

Emotions of the Light Jedi

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Quite often I come to these hallowed halls and see something stating how another supposedly handles their emotions. Particularly those of the light side. The very code we follow states there is no emotion, there is peace. This is interpreted that we refuse emotion, that we deny that part of us in order to function.

Show of hands, how many of you can honestly say, be it light, shadow, or dark, can honestly say that you actually subscribe to this concept?

I seriously doubt there is a one of you who do. So lets talk about Emotions and what they are? To speak of them in simple terms, they are filters we use.

Depending on how we set them up, they will affect how we receive data and how we respond to it. A lightsider sees this reality and actively adjusts the filters to what they see as appropriate. Thereby adjusting their emotions to what they see as appropriate as opposed to the filters acting on their own accord and thereby controlling us.

Lets be honest, we all feel emotions, we all love, we all hate, we all laugh, we all cry. No one is separate from this reality. It is a commonality we all share. But what is the ultimate goal of

a lightsider when it comes to emotions? It comes down to one all encompassing essence of the light side, which is to affect the world around us in the most positive way we can. Which is to say that we do not use emotions for our personal needs, but for the betterment of the world around us.

When we speak of emotions, we not only recognize that we individually have emotions, we also recognize that everyone else does. But there is one fact which is very seldomly talked about... and that is very few people actually try to control their emotional filters, which makes them susceptible to others being able to illicit responses out of them by calling up an emotion. A prime example is a new motivation from the PETA group (People for the Ethical Treatment of Animals).

Before I go into this, I am for their views, but I do not agree with their policies. Their latest push is to try to get people to stop eating fish, by doing so, they wish to condition people to stop calling fish fish, but to call them sea kittens.

This is intended to illicit an emotional response to people. Lets be honest... especially of the meat eaters... how many of you like the idea of eating a kitten? I know I don't, but I also do not have a filter problem where I would look at a sea kitten stick differently now then I did when it was thought of as a fish stick. But how many people will change from fish now that this thought is put into their heads? Honestly as long as one person does, it was effective.

We can cite many examples of commercials which use emotion and not reason to try to convince you that their product is superior, I remember as a child, hearing my dad

talk about the truck he bought..."Because it was Ram tough"
You all know which company makes that truck don't you?
But do you actually know which truck is actually the best in
all reasonability? Its ok, for most here it probably isn't
important but it still proves my point. (For those interested.
Currently it is the Ford F Series trucks and has been for a
while, but Toyota's Tundra line has been making inroads on
the $\frac{3}{4}$ ton truck line) Both of these instances are not meant to
talk about any ideology except one, which is that as a light
jedi, we understand that after the emotional content is given,
there is other data which is needed. Which brings us back to
another light jedi foundational idea... which is the search for
data, the search for knowledge.

In the case of emotions, it is the understanding that when
emotional data is given, that most of the time, more data is
required and a light jedi should be ready to pursue that extra
data and not let the emotional content be all controlling. With
such knowledge obtained, the light jedi is free to pursue such
knowledge or allow the emotional response to be used. An
easy statement to make, but not always is it used by a
majority of the human population.

This is the reality that all of us face, even those who claim
enlightenment. That we are susceptible to lack of control
given the situation. The light jedi pursuit, when it comes to
emotion, is to limit this lack. To do this, we have tools which
help us.

1. Understanding Part of looking for knowledge is knowing
our emotions and what triggers them. By seeing what
triggers them, we can create pathways of understanding

which will help us to work more appropriately through an emotional situation. The more knowledge we find on the subject, the more likely we are to respond with a positive outcome.

2. Discipline Self control at its most basic. The ability to look at a response and to be able to determine a response instead of having a random response which is not controlled. The knowledge that regardless of the situation, we are responsible for our actions.

3. Reality There is a certain reality that we all must understand, and that is that as human beings... we simply cannot be expected to be able to control every situation.

This happens in all of us to a certain degree. But where this is reality, there are two other realities we as human beings have that is very hard to resolve. One being that we do not always know when to take responsibility and in fact some simply refuse any responsibility. The other being that we are terrible at forgiving. Be it for ourselves or others. (Hence why we try to stay away from responsibility) This is a common focus problem to which I say, 'Set your sight on potential, not problems'. If you do, I bet you will be amazed at what you see.

/BOWS

Self Reliance

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I grew up the youngest of 3 and in spite of that, was the first one to leave my parents house, never to return. Looking back 20 years since that time, I have done a lot on my own. Many times I experienced great sadness, great joy, but all with a purpose. Today, I enjoy the fruits of my labors. I still have more goals to achieve, but by and large, there is very little uncertainty within my life. I mention these things not to boast, not to brag. But to point out a life lived in the pursuit of the title.

Self Reliance.

Not actually realized, but I have gotten to the point where I can pretty much do as I like. It is a term mentioned often, but not really seen as a benefit now a days. As the old saying goes, why buy the cow when you can get the milk for free? One who is used to relying on the kindness of others would look at that and see nothing wrong.

The self reliant person looks at that and says, 'you buy the cow for when you can no longer get the milk for free'. To be clear, self reliance is not an easy personal choice. It requires a lot of work, a lot of time, and a lot of dedication. But from my perspective, it is the greatest path to being able to explore other things which one might wish to. Which is the first benefit of self reliance... choice. To do as you like. Without it, you are still given choices, but normally, at the will of another.

Think about it, growing up, we all heard how it was our parents who made the rules and we had to follow them. When you have a job, you are guaranteed a certain amount of hours where your choices in life are taken from you. Even when you get to the point where you have your own business, you still have responsibilities. In fact, those who can honestly claim self reliance... are those who are by and large retired. But the more you work towards such, the more self reliant you become.

Self reliance is not only being able to choose what you will and will not do, but is also the choice of situations over situations. When we work, we give up a portion of our lives in order to live a certain way. Thereby allowing us to gain freedoms we would not have had otherwise. Being self reliant though allows us more control over factors which govern our lives. Those choices then further define our lives.

Those who are near me know that I am one of a few people to come to when they have computer issues because of the life I have defined for myself. I work with many wonderful people that when I get hurt, I know I can talk to them and get good advise. One such person seems to know when there is a change in my condition, needless to say, I think of her as rather good at her profession. Why would I suggest such a path? Taking the metaphor I gave before. Sometimes, the milk runs out.

Hurricane Katrina, Ike, Tornadoes, Earthquakes, fires, all of which are uncontrollable, all of which will cause hardships upon a person. The fact that these things exist are some of the reasons I live where I do. I was able to make that choice, and I know not all can. But I know what all can do, is work

towards being able to make that decision for themselves. To be self reliant, there are a few guidelines all must think about.

1. One must have goals. To become self reliant is a personal choice, my version of self reliance is not yours. The goals define the outcome and give focus to what you wish to attain. It also gives guidance as to what you will have to do. One who sets a goal to become a doctor would not go to classes like computer networking or Database Administration except as a hobby.

2. One must be willing to accept failure. This is one of the main avoidances of every human being. No one likes to fail. The fact is though, we all fail from time to time. It is not how many times we get knocked down, but how fast we get back up which is important.

3. One must be willing to take chances. Taking chances is probably the best learning tool there is. To take chances is to basically deal with the unknown. Face it. When you first learned to ride a bike, you took a chance. When you first drove a car, you took a chance. We all take chances in order to learn. Some are chancier then others. But all based on a persons level of knowledge.

4. With 2 and 3, one must be able to see everything as an opportunity to learn. Even when we fail, we gain. This is probably the hardest thing for people to understand. For even when we fail, we learn. This brings up the statement: The definition of insanity is doing something the same way and expecting different results. As we do something, we learn and thereby learn how to get better results.

5. With 4, even when we succeed, there is room to grow, something good can always be made better.

One final thought I will leave you with. We all have an acceptable level that we will meet at one time or another and then claim we are enlightened. Sometimes we meet that which we want, sometimes we have to adjust our goals in order to make them more achievable. It is a common misconception that the sooner you meet it, the better. The sooner you expect to meet a goal, the more likely you will sell yourself short in order to be able to say you have achieved something. Think about this, as soon as we meet that ultimate goal... we will no longer strive to improve ourselves. For me, it is better to never stop having goals, thereby allowing myself to constantly grow. Because of this, I admit I will never be enlightened. But what is enlightenment if it is not a goal to set but not ever achieve? For me, it is better to set its ideals higher than myself, then to look at myself and say, I am enlightened and therefore I am done. Don't be me... be better than me is how we should look at life.

Mindset

[Print](#)

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I have recently spent a lot of time on this subject for myself and others. Studying not only myself in the ways I do things, but also observing what others do and how this affects them. In everything we do, we are told that there are 3 things which affect us. Those being: Genetics, diet, and attitude. Recently though, I have come to notice that there is a fourth, which is the subject I am covering now. Mindset. I separate it from Attitude because one is a side effect of the other. Our attitudes are a direct result of how we set our minds. The separation though is based on realizing that attitude should not be seen as affecting mindset. It can, don't get me wrong. But only if it is let to happen. Here is my example. Over the last month, I have been riding my bike to work. Not constantly (although I am getting there) but on a set premise beginning with just making it to work (3 to 4 miles depending on the route and pretty much uphill getting to work, the ride home is a breeze). Then setting my mind that instead of it taking this much time (the first time it took me 55 minutes). That it would take me this much time (first change was to 45 minutes, now it is 35). Next I started working on the things I saw as holding me back. First had to do with hydration. It is amazing how dehydrated most of us leave our bodies and the difference it makes. So I implemented a regimen of water drinking using a rule taught to me by a holistic MD. Divide your weight in half and that is how many fluid ounces you

should drink over the period of a day. That one should not think of juices, sodas, or coffee as a water substitute. And one should add more water as they work out. Doing this constantly has made the bike ride easier. Next came the mountains I have to ride over. 3 of them in total, two of them have a steady incline for almost a mile, but one of them is a quarter mile or even an eighth. But has a hard incline. (For perspective, I ride over a part of a biking course called tour of the Gila. Lance Armstrong just rode it for the first time in his life this year and left it stating it is one of the hardest courses he has ever rode. Coming from a man who won the Tour De France god knows how many times, it gives you an idea of how mountainous it is here)

So I took one at a time, stating to myself... no more will I walk this hill. At first it was hard because my body always wanted to say, 'Wanna bet?' But at the time of riding it, as I focused on my intent, I managed until finally, I could ride the entire way to work.

Next came a problem of diet. Many of you have seen the diet I stick to. Basically protein in the morning, Veggies at lunch. Balanced both for dinner.

Well, it became clear fast that I was riding with too much on my stomach and no energy. And when I got to work, I was in pain and my legs also lacked energy.

So I adapted, went to pasta for breakfast in order to get the sustained carbs I needed, but much less of a breakfast. Then have a small brunch which is in this case 1 can of Campbells Vegetable beef soup (good stuff, 90 calories no soy products in it, its great) around 10am. Then another lunch around 2 with my standard dinner at night. Almost instantly I saw

results. Energy through the roof as well as sustained momentum until that 10am meal... which right after I feel nothing as my body gets what it needs. Yesterday I rode the 4 mile route for the first time and did it nonstop, today I did it again and have set my mind that the only thing keeping me from riding is weather (rode home in a downpour once, normally takes me 20 minutes to get home, that day it took 15), when I am hurt, or when I need to do something which requires the car. (Normally getting my food and water to work)

Here's the study that I derive from the above.

Mindset

Where I started riding my bike about a month ago (actually a little longer, do not remember when I started but I do know it was in July). It had been since February that I was setting my mind to do it. So one must always consider when wishing to accomplish a goal that sometimes it takes a while to set our minds to do something. In my case I was going through knee issues, just moved into a new place... and of course issues with my oldest which worked out well... I always had excuses why I could not. Good or bad, they were enough to keep me away from it. But it started with a decision that I finally made.

Motivation

What finally got me doing it was the cops in my area. When I finally decided to ride, that week alone I had been pulled over 3 times. Never to get a ticket, but face it, when you get pulled over, you know you are facing a person who can give you a ticket for everything. And in my case, my car makes it look like I am not wearing a seatbelt even though I am. Literally

had a judge stand 5 feet away from me while I sat in the car with my seatbelt and agreed he could not tell if I was wearing one. Even with that first bike ride... I felt I was getting to work faster than if I drove my car and risked getting pulled over. God bless them I know they are just doing their jobs... but after getting pulled over 3 times in a week for nothing. It wears on your nerves. (and no, I never disrespected them when they did... that is a mistake no matter the situation) I look back on it and wish I had gotten the motivation earlier because now, this is nothing. But how often are our mindsets set by us deciding, 'this is how life is now'? More often than naught, this is done by what feels good, what we perceive, and yes... what our attitudes have directed us to. Our own attitudes being our motivators in life. Or even worse, kind of like in my case, something which comes along which is so socially un-motivating or negative that our choice is something that prior we would never do. How many of us can look at something we do and think... god I wish I never started doing that? I seriously doubt there is one person here who cannot say that about something. (Would love to be wrong though) In my mind, where I do see that my mindset on bike riding was set due to this. It also is part of another mindset I had of not letting my knee get the best of me. Thanks to bike riding, I have not had knee problems since and feel in fact that it is 100%.

Adjustments Once your mind is set to do something, everything else starts falling into place. The water intake, the diet adjustment, all due to the need to continue riding. But also, there were other adjustments that I did not think about or did not focus on as being a part of it. For example, this morning as I was thinking about this post. I noticed that I had not even

noticed the first hill until I was past it. It just flew by. My confidence level is higher and because of that, my attitude is changed. My energy level is through the roof and due to the activity, the idea of genetics seems to not play a role.

Because I have to tell you, if genetics ruled the day, I would be easily 300 pounds. I have a cousin named Ben who we call Gentle Ben (those who have been around long enough might remember this TV show based on a bear called gentle Ben... this is my cousin.) who is easily 400 LBS and is simply a huge man. At my average of 200 to 220, I am easily the lightest of all of my family... and this is steadily dropping. Finally, sleep. Prior to the move in February, I could not get to sleep without something (Alteril is great BTW) to help me sleep. Now... I need less sleep and my sleep quality is great. (I sleep about 7 hours a night) None of which requires a pill.

Being open minded No mindset is complete without being open minded to problems. As I pointed out, I do not ride when it rains or might rain (still playing with it, but right now will not ride if precipitation is 40% possibility). I do not ride if I am hurt (as I am still doing martial arts, this happens). Or when I need to do something which will require my car. Once again, how many times have we set our minds to do something... only to derail it because of another mindset? I set my mind to loose weight only to have my mindset that I love chocolate over-rule it. Is this an example of a failed mindset or is it an example of two contradictory mindsets clashing with the most settled winning the day?

Failure is not an option All too often, when ones mindset fails, we either failed (I can't do it), or succeeded in another mindset. The most productive mindsets will be the ones which are highly adaptable or can fit into many other

mindsets. So the mindset of loosing weight for me does not work. I do love food and dabbling. I do have a mindset that I have a weak knee. I do have a mindset that I hate gas prices. So bike riding works great and fits with all of these as it allows me even more room to enjoy food, my knee is not weak anymore, and gas is something I have to worry about once a month if that. In this, it fits many mindsets. However, it is also adaptable in the fact that I know I do not have to do it, I can drive when I need to. But I am no longer reliant on my car for everything. It has also adapted me in many ways. So good mindsets are ones which reward as you go.

Productive mindsets require more responsibility and less emotion. Keep with me here, I am sailing in dangerous seas in this. This is not meant to offend anyone. But I also know it can very easily. And that is because the less responsible we are and the more we allow emotions to guide what we do, the less productive our mindsets are. If one eats when they are depressed, this is a non-productive mindset due to emotion. If one sets a mindset then pursues it to a point that they hurt themselves, this is a non-productive mindset due to lack of responsibility. There is simply no way I could ride a month ago like I do now, I had to take responsibility for what I had done up until then and adapt myself to what I was doing.

Respect your limitations In retrospect, I live a very blessed life. The limitations I have are over-come able or by-pass able. Not everyone is that lucky. Be it personal, physical, financial, we all have limitations we must work in. I cannot speak to such not having knowledge of the limitations one has to face. (Can speak to the financial but the next part to me is more important) Last Monday night, my Kioshi gave me a story which I found very applicable to this. In his dojo, he

has a board which shows everyone he has promoted. One particular person on that board he pointed to and told me and another this person's story. I had met this person once as he came to train. The right side of his body barely worked, he could stand, but walking for him was more like step with the left, drag the right. 8 years ago, he had been hit by a car. Shattered every disk in his vertebrae. His back had to be supported by two steel braces and bolts (all internal). Kioshi would look at this and talk to the boy's parents asking them if they were out of their minds. But the boy was 18 and could decide for himself. His response... 'I am not going to waste away when there is so much I want to do'. My Kioshi developed an entire regimen for him based on one hand strikes... and boy did he learn them. He would go to spar and even go into competitions, being thrown to the ground and hit... but I will tell you, that being his only hand... that was a strong hand, so when he hit you (I never did spar with him) it hurt. He moved to Las Cruces a year ago to work towards a degree and continued...

Three months ago, my Kioshi was asked to speak at his funeral. Kioshi's final words on the subject was, 'It's very hard to give words at the funeral of a person you helped to raise'. A statement he has made for students who have been in his class since childhood.

Am I stating this with the idea that he did not respect his limitations? I wish I knew enough about him to make such a determination. If I had, I doubt I would have thought that. More to the point, he understood what his limitations were and found ways around them.

Folks, our minds are so powerful. There is very little we can do when we set our minds to it. In his case, he had a real limitation, real in the fact that it is something few of us could even imagine. Much less to do what he did. He had everything against him... and yet, he died a black belt. If he could do such given what was put against him. How much can we do with no such limitations put against us?

/BOWS

The Lesson of the White Belt

[Print](#)

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When I first returned to Martial Arts, one of the things I would wonder about is a lesson that would be taught the the Black Belts... That you will learn more from the white belts then they will learn from the Black Belts.

Curious when you think about it... the most un-initiated would be the greatest methods of learning.

The fact is though, this would be true of my entire life.

Of course when I was 'The White Belt' in Life, I was 'the son', 'the student' at school, 'The private' later in the army. The beginner if you will.

I never thought of those roles because they were each unique, for me to learn different things.

It would not be until later that I would start experiencing what this truly meant.

And I will be honest... my greatest time of intellectual growth did not start until I was about 25 and simply has not stopped.

A prime example is that I recently found myself learning how to drive and how terrorist make IED's.

I know... I can see the jokes pop up from that... but I needed to learn these so as to help my son who is now 15 and eager to drive... and has a term paper due on the subject. To help

him, I learned. And yes, I have been driving now for 26 years... but how to teach it is a different story.

How to help one learn is a constant challenge for not everyone learns in the same way.

The White Belt is a constant educational tool I use because with every new person I train, I look at each subject from a different perspective. I also learn what motivates them.

I have a former White Belt who is preparing to go become a mechanic... his desire is to work on Mercedes's later. I have another former White Belt going all State in Science, quite the banterer.

The list goes on and each one is a new experience.

A week ago, one of my Black Belts asked the question of who they would learn more from.

And as I sat there and watched, they all said their guesses. In the end, of course the instructor told them the answer and they stood there confused...

So what I did was I pointed out the curriculum and pointing out the difference between a martial arts style and the entire wealth of information that goes into the creation of just 1 person... how could you compare the two?

Some the Light went on, some it did not. It took me a while so such did not surprise me.

It is because of this that I always look forward to meeting new students/people.

All are simply fascinating and each and every one of them open up an entirely new avenue for me to learn from.

The Teacher: Jack of All Trades

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We have seen that a teacher is expected to perform a number of tasks which could very well be above their current level of knowledge. They need to be: teachers, parents, friends, psychologists, allies, opponents, taskmasters, leaders, and humans. Only one of which is really taught to them: teacher.

So let's look at these:

As a teacher, they need to be knowledgeable of the subject they are teaching so they can articulate the subject to the student.

As parents, they need to recognize that students need role models for things above just the subject at hand, as parents need to give a life to the children in a nurturing environment, so does the teacher need to make sure the student knows that the learning environment is a place where they are accepted and welcomed.

As friends, they need to give an ear to the student so as to be able to understand them and better teach them.

As psychologists, they need to be able to read emotions and personalities in order to help them to grow and to learn. As

with being a friend, this also helps the teacher to understand the student so they can better help them.

As the student's ally, the student needs to know that regardless of the situation (within reason) that the teacher is a person they can go to for help and that the teacher will help them once again within reason. It would be reasonable that a teacher would talk with a student who says they have a drug problem as far as pointing out sources of help or to be a shoulder to lean on when confronting parents or significant others. I personally would not consider it the domain of the teacher, however, to pay for any assistance or to be the person to talk to the parent or significant other.

As their opponent, students need challenge, and so do teachers now that I think about it. Debate is a wonderful tool as is competition. Student to student competition works well also, but being available to accept challenge through the act of learning can afford paths of learning that might not have been thought of before.

As taskmasters - and this I personally try to avoid - it is sometimes necessary to make a certain something happen, depending on the development of the previous subjects will make it more likely that such can be done with few problems.

As leaders, teachers show students what is needed by example. You will see this predominantly in trade schools or apprenticeships where the knowledge level required is such that hands on training, as well as education, is needed to learn.

Finally, as human beings, we need to remember that in the absence of everything else, we as human beings all have

certain needs, that balancing those needs with the learning curve will always be an issue. We all find students we dislike for one reason or another; as humans who are teaching humans, it is incumbent upon us to get past that and find a method of reaching the student and helping them to learn.

Define the Discussion For Yourself

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It is an interesting time we live in. It is normal for a given person to be leery of something new. Today however, this is in a mass scale. One which has not been seen since the rise of the Industrial Age. Back then it was people having to switch from making everything they need and relying on a barter/monetary economy to one which focuses more on monetary and less on barter. Today though, we are transferring into the age of Information. Never before has information been so prevalent. Think about it, want to know about something, type it up and read and wammo!!! You are further enlightened. Never in any past age (With the possible exception of the Bronze Age which brought on Greek Enlightenment) has there been such an onus on the average person to apply so much mental power to their normal lives. This brings up many issues for the average person. The first issue I wish to bring up is the most fundamental of them. With all of the knowledge available to us, our brains are still only capable of processing a certain amount of data. This ability varies from person to person, but regardless of the person, we still are limited. Please excuse me for this, it serves two purposes. Since none of us can say for certain we understand the mechanics of the brain in full detail, I want to proceed into this in the form of thinking of our brains like

computers. For to be honest, they both function in the same way. When we get a new computer, we know that its processing speed, its Hard Drive space, and its RAM memory are all important factors. We buy the capacity we need or learn to live with the capacity we have. A computer will be given information, process it, then store it or remove it as we determine. Like a computer, our brains function based on a given set of parameters that we give it and this will lead into the processes we wish to have. Also known as our personality, our beliefs system, and our path in life. What is not very well known... is that we define these parameters. We determine what we see and hear, what we learn, and even how. In short, we define the discussions we have in our own image. This is an amazing thing that we control. And it is interesting that with it, we can look at something as barbaric while another looks at it as human.

An example of this appeared recently on Larry King live. Two polar opposites paired off and during their interaction was given such a lovely demonstration of this. The two people who were part of this was Joan Bayheart (sp?) One of the 5 hostesses of the popular daytime show "The View", comedian and rather well spoken liberal (not saying this is unique, giving credit where it is due), and Ann Coulter, popular book writer and devout Conservative. Both considered on the extreme ends of their respective positions. I know I certainly do.

Bayheart: You support Waterboarding, do you want to be waterboarded? Coulter: You support Abortion, do you want to be aborted? I am all for aborting the terrorist instead of Waterboarding them.

Not trying to bring up a discussion of either point, but I found it intriguing and arguably true that the standard Liberal despises Waterboarding (The act of forcing a person to be held down as water is poured over their heads, basically bringing the person close to drowning) thinking it barbaric but can openly and willingly allow the use of abortion. On the opposite side, a Conservative can willingly despise the act of taking an unborn baby from a mothers body and killing it, in some instances partially birthing them to crush their skulls. But are all for Waterboarding.

See them however you like, I despise both of them. But the fact is that many of us have defined for ourselves how these effect us. Complete disclosure, I despised Abortion long before Waterboarding. But there was a time when both of them were acceptable to me. We see these depending on how we wish to see the world around us. But these both are examples of accepting definitions given by others, effectively giving others the ability to define the subject. I dislike this because it robs us of the ability to define for ourselves what is right and what is wrong. It robs us of our individuality in acceptance of commonality. It makes us a number. But more importantly, it gives others power over us.

The more control you give over yourself, the less control you exert over your life. What is this discussion about? No, it is not about Waterboarding or Abortion. It is about defining the discussion for yourself and not allowing others to define them for you. How do they effect your life? Is it important to you how they effect others? Do you know how they effect others? And what is the real discussion which is not being said?

Because of the age of Industry, we have all gotten used to having parameters set, processes, assembly line procedures, this is wrong, that is right.

With the age of Information, it has never been more important that we define these for ourselves instead of relying on the parameters of the past. For now, there is just so much access to knowledge that it is now more a form of resistance and reluctance than a willingful search for information in order to be informed so as to make accurate decisions.

Simply put, the more you allow any given group to determine what you think, the more you hold yourself back from the life you deserve to have.