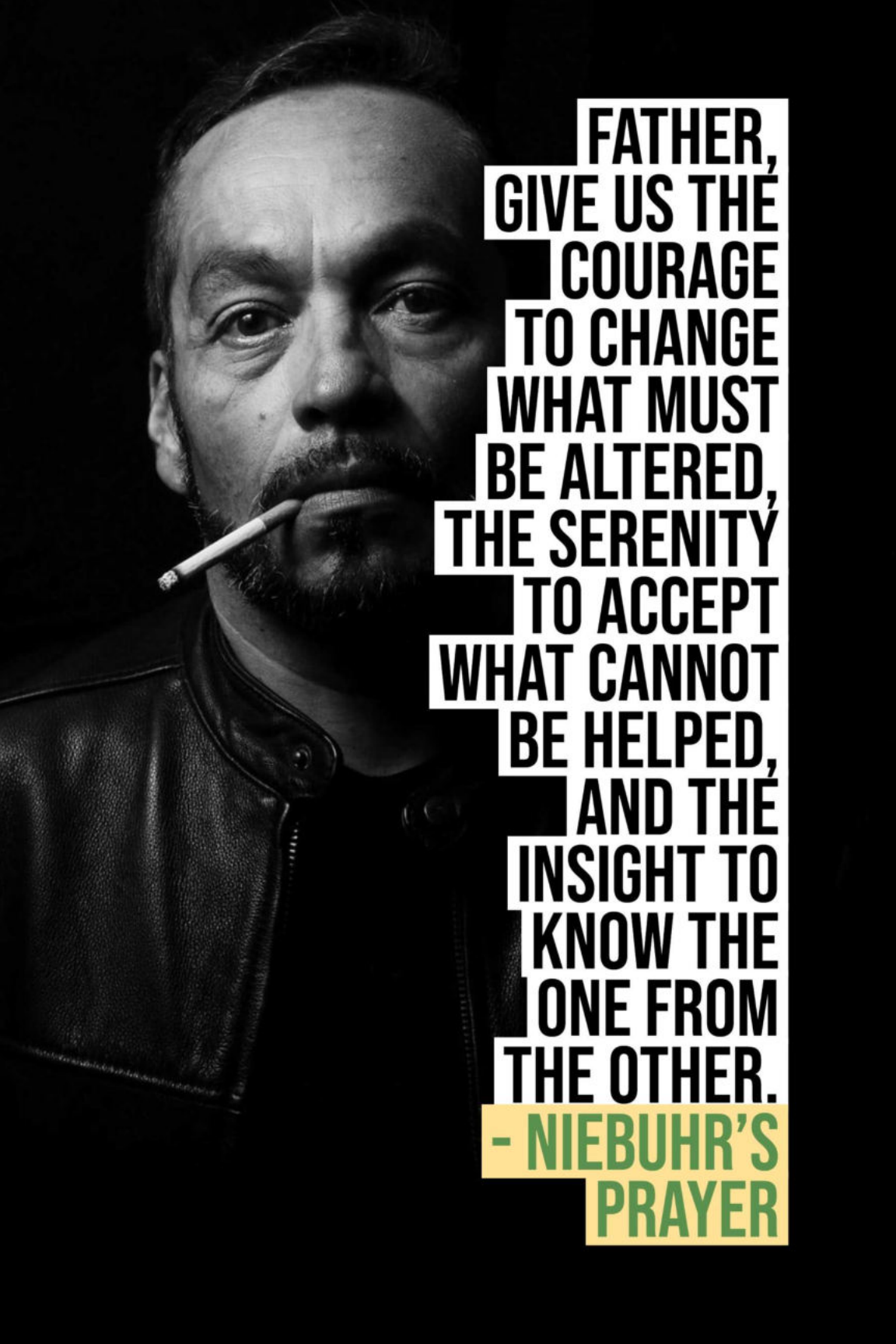


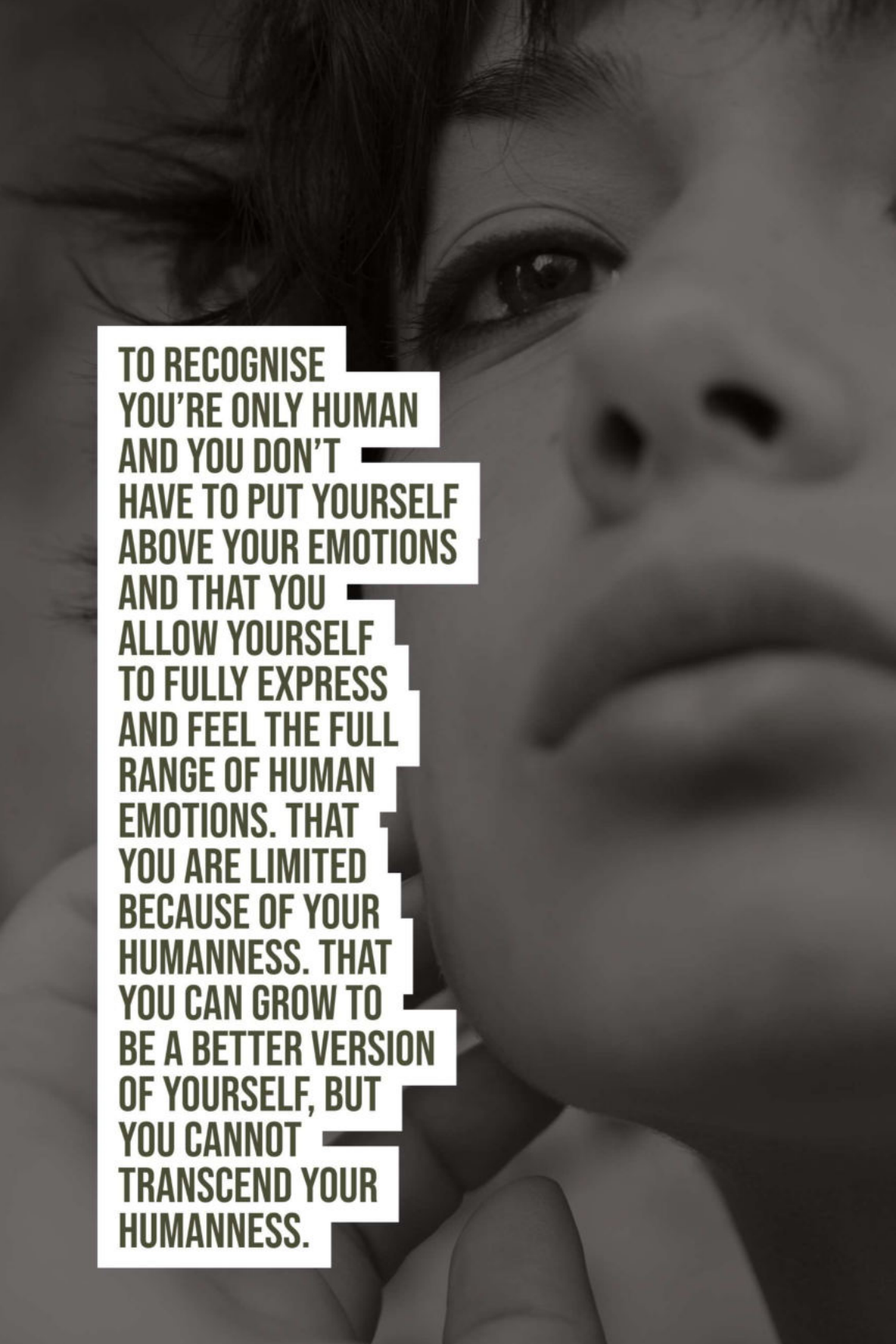
IF YOU WANT TO BE HAPPY, STOP THINKING ABOUT WHAT YOU DON'T HAVE OR WHAT YOU SHOULD HAVE OR WHAT YOU'VE MISSED OUT ON. BE THANKFUL FOR WHAT YOU DO HAVE AND PUT THINGS INTO PERSPECTIVE, YOU'LL BE SO MUCH HAPPIER.

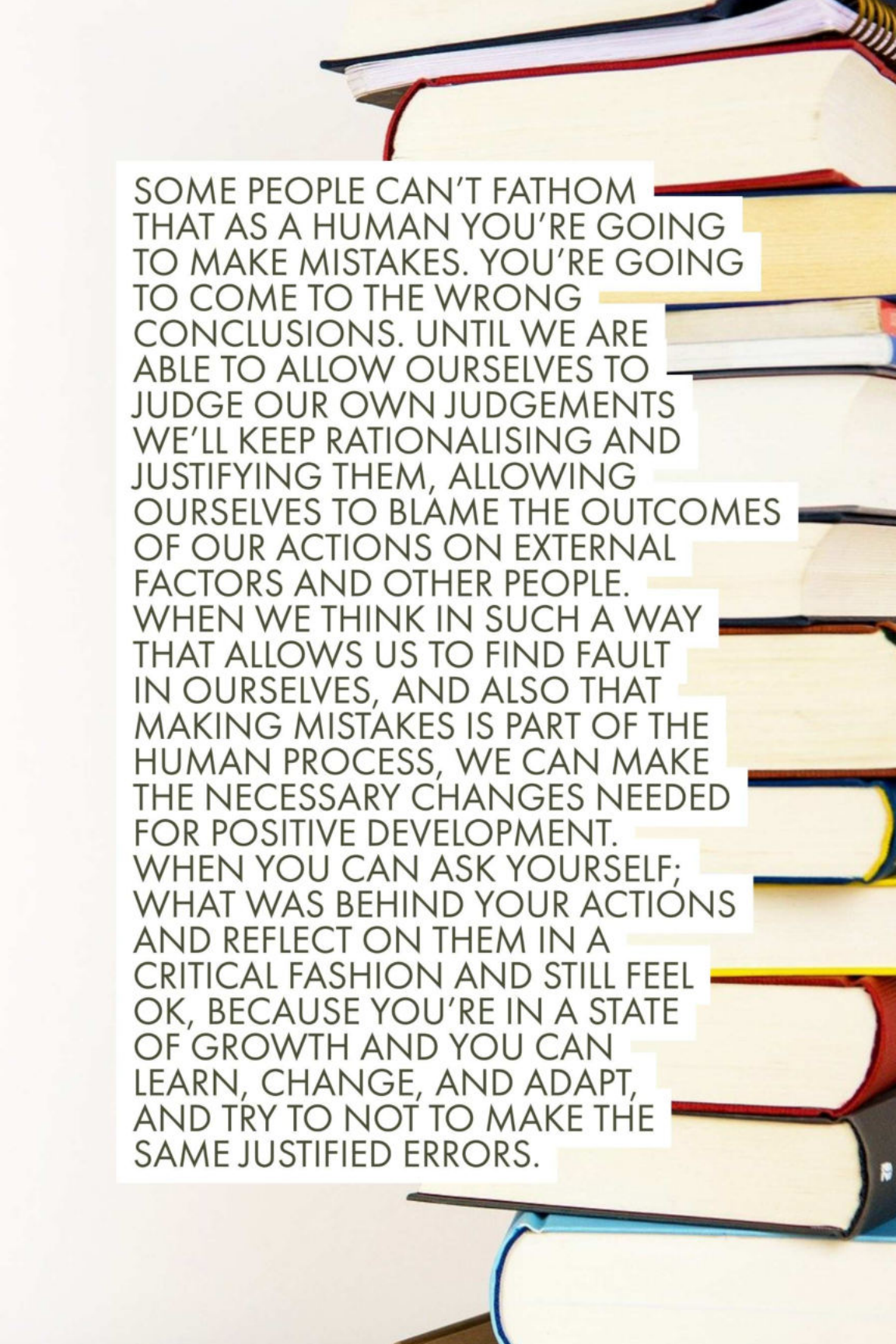



THANKFULNESS
ALSO
KNOWN
AS GRATITUDE
IS AT THE
HEART
OF A GOOD
LIFE


IF YOU CAN BE
REALISTIC ABOUT
YOUR LIFE AND
AT THE SAME TIME
BE OPTIMISTIC.
GREAT THINGS
CAN HAPPEN.


FATHER, GIVE US THE COURAGE TO CHANGE WHAT MUST BE ALTERED, THE SERENITY TO ACCEPT WHAT CANNOT BE HELPED, AND THE INSIGHT TO KNOW THE ONE FROM THE OTHER.
- NIEBUHR'S PRAYER


TO RECOGNISE
YOU'RE ONLY HUMAN
AND YOU DON'T
HAVE TO PUT YOURSELF
ABOVE YOUR EMOTIONS
AND THAT YOU
ALLOW YOURSELF
TO FULLY EXPRESS
AND FEEL THE FULL
RANGE OF HUMAN
EMOTIONS. THAT
YOU ARE LIMITED
BECAUSE OF YOUR
HUMANNESS. THAT
YOU CAN GROW TO
BE A BETTER VERSION
OF YOURSELF, BUT
YOU CANNOT
TRANSCEND YOUR
HUMANNESS.



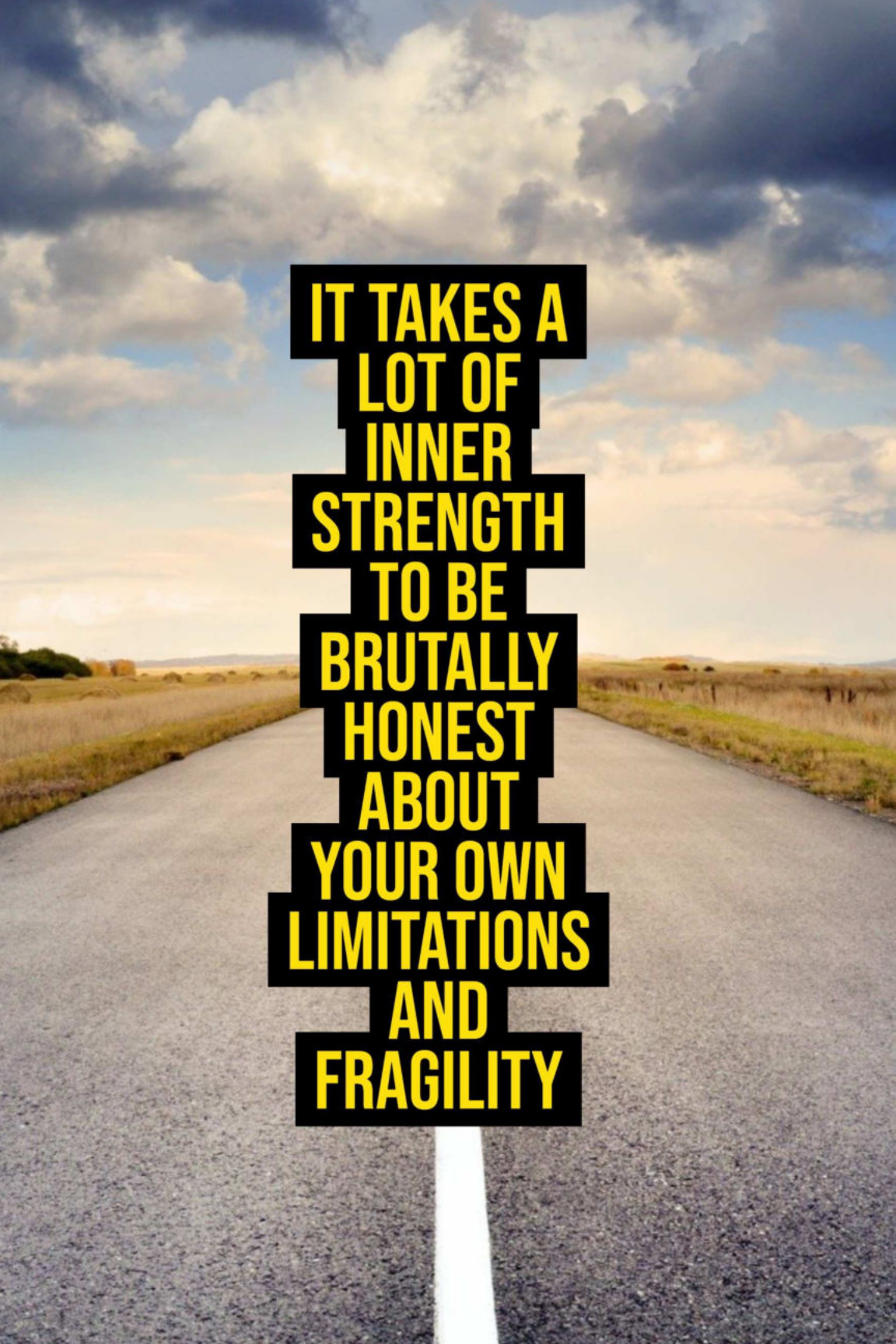
SOME PEOPLE CAN'T FATHOM THAT AS A HUMAN YOU'RE GOING TO MAKE MISTAKES. YOU'RE GOING TO COME TO THE WRONG CONCLUSIONS. UNTIL WE ARE ABLE TO ALLOW OURSELVES TO JUDGE OUR OWN JUDGEMENTS WE'LL KEEP RATIONALISING AND JUSTIFYING THEM, ALLOWING OURSELVES TO BLAME THE OUTCOMES OF OUR ACTIONS ON EXTERNAL FACTORS AND OTHER PEOPLE. WHEN WE THINK IN SUCH A WAY THAT ALLOWS US TO FIND FAULT IN OURSELVES, AND ALSO THAT MAKING MISTAKES IS PART OF THE HUMAN PROCESS, WE CAN MAKE THE NECESSARY CHANGES NEEDED FOR POSITIVE DEVELOPMENT. WHEN YOU CAN ASK YOURSELF; WHAT WAS BEHIND YOUR ACTIONS AND REFLECT ON THEM IN A CRITICAL FASHION AND STILL FEEL OK, BECAUSE YOU'RE IN A STATE OF GROWTH AND YOU CAN LEARN, CHANGE, AND ADAPT, AND TRY TO NOT TO MAKE THE SAME JUSTIFIED ERRORS.


TO SEE YOURSELF AS INHERENTLY GOOD OR
INHERENTLY BAD IS A MISUNDERSTANDING
OF WHAT IT MEANS TO BE HUMAN.

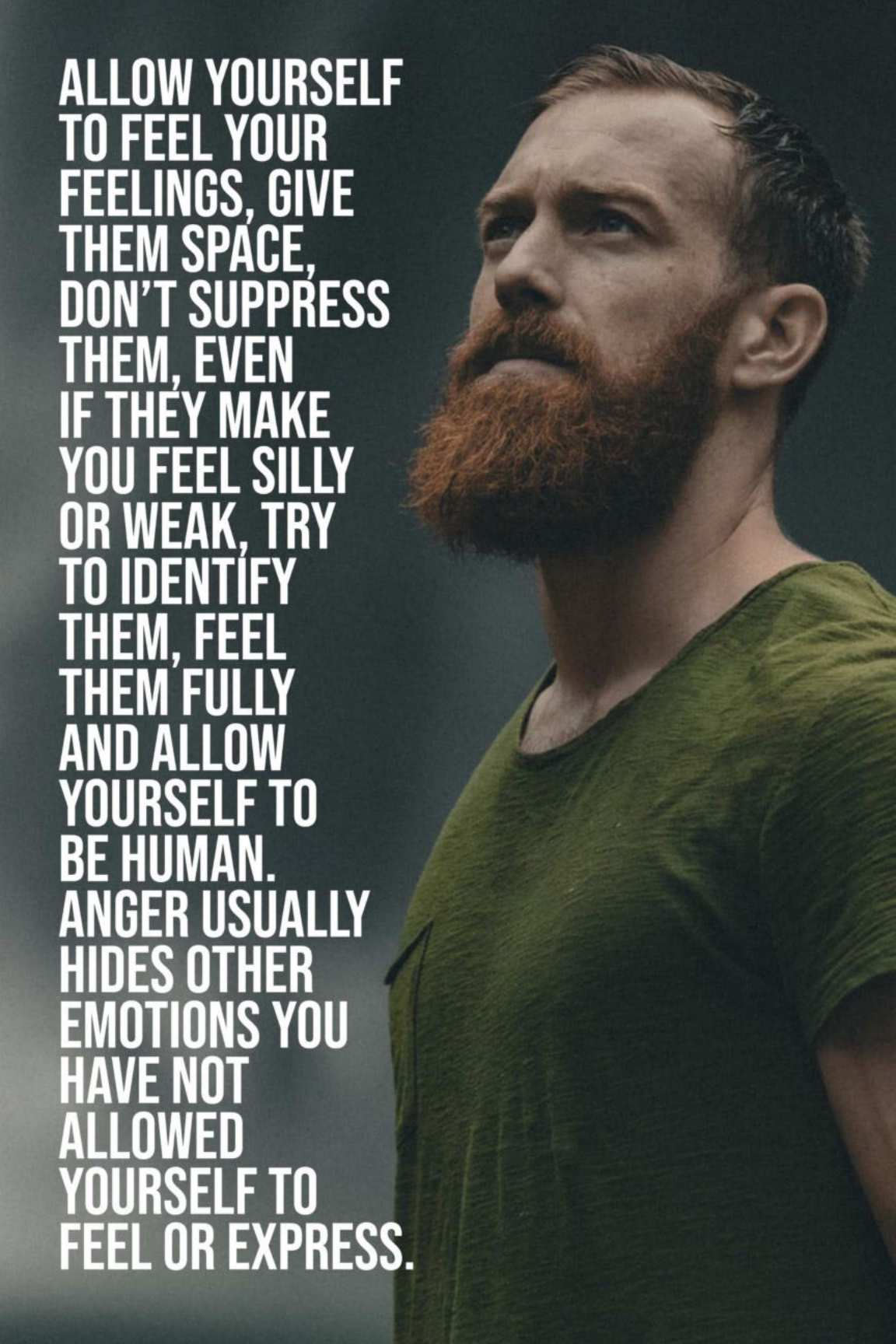

WE MUST INCORPORATE OUR
SHADOWS TO MAKE THEM
ACCOUNTABLE.


REMEMBERING THAT
YOU ARE ONLY HUMAN
IS KEY TO SELF-ACCEPTANCE.
REMEMBERING THAT
OTHERS ARE ONLY
HUMAN IS KEY TO GOOD
RELATIONSHIPS. HAVE
A MINDSET OF ACCEPTANCE
AND ALSO REALISTIC
EXPECTATIONS WILL
LEAVE YOU A HAPPIER
MORE FULFILLED
INDIVIDUAL.

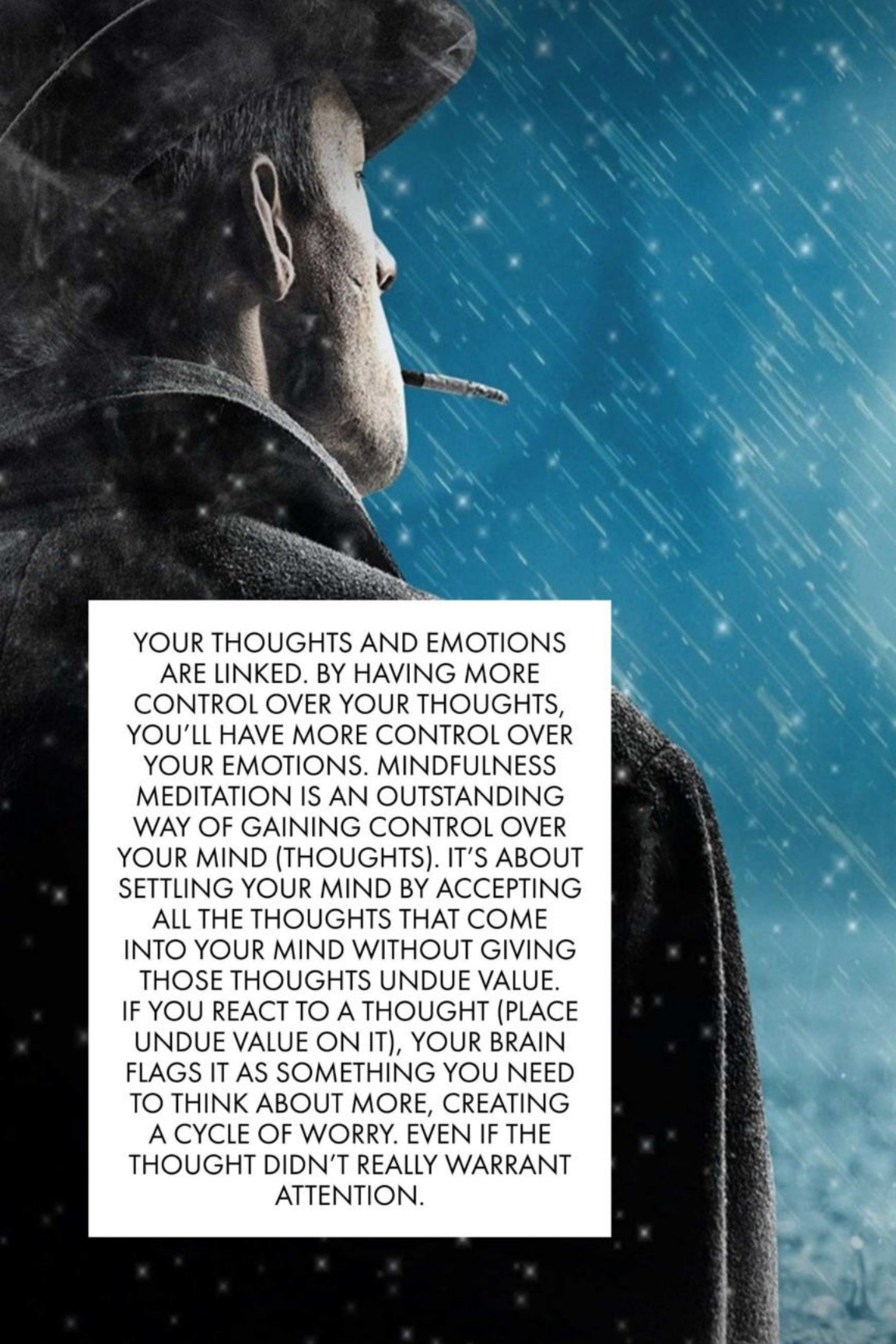

ARE YOU STRONG ENOUGH TO ADMIT YOUR OWN FAILINGS?


IT TAKES A LOT OF INNER STRENGTH TO BE BRUTALLY HONEST ABOUT YOUR OWN LIMITATIONS AND FRAGILITY

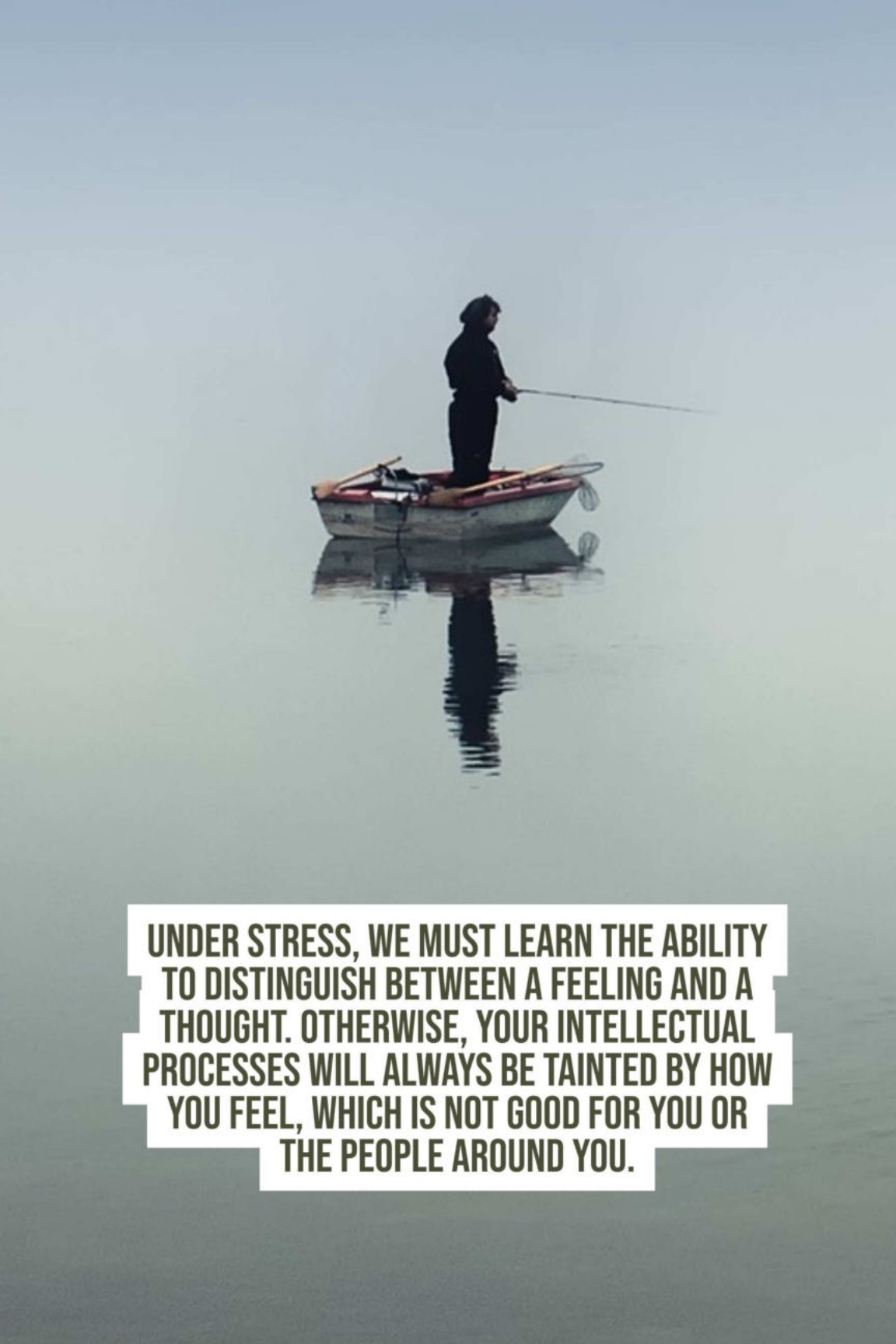

YOU ARE
YOUR ONLY
LIMIT
WELL, THAT AND REALITY!

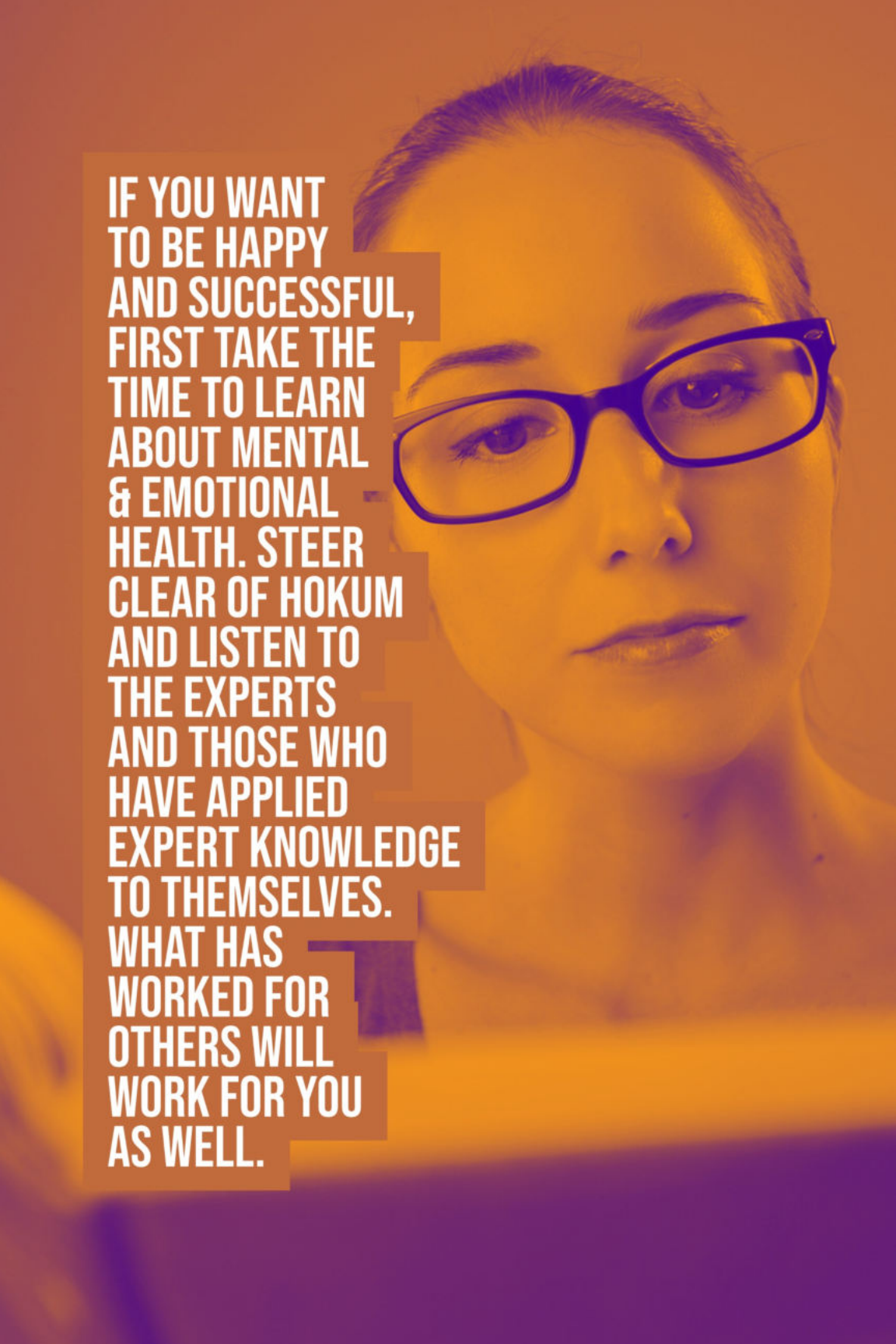

ALLOW YOURSELF
TO FEEL YOUR
FEELINGS, GIVE
THEM SPACE,
DON'T SUPPRESS
THEM, EVEN
IF THEY MAKE
YOU FEEL SILLY
OR WEAK, TRY
TO IDENTIFY
THEM, FEEL
THEM FULLY
AND ALLOW
YOURSELF TO
BE HUMAN.
ANGER USUALLY
HIDES OTHER
EMOTIONS YOU
HAVE NOT
ALLOWED
YOURSELF TO
FEEL OR EXPRESS.

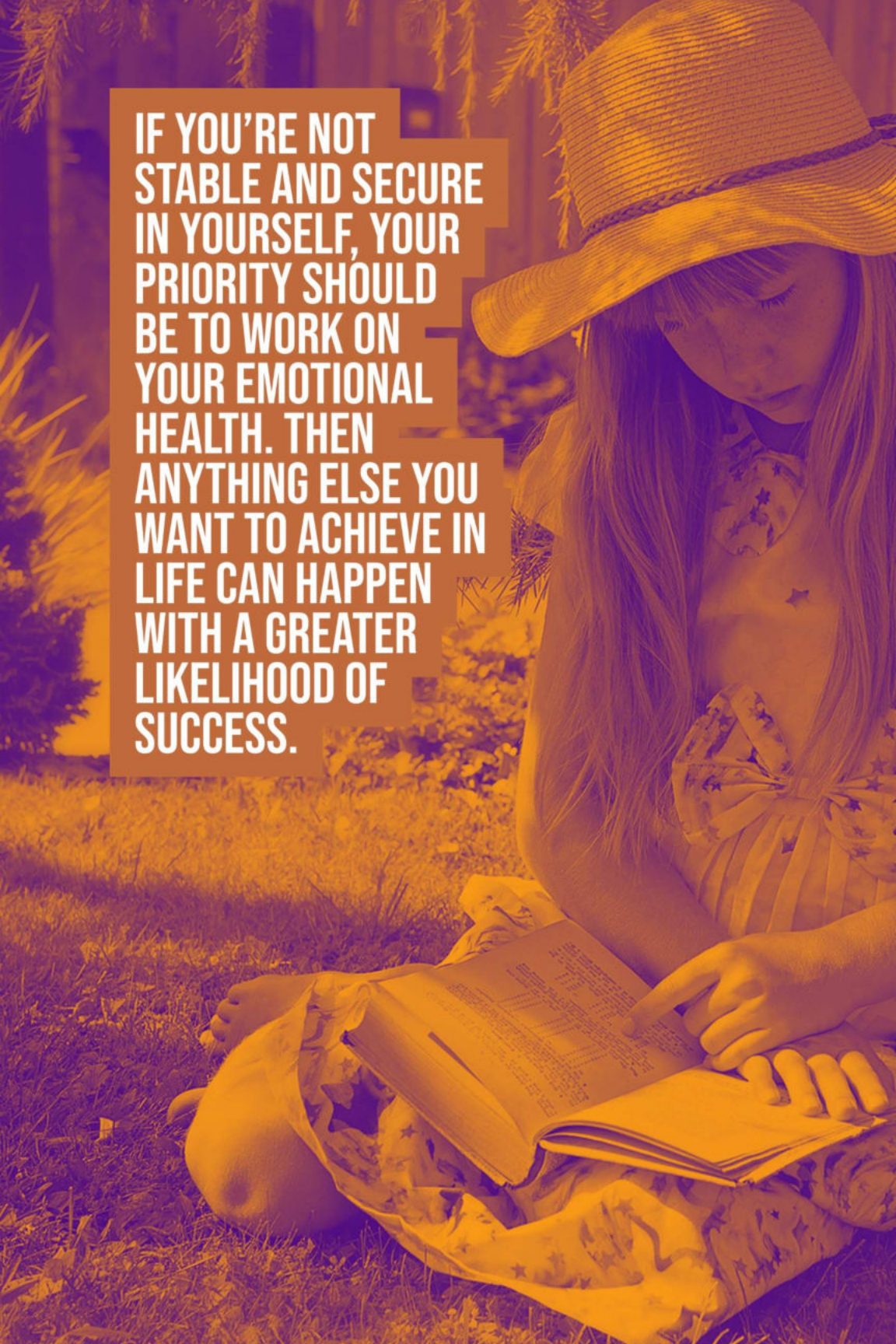
JEALOUSY IS NORMAL. ALLOW YOURSELF TO FEEL IT. IT'S GIVING YOU HINTS TO WHAT YOU VALUE. IT IS BETTER TO THINK ABOUT WHAT'S WORTH VALUING, THAN TRYING TO REJECT THE IDEA YOU ARE CAPABLE OF JEALOUSY.

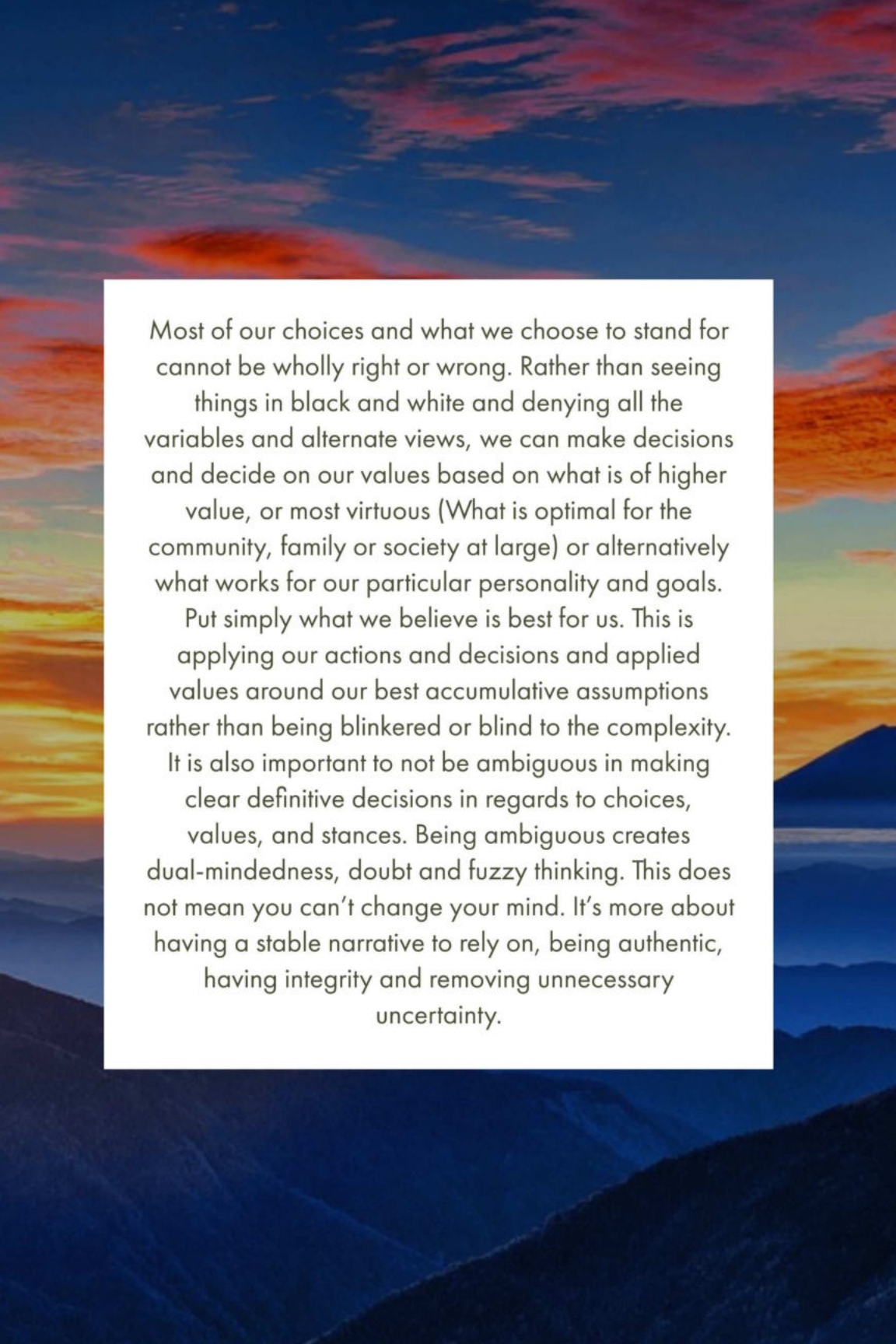


YOUR THOUGHTS AND EMOTIONS ARE LINKED. BY HAVING MORE CONTROL OVER YOUR THOUGHTS, YOU'LL HAVE MORE CONTROL OVER YOUR EMOTIONS. MINDFULNESS MEDITATION IS AN OUTSTANDING WAY OF GAINING CONTROL OVER YOUR MIND (THOUGHTS). IT'S ABOUT SETTLING YOUR MIND BY ACCEPTING ALL THE THOUGHTS THAT COME INTO YOUR MIND WITHOUT GIVING THOSE THOUGHTS UNDUE VALUE. IF YOU REACT TO A THOUGHT (PLACE UNDUE VALUE ON IT), YOUR BRAIN FLAGS IT AS SOMETHING YOU NEED TO THINK ABOUT MORE, CREATING A CYCLE OF WORRY. EVEN IF THE THOUGHT DIDN'T REALLY WARRANT ATTENTION.


UNDER STRESS, WE MUST LEARN THE ABILITY TO DISTINGUISH BETWEEN A FEELING AND A THOUGHT. OTHERWISE, YOUR INTELLECTUAL PROCESSES WILL ALWAYS BE TAINTED BY HOW YOU FEEL, WHICH IS NOT GOOD FOR YOU OR THE PEOPLE AROUND YOU.

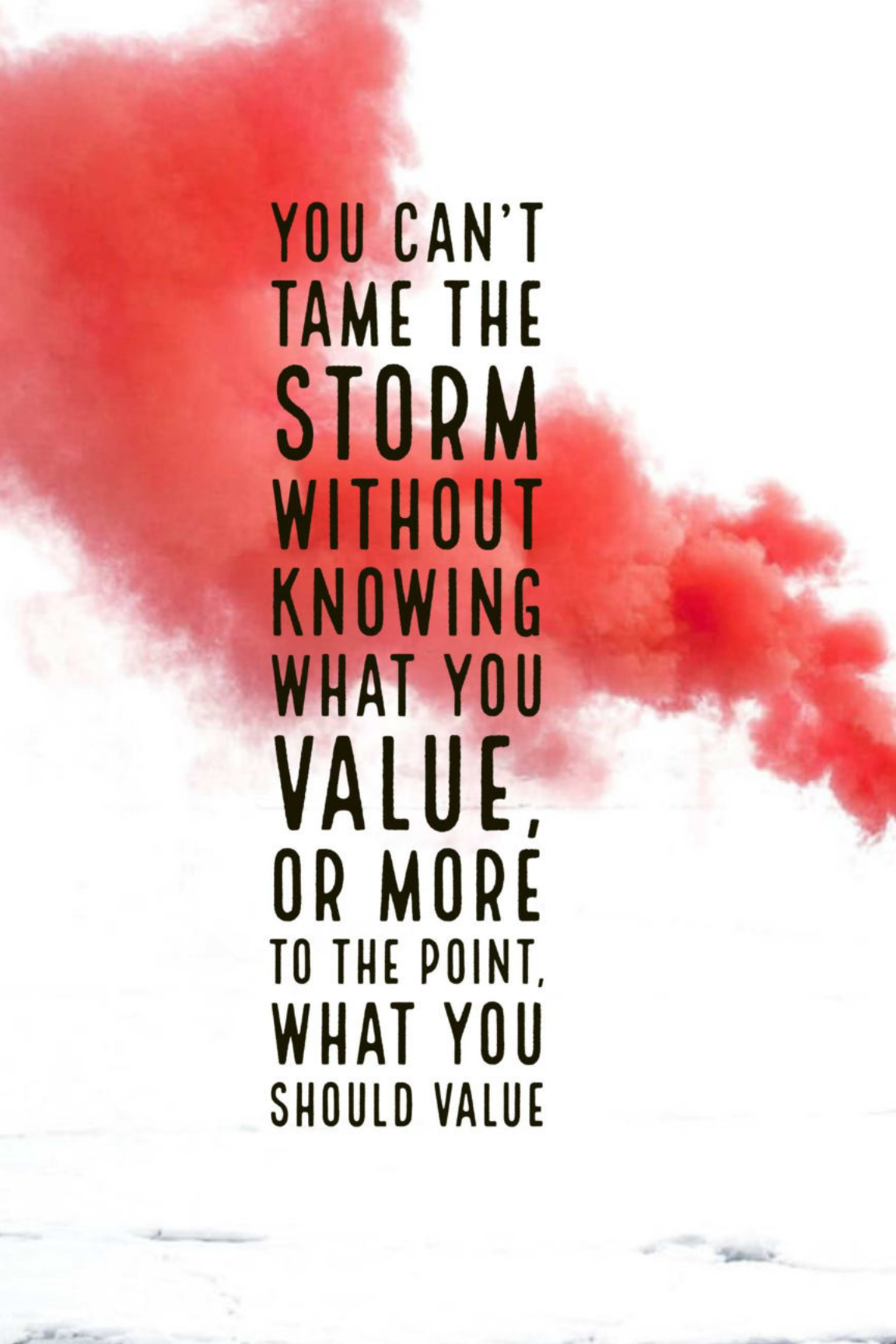

IF YOU WANT TO BE HAPPY AND SUCCESSFUL, FIRST TAKE THE TIME TO LEARN ABOUT MENTAL & EMOTIONAL HEALTH. STEER CLEAR OF HOKUM AND LISTEN TO THE EXPERTS AND THOSE WHO HAVE APPLIED EXPERT KNOWLEDGE TO THEMSELVES. WHAT HAS WORKED FOR OTHERS WILL WORK FOR YOU AS WELL.

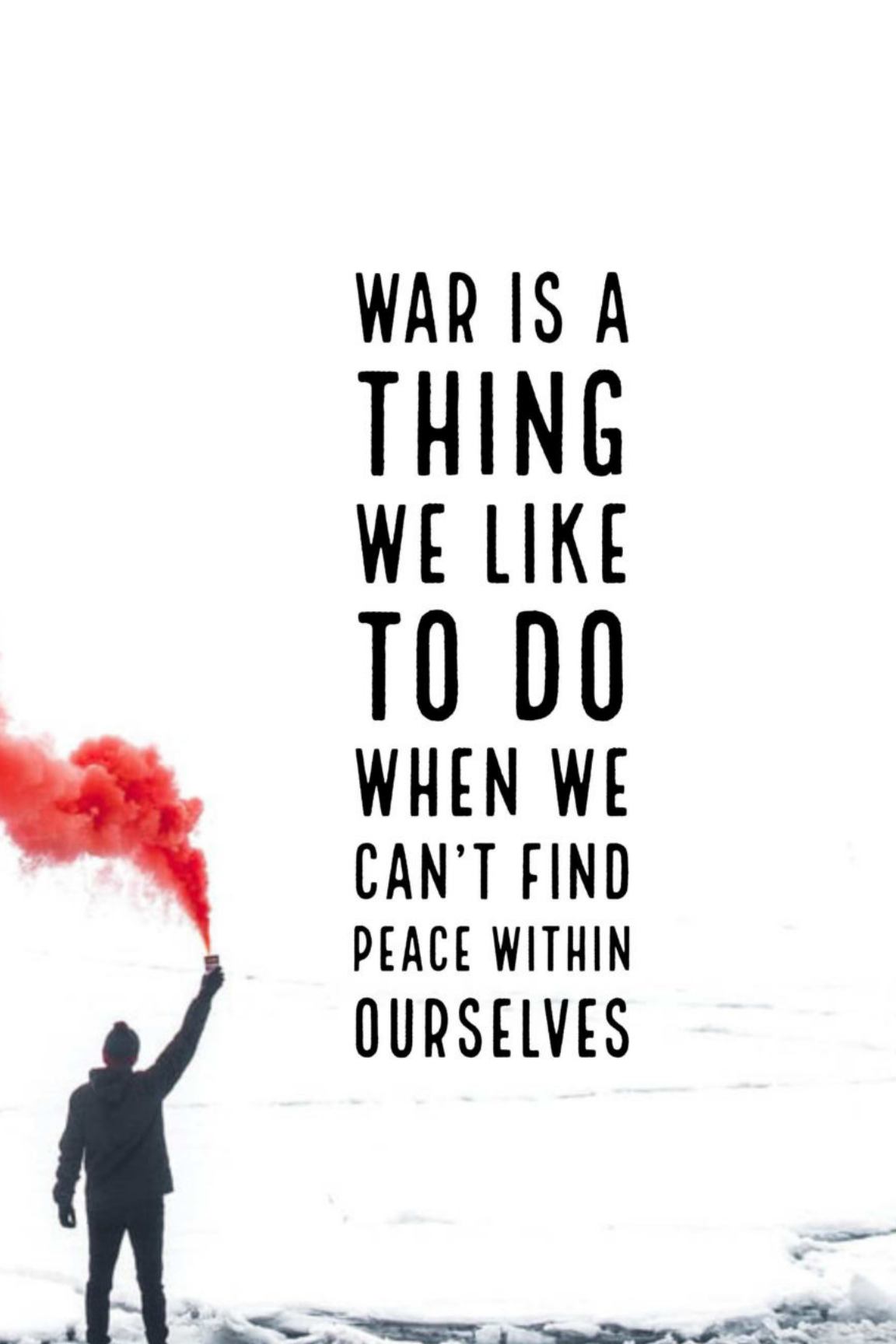

IF YOU'RE NOT STABLE AND SECURE IN YOURSELF, YOUR PRIORITY SHOULD BE TO WORK ON YOUR EMOTIONAL HEALTH. THEN ANYTHING ELSE YOU WANT TO ACHIEVE IN LIFE CAN HAPPEN WITH A GREATER LIKELIHOOD OF SUCCESS.



Most of our choices and what we choose to stand for cannot be wholly right or wrong. Rather than seeing things in black and white and denying all the variables and alternate views, we can make decisions and decide on our values based on what is of higher value, or most virtuous (What is optimal for the community, family or society at large) or alternatively what works for our particular personality and goals. Put simply what we believe is best for us. This is applying our actions and decisions and applied values around our best accumulative assumptions rather than being blinkered or blind to the complexity. It is also important to not be ambiguous in making clear definitive decisions in regards to choices, values, and stances. Being ambiguous creates dual-mindedness, doubt and fuzzy thinking. This does not mean you can't change your mind. It's more about having a stable narrative to rely on, being authentic, having integrity and removing unnecessary uncertainty.

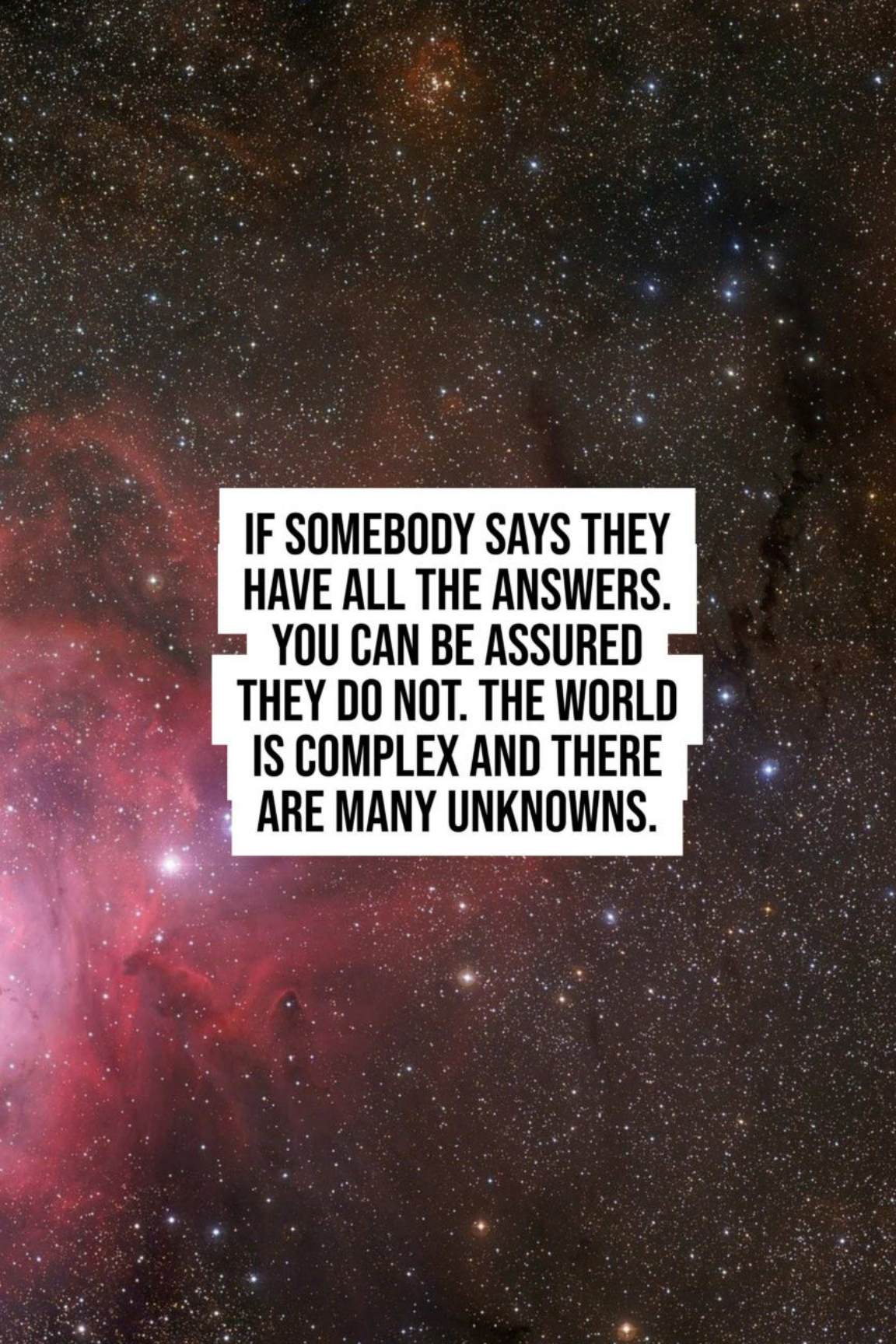
Anyone who is able to make good choices must be in some way sceptical in order to ensure they are not easily fooled or taken down a false path. In terms of people selling you something, whether ideas, products, beliefs, or themselves, a discerning mind who questions what is being sold will go a long way to protecting themselves from being misled either intentionally or through ignorance on part of the seller. This action of questioning, doubting or suspending judgement is called scepticism. The old adage 'too good to be true' goes a long way to protecting yourself from wishful thinking and wanting to believe because the implied results are so positive. Scepticism concerns itself with what is real as opposed to cynicism which is the idea that people are motivated solely by self-interest and everyone is out for themselves. It's a winner/loser attitude that doesn't reflect positive beneficial relationships.


YOU CAN'T
TAME THE
STORM
WITHOUT
KNOWING
WHAT YOU
VALUE,
OR MORE
TO THE POINT,
WHAT YOU
SHOULD VALUE


WAR IS A
THING
WE LIKE
TO DO
WHEN WE
CAN'T FIND
PEACE WITHIN
OURSELVES

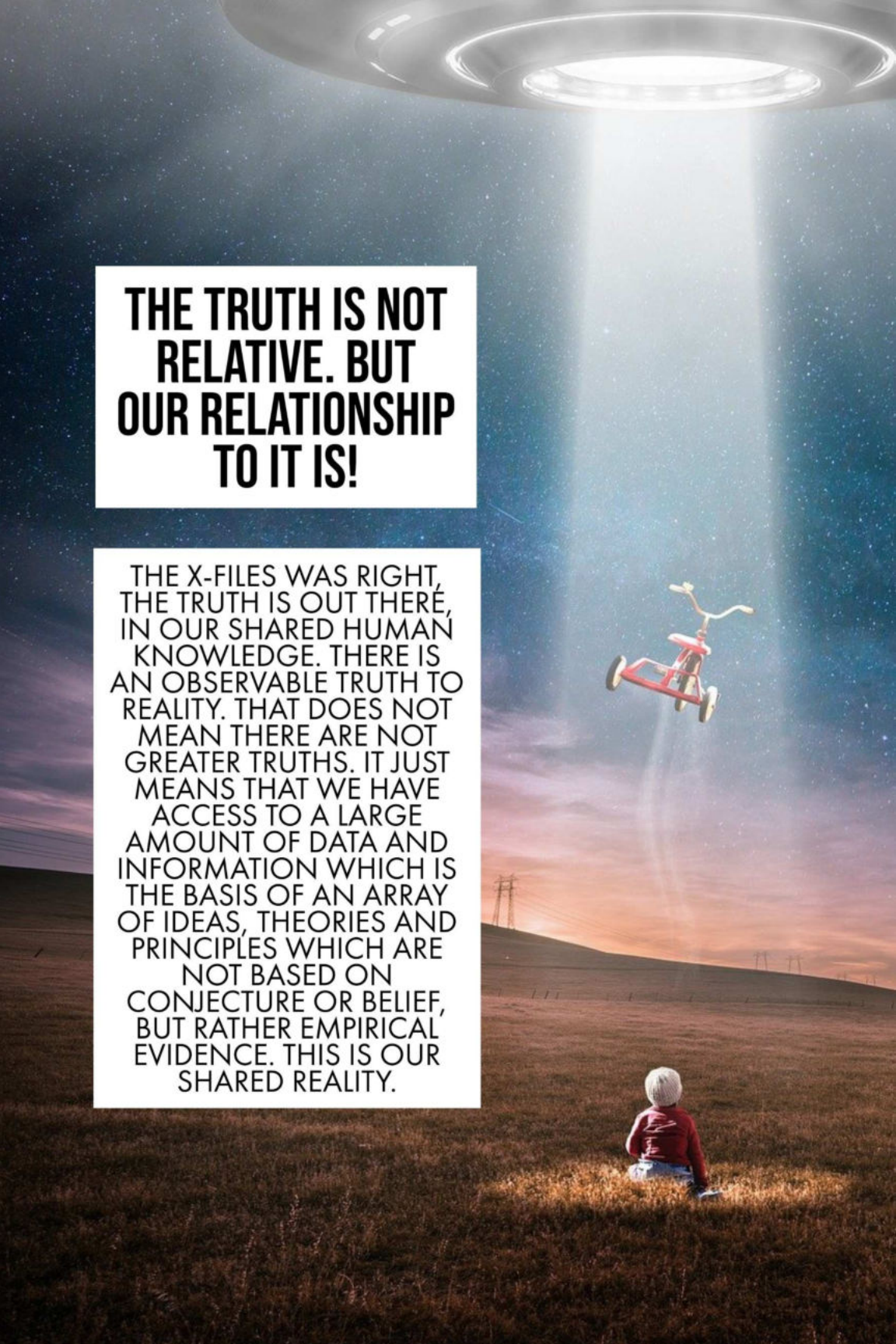


CONSPIRACY SITES DISTORT PEOPLE'S UNDERSTANDING OF POWER AND POLITICS. AS A RESULT MANY PEOPLE SEARCHING FOR THE TRUTH REMAIN MISINFORMED AND IRRATIONAL.

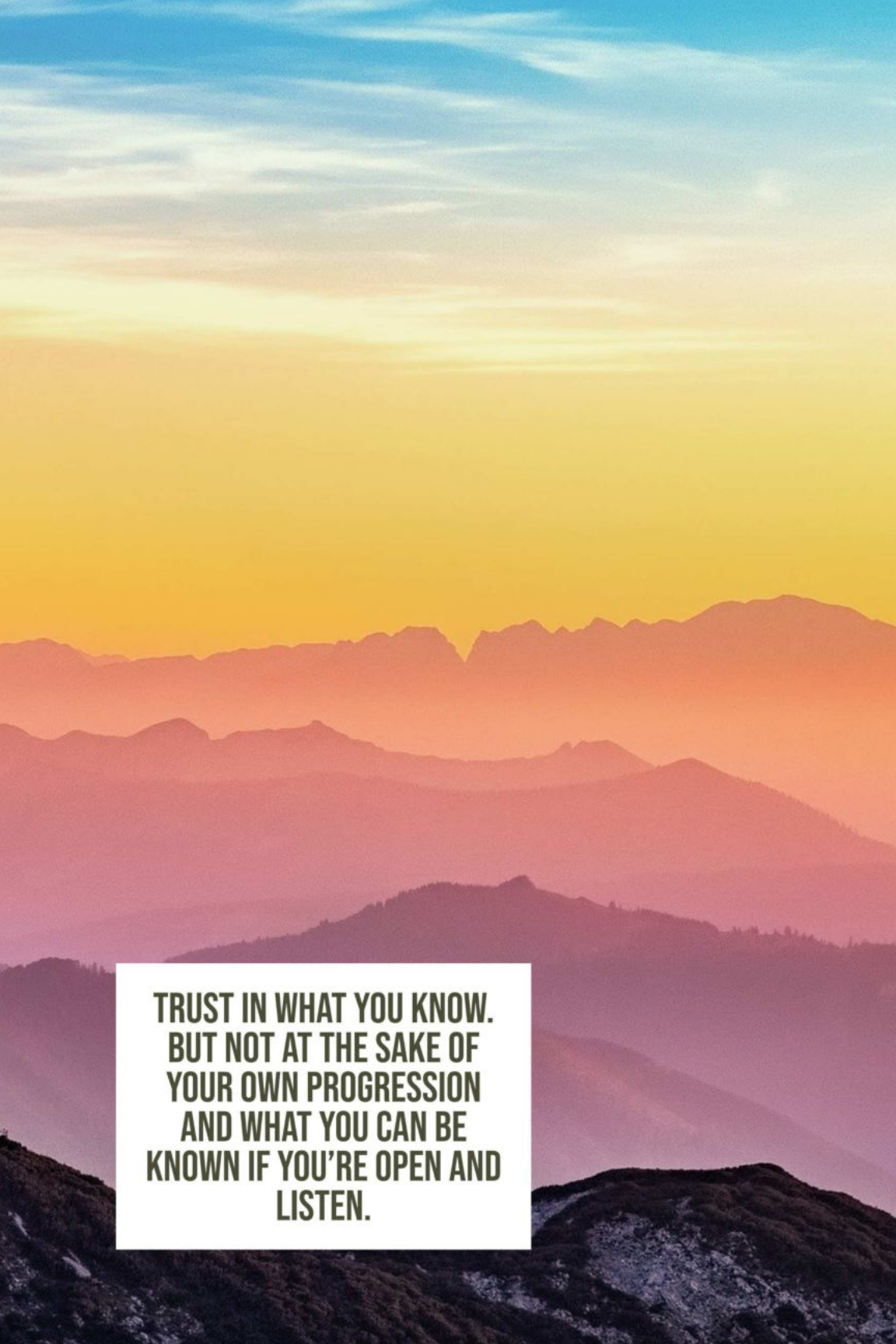

IF SOMEBODY SAYS THEY HAVE ALL THE ANSWERS. YOU CAN BE ASSURED THEY DO NOT. THE WORLD IS COMPLEX AND THERE ARE MANY UNKNOWNS.

BE CAREFUL WHAT YOU BELIEVE! YOUR MIND WILL STRUCTURE OTHER THOUGHTS AROUND THAT BELIEF AND NEW BELIEFS WILL BE CREATED BASED ON THAT BELIEF. YOU CAN INSTEAD THINK: THIS BELIEF MAYBE, POSSIBLY, OR COULD BE TRUE AND LEAVE IT AS AN UNCERTAINTY. IT GIVES YOUR BRAIN ANOTHER PATHWAY AROUND THAT IDEA OR BELIEF FOR THE IDEAS AND BELIEFS THAT CONTRADICT THAT BELIEF. IF A MORE SOLID TRUTH IS UNCOVERED AND ADDED TO YOUR SCHEMA, IT WON'T BE DISMISSED BY AN INFERIOR BELIEF BECAUSE YOU HAVE NOT MADE THAT BELIEF A CERTAINTY. DON'T LET GOOD HELPFUL BELIEFS AND CONCEPTS THAT WORK GET IGNORED, DENIED, ABANDONED AND REFUTED BECAUSE ANOTHER INFERIOR CONCEPT HAS BLOCKED ITS INCORPORATION INTO YOUR SCHEMA. THIS CAN HINDER YOUR GROWTH, YOUR LIFE AND THE LIFE OF OTHERS. CERTAIN BELIEFS AND IDEAS CAN BE USEFUL, EVEN WHEN THEY AREN'T CERTAIN, THEY CAN SERVE A PURPOSE. MAKING UNPROVABLE BELIEFS A CERTAINTY CAN, IN FACT, HOLD YOU BACK, STIFLE YOU, AND STOP YOU FROM REACHING YOUR FULL POTENTIAL. THIS WAY OF NOT MAKING UNCERTAINTIES CERTAINTIES IS CALLED 'APPLIED AGNOSTICISM'.

IGNORANT PEOPLE AREN'T NECESSARILY IGNORANT BECAUSE THEY ARE UNINTELLIGENT, THEY ARE IGNORANT BECAUSE THEY CHOOSE TO DENY BASIC TRUTHS OF REALITY, WHICH IN TURN CORRUPTS THEIR THINKING.


THE TRUTH IS NOT RELATIVE. BUT OUR RELATIONSHIP TO IT IS!
THE X-FILES WAS RIGHT, THE TRUTH IS OUT THERE, IN OUR SHARED HUMAN KNOWLEDGE. THERE IS AN OBSERVABLE TRUTH TO REALITY. THAT DOES NOT MEAN THERE ARE NOT GREATER TRUTHS. IT JUST MEANS THAT WE HAVE ACCESS TO A LARGE AMOUNT OF DATA AND INFORMATION WHICH IS THE BASIS OF AN ARRAY OF IDEAS, THEORIES AND PRINCIPLES WHICH ARE NOT BASED ON CONJECTURE OR BELIEF, BUT RATHER EMPIRICAL EVIDENCE. THIS IS OUR SHARED REALITY.


YOU DON'T NEED TO BELIEVE TO MAKE SOMETHING TRUE.
IT IS NOT NECESSARILY TRUE BECAUSE YOU BELIEVE IT.


TRUST IN WHAT YOU KNOW.
BUT NOT AT THE SAKE OF
YOUR OWN PROGRESSION
AND WHAT YOU CAN BE
KNOWN IF YOU'RE OPEN AND
LISTEN.

When choosing what to believe in or back as a lifestyle choice, optimalism will help you decide what to move towards or move away from. By looking not only at what is the optimal choice for now or the short term, but also taking into account the compounding effect of taking that option as a regular thing. Eg. Is taking drugs a good thing? What not only works for you or your family now but long term. What are the implications?
Optimalism is about developing behaviours and making choices that lead to you living fruitfully now and into the future. It's about making the best choices based on the variables available to you. It differs from perfectionism in the way it accounts for human fallibility and the nature of reality. This definition of optimalism may differ from that put forward by positive psychologists.

THE “FAIRYTALE TRAP” IS THINKING THE PERFECT LIFE AS YOU MIGHT HAVE ENVISIONED IS GOING TO FALL INTO YOUR LAP. YOUR DESTINY ISN’T GOING TO JUST HAPPEN, YOU HAVE TO MAKE IT HAPPEN.

One of the many traps of life is wishful thinking. This is where you believe something simply because it feels good or the expected value is high. Rather than testing the belief and being sceptical of it, we incorporate it into our mental schema.

Some wishful thinking is benign and can create a sense of well-being, but if you are basing a future outcome on a belief or train of thought that is antithetical to reality. The outcomes of those actions or non-actions can cause disadvantages, harm, or loss. An example may be that you're sure your product will be a hit. So you put all your wealth into marketing or designing it, only to find out that the market for your product wasn't there yet. Or the belief that carrot smoothies cure cancer. Instead of using the latest in medicine, you decide that your carrot smoothies will cure your cancer and you end up dying because you believed in something which was a fallacy.

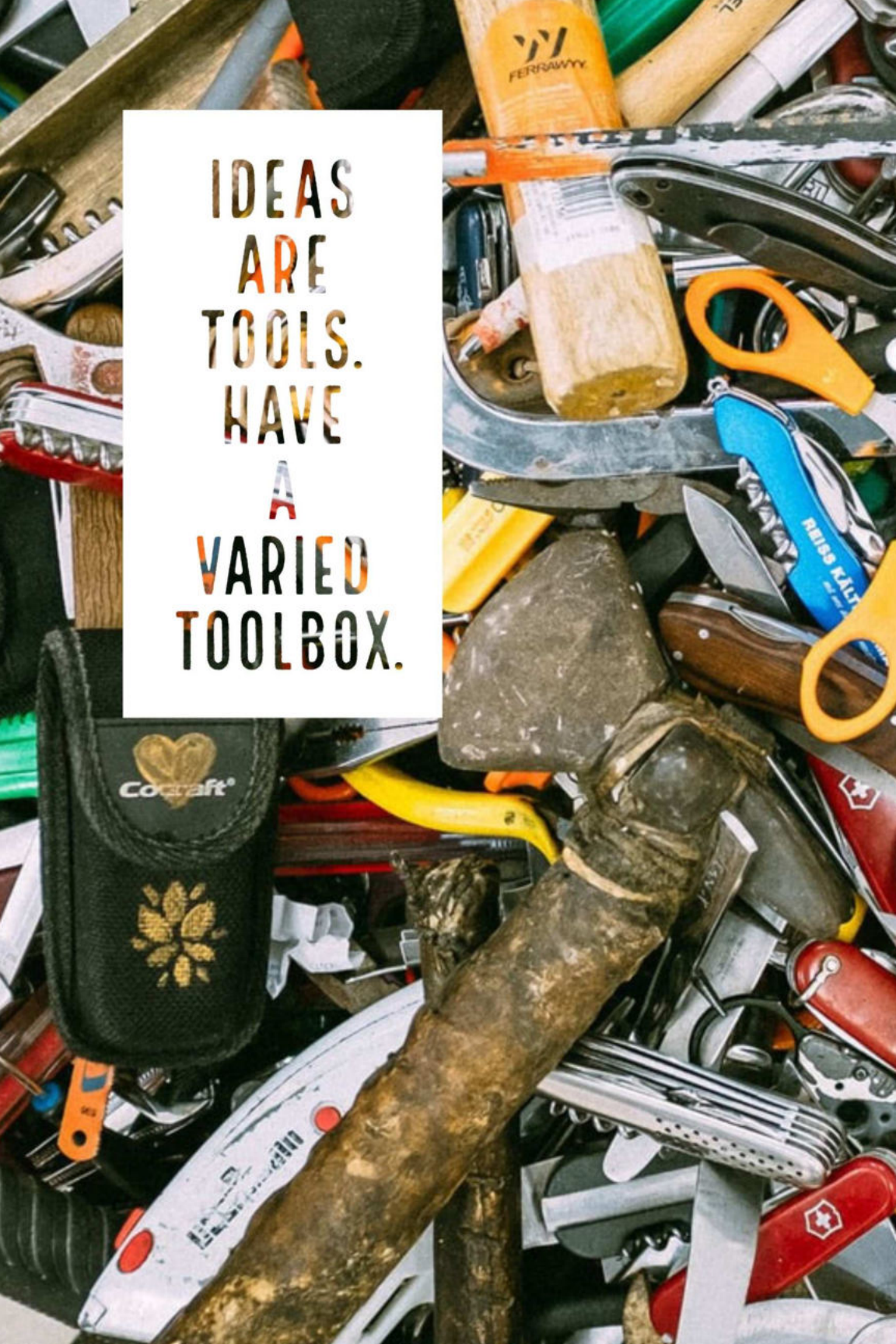
Being aware of wishful thinking and the harm it can cause to individuals and society can help us navigate the pitfalls of life by being sceptical of things that sound great, but are con-jobs or just false or unhelpful. Some people are more prone to this than others, especially those who look outside the physical world for answers to their problems and for mental comfort and security.


SOME PEOPLE
WILL SPEND
THEIR LIVES SEARCHING
FOR TRUTHS
OTHERS WILL DISCOUNT
IN AN INSTANT.

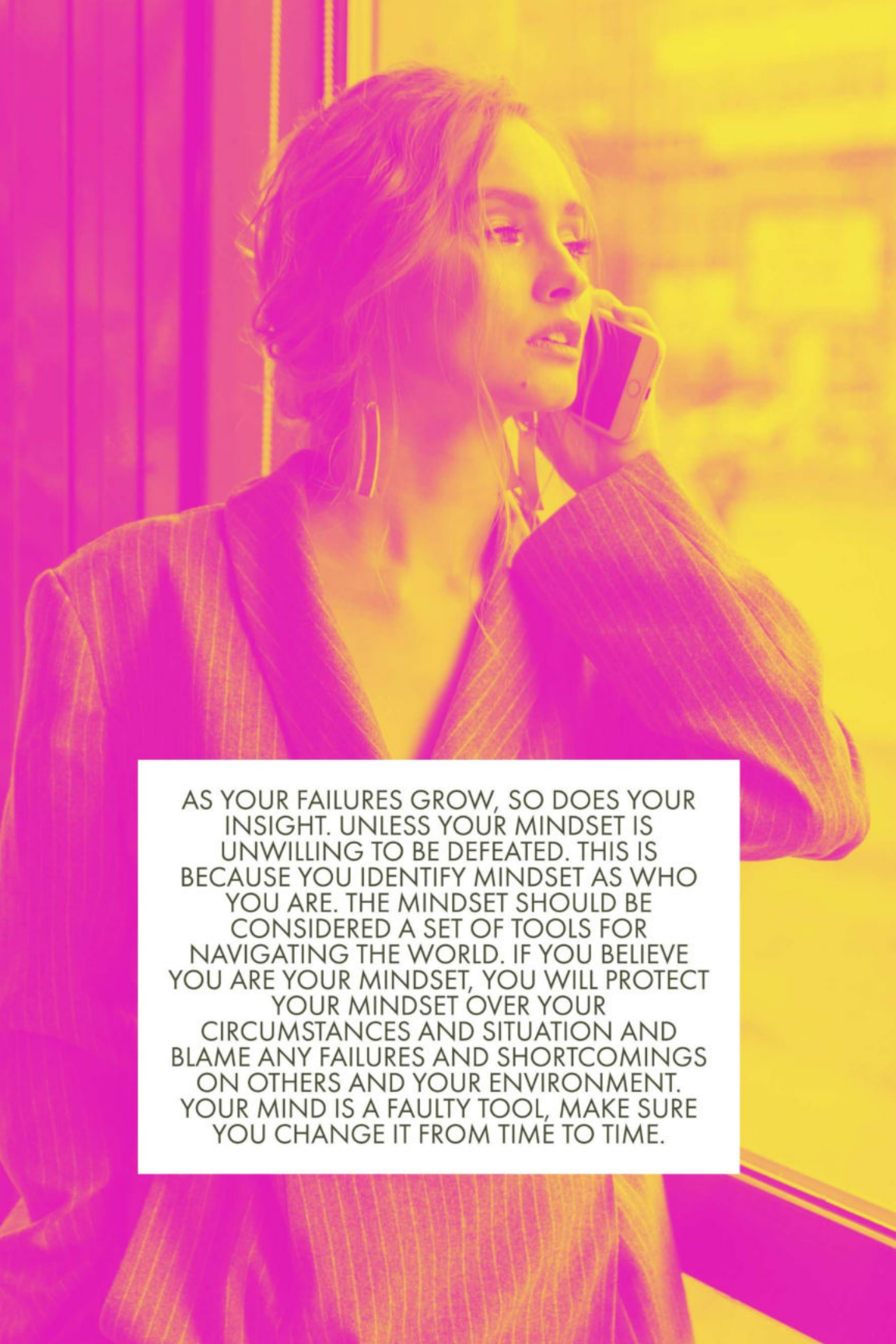

BE CAREFUL WHAT
YOU TELL YOURSELF,
YOU MIGHT START
TO BELIEVE IT!

IT IS EASY TO CONDEMN AND ADMONISH THOSE WITH ALTERNATE VIEWS ON THE NATURE OF OUR CONDITION AND OF OUR WORLD. BECAUSE WE'VE MADE UP OUR MINDS ABOUT WHAT WE KNOW AND BELIEVE. IT IS ONLY IN REALIZING THE LIMITATIONS OF OUR OWN MIND AND KNOWLEDGE CAN WE PUT ASIDE OUR OWN PRIDE AND PREJUDICES IN ORDER TO EMBRACE OUR FELLOW MAN. KNOWING, HOWEVER RIGHT WE MAY THINK WE ARE, WE ARE HUMAN AND SUBJECT TO THE HEURISTICS CODED INTO OUR MINDS. WE HAVE ALL BEEN JUDGED AND FOUND WANTING.

Your mind is
a faulty tool.
Make sure
you change
it from time
to time.

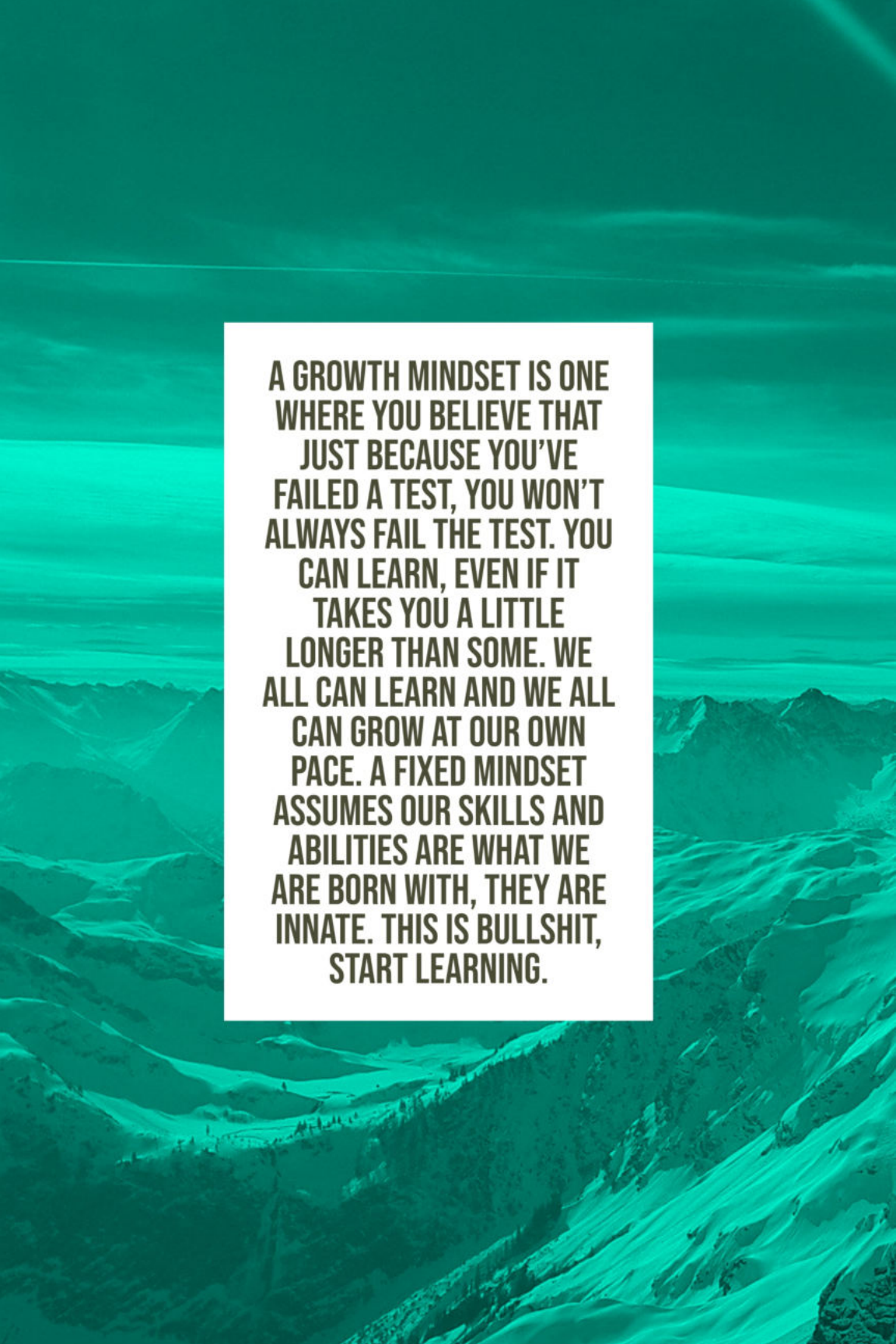

IDEAS
ARE
TOOLS.
HAVE
A
VARIED
TOOLBOX.
FERRAWYY
Cocraft

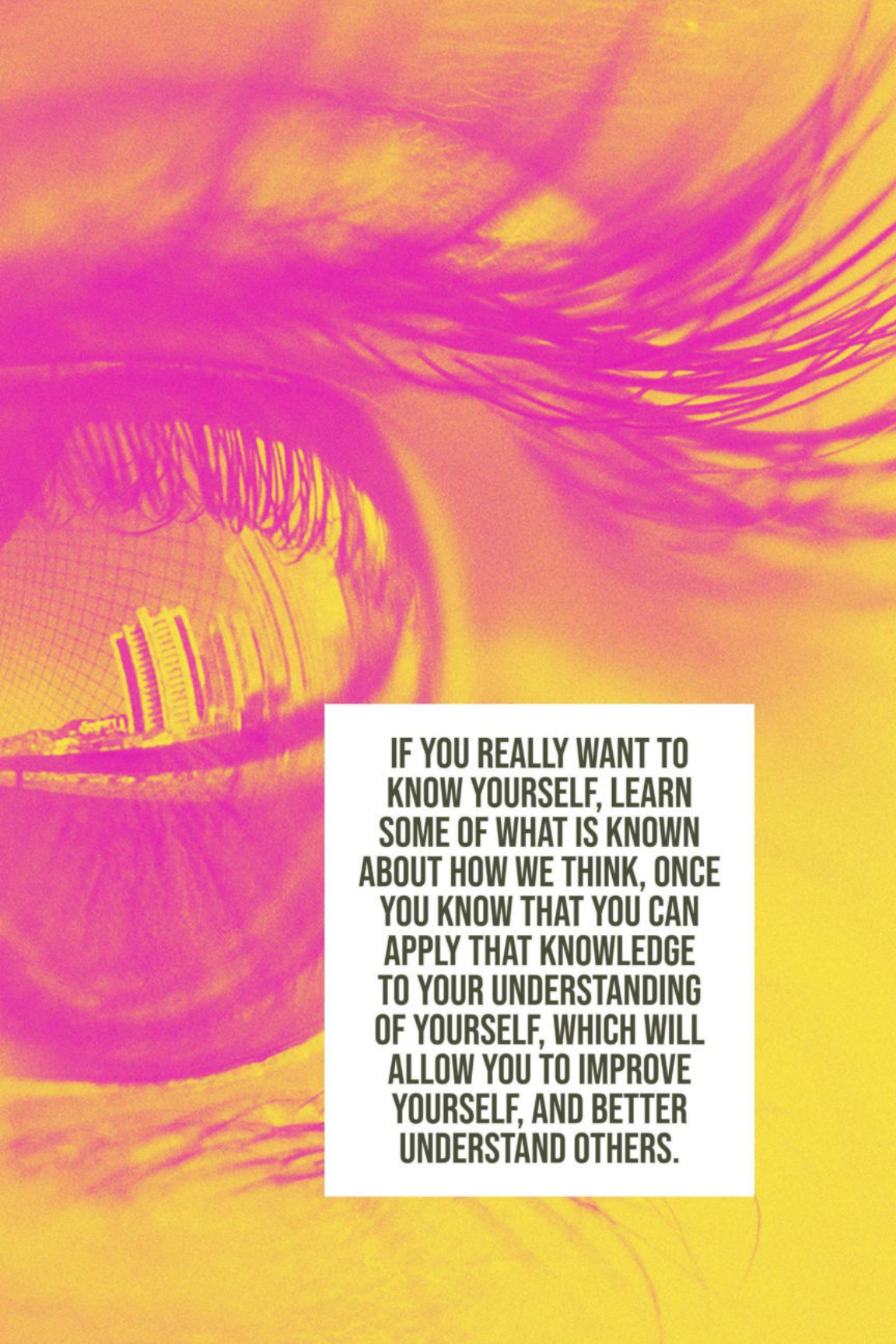

REDLINE
PROFESSIONAL



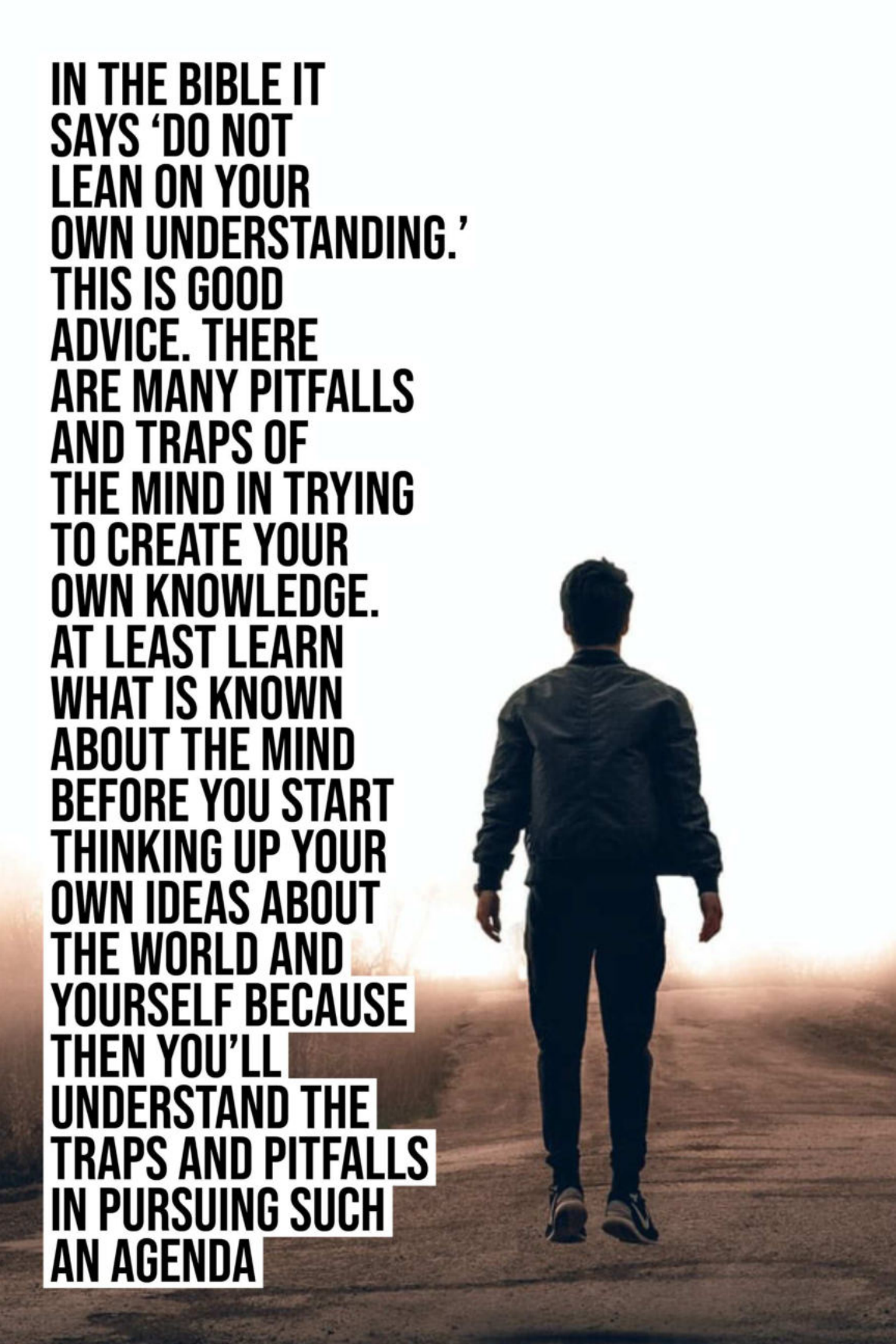
AS YOUR FAILURES GROW, SO DOES YOUR INSIGHT. UNLESS YOUR MINDSET IS UNWILLING TO BE DEFEATED. THIS IS BECAUSE YOU IDENTIFY MINDSET AS WHO YOU ARE. THE MINDSET SHOULD BE CONSIDERED A SET OF TOOLS FOR NAVIGATING THE WORLD. IF YOU BELIEVE YOU ARE YOUR MINDSET, YOU WILL PROTECT YOUR MINDSET OVER YOUR CIRCUMSTANCES AND SITUATION AND BLAME ANY FAILURES AND SHORTCOMINGS ON OTHERS AND YOUR ENVIRONMENT. YOUR MIND IS A FAULTY TOOL, MAKE SURE YOU CHANGE IT FROM TIME TO TIME.

SOME PEOPLE WILL NEVER CHANGE THEIR MIND AND **THEIR MINDSET** BECAUSE THEY DON'T WANT TO LOOK DUMB. BUT **THAT'S EXACTLY** WHAT MAKES YOU DUMB. **MANY PEOPLE** WOULD RATHER STAY IGNORANT THAN ADMIT THEY WERE WRONG AND LOSE FACE

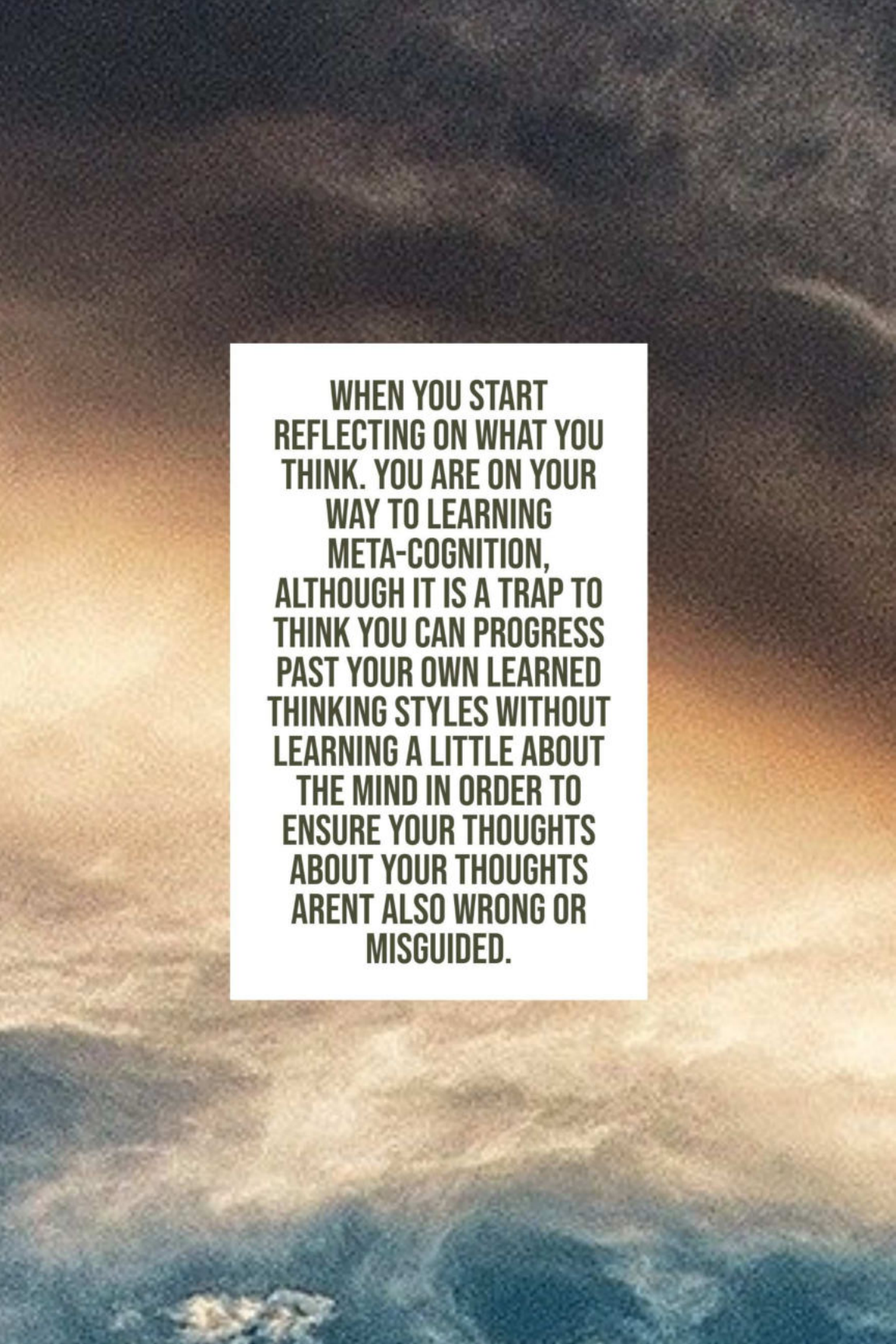

A GROWTH MINDSET IS ONE WHERE YOU BELIEVE THAT JUST BECAUSE YOU'VE FAILED A TEST, YOU WON'T ALWAYS FAIL THE TEST. YOU CAN LEARN, EVEN IF IT TAKES YOU A LITTLE LONGER THAN SOME. WE ALL CAN LEARN AND WE ALL CAN GROW AT OUR OWN PACE. A FIXED MINDSET ASSUMES OUR SKILLS AND ABILITIES ARE WHAT WE ARE BORN WITH, THEY ARE INNATE. THIS IS BULLSHIT, START LEARNING.


IF YOU REALLY WANT TO KNOW YOURSELF, LEARN SOME OF WHAT IS KNOWN ABOUT HOW WE THINK, ONCE YOU KNOW THAT YOU CAN APPLY THAT KNOWLEDGE TO YOUR UNDERSTANDING OF YOURSELF, WHICH WILL ALLOW YOU TO IMPROVE YOURSELF, AND BETTER UNDERSTAND OTHERS.

IN THE BIBLE IT SAYS 'DO NOT LEAN ON YOUR OWN UNDERSTANDING.' THIS IS GOOD ADVICE. THERE ARE MANY PITFALLS AND TRAPS OF THE MIND IN TRYING TO CREATE YOUR OWN KNOWLEDGE. AT LEAST LEARN WHAT IS KNOWN ABOUT THE MIND BEFORE YOU START THINKING UP YOUR OWN IDEAS ABOUT THE WORLD AND YOURSELF BECAUSE THEN YOU'LL UNDERSTAND THE TRAPS AND PITFALLS IN PURSUING SUCH AN AGENDA

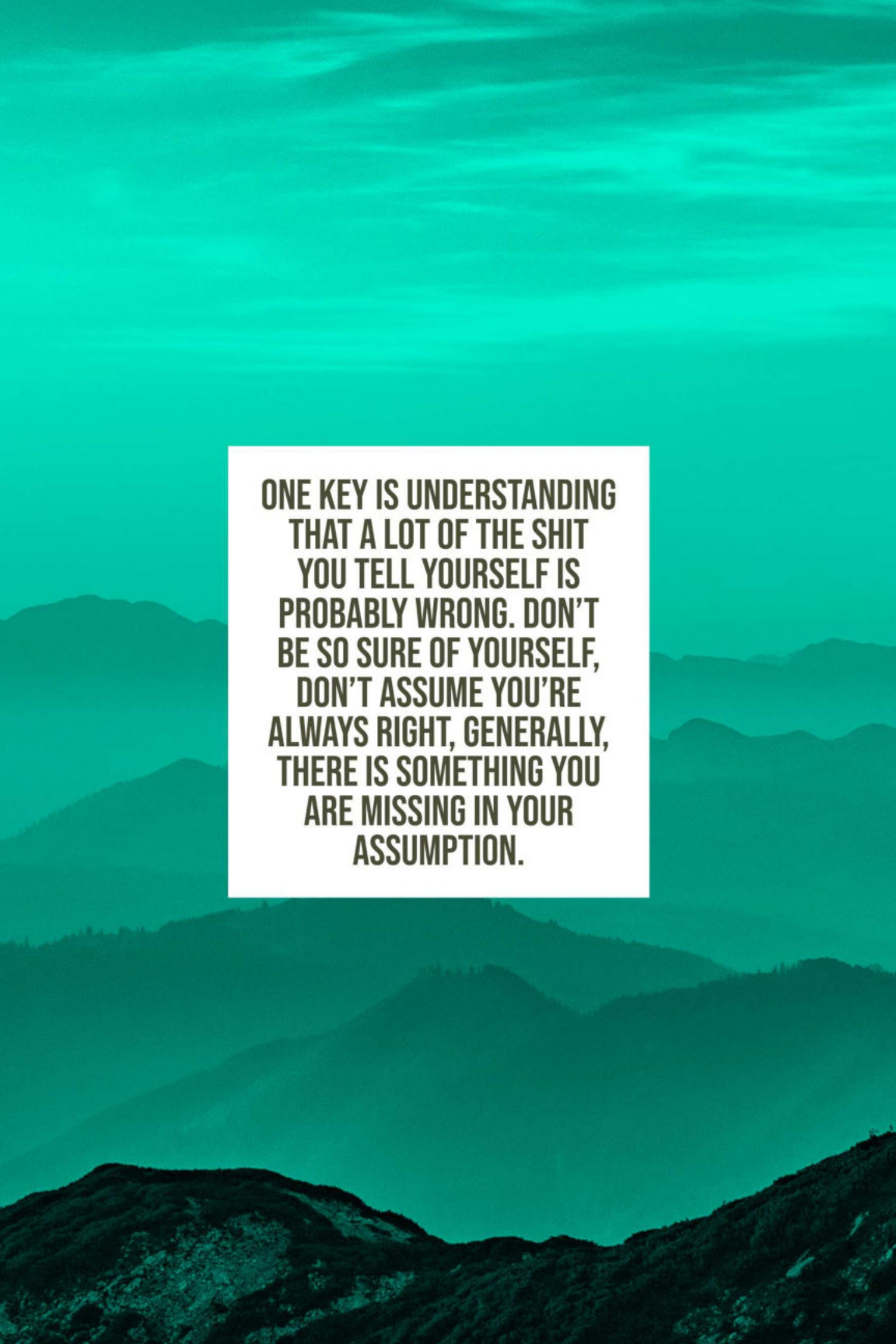


The problem with thinking your way to personal growth without the use of learning materials is that we end up focusing too much on the big “I” and become self-absorbed. There is no limit to what you can tell yourself without a proper framework for being. We can become deluded and off-kilter with reality as we deal with our past trauma and our assessment of it. When we think our way to understanding the world and ourselves it is easy to put ourselves at the centre of everything. This is the big “I". It’s easy to see when someone else is overly ego-centric. It’s harder to notice when you are at the centre of it yourself. BEWARE THE FOOL WHO ASKS HIMSELF "WHO AM I” WITHOUT EVER OPENING A BOOK. Just don’t think, learn.


WHEN YOU START REFLECTING ON WHAT YOU THINK. YOU ARE ON YOUR WAY TO LEARNING META-COGNITION, ALTHOUGH IT IS A TRAP TO THINK YOU CAN PROGRESS PAST YOUR OWN LEARNED THINKING STYLES WITHOUT LEARNING A LITTLE ABOUT THE MIND IN ORDER TO ENSURE YOUR THOUGHTS ABOUT YOUR THOUGHTS ARENT ALSO WRONG OR MISGUIDED.



Meta-cognition is the practice of thinking about one's thinking in a critical fashion. Not critical in a negative self-talk way, but of questioning your own thoughts in order to improve your ability to think rationally and clearly. Learning about the general thinking errors of all humans which are wired evolutionarily, help us to better assess our thinking, and helps us to create a picture of the world in greater resolution, rather than a fussy black and white egocentric view of the world. Reflective thinking could be grouped into the same category as meta-cognition only it is more tilted towards how we make sense of events and interactions in our lives, how we interpret and handle them.


ONE KEY IS UNDERSTANDING THAT A LOT OF THE SHIT YOU TELL YOURSELF IS PROBABLY WRONG. DON'T BE SO SURE OF YOURSELF, DON'T ASSUME YOU'RE ALWAYS RIGHT, GENERALLY, THERE IS SOMETHING YOU ARE MISSING IN YOUR ASSUMPTION.

TAKE CONTROL, LEARN MINDFULNESS MEDITATION AND HOW AND WHY IT WORKS, IT WILL CHANGE YOUR BRAIN FOR THE BETTER.

SOME PEOPLE GET GOOD GUIDANCE EARLY ON, AND IF THEY ARE RECEPTIVE CAN BUILD A FRAMEWORK FOR BEING THAT WILL CARRY ON THROUGHOUT THEIR LIVES IF THEIR ENVIRONMENT STAYS SUITED TO THAT MODE OF BEING AND PERSONAL FRAMEWORK.

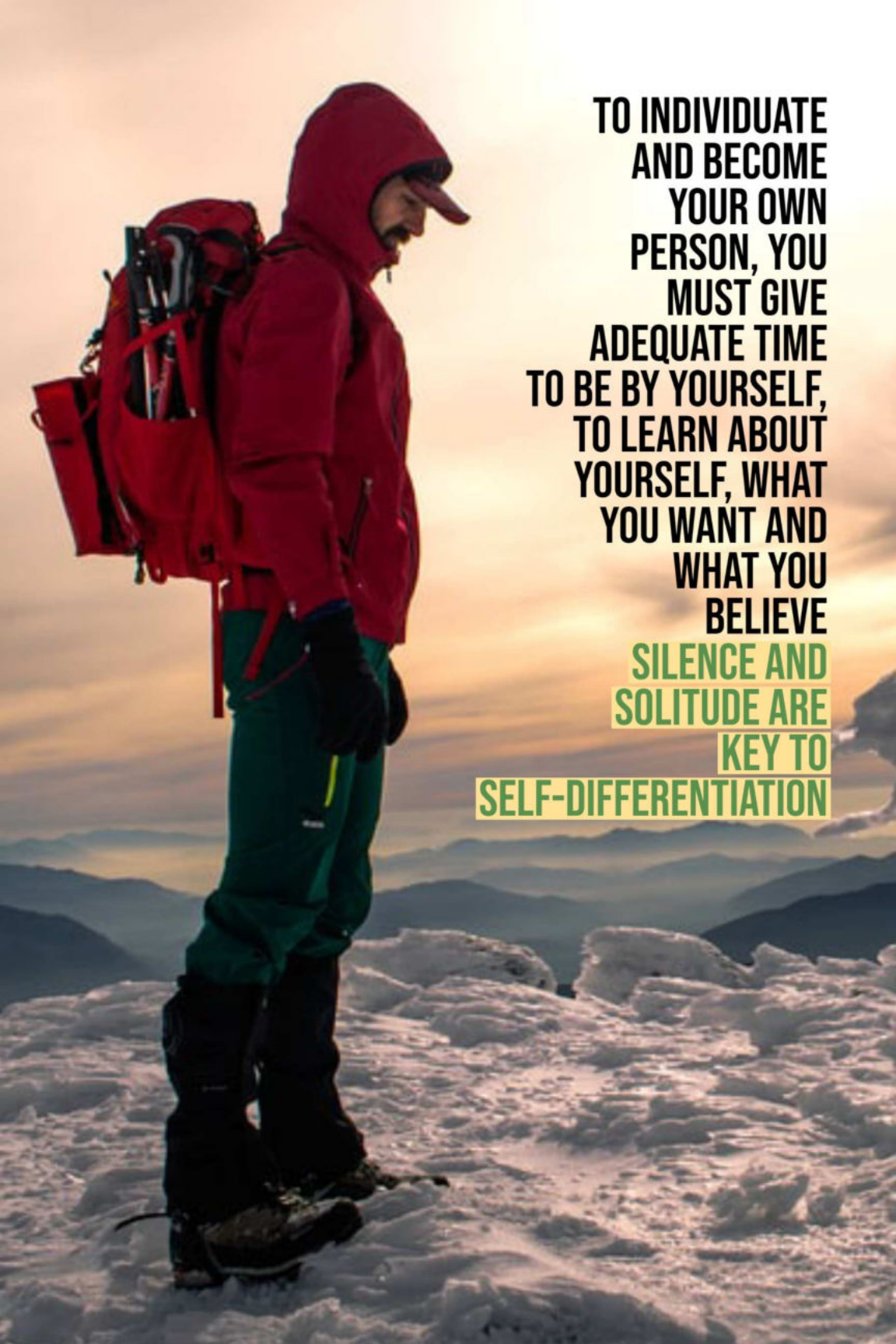
MANY WITHOUT THIS EARLY HEADSTART WILL FIND THEIR WAY SOONER OR LATER TO AN APPROPRIATE MODE OF BEING IN AN ENVIRONMENT WHERE THEY CAN FLOURISH.

STILL, OTHERS MAY NOT BE SO LUCKY AND WILL EITHER PLOD ALONG LANGUISHING WITHOUT AN APPROPRIATE MODE OR FIND THEMSELVES IN CONSTANT STRIFE DUE TO AN ACCUMULATION OF BAD CHOICES.

LEARNING ABOUT YOURSELF IS THE SUREST WAY TO MAKE SURE YOU DON'T END UP IN THE LAST GROUP.

Some people spend their whole lives looking for positive change but struggle to manifest it. There are two reasons for this. One is that they externalise change and look to the environment for growth. While this is great it might not be enough. The second is that they internalise change (which is good) and look to grow through knowledge and self-understanding. The problem comes if they are always building on what they know, rather than questioning that understanding. They add but do not remove, which is why their problems may persist. Their existing mental model is faulty and does not mirror the nature of their reality, and so the same results occur despite them adding to their mental schema with new ideas for personal growth. This is because they believe their schema or mental model is fundamentally who they are and not just a set of ideas and beliefs. So they look for change, but only will ever really find it if life gets so bad that they have to admit the faults in their current nature and start remodelling themselves in a way that allows for real growth. Many people do just well enough in life that they never have to stare themselves down in the mirror and say I am wrong on a fundamental level in some form or another. So they subsist never knowing freedom from the burden of their own faulty mental framework (the ideas they believe to be true, and the value they place on those beliefs).


GET OUTSIDE
YOUR COMFORT
ZONE AS OFTEN
AS POSSIBLE.
BE BRAVE.
SHOW UP.
DON'T AVOID.
IT WILL GET
EASIER. AND
YOUR WORLD
WILL EXPAND.


TO INDIVIDUATE AND BECOME YOUR OWN PERSON, YOU MUST GIVE ADEQUATE TIME TO BE BY YOURSELF, TO LEARN ABOUT YOURSELF, WHAT YOU WANT AND WHAT YOU BELIEVE
SILENCE AND SOLITUDE ARE KEY TO SELF-DIFFERENTIATION

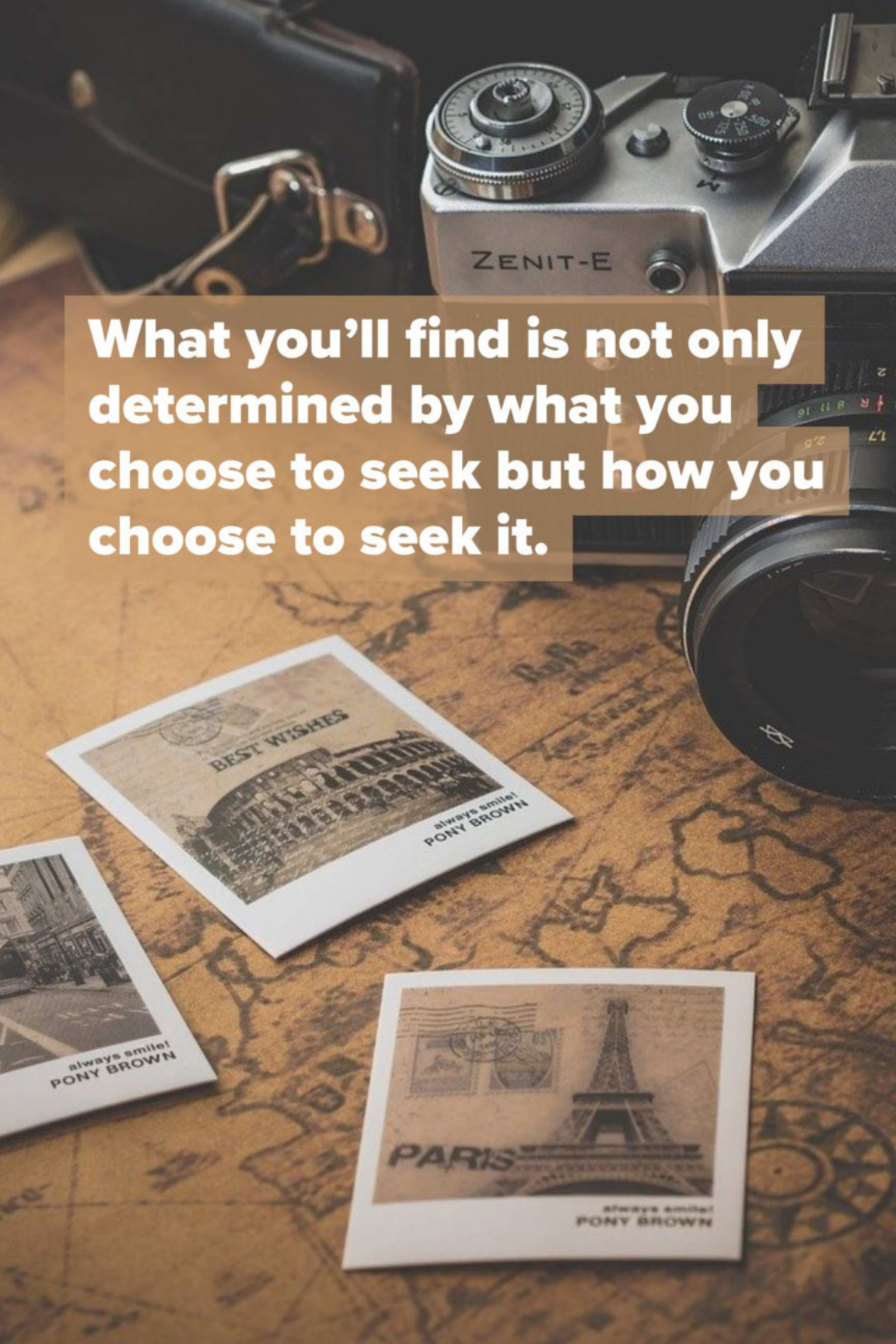
Post-traumatic growth or PTG occurs when an individual experiences trauma from some form of unfathomable event. Through processing the event and making adjustments to the way they think, people who experience PTG are able to better understand the complexities and paradoxes of life and are able to find a greater sense of meaning. They can develop a greater sense of care and compassion with others, report greater levels of happiness and have greater resilience.

Weeks and months proceeding the event they will go through a period of self-doubt, stress, and anxiety, and have difficultly controlling their thoughts. They will ruminate obsessively as their brain tries to make sense of the situation as their worldview no longer fits their experience.

As the individual takes on more control over their processing and explores their beliefs and thinking patterns, they go down rabbit holes their brain previously would not let them go down, and this process rewires their brain with a more complex nuanced version of the world. They are able to reflect on who they are without the veil of a positive lens.

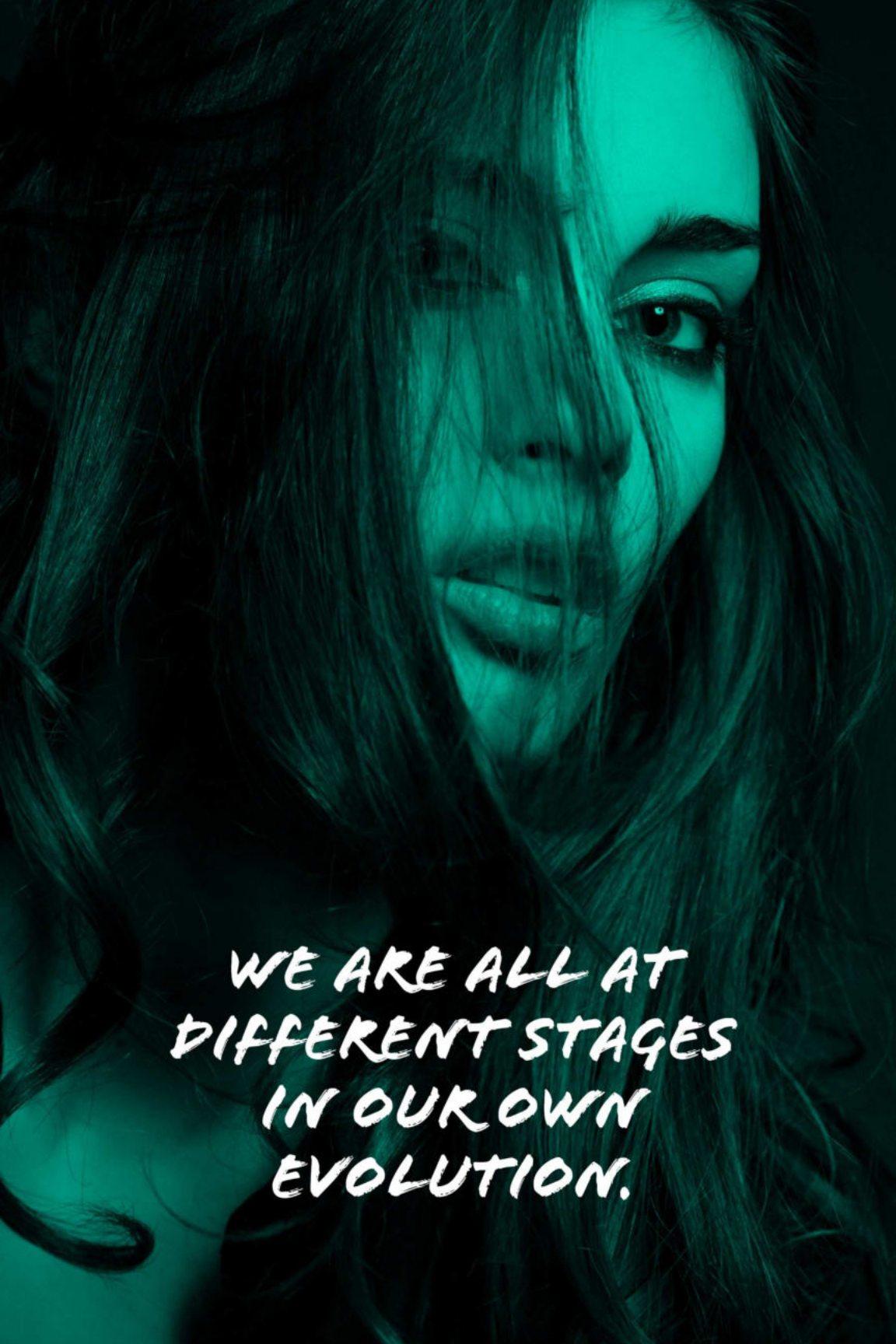
The goal of this internal process is to be aware enough not to make the mistake made previously. This disintegration of one's worldview is replaced by a more robust schema, letting go of false paradigms and beliefs.

Those with closed minds, who are not open enough to explore their mind are more likely to develop PTSD from such a traumatic event, as they don't allow for mindful change to accommodate their upheaval.

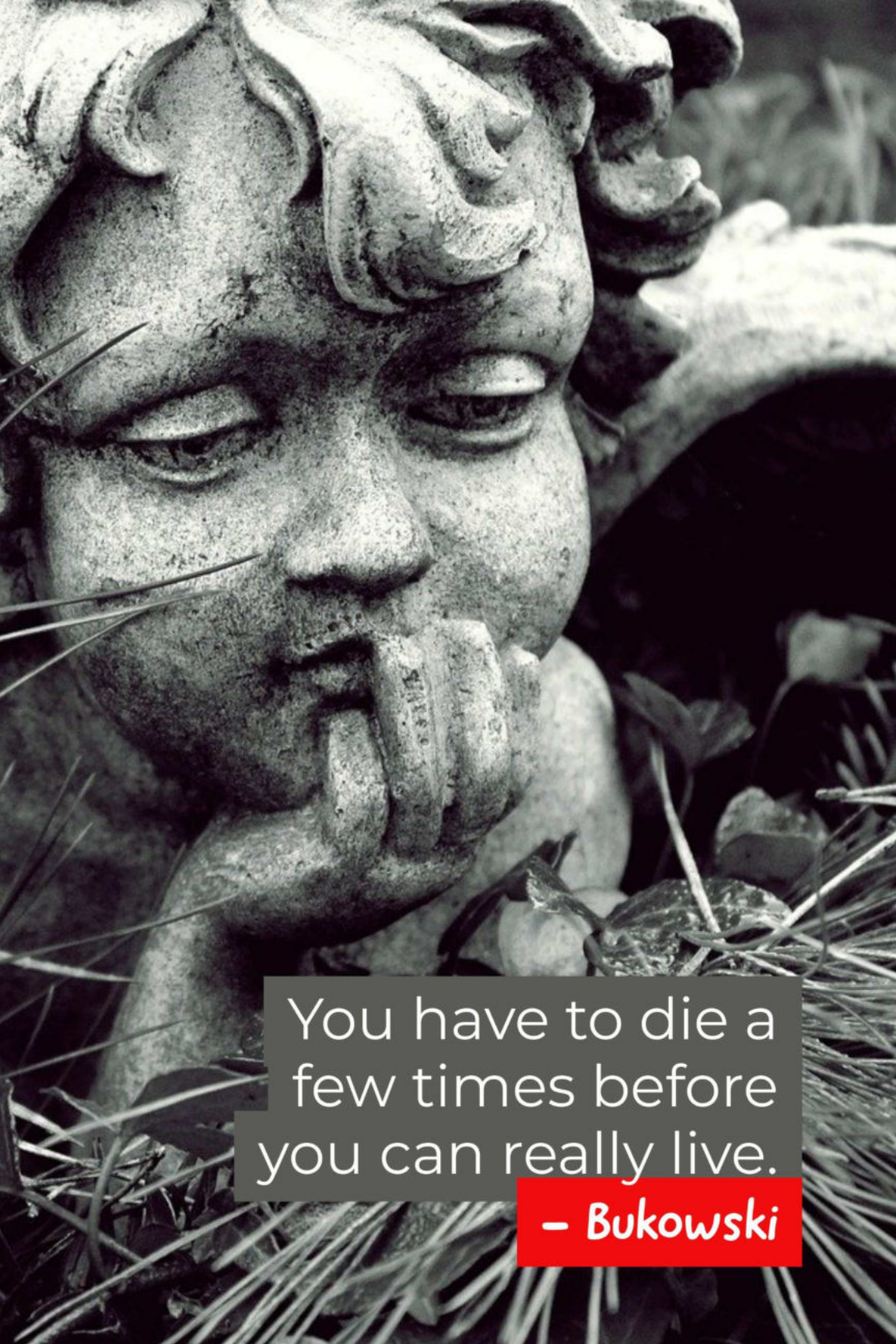

ZENIT-E
What you'll find is not only determined by what you choose to seek but how you choose to seek it.
BEST WISHES
always smile!
PONY BROWN
always smile!
PONY BROWN
PARIS
always smile!
PONY BROWN

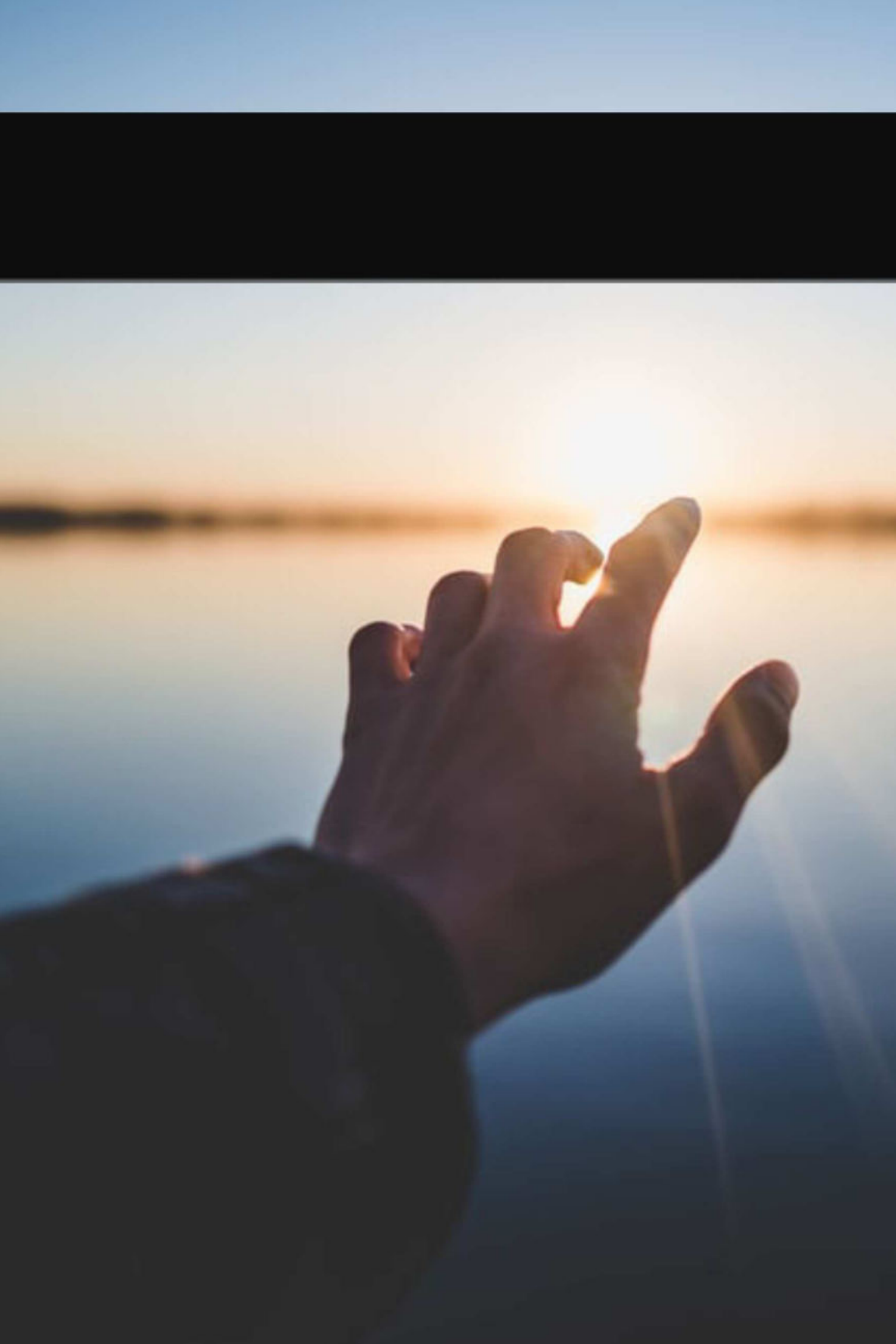
We're all still growing. None of us are there.

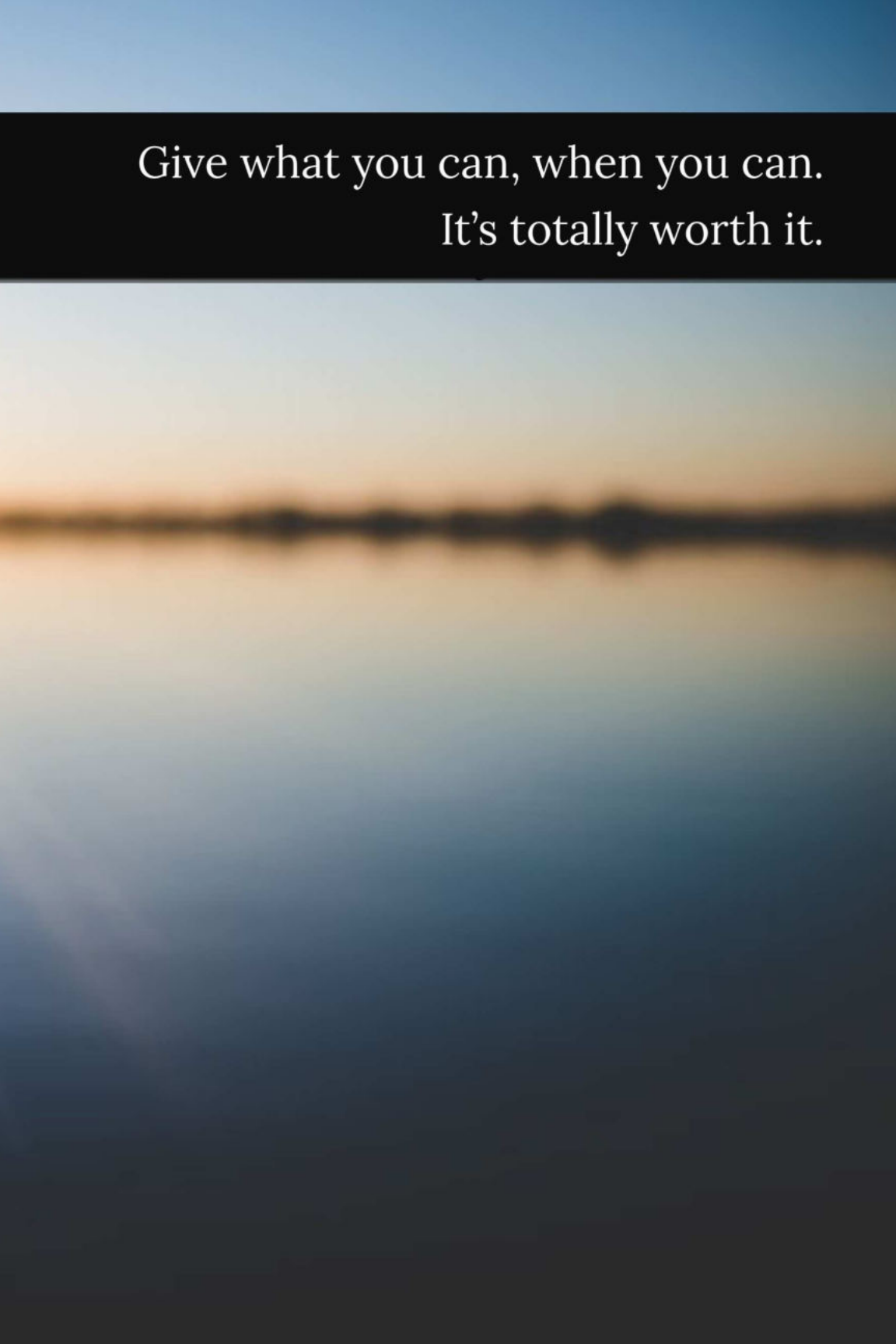



WE ARE ALL AT
DIFFERENT STAGES
IN OUR OWN
EVOLUTION.

YES, WORDS ARE CHEAP. BUT THE RIGHT WORDS AT THE RIGHT TIME CAN BE PRICELESS.


You have to die a few times before you can really live.
– Bukowski

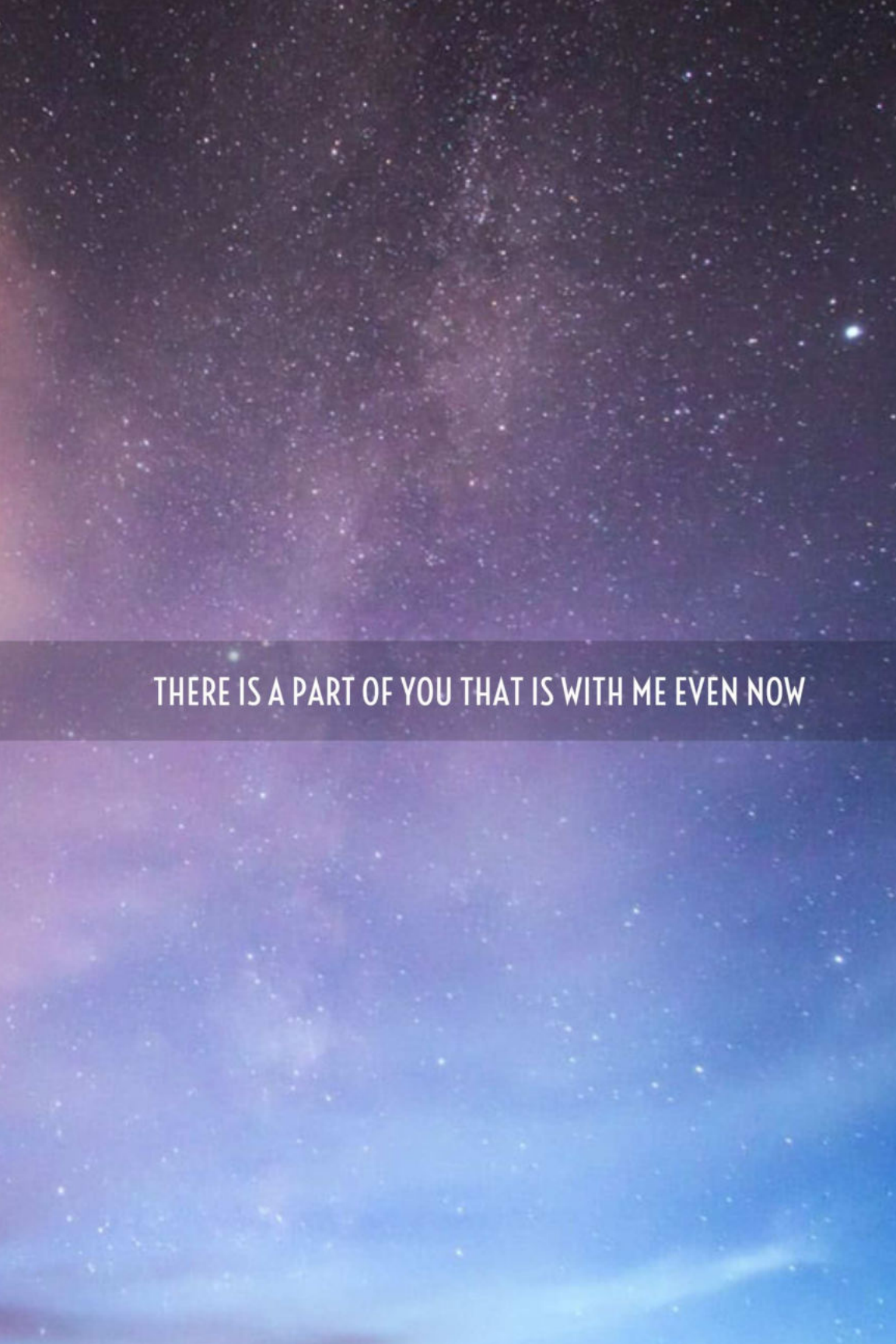



Give what you can, when you can.
It's totally worth it.




Take what you will, for I am
no longer in need of anything.
I am gone, but a reflection.
Still if I am anywhere, I wait
for your arrival.



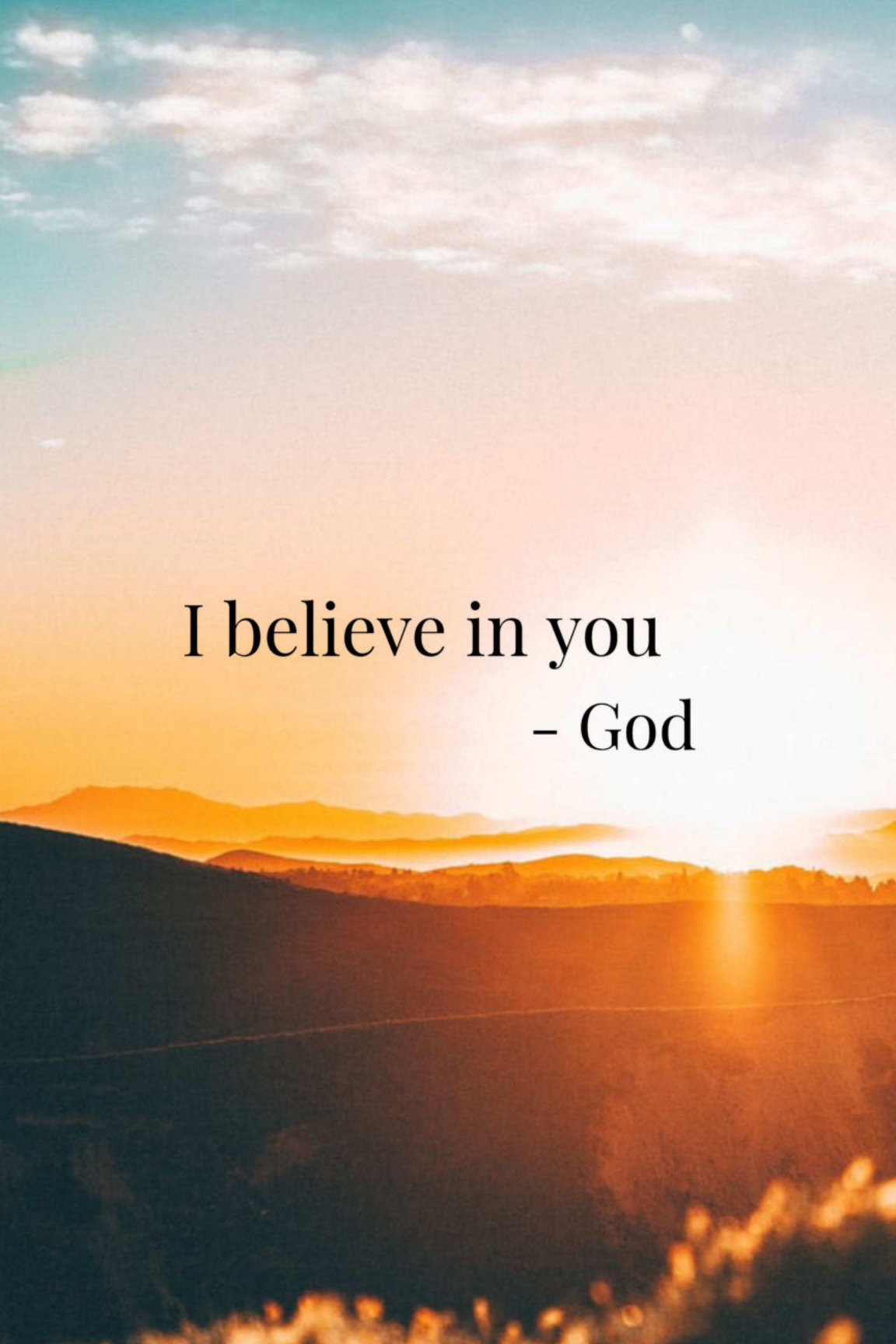

THERE IS A PART OF YOU THAT IS WITH ME EVEN NOW

Go to the source.

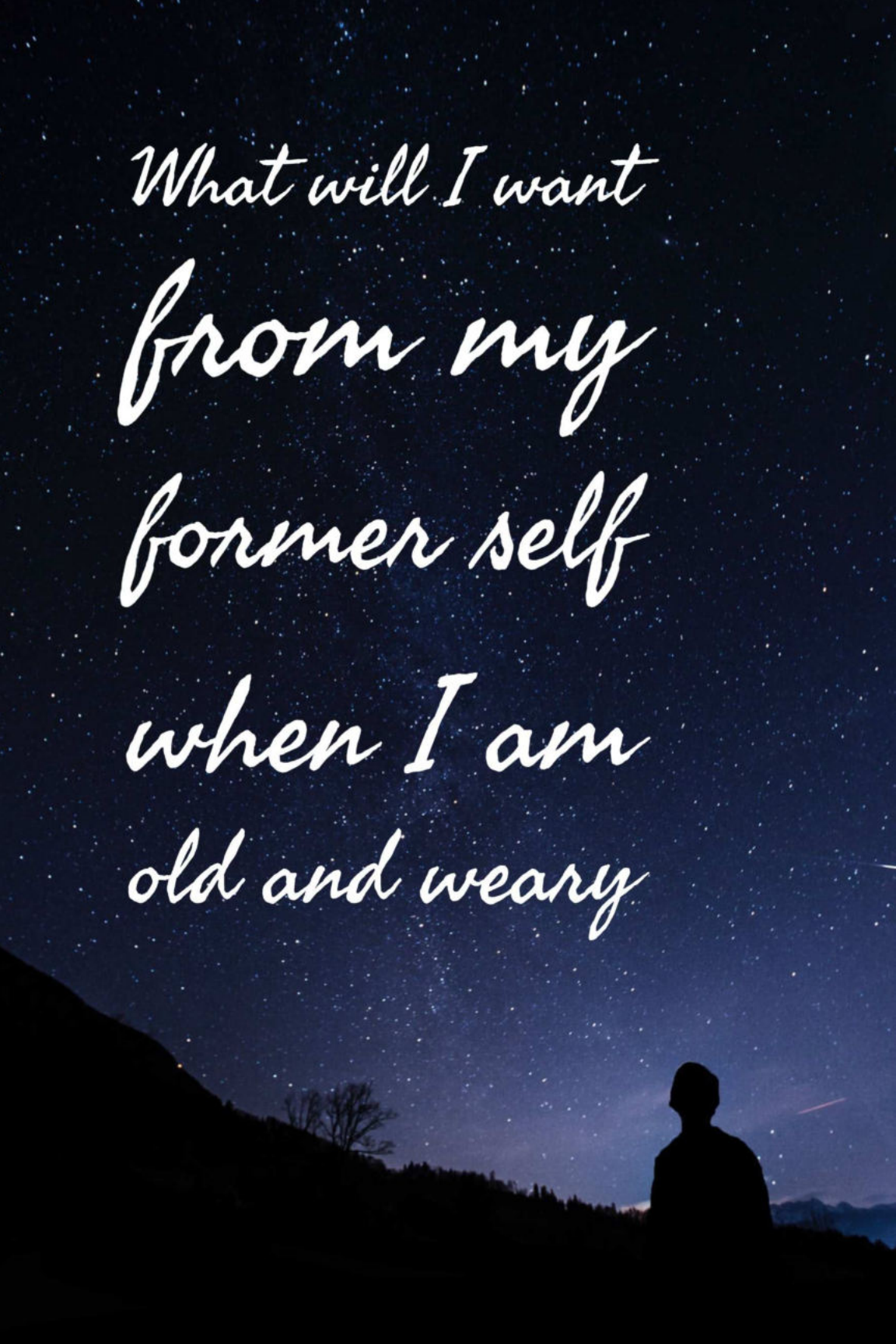
Grow calm
and flourish.




Find a way.


I believe in you
- God




What will I want
from my
former self
when I am
old and weary


TAKE
WHAT YOU
CAN AND
MAKE WHAT
YOU WILL
OF IT




CHANGE COMES TO EVERYBODY.
GROWTH COMES TO THOSE SEEKING IT.



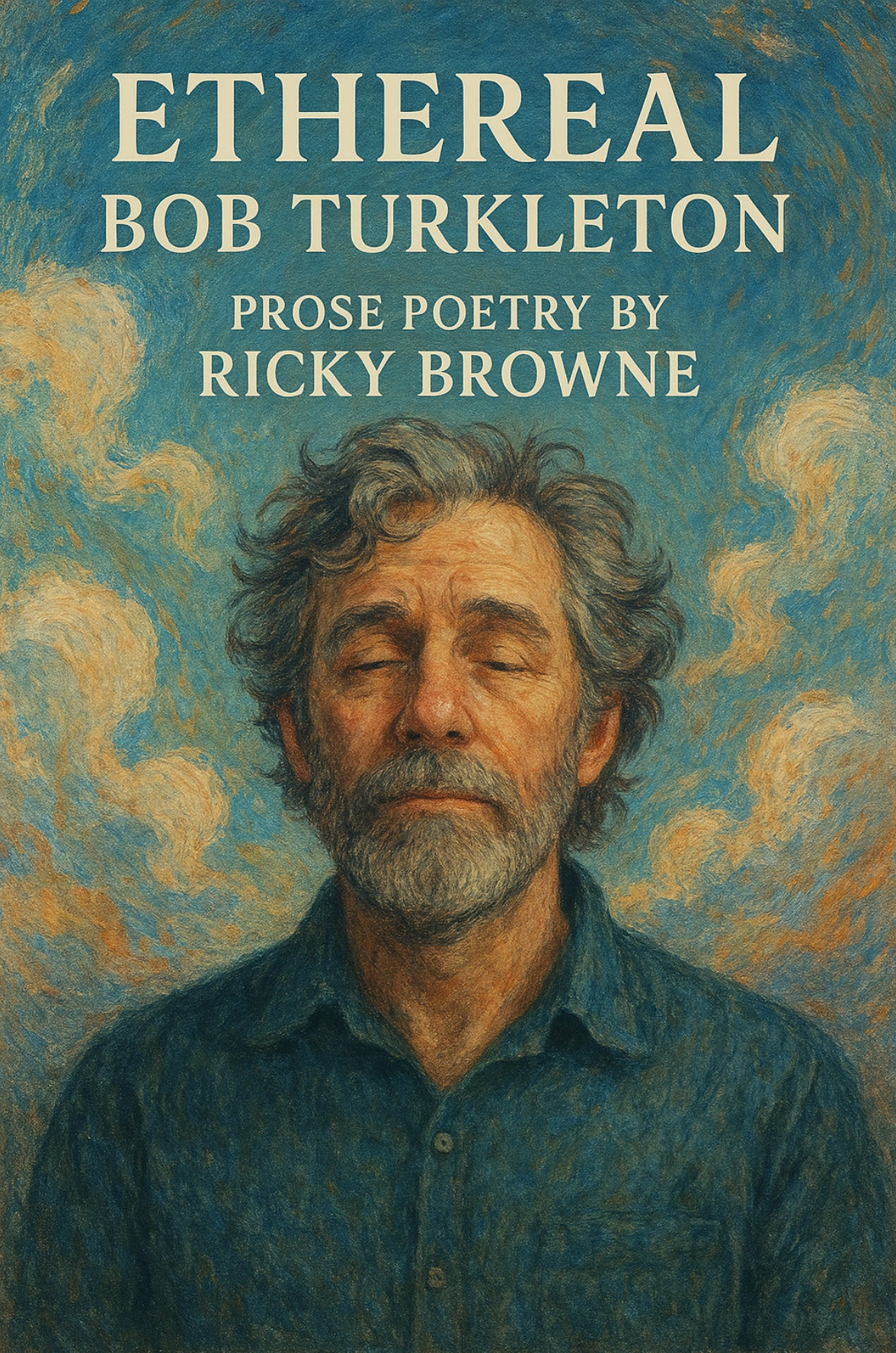
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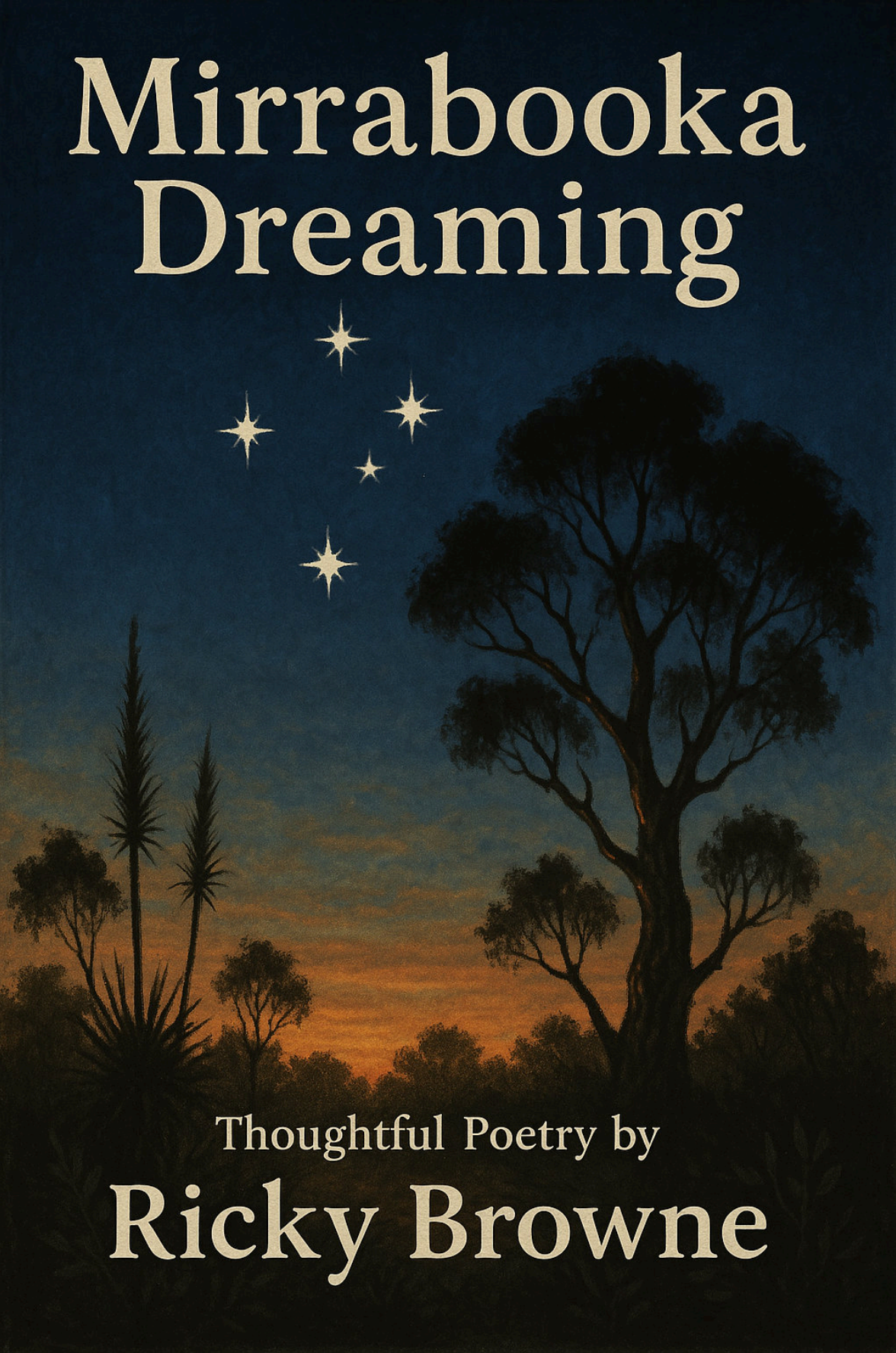


Values, Beauty, Blame, and Overcoming



Self-help Poetry

Mirrabooka Dreaming



Thoughtful Poetry by

Ricky Browne