

Questions for discussion

1. How do you strive for happiness?

I love reading. I put books down in perilous situations so that I must dream about the outcome. It's fun to me. I find happiness in dreaming. I find happiness in working. What do you find happiness in? I know people who love drugs. I know others who find happiness in relationships. You might be better served finding happiness in the mirror first. Happiness, contentment, and satisfaction come and go with things around us. Yet, you remain. What does that mean to you?

"Feeling uneasy around others is not odd. Feeling dirty because someone put you down is not crazy. I have heard people say they have this crazy feeling. How do we control how we feel about things? A friend of mine just spit up with their wife. I listened to him proclaim that he will be inspired by quotes and books to find peace. He will laugh and sing to drive misery away. Then he asks the question am I crazy for feeling this way? Of course, the answer is no. We all strive for happiness. It's not crazy, odd, or neurotic to search for happiness and peace. We will trudge forward like star trek going where many have never gone before. Searching for meaning and our place in the universe." Chapter 12, p, 1

2. Are you honest about your life?

It's time sensitive to be honest about your life. You must hurry. If you take too long in evaluating your life, you might end up 65, and realizing you've not lived as you should. Be honest now. Make changes now. Tweaks in life are all we need. Be what your passionate about. Strive to know yourself better. Pick good friends and toss bad ones. Time is of the essence.

"I fear the masks. To put on a persona just to fit in is no good. To avoid chaos just to be normal like others is no good. I'd swear we were created to build masks. Adam and Eve had questions. It appears they never asked God. Instead they hid for him. Why hide? I know I'm treating searching both ways. On one side I say search, but on the other I say don't. It comes back to honesty. Being honest about your situation is hard to cope with. Maybe you have bad company that you love. Maybe you need to change. Sometimes we look at the long road ahead and retreat. It's too harsh, it's too long. So, we build masks to compensate for our fears." Chapter 12, p, 4

3. What are your core beliefs?

I have met people who have decided a leader like Donald Trump is a bad man. They become so passionate that it consumes them. The strange part is a month before. Before, they did not care about Trump or even politics. Afterwards, when Trump is long gone, they forget him. They forget politics. I illustrated this because core beliefs should not be like the wind, blowing where it wants. Core beliefs are pillars. They stay with you and make you strong within yourself. What are your core beliefs?

“The person who gave the last order to win a war was meant for that win. The hockey player that practiced and won with a Stanley cup winning Goal was meant to win. The person who picks up a child when they fell down was meant to say it’s all right. I am inspired by a picture painted 300 years ago. The painter was gifted to inspire me. I believe it. In the movie Contact they repeat that the universe would be a great waste of space if it’s just empty. Search for this answer: is your personal universe just a great waste of space. I think not? We all have a role and place on this earth and in your time. I will emphasize and repeat it: “we” all do!” Chapter 12, p, 5

4. Do you believe in yourself?

People can put you on a stand like a trail. They could question who you are. One person could get up and accuse you of being something you’re not. You hire a lawyer that is very good. The problem is the lawyer only knows the facts. Maybe your accusers have good facts? Maybe the lawyer does not know you very well? There is only one who can truly defend you. It’s you my friend.

“You must never think that their existence is a reflection of yours – Ayan Rand

The understanding we search for begins with two truths. One is that other people can be wrong. They think normal is their normal. What you say is your thoughts. It’s not theirs. Your way is not their way. That does not make it wrong. You don’t look or think like them. You do not do what others do. Do you need to? Is there a law saying you have to? People are unique. That includes you. So, the first understanding is that they don’t represent you: you do.” Chapter 12, p, 7

5. Do you respect the spot your standing on?

The sign in the forest says you are here. Oddly enough, you are lost. The sign is great if you know where you are. In life, we can be a father or mother but not know who

Searching Chapter 12 (Dirty)

we really are. I found I was not defined as a man, father, or worker. There should be something more. It's terrible to see yourself but not know who you are. One way of discovering you is respecting your spot. Your standing on it. What that means is you are supposed to be standing there. Nobody else is on your spot. It also means only you can move, grow, and discover not only where you are, but where to go. It's up to you.

"I was always told I'm a great self-talker. The problem is I rarely listen to myself. Through the years, it has been a struggle to listen, even to me. Yet, here I am. The other day I post a thought of respecting the spot you're standing on. So often we wish we were somewhere else. Do you realize that the spot your standing on goes where ever you are? I guess the crazy thing is searching for you. You're already found standing there in front of you on a spot. Dispelling the things people say about you comes from gaining confidence. Confidence in who you are and what you should be. To dispel your own feelings against yourself is the same way. Sometimes our worst enemy is our own inner thoughts. We need to respect the spot were standing on." Chapter 12, p, 9

6. Are you a hill worth dying for?

People get passionate for all kinds of reasons. It's fine to get inspired for a time. People can survive a disaster. It's a period in their lives. Storms do come and go though. Bad people of terrible character will hate you. You might find yourself in the middle of a character assassination. What will you do? Will you back down? Could you move, leave, or run? However, are you worth fighting for. Are you a hill worth dying on just to save yourself? Only you can answer that.

"I have offered you a way through crazy feelings. Unfortunately, you have had the answer in you all along. You are responsible for your actions. You are responsible for accepting other people's thoughts about you. The action is yours. Search for your core beliefs. What hills will you die on? There has to be hills to die on. Only you can choose those. How do you get rid of bad influences? Have hills to die on. Once you will fight for "you", then the gloves are on. You will not stand to be told your dirty, crazy, or anything else. Why? Because you will have begun a relationship with yourself. That is a hill worth fighting for." Chapter 12, p, 13