



## **Weaving Straw Baskets-Fifty Steps to Understanding**

1. A rock is not hard.
2. We only know what we know.
3. We do not know what we do not know.
4. There is no real such thing as "I"
5. There are people that do not read at all, and many people that do not read well.
6. The majority always leads, and always forgets history.
7. Everything is really okay.
8. Everyone wants to dance, many in different ways, many so they are never seen, many so they wish they could be seen, and many that are always seen.
9. Negotiation is the art of understanding FEAR and GREED.
10. The mood of the public is first trended by stock markets, which show levels of optimism, and supply and demand in the market place.
11. Most things are manipulated by the few at the top of the capitalist pyramid that control the outcome, no matter what is done.
12. We only have what we remember.
13. In our reality our mission is really to give, love, flow and make and have memories.
14. Our perspectives can change in a minute. Values and goals can shift as fluid water. What we thought becomes not what we think.
15. Money must be understood. It is a "construed value" commodity, only worth the value that we put on it.
16. All of life works on supply and demand, and cause and effect.
17. You are what you decide
18. If you surround yourself with people "better than yourself" in real life, and as models, you become them and synergy can be created.
19. Everything happens for a reason.
20. Neither political party is really right or wrong; it is cause and effect in action, because the actions of the 540 in Congress are no longer led by laws, but by corporations. This will affect the world.

21. We are always: approaching a crisis, within a crisis, or recuperating from a crisis. There is “always something”.
22. Many of us live in a circle of pain, in which we repeat the same negatively dramatic action with a group of others, all interacting within a black comedy drama. And able to be resolved.
23. Most of us do not know really know ourselves. When I ask clients to “tell me about themselves” they tell me about their jobs, their possessions, and lastly their families. They never mention themselves.
24. Most that appears obvious is not. Most that does not appear obvious is.
25. We are all in therapy at every moment. Most of us just don’t admit it, or use it.
26. We are here to learn lessons and will struggle through until we learn them. They may be very simple lessons.
27. In all steps of the life experience, and the dramas, people tend to put love in the background, or it becomes part of the events.
28. Love is life.
29. If you repeat an action many times, it becomes a habit. If you continue, “using the habit” it must be something that you value, or the habit will become instead a self-destructive tendency.
30. Unrealistic expectations occur from being dishonest with you. If you expect success at something you must earn it, and few that are lucky last.
31. The question What Do I Want is the most important question you will ask yourself in your life. Your answer defines your happiness. The question is not to tell yourself what possessions and monetary dreams you wish to come true, but to answer, “What do I want”.
32. There are simple ways to release unwanted stress.
33. There are ways to learn to relax and feel better physically.
34. There are ways to be happy.
35. Life is typically unfair and a series of negative events that are overshadowed in our memory by the positive events.
36. Few people enjoy their work, making most of their life TV, sleeping, or doing something they do not like. These people lose their strength and general well being as time progresses.
37. We are fearful of our bodies. Of sex. This is true more in the U.S. than most nations, and is something to be studied. But in the meantime, have more sex.
38. The old funeral question has merit “What would they say for my epitaph, and who would come?” It goes well with a general personal and introspective look that we must do and only you can do, and that is to look inside and ask what you contribute, and if you are good.
39. Things are not as they appear. What we see is not what is, but only what we know so far.
40. Much of what is smart repeats itself, and is never done.
41. All the religions really say the same thing, and sadly it will be religion that could divide the world.

- 42. There is no such thing as an absolute.**
- 43. There is no real black and white.**
- 44. We self sabotage often so that we do not “get something we want” as we want to punish ourselves for things we have done we feel guilty for.**
- 45. It takes discipline to perform. Discipline is our way inside ourselves, as we become rather than think.**
- 46. People cannot take in more than 5 tasks/thoughts at one time.  
Learning to control input is key to knowing when you are at or “over your threshold”. We all have a threshold in which input overcomes us.**
- 47. More could be done in business, and in politics, if simple playground rules “no cheating” were put in place before any “deal” and
  - a. Cheaters had to pay by doing public service, but that is just a dream.**
  - b. I want Tom Delay mowing that White House lawn.****
- 48. Life is too short to do business with assholes.**
- 49. Use your time. Have your goals around your values, but be armed to stop believing even what you believe.**
- 50. Be open to the world. Trust no facts. Question authority.**