

# The Traffic Accident

## [Print](#)

WRITTEN BY CHRIS SCHNESTUHL ON 17 DECEMBER 2018. POSTED IN [LIGHT CONTENT](#).

HITS: 887

I know I do not post a lot on here of late and that is because as of late I have been doing a lot in my life. I am now single and fighting for my son. I am now trying to find a place to live to where I can take him and we can call home. I have started a new job where I work 12h shift and I am working on some things with Master Alethea Thompson. I hate to be this guy but something happen today on my way home that just showed me again how many don't care and I think it people can learn something from it.

So I am driving down a 4 line highway, when a car in the far left lane jams on their breaks and this truck tries to swerve out of the way- so he did not hit the person. Not seeing the truck getting over, the car next to him speeds up and makes it to where this truck has to swerve back. This made the truck begin to spin across 3 lanes, not hitting anyone, but going in front of 2 other cars and myself, before finally hitting a wall with his front pointing at traffic and his rear pointing the way we where driving. Out of all the cars that where close by, and the ones behind me, all passed me and the truck as I put my lights on and got out to help this man to safety, while 30 cars where flying by. I made sure he was alright and all was ok. He was fine and the truck had little damage. So I told the fellow that if he was ok to drive, and wanted to get back on the road, I would block 2 lanes so he had room to turn around. As I was trying to block the 2 lanes, with my car, and waving at people telling them to stop they would just keep going past like nothing was going on. The guy got back on

the road facing the right way and took off, waving at me as a thank you.

This just shows me how many out there say they are good people and say that they will do anything to show that they follow (put path or god here) and still when a truck almost hits 3 cars they just keep going. Any person that is good, that follows a good path, should have stopped and helped or at the very least asked is everyone alright. So I hope this shows you something and I would like to ask you something and do not be quick to with your answer would you really stop and help?

# The Unmapped Labyrinth

## Print

WRITTEN BY CHRIS SCHNESTHUL ON 01 JANUARY 2019. POSTED IN [LIGHT CONTENT](#).

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I did my first labyrinth, it was one that was not planned and as far as I know something that was not done yet. It was an unmapped labyrinth. When I showed up at Legacy Park in Greenville me and Master Alethea (Ally) Thompson where hoping more showed up but it ended up just being the two of us so after a few minutes of talking about how life was going for me as I have had a few things happen that are hard for me. We seen a perfect opportunity to do a labyrinth. Master Ally seen a tree in almost a perfect circle of mulch but with a bench in with it and picked it to be the labyrinth. When we got to it she asked if I could picture a spiral to the tree. I said yes and this was the first step into something I was not ready for.

After picking the sound (it was Celtic meditation music) and standing at the West Gate I started to spiral counter clockwise heading in to the tree with thinking about the passing year and all that has happen the hurt, the growth, the new me that I have made in the year 2018. I started with the break-up of me and my girlfriend of close to 3 years and the mother of my son. Then I gone into the growth of myself as a Jedi as I have grown in my path to be the best Jedi I can be. I was thinking of how I have made new friends and lost old ones with the actions but how the old ones where almost like weights holding me back and that they are not truly friends or needed as they hurt me more than help me. The next thing was me taking in all the good that I have done and the ones that I have helped. This was a big thing as I use to do things

for others for well look what I did but I have moved from that and do not care who knows and who does not know. Moving back to my son I started to think of all the ways I helped him not just as a father but as a friend and how my actions show him what do and how a human should treat others. The last thing I was thinking about as I got to the tree was how I have let the things that hurt me that I was holding onto like the death of my grandfather and my how my father raised me go.

I was at the tree for a little bit thinking about how even it was a hard year it ended well it is just all how I look at things and how my prospective of life is what make things good or bad. I started to think of my goal and came to "Master the new me" as my main goal. This kick started me thinking about the New Year and starting to walk away from the tree in a spiral away from the tree counter clockwise. Thinking about this Main goal I started to make more along the way out that would in my mind help me master myself and help me along the New Year. The first was to let this new me that I have formed grow, grow into the person I am and don't let others stop me. Second was show the Jedi family I have found that I can be a great help this flows into the third goal, to post/blog or do a video one time a month or more about something going on in the Jedi family or something I think is needed. The Forth is to do my final on the class I started at Armonia Seminary. Fifth is to help Master Ally become a master in the Jedi Federation and help her do what is needed. The last thing well that is a goal I set for the last two years and going to set every year and it has come to a new light this year and that is to help my son grow not just as a kid growing and learning but to show him with my actions that humans can do great good if we want to and to help him grow as a human. As I was thinking

about all this and walking out I seen that Master Ally started her walk and that is when something happen she started counter clockwise as well and along the way our path was the same for some time.

When I got out of the Labyrinth I came out the North Gate (Earth) as she was just getting to the center where the tree was. For me this was a sign I was on the right path as well the Earth is about growth and life. I started to write notes of what I just did and waited for Master Ally to get done with hers this is where things where even a little more odd as she did not go out the West gate either, but the South Gate (Fire). We went back to the pavilion to talk over our goals and carve are main one into a candle, that we were to burn that night before the New Year to symbolize us telling the universe our goal and if you wanted to ask a god to help you along the way. This was something that helped me greatly and even opened my eyes that even in the bad I can see the good it is up to me and how I want to understand things. It is something I hope to do every year now as it was a great time.

Live strong and Live well!

# The Trash in Our Mind

## Print

WRITTEN BY CHRIS SCHNESTHUL & ALETHEA THOMPSON ON 05 FEBRUARY 2019.

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## The Apprentice's (Chris) Thoughts:

The Book Why can't we be good? By Jacob Needleman has got me thinking the past few days, about the actions and reactions we take. Specifically, if we do them sub-consciously, does this make us good or something else?

Picture your mind as a notebook, or even better a Yearbook from Middle or High School, every year of your life and everyday people sign in your book. They put little notes, the closer they are to you the bigger they notes. Instead of actual notes from your school days, however, these notes are what make us who we are when we are not actively thinking about what we are doing. Think of it like this, for most people we would not know to turn down the stove top when the pasta gravy starts to boil over, if it was not for a "note" given to us by our grandmothers or mothers.

Sometimes these "notes" are more about how to treat people, like how growing up we would hear all the time "Little kids are to be seen and not heard". We know this statement is wrong, so we have to actively remind ourselves that we must be better than that- but because it is a "note" in our book, sometimes in our anger, we tell our kids that same line. It is what we default to. The "notes" are what control us in our day to day lives, yes, and sometimes we have to work on the "notes" in our book- like walking or riding a bike. You can even say cooking, because years or weeks after not doing something we can pick up a bike or pan and know what to

do, as though we never stopped doing the thing. That is because we always have the “notes”, there, in our head somewhere.

From what I’ve always been told, what makes someone good is “what you are doing when no one is looking.” This now means so much more, because our base actions- the things we do not think about daily- we must now control and fight to make better and no one sees that fight. No one sees us fight the fight or flight that happens inside every one of us. The small things people might not be thinking about- like holding a door- might be someone fighting an old “note” of “just let it close behind you”. If you just let your “notes” control you, and what you have been trained to do your life, you are really not good. Rather you are just going through the motion. What makes you good, are the actions you have to work for, the ones that fight your “notes”, the ones that make you have to think about what you are doing. If your “notes” tell you what you are doing, you are not actually doing it, you are not actually thinking about it. Where society might see it as a good deed, the truth is, it’s just your “note” that others have given you. Till you start thinking on your own and start doing things, you cannot really know the difference between your true self vs. others “notes” that make you.

Every day I will now think of this, and think “is every action I am doing something that is just drilled into me? Or is it something I am choosing to do?” And my question to you is are we still good when we let our sub-conscious control us?

The Mentor's (Alethea) Thoughts:

In the military, what you call “notes” would be akin to “muscle memory”. Only, more in the sense of “habit”. You can

always retain these responses. In fact, that's the point of Basic Combat Training. To break habits and build new ones.

So let's talk about the "notes" that we have written in our mind palace, and fight against. By fighting against them, we are working to erase the old notes, and replace them entirely so that's our default. It's something that we make the active decision to change, but once these new "notes" are written, your stance leads the reader to believe that it means they no longer "good". They are effectively operating on "muscle memory" after rewriting the "note". So would it truly be fair to say that after it's rewritten, that means the individual isn't "good"?

I'd argue this prospective is an inaccurate way of looking at the situation. One might operate on the habit of doing something that is deemed "good", but what truly determines whether or not they are good isn't the "note" but rather the reason they decided to allow the "note" to take up space in their mind palace. A soldier in Special Forces, for whatever reason, has decided to take on a dangerous job. They've made a conscious decision to rebuild habits so they can respond to situations that put their life on the line. But does that, alone, make them "good"? Having known people in SFG, I know that some make the decision to transform lives, while others seek the thrill of being on an elite team, some for the benefits that come with it (they get pretty good bonuses). For some, their reasons may change over time. And those things might help make them "good" people, but it could easily go the other way too.

A person that let's a "note" about holding a door open occupy their mind palace could have a number of reasons for



having it there from the get-go- common courtesy, trying to attract a woman, romanticizing of medieval chivalry, etc.

So I ask again, is the sub-conscious action on a “note” encoded into your mind palace the defining factor of “not good”? Or does it truly boil down to the motive for keeping it there?