

Marshall's Musings

As you continue to acquire and apply more information
you continue to expand the area
of what is possible for you to achieve.

The most powerful people in this world
are not those who have power over others
but those who have mastery over themselves.

You are powerful.
You are in this world.....
--- to discover that
--- to overcome the distractions from it
--- to grow into living it
--- and to help others do the same

There are no set backs or side treks.
There are only experiences along the path
to where you choose to go.

Implement the process of purposely programming yourself
with the beliefs, philosophy, values, and self-image
that you want guiding your behavior patterns
and determining your quality of life
and sport performance.

Follow the data, not the crowd

Presence in absence.
An absence of ritual is not an absence of religion.
An absence of religion is not an absence of belief in your version of God.
An absence of belief in your version of God is not an absence of belief in God.
An absence of belief in God is not an absence of a moral code of conduct.
A belief in a moral code of conduct, boundaries of behavior, behavioral standards to aspire to, is arguably a
belief in God.
God is not ritual, God is not belief without conduct, God is not conduct without boundaries, God is not
boundaries without standards.

Equality works best when it applies to everybody.

We must embrace all good things that come into our lives.
We must train ourselves to surrender to them and offer no resistance or sabotage.
Nothing is too good to be true.
We can have good things happen to us in abundance.

Actively move your self-image forward and raise the upper limit of your comfort zone. Are you willing to let yourself have the things that you say you want. If not, are you willing to do something about that.

You truly become a "mature" person when you no longer allow the problems acquired in childhood to control the choices you make today. Maturity is about behavior, not birthdays. Maturity is developing self-control not independence from the control of others.

Resistance to change.
The only manner by which doing the right thing living the right way is made into something difficult for many impossible for some

Program yourself to adapt to change quickly and easily.

Hopes and dreams are just hopes and dreams until you learn how to achieve them and grant yourself permission to aggressively implement what you've learned.

If at first you don't succeed don't try, try again. See your goals as problem solving tasks. If at first you don't succeed figure it out, and get it done.

Kindness
Is a powerful force that flows through me
A force I use for all to see
That love, through kindness
Is the way, and the truth, and the life.

Be like the sun.
Bringing light, warmth and growth into the lives of everyone your energy reaches.

Be like the moon.
Recognizing that even in being far away the pull of your energy has unseen effects on the lives of many.

Be like the star.
Though there are so many in the sky each shines its light upon the others.

Duplicity is a banana peel
on the slippery floor
of honor and integrity.

Never blame unkindness on the genetics of human nature.
Blame it on the person who chooses to be unkind.

Over-come the noise of the norm.
Over-come the hypnosis of social conditioning.

To be a good track coach one must -first- be a good physiologist. To be a good personal trainer one must -first- be a good physiologist. To be a good nutritionist you must -first- be a good physiologist. To be a good medical doctor one must -first- be a good physiologist.

To be a good physiologist one must first be willing to.....

- put data ahead of dogma
- put science ahead of tradition
- put fact ahead of desired fiction
- put cell function ahead memorized protocols
- put logic and reason ahead of faulty assumptions
- put underlying mechanisms ahead of "risk factors"
- treat people not tests
- accept outcomes as the judge and jury of your work

Luke: I'm looking for a great warrior.
Yoda: Ohhhhhh. A great warrior. Wars do not make one great.
[Star Wars: Empire Strikes Back]

Memorial Day, Veterans Day....celebrate people not wars, remember lives not deaths.
The willingness to kill and be killed in defense of oneself and/or others is neither to be celebrated or condemned, acknowledged or ignored. The oxygen in the air is not brave or cowardly.

Delete the 15% - 20% rule.
Whether or not you have convinced yourself that you cannot afford to do so....when eating out....tip big. Invest in people not just stocks....invest in yourself by giving to others. Don't be white-knuckling your money if you want a lot more to find its way to you. Take full advantage of this easy opportunity. You get from the world what you give to the world. The more you give the more you get. Give and it will be given unto you, a good measure, pressed down, shaken, and running over. Say goodbye to the white knuckles and open your heart and hands. And then open your arms to welcome everything that's gonna come back to you as a result.

We and the universe we live in are comprised of energy. Direct one's energy along a certain path and you get a certain set of results and life experiences.
People like to yap about "what goes around comes around", but obviously they don't really believe it. Outcomes aren't instant and there's no arm waving or something hitting them over the head saying "here I am". Therefore they conclude that this area of universal truths doesn't exist.
The disease of "I tried that and it didn't work".

Don't loan people money. Either give it away or keep it in your pocket.
If you are of the belief that they should be held to account to pay it back, have them pay it forward to someone else.

War time in the United States.

The expectation of some....during times of war keep quiet.

Support the President, support the troops, support the war.

Some say, if you don't like our country go live some place else.

To them the response is, if you don't like dissent go live some place where it is not allowed.

The "cost of freedom" does not emanate out of the loss of life from sending our country's military into other countries to "defend our freedom". The "cost of freedom" emanates out of choosing to adhere to our Constitution rather than set parts of it aside whenever we get sufficiently scared by one threat or another.

The "cost of freedom" is in the form of our country having to absorb the periodic kick to our collective crotch, a.k.a. terrorist attack rather than compromise on the 4th Amendment to our Constitution or the habeas corpus provisions the document provides.

That is the "cost of freedom".

Contrary to previous statements in our country's history portions of the Constitution are in fact a suicide pact.

Land of the free, home of the brave.

Either it is or it isn't. Choose one.

"Shacking-up" as the demise of "marriage".

The ability to quickly bailout of a relationship is not the measure of whether or not a couple is married.

The definition of marriage, the definition of commitment.....isn't about how many legal or religious hoops a couple has to jump through in order to break-up. Its not about the level of hurdles the state or church creates as an effort to keep couples together.

If you believe that women should -not- be beaten in the street for failing to cover their heads, its wise to avoid allowing a cultural norm to morph into a religious commandment that you -can't- really find specific mention of in a religious text, confusing social tradition with religious edict. Keeping in mind the traditional norms of the middle east in biblical times where marriage wise, women were closer to being property than equal relationship partners.

Living out in the sticks in rural America in 1790 there weren't offices of state governments located down the street selling marriage licenses. No church and preacher or Justice of the Peace a stone's throw away. There was, and still is today, something called "common law marriage". It was the social norm of the day just as a more formal approach is the social norm of today. In common law marriage if you move-in together and say you're married then you're married. No sheet of paper or permission from the state, no religious ceremony necessary.

Realistically whether you say you're married or not, even for those that actively try to avoid allowing the word to even enter their brain.....the reality of "shacking-up" is that you're married. Commitment is a verb, not a sheet of paper or words recited at a ceremony. Commitment is a verb, a verb requires action, and "Shacking-up" is the final action that verb requires. And as we can see for ourselves in today's world, the more formal version of marriage is not commitment.

When massive amounts of money leaves an economy and sits on the sidelines, a huge problem results.

The 4 deadly sins enroute to mild to major economic depression....

- banks stop lending [due to collapse]
- consumers stop spending [due to fear]
- employers shed massive numbers of jobs [due to panic]
- investors stop investing [due to economic instability]

Lessons learned once and for all....

--- cut government spending when stuff is going well

--- don't cut government spending when the poop is hitting the fan

--- when the poop is hitting the fan, advocate for your government spending big or be willing to keep your mouth shut and live with the consequences

The re-distribution of wealth.

The only economic system further to the left, more liberal than socialism and communism is the one our country was founded on.

The founding and the founders.....an economic system where a large number of folks that did 0% of the work, re-distributed to themselves, family, friends, and neighbors, 100% of the wealth.

The best economic conservative libertarian arguments, the best social liberal arguments are those -not- based on a mythology but on fact. This country --wasn't-- founded on free market capitalism or individual liberty. The author of our declaration of independence, the first President of our country, and many if not most of the other founders were soaked in contradictions, paradoxes, and oxymorons.

Subsequent generations were the ones that fixed that situation as to make individual liberty and free market capitalism more fact than fiction.

The major symbols of our country....the Washington monument, Capitol building, and White House. Simply remembering who built those. That's the reality not the mythology. That's the starting line, the level playing field from which debate on what economic system is best, should begin.

And prior to engaging in the debate its worth considering that as a country's wealth grows and as the majority of people in that country achieve a certain standard of living where their day to day survival needs are taken care of, the majority of people in that country will look to collectively create [via government] a basic minimum standard for everybody else. That's an aspect of basic human psychology that one can see playing out across many countries globally.

[James Madison]

"We are free today substantially, but the day will come when our Republic will be an impossibility. It will be an impossibility because wealth will be concentrated in the hands of a few. A republic can not stand upon bayonets, and when that day comes, when the wealth of the nation will be in the hands of a few, then we must rely upon the wisdom of the best elements in the country to readjust the laws of the nation to the changed conditions."

[Benjamin Franklin]

"All the property that is necessary to a Man, for the Conservation of the Individual and the Propagation of the Species, is his natural Right, which none can justly deprive him of: But all Property superfluous to such purposes is the Property of the Publick, who, by their Laws, have created it, and who may therefore by other laws dispose of it, whenever the Welfare of the Publick shall demand such Disposition. He that does not like civil Society on these Terms, let him retire and live among Savages. He can have no right to the benefits of Society, who will not pay his Club towards the Support of it."

[John Adams]

"When the workers are paid in return for their labor only as much money as will buy the necessaries of life, their condition is identical with that of the slave."

If you can't make a living doing what you love then do something that funds you doing what you love. If possible, patiently progress in that over time towards the point where you can make a living doing what you love.

If you want the blessings of money to be heaped upon you tomorrow, develop some degree of mastery in the stewardship over what you already have today.

If you have not become faithful in the unrighteous mammon, who will entrust you to what is true.

How you behave in the in the wilderness determines how long you're going to stay there.

The more new things you want to come into your life the more old things you'll have to remove from your life to make space for that which is coming. In your attic, your closets, your garage your basement. Give it away, throw it away, or sell it.

Patriotism.

A word that in our culture and country is positively and productively used to inspire, invigorate, and to create good feeling. Also a word that is sometimes negatively wielded as a political weapon intended to silence dissent.

A word we grow up with that rarely gets directly defined either inside or outside of school.

Patriotism is a brand name of loyalty to country and it's ideals. But hopefully no one would assert that the word Patriotism describes behavioral dysfunction. If not, then there are inherently limits to the definition and a set of boundaries separating that which Patriotism -is- from that which patriotism is not.

Thus it follows that a Patriot is -not- "that" friend.

That insecure friend afraid to speak up, afraid of confrontation, the one that picks up a set of pom-poms and cheers you on as you're sprinting down the wrong behavioral path in life. "That" friend that gleefully drives the get-away car for you and never says "hmmm, maybe we shouldn't be doing this". That's -not- a patriot engaged in Patriotism.

A patriot isn't "that" friend. The one that won't tell you that you do indeed look fat in that dress as you prance out the door on your way to the photo shoot that will be seen by millions. That's -not- a patriot and that's not patriotism.

Likewise, a patriot is -not- "that" friend. The insecure one that needs to feel superior and thus is constantly telling you that you're doing everything wrong especially when you are engaged in positive, productive, goal oriented activity. A patriot is -not- "that" friend. The one that never has a kind, or positive, or encouraging word to say to you--about you. Never a "good job, keep it up", and never "congrats, that was great". That's -not- a patriot.

A patriot -is- "that" friend. The one that jumps in to help you in a bar-room brawl when someone grabbed your girlfriend's breast, but not "that" friend that will jump in to help you in a bar-room brawl that you started, grabbing a girl's butt as her very large boyfriend was looking directly at you.

Patriotism is not confined or embedded in a day on the calendar, an oath, an ideology, a flag, a uniform, or barrel of a gun.

Patriotism is the non-dysfunctional behavioral support, commitment, and loyalty to country and it's ideals. It is a verb in being everything you would functionally and productively do to, for, and with a highly valued friend. It is the pride you exhibit in your team that just won the championship, and the "we'll do better next time" loyalty you have to your teammates after finding that you've implemented a losing strategy.

That -is- Patriotism.

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