

Two Steps Back 20180529

It's March 29, 2018, coming up on about quarter after 12 in the afternoon. I'm making this recording on the heels of listening to a few samples of the stand-and-point recordings that I made in this same setup. These are my practice sessions. The one I just listened to was a stand-and-point recording dated 5.17.18. Of the three or four that I have, it's the one that I think gives the best treatment to the material, but of course I realized it's also the longest of the collection I have. I believe it was around 22 minutes long. So I like the material that I covered in it and how I covered it. If I'm going to keep that much material in the sharing of that, I'm definitely going to have to be more concise. So what I want to do now is on the heels of that, I just want to make a few quick notes about the next presentation. So say what you're going to do, that's the stand-and-point topic. Say how you're going to do it, and that's two steps back, and that's the material that I wish to cover in this second presentation. And without doubt, again, say how you're going to do it. The two things I, you know, again, it's about trying to limit to three the number of concepts that I introduce in any given presentation. So I'm definitely going to speak to the first, well, the three levels of the two steps back. The one is when you're, you know, in the thick of the forest, can't see the forest for the trees. It's like being in the trenches and, you know, you're in the day-to-day struggle and competition for opportunities and resources in order to survive and hopefully to thrive. So that was sort of the first level, you know, the day-to-day grind. And I would say that correlates to the lowest level of awareness, the lowest level of exaltation. So the next level was stepping back one step, and this was what I called the, it's an ontological view, it's being able to step back to the periphery of the forest so you're not back away but you're out of the thick of it. And again, this would be just your conscious awareness, not literally out of because we're all constantly in, but it's a way from your perspective, from your mindset, from your frame of reference, your frame of mind to lift yourself out and slightly above the din of the daily routines. And so ontology is the nature and relations of being. And so at this point, I was going, you know, at some point during this I wanted to introduce not only two steps back to three different levels that I wanted to cover. One is in the trenches, two is standing at the periphery, seeing the playing field, you know, having that first level of an awakening awareness and being able to understand the nature and relations of being, of our existence, of human existence. And this would be the first level of getting a peek behind the curtain and expanding your consciousness. First small

view, but first view, a little bit broader view of the big picture. And then the third level is what I call the teleological, meaning the purpose which materialized creative consciousness. That's the second step back and that's where you are seeing the big picture. This represents the highest level or category of expanded consciousness, of conscious awareness. So with that said, say how you're going to do it, part of what I envisioned myself introducing here was the puzzle, was the puzzles, meaning say how you're going to do it, it's a reality game but I'm talking about how methods, models and maps, that's one of the ways I describe it. How, you know, you become aware, first you have to organize it for yourself and then if you are so inclined you have to find a way of sharing it with others. And that was where the three levels, the methods of inquiry, investigation, and I remember VET or to VET was part of that, investigate, to determine or investigate, to report (investigate to discover). And then the second level was models where you're making pretty much like a scaled, scaled down and I would really refer in my own case to my diagramming. And then the third level is maps and so the second level methods are descriptive and then the third level maps is prescriptive. So it's basically like a set of instructions, if followed then the individual who is following those directions or is following the map can achieve similar if not the same outcomes or results. So in the way I kind of looked at this, a treasure map is sort of like a reality game. In the game there's two ways that I've organized and one of them is the connect the dots puzzle and that's sort of more similar to diagramming. That has more to do with the nature, well they both have to do with the nature and relations but it's a certain kind and in this it's sort of the abstract, it's sort of the conceptual side of it. And then the complementary puzzle was the jigsaw puzzle and this has to do with the more material action side. So one is the thoughts, the conceptual thoughts that guide our actions and then the other is the stage that we act upon. A phrase that I'd come across years ago that sort of encapsulated this was as above so below. And I talk about if you change the course of thought, which is a conversion, then you change the course of events, which is a conversion. But the part that I wanted to make sure that I inject into that concept of as above so below is what I would look at as the mechanism. And that mechanism is the cascade. As you change the course of thought, as the references that determine your priorities, the references, the principles and priorities that your life revolves around, as they change or as they evolve, as they're converted, your actions change. And so there's the cascade from the thought or abstract conceptual guiding principles and priorities, our thought instruments. Then there's the manifest in the material world where the

thoughts guide our actions and our actions take place on the stage of the materialized life that we, the human existence that we each live through. So that was a main thing I wanted to make sure I captured in this set of notes. I've been working this out over the last couple few days and my notes, my diagram is still pretty rough on it, but I was starting to get a bead on it and I just wanted to make sure that I took a snapshot of how much I had worked out at this point so I can continue my work later. That's all for now.