

The Clan Dialogue

Observations of a Lost Viking

By Rick Rossi

Son of Henry and Carmen

Dedicated to my son and daughter, Ricky and Rachel, whom I love most dearly. To their children and all that follow, if any. And to my parents, who undoubtedly suffered much stress because of who I was when they knew me.

Introduction

It has been over twenty years since I first started thinking and jotting notes down for this book, booklet, essay, whatever it is and one wants to call it. This is the second edition. My first intention was to write a book of my perceptions of life for all to read. Over time I lost interest in doing so, mostly because I felt the work would never be published for one reason or another. But over that time I also had my children and wanted them to have something substantial of me after I was gone. I feared that I might die before I finished raising them and so could no longer help them. Then I realized a book of my perceptions of this life might be of help if I was gone. And so this project evolved into a written lesson book for my children and I now realize it also can be for their children, and so on. Hopefully my children will continue the project and add their thoughts to the book.

After I had made it halfway or so, I thought again about publishing the book because, if I might say, I felt it contained valid knowledge that some people might appreciate. So now, after so long and so much thought and effort, it looks like the book is almost completed. I am happy. I say “so much thought and effort” because I just don’t have what it takes to really do it easily. In other words, I am not so bright or talented. But I really love my children and so, slowly but surely, I kept writing. I hope some find the book helpful. Maybe it will make it a few generations down from me.

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Welcome

I am your ancestor. At what point in time I am writing this is of little importance. Where I am writing this is also of no particular importance although I now live in a country named the United States of America. You see, there is no way for me to know if you use the same calendar as I do or are of the same country, if there are any countries. I'll leave all of those questions to you. How long it will take me to finish is anyone's guess, if I finish it at all. The only reason, really, that I sit down and force myself to write is for you. At the risk of future jokes about my writing skill I admit now that writing is hard for me. My father, of course also your ancestor, and a good man, lost his father at age fourteen and therefore lost much training to help him live life, to help him find serenity and to help him survive. And so he had to fight alone in a sense although his mother always stood by him. As also did my mother, a good woman, who also lost her father at the same age. Their loss also affected me, somewhat. This is why I sit here now writing to you. To help you survive and prosper. In a very real sense you are my children and I love you. The world is a beautiful but dangerous place and you need to be taught the right skills to be able to survive and prosper. These skills are what I want to give you. I want to always be with you in some way, and so through my words you will never fight alone. The nature of life is strife (not my original words but something I have found to be true) and so you will be subject to a number of challenges and decisions throughout your life. I will help you meet those challenges. I will help you overcome those challenges. Even at the lowest point in your life you will not be alone.

The spirit of my words hopefully will give you comfort and strength. I do wish I could be with you now.

We will talk of many subjects; from sex and love to killing a man (such experiences can be rewarding and not so). All my skills and knowledge will be at your disposal; what I have learned will be of your arsenal. As time goes on and this book progresses through our clan, others will add their knowledge and, in time, my errors will be exposed, only to be replaced by the truth. Always search for what is true in and around you. Armed with the truth you will never be taken by surprise and always be in a position of some power, whether or not you chose to acknowledge the truth to others. More of this later, for now understand that your life will be a series of problems to overcome. Always. There is no relief; some rest but no relief. As time goes on however, and with my help, you will lose your unreasonable fears, depend on valid fear and cherish and celebrate your power to do. You will love life.

I am not really a writer or a scholar and this is not so much a scholarly work (always be careful of intellectuals (or the expert), they are often good with words and ideas but often no more objective or free of prejudice than the next person) as a journal of an explorer. Having lived this life before you, I now seek to make the journey more understandable and easier for those of my clan.

It doesn't matter if you are a male or female, the information I have for you can be used by either sex most times, however, it is sometimes gender specific. Don't take offense if you are female and my writing seems to be male oriented. I am, after all, male. In my writing I will try to minimize less significant differences between the sexes so as to help you understand but, to be

sure, there are significant differences between the sexes despite what you may be told, at least in my time, and probably still in your time. Anyway, we'll get to all of that later. It is important that you understand you are of my blood, and that should mean much in our clan. It means much to me. And should to you. I have no reason to lie to you, as others surely do and will. The offering of my knowledge is almost purely altruistic (I do have needs that are satisfied by writing). You can trust what I say as being the truth as I know it. This is significant and important. You must try to validate all data (I'll teach you how), all information that you receive, all of it. The information I give you here you can rely on as being the truth as I have seen it, lived it. I may be wrong in certain conclusions, but my desire is always to convey to you something I did believe in wholly myself. You are of my clan, and I love you. And I believe I can lead you to the strength to handle yourself, others, and your life's experiences well and thereby find happiness and make some sense of this strange existence, to excel and be at peace with it.

Now, I need to talk to you about the structure of this dialogue. Really there should be citations and all sorts of documentation supporting any assertions that I make. I realize this and will undoubtedly come under attack for not supporting my ideas more. Well, I told you this is not a scholarly discussion. I want you to read it, not toss it aside because of complete boredom or frustration. I need to get through to you. How many times have you started reading something interesting and been drowned in confusion due to convoluted, bloated text. I don't want you by any means to accept at face value what I say. I do want you to think about and remember what I am telling you now. Search for what is true yourself. I am just giving you a rough map and some gear to master life. You'll have to see if it works in your time. Okay, so this text is not cited ad nauseam. That doesn't mean the words are any less true. Maybe it means I am lazy. In any event, let your mind flow from here, free of scholarly shackles (but not of objectivity), take this

experience and make it your own. Be critical but not blind. Open your mind and remember who is talking to you; I have only your best interest at heart.

One other thing before we get started on subject matter. I find that, as I am writing this, I am often less interested in the "why" of things rather than "how" things seem to operate. That's just as well because you can test the "how" pretty quickly through direct experience, whereas knowing the "why" most often takes great study. But, the "how" is of no less value. Every once in a while I might take a stab at the "why" even though I will be stretching my skill and knowledge. And while we are on the subject of knowledge and skill, you should know that, as of yet, no great talent has been ascribed to me. On the one hand I fear none will ever be, but on the other, my words in this dialogue, perhaps upon being described as less than brilliant, might reach and make sense and be of value to more members of our clan. There is nothing like brilliance to blind and confuse the mind of all the rest of us.

Now comes the hard part, where to begin. I think the best place is proper instruction on how to think. Once I show you how to think (not necessarily what to think) you can evaluate critically and with objectivity all that you do think. I am not going to define what I mean by think, that is too nebulous and, at the same time, obvious. The most important part of thinking is evaluating data. By data I mean anything, any experience (gain as much first hand experience as you can, but be very careful, that can be physically as well as emotionally dangerous) or piece of information you might use to make a decision about anything. You must learn to think critically. The ultimate importance of thinking is that it may lead to a decision that at some point might mean the difference between your life and death. Your thoughts and perceptions establish much of your personality and how you view yourself and all else outside of yourself. This will affect how you in turn are viewed and treated, whether you succeed in a particular endeavor or fail,

whether you marry the right mate, and so forth. Be aware that most people, in my experience and opinion, are to some extent, fearful, prejudiced, lack objectivity, are self-interested and/or not logical, and to make matters worse, competitive and arrogant in their convictions. They often do not think clearly but will proclaim with pride that there can be no truth other than theirs. On the other hand, there is much love and good sense in this world. It is indeed amazing though that we in any way communicate with one another given the vast differences of each mind. So, if you think clearly and objectively, without prejudice and with valid reasoning you might gain the truth and be at an advantage. Remember that you are always solving problems and will be until the day you die. And if there is a God and an afterlife you probably will still be solving problems.

THE SCIENTIFIC METHOD

How to think? I have found that the only really effective method of arriving at a conclusion about what is true (and certainly to base any kind of behavior on) is the scientific method. Now this is important so please pay attention. What we establish here you will use constantly in your evaluation of all things and, consequently, determine much of your beliefs and actions and therefore your successes and failures. You will be able to evaluate almost anything using the scientific method, and I emphasize anything. There are some limitations that we will discuss, but for the most part the scientific method is a very versatile skill to possess. Make it a skill of yours. By the way, I am only giving you a few examples and an overview of how the scientific method works. To really know how to use it you'll need to read other, more detailed books on the subject.

Overall, the scientific method is actually very easy to understand. Basically, to employ the method, first try to establish that what you believe to be the cause of something is the only possible cause (eliminate all other possibilities). Then devise a way to show others that it is the only possible cause and then let other people who are skilled with the method prove you are right (that you have concluded truly) by trying to prove you are wrong. What is a truth? For all practical purposes, it is what you think is the only possible cause of something and that you and others can test over and over again, using the method, and reach the same conclusion (that it is the only possible cause), at least until someone proves, using the scientific method, it is not the truth. Using this method you will quickly realize you don't know too much absolutely positively

about anything. This is where I want you to be - always evaluating both new and old ideas. It is simple really, and very effective. Let me give you a few examples. A man comes to you and says that he can fly without the aid of anything other than his own body. You are naturally skeptical, but knowing that you really know very little absolutely positively for sure (because you use the scientific method) you don't send him on his way but ask for a demonstration. Amazingly, the man takes a running leap and actually does fly around for a few minutes, obviously defying gravity, and makes an excellent comfortable landing. After you pick yourself up off the ground, you ask how he can do this. He responds that he has a secret elixir that enables one to fly just one week after drinking it. Furthermore, he is willing to sell you some of this elixir for a small sum of money. Well, this is a fun example but the point is, before you give him the money you must verify the link (and the man's claim) between the elixir and his flying. This takes much analysis, first to eliminate in your mind other possible causes of this man's apparent ability to fly and second, others must be able to see and do the same thing (that is flying using the same elixir). One, we eliminate other possible causes, and two; other people can reproduce our results. This example is to show that one can use the scientific method to evaluate all sorts of occurrences. You must discipline your mind to use the rigorous application of the method when you think and we will use it throughout our examination of a variety of subjects. By way of another example, many in the United States, my country, are currently concerned about the disarmament of the average citizen by the federal government. Our constitution, many believe, guarantees the citizenry the right to maintain parity in firepower with federal, state and local governments. The reason is to ensure personal safety from crime and freedom from tyranny of government. There is also a conspiracy theory circulating among many of us (the average citizen) involving a variety of quasi-governmental world agencies apparently with the agenda of disarming the whole

world (so as to control it easier, and do those things the powerful elite think need to be done). The question I must ask myself is how do I determine this to be true (as my freedom may depend on it)? Do I just blindly let my emotions rule my mind and build an arsenal for the day of reckoning? Do I take the easy way out and simply chalk these conspiracy theorists off to paranoid delusions and go about my routine of life as though nothing will ever change? No, I use the method to accumulate information that can be distilled into potential facts, then determine, to my best ability at the time, which potential facts are probably true (that there can be no other cause or reason) and have others verify and then duplicate my conclusions.

Remember, if you cannot absolutely determine something to be true, (a fact, for now, using the scientific method) then that something has a good chance of being false and any subsequent decision about the matter will be more difficult. By the way, I never said to always wait until all the facts are known before making a decision, as you might be dead by that time. Let me offer one more example of the method, as what we are talking of is of great importance, and then we will move on. This example is a more classic application of the scientific method, which I hope will make how the scientific method is used even clearer. Currently there is a push in biotechnology to extend the lifespan of man through chemical intervention in the normal aging process. To this end there have been a variety of claims regarding various substances effectiveness and there seems to be a number of possible substances that show great promise in slowing the aging process. Unfortunately, there are a number of unsubstantiated and/or false claims of effectiveness and it is difficult to know where to spend your money, if at all. For me to make any kind of informed decision by using the scientific method, I must find people who are applying the method to study the aging process, review what claims are deemed true, which have some merit and those that are totally false. That is relatively easy to do given the availability of

computers and vast databases. So the way I make a decision about what chemicals I will take into my body or suggest to my family is to find whatever scientific studies have been done about a particular chemical, if there are any, examine their conclusions (determine if there is a clear causal relationship) and see how many other studies have arrived at the same conclusion (people who verify each other's results). By using this method to examine each claim or statement made about a substance's effectiveness in slowing the aging process I will reduce the possibility that I may poison myself or another clan member. (please note I use the word reduce, not eliminate). Keep in mind the relationships of cause and effect are more easily seen and therefore less ambiguous, relatively speaking, in natural science illustrations like this one (rather than our previous examples). Bottom line is that you will be making many decisions on a variety of things in your life so you need to have a firm grasp on how to arrive at a point where you can make an informed, intelligent decision, void of as much emotional interference as possible. Learn the scientific method and apply it. There are many excellent books on the subject. It will be a most valuable tool. Now come with me and learn a little bit about logic.

LOGIC

By first using the scientific method to attack any problem, you will many times avoid stocking your mind with false truths and ambiguous data and therefore avoid making bad decisions regarding such varied subjects as from who to mate with to whether or not to go to war. However, there are some times the scientific method isn't easily applied. Your only recourse then is to sound logical reasoning and luck. Logical thought, though a relatively simple concept and easy to learn, escapes many people. Or their emotionality on a particular subject clouds over their otherwise keen minds. This happens to all of us more often than we ever realize. It will happen to you. This is why you need to discipline your mind to valid logical thought, and to verify facts utilized in your logical arguments using the scientific method. Basically, to think logically you must make sure the links of each sentence you utter in an argument (by argument I mean consideration of an idea) or within a statement, follow the rules of logic. I am not going to go into the rules here as it would take up too much time and you can get that information from any book on logic. Just understand here that to speak logically you must present your statements in the prescribed manner of logic. That means you must adhere to the rules that establish a relationship within and between your sentences in speech, writing or thought. Using this argument as an example,

All men are good.

Hitler was a man.

Therefore, Hitler was good.

not only shows proper logic leading to a valid conclusion, but also proper logic leading to an untrue statement. I use this example to show the strength and weakness of logical thought (most people I believe would view the statement "All men are good" and the conclusion "Hitler was good" as false and if you don't know who Adolph Hitler was you should). Be especially aware of the weakness. And realize that each statement considered true in an argument must first be established to be true (using the scientific method) for there ever to be a true conclusion. Your reasoning might be sound but your facts might be wrong. If you cannot establish each statement labeled true in your argument to be true (using the method) then the truth of your whole argument is suspect, and it therefore becomes unreliable information on which to base a decision. To bring this whole discussion on how to think to a conclusion be aware that, in my mind, the only way to determine the truth of any idea is to use the scientific method to establish that truth, and then have that idea stand the test of time under continual reassessment using the scientific method. Remember the strengths and weaknesses of logic. Always evaluate each statement in your argument using the scientific method; if possible, so as to increase the likelihood your conclusion will be truthful. Pick up a book on the scientific method and one on logic, study them and learn what they offer (much more information than I have given you here on the subject) and practice using both continually. Apply them to all things that you think. Start your children early on how to think using these skills. Train them to think clearly. Train yourself to think clearly. You will not always be right, but no one can fault you for your effort at method. Now, we move on to the first of our many topics of discussion.

GOD AND RELIGION

The decision as to whether there is a god in your life is one of tremendous importance, perhaps of greatest importance, because many religions offer salvation to the faithful through some type of afterlife (you don't want to miss out on a good deal). Also, there can be serious negative social consequences if it is discovered you do not believe in a god, are not sure, or believe in a different god than most around you. You could be ostracized or even killed. Most people certainly will view you with a suspicious eye. To be sure, the belief in a god is paramount to many and important to most. I have found this to be absolutely amazing as there is not one shred of scientific evidence that any god exists. None. Nada. Zip. What this means is that there is a high probability there is no God as espoused in the world's religions, or none whatsoever, and that all religions may very well be human constructs, rather than the teachings of any god. If so, it is possible that many people are leading an untruthful life. They allow their unsubstantiated beliefs to influence decisions they make regularly. No one as yet has proven, using the scientific method, that there is a God. No one has even come close. I don't know what else can be said about verifying the existence of God. There is no real evidence as yet that I am aware of, nothing a critical mind can use to demonstrate to others a God exists, no experiments others can do to verify any conclusion that God exists. A prudent and critically thoughtful person can come only to one conclusion: There is a possibility that God, as characterized in any form, does not exist. And as long as there is that possibility, all religious teachings are suspect as being instructions and/or interpretations of the word of God. At the same time, anyone who professes atheism is making the same thinking error. There is absolutely no scientific evidence that a God does not

exist. As I see it, at this point in time, there are two possibilities. One, there is no God, or two, there is a God and it has not, or cannot, revealed itself in a way any critical thinker (scientist) can determine its existence. If there is no God, millions of people throughout the centuries have been the victims (literally) of false hopes and untrue conclusions. If there is a God and it has not revealed itself in any way a critical thinker can determine its existence, then we should not be held responsible for our actions by this "higher court", even if this God wants to be the judge of our actions. Do you want to base your most important conclusions, your whole life, on non-existent or undiscoverable information, especially when, assuming God is a just being, you cannot be held responsible for your actions since, if there is a God, it hasn't revealed its existence in any way a critical thinker could hold that existence to be true? Let me elaborate. Remember when I was setting down the rules for critical thinking? Basing your conclusions on verifiable data when possible and withholding your judgment or decision (if possible) when there is not enough information to arrive at a true conclusion via the scientific method? Well, if there is a God and it has not provided enough verifiable data (given the best way to determine the truth, as I see it, is through the scientific method) on which to base our actions, how can it (the God) claim to judge us and/or reward us on our behavior? That's assuming it is a just God (and there is a possibility it is not). I maintain that to be a just God, assuming its notion of justice is as ours, or at least takes into account our notion of justice (we'll talk of justice soon), which it should, it must understand that a thoughtful person, a critical thinker, just doesn't accept things on unquestioning belief that does not require proof or evidence (faith, yuck). Now if this is what this God wants, why the hell did it give us the ability to think critically? Or is this something it didn't count on? Whatever the reason, if there is any reason at all (since there may be no God), any God must take into account men who act on decisions they have arrived at using the most advanced

method of establishing true conclusions as yet devised by humankind. Any other action would not be...Godly. So, we have two possible scenarios. God does not exist or it hasn't made itself knowable using the scientific method. Therefore, to act as though there is a God, is acting on, as yet, unverified conclusions, and therefore possibly basing your life on an incorrect assumption. The same goes for Atheism. The safe assumption is that there is a possibility God exists but as yet it is impossible to tell for sure. Personally, I act as though we of our clan are alone but I do not deny the possibility that a God exists. I also maintain that religious teachings are highly suspect as being, in any way, the word of God. And what of religion? If, as I previously outlined there is no God or it is as yet unknowable, then it is entirely possible someone made the whole thing up (and probably did). Invented it for some reason. The reason could have been for control, for security or any one of a hundred other reasons. In any event, be aware that all religious dogma requires faith, that is, unquestioning belief without regard for rational evidence or proof. There is no way (at this point in time) to tell if any religious teachings are actually supported by any god. That should certainly tell you something of the nature of religion. I have seen the most scientific of men completely surrender their keen minds to religious teachings. They just surrender their minds. You will never surrender your mind. You are of our clan. We are thinkers, creators, warriors, and explorers. We love and cherish all life but charlatans do not fool us. We examine everything and take nothing for granted. We base our decisions on good science and valid, true logic. Religion offers us nothing but a dubious salvation and mental slavery. Whoa, that was pretty intense. Just beware of anyone asking you to believe in anything for which there is no proof. And by now you should know what constitutes proof to a clan member. At this point in time, no religion can stand up to scientific evaluation. It couldn't get past the examination of its first and foremost precept, namely, that "God exists" let alone "And he says do this." Let me

conclude the topic of God and religion by saying that when I die, and therefore leave this life (could be anytime, you never know), and if I happen to awaken, be sentient, in another place or dimension of some sort I certainly will not be sorry. Maybe I can be reunited with my family members (they are all characters you would respect and love). Perhaps death would not force us to be apart forever. What I am saying is that, sure, I'd love to believe we would be together. It's so easy to just give up my mind to some blind faith in a god and religion that promises we will all be together in one big paradise in the sky. But I can't. I know better. Now you know better. So treat everyday as though it might be your last. As though you will not see your loved ones again because when you die there is a good chance you will never see them again. Don't waste your time on trivial problems or hate or sadness because there is so little time. One hundred years is just an instant to the cosmos. And you might have much less time.

WHY ARE WE?

Well, if you continued this far then perhaps you do think there is no God, or it is not currently knowable. That would mean you have no religious reason to explain our existence and purpose. It's my guess that's because there is none. We just are. The whole planet, this universe, just is. No explanation for us yet. No universal rules. No universal good or evil. Such concepts of ours and others arise from our mind. They are totally human perceptions. In this corner of the universe, as far as we can tell, we are alone. And very, very special. This planet has life. No others that we know of do (others probably do but they would be pretty far away and hard to reach, right now anyway). We only have each other. And yet we work so hard at establishing differences among ourselves. Pretty silly when you think about it relative to the vastness of our playing field and the life and death trials we are yet to face. Any and all life is of such scarcity that any attempt at valuing it is trivial. Life is invaluable. Priceless. But so fragile. However, you and our clan must survive in this potentially hostile existence and all sorts of things will seek to destroy or subjugate your mind and body. The rules are there are no absolute rules. There are forces that will seek to rule you and coerce your mind (could be an idea) and body (could be a disease or man with a knife), but you needn't always obey, if you have the power, that is, the necessary skills to prevail. These forces will either be of nature (that is, what is) or man-made. Always seek to control the forces of nature, as it is blind to its own actions, it (most probably) just is. Man made forces, such as human laws, are a different story. They are not blind and usually have a reason (certainly not always reasoned well). In this way they are more complex. This doesn't mean you shouldn't seek to control them when you can, just take into account the

reason. Nature is not capable of having a reason for its action (My guess. Remember I said sometimes there isn't enough good science to find the truth about a thing, but one has to make a decision anyway), but the human mind is capable and often does have a reason for its actions (I think animals do too, but on a much more limited basis). Let's discuss some forces that will seek to have their way with you.

THE LAW AND JUSTICE

Since we figure there probably is no God or it is unknowable and nature is without reason then it most probably is the human that gives order to our world. Know then, that all laws most probably are recognized and maintained by force of arms, and justice then becomes the figment of the imagination of those that command such force of arms. Most laws (civil, criminal, religious etc.), if not all, can be traced back ultimately to those who control the religious institutions and the police and military of a society. There is no such natural law as "All men are created equal" or "No trespassing" or whatever else, independent of the strength of those beings that have created and maintained such a law, for remember, we allow no divine or "spiritual" intervention. And justice, being a construct of and delineated by human law, therefore becomes the afterthought of those in power. Justice is whatever a man or woman, sub-culture or society can force upon itself and others. The framers of the Constitution of the United States (this is a document you should read if you are not familiar with it) knew this and therefore allowed for the common man to maintain parity in firearms with its government. They realized that tyranny and oppression by government comes sooner or later, and provided numerous options for the citizenry of the United States to change the people in power, by force if necessary, in order to establish "a more perfect union." A more perfect "social contract." So much as can ever be attained.

The social contract theory basically states that we as social beings surrender certain rights for the guarantee of other rights (read a famous American named Thomas Paine for a better

understanding of the concept of the social contract). Be aware that whether you think you are right in matters of law and justice is of little consequence unless those that control the police and military are of the same mind. Do not be fooled into thinking you have any kind of automatic rights or protection under the law. It doesn't always work that way. The only way you are going to get your "justice" is to work the existing power structure (legal system) to do your bidding. Many men use questionable means to do so. And perhaps you will have to do so. Often though, the law and what one deems necessary just coincide and all the better. But don't expect that to happen all the time. And don't expect the law to be overly concerned about your need for justice. At such times you must do all you can to survive. But be careful, we of our clan are not despoilers. We do not ravage living things or the land. Why? Because we realize how invaluable this little world of ours is with all its living things and interlocking ways. We know we have only each other in our corner of the universe and that it is entirely possible there is no sentience after this life. We seek peace with all men and women. But, neither are we victims, ever, so strike swiftly and deep to halt any despoiler of your life or property. Rejoice because your women and children still have you and, if it must be so, make sure never again will the despoiler ravage another. However, I digress. Getting back on track, most laws can be traced to the threat or use of physical force. I think the reason I want you to understand this is so you do not think you (or anyone else) have some inviolable right to justice. And so you do not get yourself into a position that will require the use of physical force against you, for no good reason anyway. Men will continually seek to violate what you think are your rights (either your own interpretation or through the law) so you must be vigilant and strong. It's just the way some men act. They care nothing of you except how they can manipulate you to their own end. Many times the actions of such men are of little consequence and are less than a nuisance but there may be a time your very

freedom may be at stake and will depend on you having the awareness and strength to defeat such an attack on the liberties and security you establish for yourself, your family or our clan.

Okay, I suppose I should give you some examples. Why can I say something like "There is no God" and not have to hide somewhere in fear for my life (many would think my statement is blasphemous, and if permitted would seek to silence me). It just so happens that in my country I can say just about whatever I want and the law, as it stands now, will defend my right to do so. This is because the government will use force, if necessary, to protect my legal right (per the laws of the land) to say what I think. There is a very famous situation that occurred in my time where an author disparaged Allah (the God of Islam) and the government (a theocracy of Islam) of another country vowed he would die for his words. The only reason this man is alive today is because the British government (a country of my time) vowed to use force in defense of this man's right to say what he thinks. They offered the man protection and refuge from his assailants. He surely would be dead if the British or another country did not believe it is a man's right to speak what he thinks without being threatened by others and be willing to use force to uphold that right. Some will argue that many men obey laws because they think the law is important and good for society, and doesn't that prove law isn't always recognized and maintained by force of arms? Well, in the first place, I didn't say always. I said usually, most probably. This is my opinion based on my experience. But we are not so concerned about those that obey law anyway, only with those that do not do so. How can a society deal with such individuals? Men who want to act differently than the laws prescribe? If it is considered serious enough, the answer is only by force. Force them to comply or remove them. And all force can be traced back ultimately to the force of arms, that is whoever has the most firepower to extend their will over what they seek. If I don't like the tax law and refuse to pay my taxes I will be taken to

jail. If I refuse to go, I will be forced at the point of a gun. And so it is with most law and justice. He who has control of the physical means to coerce will make the laws and hence shape justice. The Congress of my great country can only act as such because it has control of the police and military. If it ever loses that control it will cease to exist, sooner or later. This has all not changed since before Roman times and probably won't for ages to come. The legal rights of an individual are relative, not absolute. Remember, there are no natural rights.

I didn't write anything over the weekend. It was so nice and beautiful, cool weather after a long hot summer. I find also that after writing this to you for twenty pages or so, all the things I wanted to tell you seem less and less clear-cut. After thinking about all of this for fifteen years or so I find that as I write, the less and less I really do know about where we are and what people are doing. Things just don't add up. On the one hand so many believe in a God and an afterlife and yet there is so much crime and pain brought on by people. I don't understand why children have to die at the hands of children amidst so much other strange behavior. I don't think many others know what's going on either, or where they are headed. But then you have people who are so sure of what's right that they try and control all others around them. But we know that nobody really knows anything, not for sure.

MEN AND WOMEN

There are differences between men and women (and long live those differences) despite whatever you might be told or hear from any group that has a vested interest in establishing an "equality of the sexes." Unless of course you have no sexes in your time in which case I can't even imagine what's going on. To be fair, when most talk of equality, they mean legal rights rather than any overt physical or mental equality. You will probably run into some that think men and women are equal on all accounts, including both the physical and mental, while others will say either all men or all women are inferior in some way. Either of these positions is blatantly false in my opinion and experience. We are different and complementary. I do not think men in general are any more or less intelligent than women, or vice versa. I only need one example of each to disprove such blanket statements of superiority or inferiority, and that's easy to do, just look around. I do think for some unknown reason women think and react differently in many cases, above and beyond individual differences. Can I prove this? No. Is such a difference natural? I have no idea. But, read a book called *The Evolution of Desire* by David Buss, if it's still around or in print. Just know that there is at least one person (me) that perceives a difference sometimes. There is a clever observation in my time that men who watch television (perhaps an outdated technology in your time) tend to be "channel surfers" (use the remote control to go from program to program to either find something they like or observe something else while whatever they were watching previously has gone to a commercial). I wonder if it is still that way in your time, whatever similar entertainment device you use? Women tend not to be channel surfers per common folklore (whether this is actually true I don't know). Anyway, I am sure the difference

in television habits has led to more than one argument. Some even go so far as to relate this behavior, and other examples, to primal drives or instincts. At this point in time I am not sure anyone really knows. In any event, never treat a woman as less intelligent than you on first meeting her, as you may be in for a nasty surprise. It is my opinion that on average, men and women are of equal intelligence in all categories. That means a woman can be almost anything she wants in terms of profession. I say almost because there are physical differences that make most women less effective in certain professions than men (a foot soldier comes to mind) but we'll discuss this further on in this section. However, each woman should be taken individually and given the chance to prove herself no matter what the task or profession because individual differences may mean that a particular woman is qualified for a particular task. And so, she should have the legal rights that any man has been given. However, the tests for effectiveness in performing a particular profession or task should not be lessened because a woman seeks to do or because any governmental law states a percentage of women (or some minority, for that matter) has to be accepted to do that profession or task. This only serves to lessen the effectiveness of any profession or task. Many tasks have great consequences and only the best-suited people should be performing them. Male or female. Black or white. We weaken ourselves as a culture with any lessening of effectiveness. Throughout history the civilized centers of man have fallen to the barbarian fringes as a result of the effeminization (this may be a wrong choice of word, I prefer unprepared or unwilling) of the males (not my words but the author's name escapes me now). Basically that means the men had become too accustomed to luxury, have lost their killer instinct and were ultimately no good to their women. They could not protect them or their children. What am I saying? Don't let the men of our clan, in an effort to allow women or the less worthy access, change the rules so that either can succeed in any easier environment than if the

"game" was being played by all men. I can say that because men do have an advantage in competitions of all sorts and that's the physical advantage. Women have no clear advantage over men, except they can have children, and I am not sure that is so much of an advantage in competition as a hindrance. Men are clearly bigger and stronger physically on the average than women. And that advantage, coupled with a more aggressive nature, more often than not determines who is dominant, either between the sexes, within a society or between nations and perhaps someday between worlds. Because of our highly technological society women have gained leverage in obtaining power usually held by men. No longer is there such a great reliance on physical strength and an aggressive nature to secure and maintain most types of power and therefore security in our society. Women have shown themselves to be the equal of men in many instances in this environment. It is important to note however that while this seems to be a good thing, what if we are threatened by some other perhaps more masculine society (either this world or another)? One that doesn't play by our rules? One that could care less about our laws? Or, on a more personal note, what if your family is threatened, perhaps by a criminal? And the best skill you have is playing golf? Will you watch your family die without the power or preparedness at least to try and defend them? How will we fare if what makes a man is routinely viewed as uncouth, primitive and not necessary? I am sure pretty poorly.

This brings me to my next topic; the skills that clan men and women should have and how their family units should be organized for optimal strength. We will make use of the average natural skills and strengths of the sexes so as to maximize the complementary nature of both and therefore create the strongest family unit, on the average. Now I can only give you an example using the pairing principles of my culture. Yours may be different. If so, try and take what you can and apply it to your current circumstances. I am also assuming that the two sexes still have

the same natural differences they do now. If not, you're on your own (sorry, but that is really tough to conceive. I wouldn't know where to begin). Men, under all circumstances and first and foremost, should know weaponry and the martial arts. Their natural strength and aggressiveness makes them, on average, more effective in the role of protector. However, women should also be adept at defense, and while that should be one of their core skills, it should not be one of their prime roles. In my opinion it is clearly the man's role to insure the physical security for his wife and children. That means securing adequately the residence and being ready for attack and defense at all times. If you become lax in this you let your family down. If you prefer to be drinking at the bar or out playing some silly game when you haven't already made sure your family is secure you are seriously derelict in your duty. Teach your children (male and female) early in life how to defend themselves using all types of weapons, the seriousness of potential threats and the seriousness of reacting to those threats. Remember that if, as I maintain, all laws rely on force of arms for recognition and enforcement, your liberty relies on your ability to repel any force brought to bear on you, your family or society. Your liberty is essential to your security, your ability to fend for yourself and family and your ability to speak and write what you wish. The core component of liberty is the willingness and preparedness of each and every clan member to fight for that liberty, whether fighting a criminal for your possessions or a tyrannous government. As such, it is incumbent on every clan member to be well schooled in the martial arts, whether one is a doctor, politician, teacher or mechanic. If you are the squeamish type, practice and learn to be strong. If you disagree, read history and go out and experience life. Surely, if one must die in battle, there is no better reason than in defense of your loved ones or your liberty. So, before you do anything in your life, learn the price of freedom, pay it gladly, and learn to kill. I mentioned earlier that love and killing a man could both be pleasurable and

horrible. There is no horror in killing a person who threatens your life or liberty and I dare say you should feel a source of delight and joy that you have successfully defended your loved ones or your freedom and that no others will be attacked by the despoiler. I should say now that for me liberty equates to freedoms outlined in the Bill of Rights of the Constitution of the United States of America. It is a document worth defending even if it is based on the concept of natural rights, (which we deem not to exist as nature seems not to be sentient (aware) and therefore cannot bestow any rights. We maintain all rights are based on force of arms). I hope you have the same freedoms. If not, then get them. So, one of the primary roles of clan men are to provide for the security and defense of his family and clan, with the other family members operating in a supporting role. Do not leave the primary role to your woman. It is your responsibility. Another of your primary roles, because of the physical nature of the task, is to become mechanically inclined. I don't know if there really is a difference and if so to what it is due, but men seem to be more mechanically inclined than women. Some say it is because of the male's spatial relations capabilities. I don't know if that's true. It could be because of particular interests and training obtained when young. It doesn't really matter because we can assign mechanical type tasks to males based on the physical nature of such tasks. This type of work, more often than not, requires physical strength. You need to know things like how your transport vehicles work or how your home is powered, among a variety of other tasks, to insure the continued proper operation of these functions. Women should also understand such things, to some extent, but these tasks should be yours. As well as any other oriented to heavier physical labor. You should be, as the male, best equipped, on average, to handle this type of work. If for some reason you are not, then learn and train to be so. Especially if your female mate is not capable of doing so. If you are not mated you will find these skills helpful, for the most part, in finding a female willing

to live with you. Despite whatever rhetoric might be prevalent in your time, and if males and females are similar in physical stature as they are now, most females will look to you, as the male, to be able to handle such tasks. Be prepared to do so, whether or not you need to do so. Perhaps you are very wealthy and can afford to have someone do these tasks for you now. If so, still learn to do them and teach your male child to be capable of performing such duties. There may be a time when you or your son will need to handle these tasks in the future. Females of our clan need to train in the skills of the less physical nature, such as cooking, laundry and general light housekeeping (males should know how to do these things as well, and act in a supporting role). Again, many men will expect such skills in a prospective mate and certainly clan men, when considering a mate, should first look to see if the female has been trained well in these basic skills. I don't care if she is a brain surgeon or she is great in bed, if she can't cook, her basic training is lax. And any clan female needs to make sure her prospective male mate can handle the more physical tasks of living together and raising a family. If you, as the male, can't fix mechanical things to a good extent, you are lax in your training, and that applies even if you are the most celebrated intellectual of your time. This all doesn't have anything to do with who is more important or who is more equal. It has to do with the smooth functioning of the family unit and division of training and labor that most complements natural strengths, on the average. It has to do with survival, prosperity and happiness. Please note that I am outlining primary roles and training much more than establishing rigid rules of behavior. It might be that, for a variety of reasons, the roles are reversed. Fine. Just make sure you are trained so that if the need arises you can assume your roles on a division of labor based on physical differences between males and females. And make sure you can train your children to fill those roles on the same basis. If you are a male, make sure you can provide security to your female and family, make sure you can

handle the more physical tasks of basic living. If you are a female make sure your basic training early in life has been to handle the less physical tasks of homemaking. That's not to say you can't be anything else you are capable of becoming. Just make sure you have acquired the most basic skills necessary to complement your male mate, whether or not you ever use those skills. Well, enough of this. I just started writing again after a few days. Today I was a little depressed because my favorite gunsmith is selling out his business and going into something else. It was, for a short time, a place for me to go on a regular basis to participate in some political philosophy discussions. It also seems as though the current American government is primed to try and disarm all its citizens through either high taxes on firearms and ammunition or an outright banning of almost all guns. This is really a no-win situation for us, the patriot. If we revolt, some of us will die at the hands of the government. If we give up our guns, some of us will die and many more will most likely, at some point in the future be oppressed at the hands of the government. Our best hope is to be able to vote the politicians who don't understand on what liberty is based (or our constitutional rights), or who don't care, out of office before any legislation is enacted. It's my problem now; hopefully it isn't or won't be yours. How about if we move on to the topic of love and sex?

LOVE AND SEX

(The part in these parentheses was added two years or so after I wrote the latter part on love and sex. I was not really satisfied with what I had written previously about how to find and understand love. But recently, right before I fell asleep, I came upon some new thoughts. I perhaps now liken love between two people as being exhibited by how much each person desires to surrender their individuality to the new couple they will create. Between people the desire is almost never equal. This can lead us to how to understand the dynamics of a couple. Some desire to give up more ... or less. Can true love be that relationship where both are willing to give up all individuality to the relationship? Of course that is not possible.... even desirable, but perhaps it is the closest way to describe true love. In reality, most give up some of their individuality to the couple to satisfy their own needs; ultimately and wholly to satisfy their need for love, to a lesser or greater degree and then for other needs, such as sex. Some never make up a couple. Some spend most of their adult life as a couple. Most of us are somewhere in between. Much depends on how and why the other person satisfies one's needs, and how long. This often points to the varying types of relationships and the give and take of all relationships. And this method of evaluating what love is works whether we are totally free to interact with potential partners without restraint, or subject to laws governing such relationships within a culture. I guess what I am saying is that to understand love in the real world, which means trying to understand whether or not you are loved, look to how much someone is willing to give up of themselves to be with you, to help you grow and so forth, and how much they want you to give up your individuality for them. Evaluate your needs and their needs and see if they are based on weakness. If so, love is suspect. But then, who of us is not weak at some time or in some way?)

It is difficult to figure out which to start with, love or sex. They are both so tightly intertwined and yet can be totally separate. For me, true love is a feeling of desire to care for someone in a

way that is above and beyond ordinary friendship. Friendships come in many forms, but I think the difference in desire to care for someone in a loving manner and mere friendship is pretty clear. I think the important part of the definition of love I have just given you is that this desire provides for a tremendous commitment of personal time and resources. But, true love is rare. Perhaps even non-existent. Loving a person most likely means they are supplying one with something they desire. Over time however, I think a good relationship does elevate to as close to true love as one can get in this world. Most important though is for you to examine why you love someone and if they love you. A person may be the greatest mate because they do all that you could ever want, but ask yourself if you could supply yourself with all they offer, would you still love them (you may not love them but want to keep them as a mate because they are right for you). It is very hard if not impossible to really answer that question but you must try, if true love is that important to you (and it's not wrong if it isn't). Only totally free of any need can one determine true love. By need I am talking about whatever your chosen mate gives to you that you need to survive, whether emotionally or physically. Only if you can survive and survive well on your own can you ever begin to experience true love and in turn give true love. For example, sex from a mate is often a need supplied (and much more). Only if you know in your heart that satisfying sex is something you can get elsewhere than from your mate whenever you want can you be free of that need from your mate. Then your choice to have sex only with her has real meaning. If need be can you supply yourself with all the other various needs? Asking yourself these questions is how you get closer to understanding your relationship with one you think you love. Can I live by myself? How about cooking and cleaning for yourself? Or if you are female, can you live without the security he provides? Most of us do not ask ourselves these questions. We usually marry and mate to supply basic needs and insecurities. Let me make clear

right now that this all doesn't mean good marriages and mates, lifetime partners, aren't found with something less than this true love I describe. Probably most are just short of true love as our needs are so different and change so often in our lifetime. Maybe sometimes we truly love our mates and at other times do not, maybe we come just short. I mean we are only human. Maybe that's the best to expect.

I haven't written to you in almost a month. I had much other writing to do for some other projects but they are behind me now and I have given over the next year to complete this project for you. It is hard to stop then start again but my desire to help you in any way I can always brings me back to write. Maybe I'll do something worthwhile. I figure if I write even one thing that helps you get by it will be worth it. In going back over my section on love and sex I can see I haven't been too clear. While I have tried to define true love I can see that definition is lacking. If you think you are in love, try and see what the reasons are for your love. I mean you can't really be in love with someone merely for his or her looks or even their mind. I think love is much more than the sum of those things one finds attractive. Find out what attracts you one by one. See if these things are worth your love. Ask what value they are to you. Are they really just things that you need to feel good? Well, I'll tell you now you can get any one thing in a variety of places. You needn't commit yourself totally just to satisfy some single or a few needs. You know, maybe true love is really just a poet's dream. We are too complex to say, "I love you" and really understand what we are saying. Maybe we should just say, "At this point in time I believe our relationship to be satisfying my need for love." Not particularly romantic, huh?

Sex should be a major part of your life and a very enjoyable part. For many it is not, for one reason or the other, and that's unfortunate as there is nothing like it. There is great responsibility in having sex as it could lead to parenthood and always involves some emotion and therefore

probably intimate feelings (which should be cared for) of the opposite sex. As a man you shouldn't use a woman just for satisfying your sex needs (unless they agree, but be careful, they may not mean what they say) and I guess the same applies to women but their sex drive is somewhat different. I don't think women are as adventurous and needy as men, but you must judge everyone on an individual basis so in many cases never assume that to be so. I do think around puberty the hormones kick in and both sexes go a little crazy and seek to have sex as often as possible. And that's probably natural. They are supposed to do so. In fact, if a pubescent kid didn't have a strong interest in sex I would probably think something was wrong. The problem arises when society tries to control that behavior. In any event, the sexual urge is very strong and may cause you problems. First, never let anyone tell you sex is wrong or bad. Not your parents, teachers or friends. They are probably the ones that have the problem if they are trying to convince you that sex is bad or at least not good, or a "sin" if one enjoys sex without procreation in mind. Sex is sex, it's natural and enjoyable, and you're supposed to engage in it regularly. Yes, it can lead to pregnancy, and that can cause problems if you are not ready to have a child. By the way, I don't believe in abortion but we will discuss that later too. Anyway, people are supposed to engage in sex and the natural impulse starts at an early age, much earlier than most parents in our society want to admit. Not so much because most think that sex is bad or bad behavior, but because of the possible consequences of pregnancy such as the financial and ethical responsibilities in our very complex society. What you should do is if you want to have sex make sure each and every time you do so you take careful precautions not to get or make someone pregnant. The right time to have sex is when you are ready, and no one can really tell you when you are ready except yourself. Be careful and think about what you are going to do, make a good sound adjustment to sex as it is often very important in marriage and relationships

and can be a real relationship breaker. Generally, the more good experiences the better. Practice does make perfect! The goal you want to reach is that sex just becomes one aspect of your total being, with neither an overwhelming presence nor an under represented one. You don't want to be always thinking about it or always wanting it nor do you want to be without it because of some aversion due to fear. You must be careful not to confuse sex with love and that is easy to do, especially if you aren't old enough to know the difference. And it does take time to know the difference. Some never know the difference. Just as I said before, make sure you can get sex whenever you want it so it doesn't become a reason for being with someone. You will find you will like sex with someone you have feelings for much more than a casual liaison. But the sex will cloud your judgment about that person. You may view them more favorably than they deserve. Then, the next thing you know you're in deep and it's even more difficult to see things clearly. You lose yourself. One always does to some extent in a relationship. It is best to be able to have sex when you want it from a variety of sources, and then make the conscious decision free from the need. This also goes for affection - kind of one in the same. We all need affection and often will do much to get it. You must master how to get affection and sex and love on your own terms. The only way to do so is to get experience in dealing with these needs. Ok, you'll make mistakes. Over time you will become strong. Know where and how to satisfy your sexual needs. Know what you want for your love and affection. Gaining the experience will hurt sometimes but it is worth it. One of the hardest things for me ever to do was to give up my mate that didn't want me. I was not prepared for rejection. Over time I gained more experience, became strong and mastered my emotions and needs. No longer can anyone hold me hostage for sex or love or affection - or anything. Surprisingly, when others realize you are so independent

they respect you more. And that gives you the opportunity to effectively control more of the relationship.

I mentioned earlier we would discuss abortion. (I have written a separate essay on the issue.) The first question one must ask in dealing with this nasty business (I will assume it is still as much a problem in your time as it is in mine now) is whether or not, at any time during gestation, the human embryo is entitled to protection under the human laws currently in force. In other words, if the embryo is considered to be a child, just unborn, is it murder (or manslaughter, or any crime) to abort the fetus. That is, is there any difference between life before birth and life after birth that would prohibit, legally or ethically, an abortion? The answer is that I don't know. I don't think anybody really knows. It seems though, that everybody thinks they know. I don't think anybody will ever really know for sure.

If nobody really knows then what should be the law? My answer is that there should be no law. The decision is entirely up to the natural, legal parents (note I do not say the natural mother alone). The husband/parent has as much right to participate in the decision as the wife/parent. They both have ownership and responsibility regardless of who carries the fetus to term. Only the parents have the right to decide whether it is wrong to abort or not. And thus only they bear the responsibility for their actions.

Actually, the need for abortion can be significantly reduced by birth control. There is almost no reason in my day for a woman to get pregnant unless she wants to do so. I assume it is the same for you. Whether you are male or female, attention to birth control should be learned early, as early as a child becomes able to have sex. Now that might be young, and I realize some might think shielding their child from sex and birth control is better than exposing them to it, and that may work for a time. But remember your children are on their own schedule too, not only the

parents, and if a parent is going to try and time the child's first sexual experiences they may find that extremely difficult if not impossible, and possibly damaging. For us, sex is good and pleasurable, natural and only a part of living; it has its place. I recommend making children aware of sex and their bodies, how to enjoy sex, what it means in life and between people and how to prevent pregnancy as soon as the child becomes capable of physically engaging in it. Explain to your child what it means to be a parent. Oh, by the way, don't expect them to understand much of what you're saying, just hope they remember to be careful. Remember, they are running on high -grade hormones. Most important though in your effort to express yourself to your children, don't pass your problems, if you have any, along to them.

Here are some other thoughts that, when I have time, I want to go back to each and write a better explanation of what I mean.

- * **Have your children study the scientific method, logic and civics early in life. This will be excellent preparation for them.**

I think I have thoroughly gone over the value of understanding the "method" and logic but perhaps only civics (understanding how your government works) very lightly as illustrated in my own personal circumstances. Understanding how your government works can empower you to obtain freedom. Not understanding how your government works can lead to slavery. In any event, understanding any of these subjects takes time so the earlier you start your children on learning about them the better. Watch the news in the morning with your children while you eat breakfast and then again at dinner. Explain to them what they see.... they will ask questions. Get them started early so that how to think and how to remain free becomes a second nature.

- **A dog can be an excellent addition to a family for love and protection but NEVER leave young children alone with any dog.**

Most people do not realize how many children are hurt, maimed or killed by dogs. Dogs, while they can be great family pets are unpredictable and capable of quickly killing a child. Certainly do not let your children pet unfamiliar dogs. My children are now eight years old, (a boy and a girl, twins) and I let Scout, our Rhodesian Ridgeback, sleep with one or the other child and in fact Scout has been doing so since they were four. This seems to be a contradiction to what I am saying so use sense. Scout has never shown an aggressive impulse, other than rough playing with me, which is a good test (to see if the dog responds well to stop commands even while riled up), even though he is over one hundred pounds. But while the children were very young, (and even now) I always kept a sharp eye when the dog and children were together. Still, my boy got five stitches

behind the knee and the girl got a butterfly stitch on the face from playing with the dog. A dog's baby teeth are like razors. My wife and I felt really bad about this but when we went to the hospital the doctors and nurses hardly blinked an eye because they said they see dog bites and puppy cuts on children all the time. I was amazed. Scout is now part of the family and I trust him almost completely with my family and I would hate to see what happens to someone if they try and do anything bad to any of us. Scout would and could tear them apart. This is why also when neighbor kids come by to play we have to be especially careful because Scout could misunderstand the playing and go after the child. Just be extremely wary of your dog(s) and your children. Also, a group of dogs together will soon act like a pack of wild dogs.

- **The individual who can handle stress the best often wins. Unfortunately, those without a conscience often have less stress.**

This is a very important point. I have seen many people succumb to emotional stress on a large and small scale. If you cannot deal with a circumstance that causes you such stress you are at a disadvantage, either to the circumstance or the person. You must also realize that stress affects the physical body, sometimes profoundly. Stress will sap your psychological and physical energy and this is why those individuals who have no stress as a result of what they do (whether they are right or wrong) have an advantage. They can put all of their energy into solving a problem or defeating you. Much of what I am telling you in this dialogue is to help you overcome stress by knowing what to expect and what to do in certain circumstances. With prior knowledge of how and why you might be able to lessen the stress factor. And believe me; you will encounter problems in your life where you will need every ounce of your strength to overcome that which seeks to defeat

you. You will meet people in your life that have no conscience about what they are doing, and indeed most people have no conscience about what they are doing at certain times. You will have to judge by their words and actions whether or not they are someone you would want to befriend. Hopefully you will make the right decision because a man or woman with no or little conscience is a very dangerous person. You must learn to recognize and stay far away from these types of individuals. Learn to deal with stress effectively. Pick up a book on the subject.

- **Always be aware that you are probably not getting the whole story unless you were there. And then you probably missed something.**

I think most everybody lies. To others and to themselves. The difficulty is trying to figure out when someone is lying. We are surely a lying, conniving species - I think it is a survival trait, but it is funny that there is nothing that comes to mind I can tell you about how to tell if someone is lying (other than the obvious body language signs or stuttering while relating the story). Being able to do so requires time and experience, and even then it is really difficult because some people are excellent liars and make a practice of it. I do not (make a practice of it), and it has been rewarding not doing so. I feel good that I am strong enough to deal with life without lying all the time. But then I am physically big and able to take care of myself well. Many people are not. They live their lives always fearful. Not that I am making an excuse for them, it is just that you must learn to tolerate and navigate in such an environment, otherwise you will never be able to socialize well. Indeed, nobody is perfect. But basically I can't stand a real liar. Somebody that is so insecure or so dysfunctional that every other word is a lie. And you will meet many

people who are that way and who at the same time can be very charming. But stay away because they will cause you pain. Actually, now that I think of it, when I first meet someone I look and listen carefully to see if I can catch him or her in a lie or even an exaggeration. Certainly that tells me much about what type of person I am dealing with and puts me at an immediate advantage. Sometimes you can't even trust your own judgment because your own prejudices and desires often color your perceptions. This is what I mean when I say even if you were present at an event you probably didn't understand everything that was happening at the time.

- **Don't be a victim - be prepared.**

Most criminals look for the weakest target, just like an animal predator. A predator does not want to risk getting hurt while obtaining what it is it wants to take from some other creature. You can often prevent attacks from predators by acting strong and making it clear that the risk is just too high for anyone to see you as a victim. It also helps to be able to take care of yourself if such a situation arises. Learn how to defend yourself well and establish your mindset early in life so that if you are threatened and the situation warrants it, then you can send the other guy to hell without blinking.

- **It is easier to maintain a hard edge and then be sensitive rather than being sensitive and then trying to be hard.**

You must train yourself to be tough. Physically and emotionally. Doing so however, takes time and experience. You must deliberately train your mind and body to be able to

withstand the problems of life. Such training should start at an early age, and begun by your father and mother. It is very hard to go the other way around, that is, from being weak physically and emotionally and then summoning some inner strength to deal with a threat or problem. It just doesn't work that way. Make yourself strong and tough, in personality, body and spirit - by challenge and achievement. Your mistakes and failures oddly enough will make you a better person, if you learn from them. I have found that by imagining having to deal with a problem helps prepare me for the time I will have to deal with the real situation. I try to experience all the emotions and tailor my reactions to a prideful response. Hopefully I can avoid having to deal with many of my imaginary situations, but if not, I am somewhat prepared by having lived it in my mind. You can and should do the same. It is easy to be compassionate and sensitive once you have the upper hand in the situation.

- **The world is not a tame place.**

This is a very important piece of information you must understand. I read about so many people killed both accidentally and deliberately by their naiveté regarding their own vulnerability and the world's willingness to take your life. There are all sorts of dangerous situations and activities out there and if you are not aware of how deadly this existence can be you are doomed to tragedy. Be aware of the weak fence on a cliff; the seemingly harmless drunk; the fact that a motorcycle can and will break your neck, even if used properly; the last bullet chambered; the neighbors dogs; etc. etc. etc. To live a long life you must realize how easy it can be shortened. Try to instill this understanding

in your child's mind early. Keep aware of your surroundings. I think a key to understanding how dangerous this world can be is to understand how easy you can die.

- **Do not be complacent. Exercise your mind and body regularly.**

Establish a regimen of exercise for your body early in life. This will be a basic activity. It comes before work and anything else in life. If you do not have a strong and healthy body you cannot perform any of your duties to your household and clan properly. You will be a drag on everyone around you. The same goes for your mind. Unless you regularly stimulate it in some intellectual way, it too will stagnate. It doesn't matter how intelligent you think you are, or are not...you still need to exercise you mind. Learn facts; solve puzzles, read, whatever it takes. This is really basic stuff...I shouldn't have to tell you all this but.... many people forget it. Your mind and your body are yours and only yours. You are ultimately responsible for how you feel, look and think.

- **Don't be lazy, but don't work too hard either - enjoy the variety in life.**

A lazy man is of no value to anyone, but then neither is someone who works so hard he neglects his family and friends because of his neurotic personal needs. Learn to enjoy life and friends. Don't bury your head somewhere trying only to earn money. There is so much more to life. If we spent half as much time cultivating friends as we do trying to earn money all of us would be much happier. If you are a lazy person, you will loose friends and your money.... that should be enough for you to understand all in our clan

must pull their own weight, at least. You cannot and should not expect to be supported by anyone other than yourself. More often than not, your lot in life is directly related to how lazy you are. Find the proper relationship between relaxing, living and working. You will be a much happier person if you do.

- **I think there is a strong relationship between stress and physical illness.**

I should say that I know there is a strong relationship between stress and physical illness, but I cannot prove it. I am sure there are a number of studies that point to a direct correlation between how a person deals with life and physical illness. The world will squeeze the life out of you if you let it. In fact, that is what it is designed to do. You must understand early in your life that the nature of life is strife. You will have to deal with problem after problem. If you let the stress get to you, sooner or later you will show signs of physical ailments. Don't let it happen. Train early and hard to be able to deal with whatever stresses are thrown at you. Push back. Most importantly, understand that your mind and body are really one entity relating in ways we are just beginning to understand. You can control your body's reactions to a large extent. Try it. Practice it. You will really be surprised.

- **Violence is a part of your nature. Be at ease with it by mastering your impulses but perfecting your techniques in case of emergency.**

Violence is a large part of who we are and how we got to where we are, for better or worse. You must accept that part of your spirit is violent in nature. (If it isn't, you have a

serious problem.) You must strive to understand and appreciate your violent tendencies and at the same time master them. Make them a welcome part of your existence for with them under control you will survive and prosper. Without them you will wilt and die due to the pressures of life. If they are out of control, society will incarcerate or kill you. Understand that men, and some women, capable of violence secure your well being in society. This is what allows you to go about your business day to day. And this is a good thing. But, always be capable of summoning the most violent behavior possible if the situation warrants it. We forget much about having to do this as we live in luxury from day to day. Nurturing and perfecting your violent spirit will help stop you from being a victim. This goes for men and women of our clan. Having control over the barbarian in you will do wonders for your self-esteem, self-confidence and security. Remember, a predator will shy away from seeing you as a victim if it thinks you are capable of hurting it. By the way, no amount of martial arts training will help you unless you are not afraid of being violent.

- **Always try to see the other side's point of view. You might avoid violence. But, don't let them take your kindness and understanding for weakness.**

To do so is a virtue. Most people define their position and do not budge. They think it is a show of weakness to compromise. And it is sometimes. You just need to know when something is so important that compromise would be wrong. This means you really have to take a very serious view of your own motives and desires. If you cannot reach an agreement on something so serious that it might lead to violence beware that you are risking everything. However, when you are seeking a solution, do not let the other person or persons take your kindness and understanding for weakness. And often people

do see others' willingness to compromise or understand as an opening to advance their own position. If you say you are going to do something, make sure you can and will do it before you commit yourself. This is one way of letting the other party know you are someone of honor, truthfulness and resolve. It will make the task of finding a workable solution to the disagreement easier by letting the other party know you are strong. You really want to try and avoid violence as much as possible. It is an unhappy scenario for everyone except the sociopath. Love and sex is a lot more fun!

- **The more I can't deal with the stress of life, the more I smoke and drink. I have stopped both at this time. Both habits are addictive.**

You will find your ability to deal with life's displeasure sometimes easy and sometimes very hard. This is the nature of the human spirit. But, it really is never too late to get yourself back in shape – both physically and mentally. Remember that both are interwoven more than we imagine. There is no question in my mind that nicotine is very addictive. Alcohol less so, but to some it is very addictive. For both, to a more or lesser degree there is a physical component, as well as mental, to the addiction. (I am assuming now that you know that smoking is bad for your health, as is alcohol if overindulged.) A good benchmark for you with regard to your being able to deal with the stresses life is throwing at you is your compulsion to do any particular thing too much. Drink or smoke or sex or sleep. Keep a sharp eye on your habits. If you are doing any of these things too much, or some similar behavior, find out why. What is it in your life that is causing you to behave this way? Get strong. Don't let anything control you. Remember that things always change and if you are down there is more room for things to get better than worse. And if you are at the bottom you can only go up. Most people see things so static. As if

this moment in life defines all that you are and will be and nothing will ever change.
Nonsense.

- **The pecking order in life starts early but one can still come from behind later in life. You are only really beaten when you don't try.**

Human nature is such that at a very early age competition for dominance begins. This has an effect long after one becomes an adult. However, even at low status early in life, a man or a woman can become dominant later in life. I know. I have done it. Never give up. Unfortunately, low status early in life most probably will produce all sorts of psychological problems, hopefully minor, for you. The flip side of this situation is that if you are able to deal with these problems effectively, you will have an insight into human nature that others who have not had to deal with these problems will not really understand. This will give you an advantage in dealing with people. Nothing is ever set in stone in this life so remember, everything changes and many times you can use the change to your benefit.

- **Read the Declaration of Independence and The Constitution of the United States of America. It will point to the direction of liberty.**

We have a very functional and fair type of government in my country at this time. You can use it as a template for your form of government. I am free. No one really bothers me unless I hurt another (cheat, steal, kill) and I can speak my mind pretty much on anything. Can't beat that! I can work or not, at what I want to do or not. Marry whom I want, love whom I want. I am about as free as any human can get. Now some might argue I am a captive of the capitalist society...which may be true.... I don't know enough

economics to say. Anyway, it doesn't bother me....so it can't be that oppressive if I am actually a captive.

- **Nobody teaches you anything. You learn it. It's all on you.**

That's pretty much the bottom line. It is up to you to learn. If you don't make the effort, you can only blame your own laziness. And don't look for too many people to teach you anything. Knowledge IS power so most keep their knowledge to themselves unless they can gain from teaching someone else. You should always feel lucky if someone goes out of his or her way to teach you anything because Knowledge is Power. Many times anyway.

- **Violence has always been with us and always will be with us. Despite what some say, it can serve a good purpose.**

When I shoot and kill some damn stupid, no good son-of-a-bitch who tries to go through me instead of around me and take what is mine or someone else's for that matter, I defy anyone to tell me that it doesn't serve a good purpose. That is an example of good violence. I shouldn't have to explain bad violence. So many men are so fearful any more.... I don't know how we are going to survive as a nation sometimes. The men are becoming weak...too much luxury as is always the case. And in a technological society, the feminine viewpoint becomes more pronounced...I am not sure this is a good thing. Masculinity has always protected a nation. Who will protect the women when men of violence come knocking at our door? And they will come sometime. I will kick some ass though....that you can bank on.

- **Experience all that you can safely.**

Take some calculated risks sometimes, and then take all that is positive experience and make it your own for potential future use. Sometimes the best positive experience is negative, that is, those times when things do not go your way might be good preparation for when the stakes are really high. As I grow older and find myself in similar positions I am very happy that I tried many things when younger. Having failed previously has helped me greatly now, when I stand to lose much more. I cannot emphasize how much actually going out and seeing and doing will help you. Just be very careful... doing so will be hazardous to your health. It should make you a better person though.

- **The fact that you live and die is not so important as how you live and how you die.**

You must be an example of strength and courage, of love and truth, to all around you, especially the youth, who, with such unbridled energy are easily led astray. Let me tell you that my recent business experience has been with people who exaggerate and lie and bullshit. I am thoroughly disgusted with many people. They have no honor. You should not live your life this way....it is the way of a weak people. Yes, it may seem that they get ahead faster or live a better life, but they don't, and it all catches up with them. Plus, for me, there is something very cosmic in living an honest life. But then that is me. You don't have to be anyone's fool. Just realize that most people bend the rules and will use you to get what they want if you let them. My people have never been that way, and we have suffered sometimes for it. It is so hard for us to understand. Be a good example of humankind; there are enough bad examples. Now wait, this doesn't mean you can't enjoy

life. I have always benchmarked my behavior on whether my actions hurt someone or not; physically, emotionally or economically. This has worked pretty well for me.

- **NEVER allow your children near your firearms when cleaning or during non-instructional times.**

They are impulsive and move to touch everything quickly, including triggers. You cannot attend them and your firearms properly at the same time. Always leave the bolt out of your rifle or other weapon(s) unloaded before going home from the range. Kids wander into your work area and with you preoccupied, it will take a few minutes for you to notice them. By then an accident could occur. Lock the door. And for some reason or another, kids love to look down the barrel. Do not take any chances.

- **ALWAYS point a weapon in a safe direction, even when unloaded.**

That way, if you have made a series of mistakes, the weapon will discharge without harming anyone. This is a simple habit to acquire and goes a long way in preventing, in the event of an accidental discharge, anyone getting shot.

- **If, after accounting for all your ammo, you come up short, the ammo is probably loaded in your weapon.**

Before you leave for practice or hunting or whenever you intend to use your weapon, always account for your ammo. Then, when you are done, account for it again. Doing so

will help prevent an accidental discharge. And it is highly probable that if you cannot account for your ammo, it is still loaded in your weapon.

- **Never rely on the safety of any weapon, and do not get into the habit of pulling the trigger to check the safety.**

This sounds really dumb but MANY people fall into this bad habit when hunting. It's some kind of nervous twitch or something. Never walk to the left of most men as they are right handed and will carry their weapon with the barrel to the left, facing you.

- **You must watch your children constantly.**

It is better to overprotect them than put them in a situation they are not mature enough to understand and handle and which could have dire consequences. It is definitely better to be safe than sorry. I understand now, as I get older, why older men and women are the leaders. They are clear on their own mortality and that of our clan's. They are not so driven to reproduce and hence have dispensed with much the foolishness that goes with that youthful desire. You will find that throughout your life you will be learning new things and ways to view occurrences. Experience is so very important and I never really understood how important when I was young. Then, what young man or woman does? Listen to your elders. This is good advice that applies regardless of what level of technology we will ever be at, unless of course one can gain a lifetime of experience by an implant or taking a pill or something. But even so, the old adage still applies. So watch your children closely and make sure they get the opportunity to become old and wise and can pass what they have learned down to their children. Be vigilant, responsible and aware.

- **Technology will make you strong and weak at the same time.**

Technology will allow you to do something easier or better but will make your core skills, those survival skills that keep you close to the earth, rust. The more you rely on technology, the more you need to make sure you know how to function successfully without it, at least for a period of time. A good example of this possibility is the turn of the millennium. I happen to be alive, at least now, in an era when the year will change from 1999 to 2000. Computers, (you probably know the term) only really came into use late in the 20th century but quickly became the core infrastructure of our society. However, some of the software that was written for computers at that time was not designed for the next century. It is entirely possible that the massive logistics channels of our society (getting food, water, information, money etc.) that rely on computers to work won't. I am not sure what kind of effect the turn of the century will have as a result, but some people believe it could well be disastrous. Anyway, try to keep some basic skills alive in you...maybe hunting and fishing, growing things, how to find water etc. It is kind of interesting to do so anyway. It is a very good idea to have an area where you can stockpile some things to keep our clan going in natural disasters and such. A few weeks anyway. We are pretty secure in our society but something nasty could happen. Learning survival skills is pretty much a must. Just don't be complacent or lazy and you will find the time to be prepared.

- **You can't always be good, so learn to forgive yourself.**

We are all going to make mistakes but some people forgive themselves readily while others agonize over their mistakes. Those with a conscience or poor self-confidence probably feel worse about the things they fail at or do wrong. But don't go overboard. Just learn from your mistakes and go on. Do not let it eat away at you or cause you to lose self-respect and confidence. Just don't do it again and chalk it up to living this life. I mean really, you are only human. And by the way, being human means having all sorts of thoughts and urges. Deal with them...don't bury them in your mind or consider them wrong (thoughts are neither right nor wrong; acting out certain thoughts are because of their potential effect on others)...just remember one rule - Don't hurt anyone if you can avoid it...not physically or emotionally. If you worry about something and it doesn't happen, then you have made yourself miserable for no reason. If you worry about something and it happens, then your worrying didn't help at all. Instead, concentrate on improving yourself by not continually making the same mistake.

- **Many of your foolish mistakes in life will keep popping into your mind and create pain.**

This is normal. It is how we remember not to do it again. Remembering your mistakes will probably continue the rest of your life. Look at it on the bright side; by remembering you may not make the same mistake twice. Or at least you better not.

- **If possible, always pick where and when you will fight.**

If this is not possible, try not to engage your opponent unless you are sure you possess overwhelming strength, skill and/or weaponry. If you do not have such advantages,

withdraw and await better circumstances for victory. If you can't withdraw and surrender is not an option, summon the Hun within you and make me proud.

- **If God created Man, and gave him the gift of reason, why does he not give us reasonable data to confirm his existence?**

This is actually a pretty good argument. If we, as rational human beings develop a framework of logic that is valid, and, using that framework in conjunction with the scientific method (to determine the truth or falsehood of the statements in the logical argument), try to determine if God exists, and he created us, but come up without a definitive answer, where does that leave us with regard to Him, if he does exist. Especially if he really gets pissed off that we do not rely on blind faith to accept his existence. It is really not fair, and perhaps he isn't a fair God, that He would expect rational man to rely on blind faith. Doesn't make sense. If he isn't a fair God, he should be replaced. There really shouldn't be any Gods...don't you think. That's sort of like having a King or Queen. You know, being ruled. Someone else is telling you how to behave.

- **Not even a dog can live on dry dog food forever.**

Live your life, don't just exist. Take a chance once in a while. Understand that you are not immortal; you will die sometime, no matter what you do about it. Have fun! You should never fear too much what people will say about you. No one is perfect. Do not live by anyone else's rules except your own. Make your own decisions and learn to do so early in life. Most of the time you will find you fear and worry for no good reason. And if you do take that chance, and it doesn't work out, so what? At least you tried. Keep

trying and you might just do it! It is really better to try and fail than never to try at all and regret it the rest of your life. Just don't settle for that dry dog food.

- **Money won't buy happiness, but very often will buy the opportunity to be happy.**

Money is both highly overrated and extremely important. It will help you become all that you can; it will help you help people and do so many other fun and/or worthwhile things. It will not help you find true love or have faithful friends or find purpose in the world, three of the most important things in life to make you happy. Most worthwhile friends will not care that you have money, but then you probably will only have a few good friends in your life whether you have money or not. But then, if you have money you may always be guessing why the people you have around you are there. I do think that the pursuit of money can be too absorbing. If you let it, you will miss so much in life that occurs around you on a daily basis that is for the most part free, such as positive interaction with your friends and coworkers, your pet, the beauty of the sky and the like. It just doesn't make it that worthwhile and life is so short. Strike a good balance.

- **All kinds of insurance hedge against having to start at the beginning again.**

Some people really do not like paying for insurance. I think that anything that will prevent me from having to redo what perhaps took years to do can't be all bad. Always look at how to buy good insurance for potentially major pitfalls in life. Medical costs can bankrupt you easily. An automobile accident can do the same. I know you think that at times you will not need insurance, and that is true to some extent, but be very careful. Very unexpected things happen.

- **Try to live up to the ideals of a good man but don't always expect to be able to do so.**

And don't fret too long about not being able to do so; after all you're only human. Generally speaking, you should know that hurting someone intentionally is not being "good", whether it is an emotional or physical hurt. An emotional hurt is doing something like having sex with someone just for your own physical pleasure while knowing such an act has much more meaning for your partner. It is not right to use someone in this way. So often we understand clearly what a physical hurt is and ignore the emotional kind. I have always found this strange. Anyway, trying to be a good man or woman can be difficult. Don't always expect to be a good person, which is unrealistic. All someone can ask is that you try hard to do the right thing. What is the right thing? Only you can decide that, or should. Hopefully you will know.

- **As a teenager I saw and heard of a number of kids dying from speeding in their cars (a transport vehicle of my time).**

Be careful. Alcohol mixed with speeding is even deadlier. I wouldn't be surprised if more kids died from vehicle accidents due to foolishness and alcohol than overdosed on drugs. Don't speed unless absolutely necessary. Doing so is like putting a revolver to your head with a single bullet in the chamber...sooner or later you will die. Enough said, don't do it.

- **When quiet, people cannot tell what you are thinking unless you give yourself away through body language.**

When speaking or listening you can train yourself to give off body language that either confirms or confuses your message, by accident or on purpose. This is often very useful. Now this may seem deceitful but you must be the judge of when to use this skill for the

right reasons. I am just telling you that you can send off signals with your body that other people will interpret in particular ways. Experiment with it. You will find it very useful at times. You should also be aware that other people are doing the same to you, but I expect most people don't use it as a tool consciously.

- **Remember that faith, such as religious faith, is diametrically opposed to the scientific method.**

I have backed so many people into a corner on their beliefs that if I hear "I have faith" one more time I will...well I don't know what I will do, probably nothing, but damn how can some people be so foolish. If you can't prove it using a valid (a term of logic you should know by now) argument based on statements that can be proved true using the scientific method to evaluate the truth of each statement, then no amount of faith is going to make it true, at least to any rational mind. You may have faith it is true but that doesn't make it true. And to establish a system of behavior based on faith (a religion or anything else) is very, very risky. There is a high degree of chance you are wrong. Take the world for what it is, not for what you want it to be. Be strong and deal with what this world really is, beautiful and brutal.

- **No matter how many times or how we gloss over it, we still eat living things to survive.**

This statement gives you the basics about the world in which we live. We don't see the reality so much anymore but it is there and exists on a huge scale. Tell me about a God that intended a world to operate in this way? How sensible can it be? How just? Under

what rational framework could one ever create a world in which to survive one had to end the life of another life form? And then make it highly competitive so that if you don't do so, you die. Yes, we can dress up in all sorts of fancy clothes and cook all sorts of fancy meals and try to be something other than we really are but we are and probably will always be predators in sheep's clothing. I am not passing judgment so much, because I enjoy this life and function well in it, I just question why a God would create a world that is so and bloodthirsty!

- **Better to be clever than brave. Best to be both. Why endanger your body if you don't have to do so?**

Only fight when your life or the life of your family depends on it. This may mean you will have to fight far from home so be particularly wary of your government's penchant for interfering in other nation's affairs. Government people will use your life to obtain what they feel will benefit them. Never blindly trust your government's motives; if you are going to fight make damn sure you know why because death is definitely permanent. Closer to home, avoid all fighting by using your mind to win. Figure away out of the situation, but don't lower your guard. Your body is extremely precious and although resilient, it is frail. There is absolutely no reason to endanger it for anything other than defense of yourself or family, and maybe the rescue of innocents (but be careful there, your family needs you). Especially do not endanger yourself for a "thrill" such as jumping out of a fully functional airplane or something similarly stupid. If you carry that kind of emotional baggage, it is better to spend your money on professional psychiatric help to rid yourself of such needs. Sometimes you must fight most times you do not.

- **As my father always said, "Expect the unexpected." This advice has served me well and will serve you well.**

It seems so often to me that when planning activities, those things that one wouldn't ordinarily expect to happen does. If you realize this you can often avoid disastrous consequences of your decisions. Always have a Plan B, C or D. On the other hand, if you really expect something to happen, be prepared for when it doesn't. That occurs frequently too. Some of my time call it Murphy's Law. It goes something like "If it can go wrong, it will". I don't see it so drastically, but in my life I must say, intuitively, I believe that much is true in both sayings. Try and be relatively conservative in your estimation of how successful you will be and also how unsuccessful in any endeavor. Don't be overconfident, and you should understand that the more complex a situation, the more possibility of something going wrong - and that it will probably be something you never expected to go wrong. The important point is to be aware of these possibilities and try to plan for them. This will reduce how many times you are caught off guard.

- **All men are not created equal. A gun certainly helps even things up though.**

It should be pretty obvious to you by now that people are not created equal. Some are attractive, others are not, some are strong, others are not...etc. What you will find is that people have different talents that when brought together as a team can do great things. Still, people are at each other's throats, trying to get that man or woman they want or that thing that they value so much.... and they will use any leverage they can to edge you out. There is a great competition to become all that one can become. Unfortunately, all too often it is at the cost of another. So be prepared to deal with all types of individuals

knowing that you will be better than some at certain things and others will be better than you at certain things. Never let anyone tell you or act as though they are better than you are period. This is simply not the case. People will try from an early age to push you down and raise themselves and sometimes they will succeed. Always maintain your dignity and self-respect. No one can take that from you unless you let him or her. And remember the law is only a man made system, as we discussed earlier.

- **Always question.**

Always question. Always, always, always. The older I get the more I know that because someone is said to be an expert in something more often than not they are flawed. For one reason or another they will not always have the right answer. One of the reasons I want my descendents to amend The Clan Dialogue is to help make it truer. I have just started it; others will have to offer other perspectives and ideas to make it more valuable. Never follow without question. That is only the fool's path. There are very many highly intelligent and totally unscrupulous people in this world that will use and abuse you if you let them. Not challenging a person's thoughts or comments on a regular basis will lead you to some troublesome times. Learn how to ask questions. Learn to ask, "How do you know this?"

- **Men can always make new jobs but can't yet make a spotted owl.**

I don't think there is much more to say with regard to the environment. Anything that cannot be replaced is of more value than something that can be replaced. Any man or

woman that places his or her job before the life or death of a species has not worked hard enough at training for change and adaptation. The government should help those that are placed in such a position.

- **Any young man who never experiences fear will probably never live long enough to be an old man.**

I have seen many a young man, as brave as can be but seemingly dumb as a rock when it comes to anticipating opponent's moves. Charging in guns blazing will more often than not get you shot dead. Anticipate your opponent and catch him at his weakest; when you enter the fray, still try to maintain a cool head. Run over in your mind what you can expect to see...and get used to it. This will help you maintain your composure. Try and get to that point where you are thinking clearly without thinking and reacting as though no man is faster or stronger. Combine the Roman with the Barbarian. Understand the fear and use it. Having no fear is foolish and abnormal and you will not live long.

- **The qualities of your doings in life are much more important than the quantity of things you do.**

I can't help but think that doing some good in your life is far better in the scheme of things than a life dedicated to personal pleasure. Strike a good balance. You needn't search for quality actions...they will come to you. But then I am not sure anyone is going to judge you other than your friends.

- **As a parent you cannot expect your children to be anything other than what they are.**

They can't always live up to your expectations even if they really want to do so. Don't use them to feed your ego or lessen your failures in life. What is important is that they grow up well adjusted to what they are best suited for in life. Today I almost made that mistake.

- **Sometimes it is best just to wait it all out.**

Being impulsive will cost you time, money and respect. Often there is just nothing you can do but wait. While waiting, find something to do that makes the waiting doubly worthwhile.

- **If you remember how foolish you were when you were young, you will be a much better adult when old.**

This is true, but don't over do it. Yes, it is important to remember the really foolish and dumb things you have done, but don't torture yourself with them. You are a different person now. Do not concentrate too often and too much on your failures or you will become depressed. Remember that what you did was of a different time and a different person. If you have learned from your mistakes then you are a much better person now.

- **In your achievements in life, especially your financial ones, that is, when you attain certain goals, always fortify your position so that if something goes wrong in the future (a setback) you don't fall back too far.**

Don't stretch yourself or risk too much so that you lose everything. It is always hardest starting at the bottom. This is a very good strategy to follow throughout your personal

and professional life. Always expect the unexpected. Move forward, create then fortify. Move forward some more, and fortify again. Don't let your ego or anyone else's desires or needs make you move so fast that you forget the fact that you can fall so very far.

- **When you are young you tend to think you are special and can do special things.**

As you get older you realize you are really only one of many. There are many people that could conceivably replace you. Perhaps you will learn humbleness from such a realization. And then become a team player. The older I get the more I realize this is true. Leadership is important and so is exhibiting your special skills, but in the big scheme of things you are really still a team player.

- **Always leverage your knowledge against those of others thereby becoming that much more knowledgeable.**

You do not know everything, but if you surround yourself with good people, learn how to get them all to work together and be creative you have increased your potential knowledge base many times over. This is a mistake I see many people in charge make. They feel as though they must maintain this image of the most knowledgeable or the most capable. What is true is that some people are better at things than others and a good leader always lets the most knowledgeable or capable person direct when necessary. Use the knowledge and intelligence of others to enhance your decision-making capabilities.

- **Being responsible with your money really means only purchasing what you absolutely need, that way you will probably have the money for those things you want. And know the difference.**

My New Year's resolution going into the new millennium (If you do not know what I am talking about, do some research into the United States around 1999 and New Years) is no drinking, no smoking and no credit. Well, the first two are easy enough after having come off a particularly severe case of pneumonia.... this is what I expect will ultimately kill me...maybe an accident...but anyway let's focus on the no credit part. Part of being free means not owing money, whether it is your house or your car or a credit card (a most dangerous device of my time). By not living extravagantly and buying only what you need and particularly by staying away from buying anything unless you can pay cash for it, leads to more freedom of choice, especially about how you earn your living. If you haven't been living on credit you will be able to tell your boss, if you work for someone, to find someone else to yell at or have do his or her dirty work. This is a good thing. It often leads to great peace of mind. Unfortunately in our culture, and probably yours, you get hit from both sides in the psychological war to get your money. Simultaneously you are hit with advertising that tells you how you should live, and by people that are willing to lend you money so you can live that way. Don't fall for it. As a matter of fact, if you view all your dealings in life, and this is not limited to business, with skepticism you probably will not be victimized too often. Get a good idea of what you need to get by, day to day living should be frugal, and then you might have the money and time or both to do what you really enjoy. Don't be fooled by advertising that creates a need that is not real. Do not borrow money if you can help it.

- **Always use the right tools for the job but learn to use the wrong tools if necessary. Start young. Learn to adapt, improvise and overcome.**

When I was young, half the time I couldn't afford the correct tools for a job so I learned to adapt the tools we had. This was excellent training but use the correct tools if you have them. Don't always give your children the easiest route for solving a problem though. They need to learn to solve problems on their own, and early on.

- **The experiences of people are vast and this is often the reason we come to different conclusions about the same thing.**

To understand what someone else is concluding, you may have to experience what he or she have experienced. This is why I say get as much different experience as possible to become sensitive to other's perceptions and thus their conclusions. But be careful. Some experiences could kill you. Also, take the time to really learn how to communicate your ideas AND learn to listen to what other people are trying to tell you. Doing so will help you greatly. Being able to listen and communicate will help you understand why someone feels the way they do. Once you understand this, you are on your way to being able to help and/or manipulate them in a manner you desire. You will find such skills valuable in every interpersonal contact you have, whether it be your husband, wife, stranger or group of people.

- **Never ever dive in water unless you know what is under it. This is meant to be literal and figurative.**

I almost died as a child when I dove into a lake without knowing what was just below the surface and hit a large cement block. Some say that blow to my head accounts for the

way I am. You know, a little off. Don't be impulsive. Learn about your surroundings. Everything is often not what it seems. If you can learn as much as possible and be sensible about something you intend to do, (jump in a lake, buy a business, fall in love) you have that much more chance of being safe and successful. Many people just don't take the time to do so because they are lazy, haven't been trained to do so or haven't controlled their emotions enough. Your emotions will make you do stupid things. Not paying enough attention can kill you. Good intel saves lives.

- **There is no mercy in nature.**

That is the bottom line on living in this world. Don't believe anything other than the physical nature of our existence. Leave the spiritual to those who would be priests. Life is what you see...happiness and death. Pretty much all life forms eat some other type of life form to survive. This is an essence of nature. Deal with the spiritual after you are dead, if you're that lucky.

- **There are no "natural laws" of morality or ethics or anything. It is really "open season" for the strongest - or the most convincing.**

If nature is not aware of itself, there can be no natural laws other than the physical laws. Nature therefore cannot provide for morality or ethics. If this is indeed the case, then those that can, make the laws. Those that can are usually the strongest of mind and/or body. You can count on them preserving themselves and their own first. To them, if doing so is at your expense, then so be it. They will decide on their own right and wrong, depending on what benefits them.

- **Nature is everything, and so is nurture.**

One's environment can maximize one's genetic gifts. It can also stunt them. Try not to set roadblocks to success but then be reasonable in your expectations. A good environment can blunt a person's genetic predisposition to foolishness in a similar way. I have come to believe very much in humankind's slavery to its genetics and the strength needed to overcome such pressure. We will be tinkering with such things soon. It will be interesting to see how we end up.

- **By the age of sixteen you should know what it takes to make a dollar and how to spend it.**

You need to know what your father and mother do to keep food on the table for you. How much of their lives they give to take care of you. Yes, it is true they did not have to have you, but there is great sacrifice in raising you. Time, dreams and peace also become payment. You will be a better person if you understand that money, time, dreams and peace often depend on your skills of earning the dollar and how you use it. Learn the skill early and you will do well.

- **Try to measure time by your experiences rather than the clock.**

I am getting older now...time does catch all of us...the body doesn't want to do so many things and the mind is getting tired too. Jaded somewhat. But I keep telling myself to get

that one more experience, that one more piece of information that will help me understand more and want to continue living. I am starting to lose those that raised me. When the body works poorly only your memories of what you have done will comfort you, assuming your brain works still. The worst is wondering if I have spent my life doing only what others have done. That includes dressing, speaking, associating, looking. I know many of us find comfort in doing all those things others have done. No chances taken. I am not like that...and if you are reading this you probably are not as well. Don't look at the clock, just keep going and try new things. Rejuvenate that tired mind somehow and seek one more experience. Anyone can mark time.

- **Find out who the Epicureans were. They will point to an interesting theory on stress.**

I had read a while back about the philosophy of the Epicureans, who, I think, were Romans. I remember they had a few very interesting things to say about stress. Do some reading about them; I don't think you will regret it.

- **Everything changes - everything. This you can count on.**

This is why you don't despair when you are at your lowest. One cannot tell what is going to happen except that things will not be the same as before.

- **Never use the word equal to describe the relationship between men and women. Use the word complementary.**

You will find this a much more understandable and agreeable term to use when describing the essence of the sexes. You can use the word "equal" to describe legal

rights. Do not become confused by what others would like to have you think about either sex. Dominance or submission has as little to offer in describing the relationship between men and women as the word equal. We have evolved to help one another in different ways. Neither way is more dispensable than the other, including emotional. Emotional support is often overlooked in the description of the interaction between men and women. A good woman will help a good man become better, as will a good man help a good woman become better, and this means good emotional support. The reverse is also true. Nothing will bring you to your knees faster than a bad mate. Respect the opposite sex and they will respect you, well, at least the reasonable ones will. Don't bother with the unreasonable ones, male or female. Understand the differences, the strengths and weaknesses, and you will be successful in your personal and professional relationships.

- **You can teach your children to be strong and worthwhile human beings regardless of their deficiencies.**

I try never to think of my children as too special. It puts too much pressure on them to conform to what you think they should become. It is too much pressure on yourself for them to also become what you think they should be. If you start out wishing only happiness for them in whatever form that may come, your relationship with them and yourself will be easier. That's not to say you shouldn't teach them, but just don't expect them to be anything other than what they are to be. They don't have to be the best at anything for them to be worthwhile, and by the way, neither do you. Teach them to respect and treat people well no matter how they the other person looks or what they have achieved. This will help them do well socially. But again, they can't expect that most

people will treat them that way....most will, some won't. Avoid the ones that do not care about your body or mind.

- **Money does not make the man. His skills do - and how he uses them.**

Having money is good but not something that makes a person really valuable. What if he or she loses the money? What can that person then do? Even if they have money, what can that person really do without the money? That is, what makes a person valuable, and I admit that valuable is a poor word to use, but, anyway, stripped down naked what does that person offer? Looks maybe, intelligence perhaps, fun, good personality, good heart, excellent cook, loving spouse or parent...look for those things that money really can't buy...there is where you find value. For sure having money is valuable and provides for great opportunity; safety and expression but remember that money is not the most basic measure of value. Do not marry for money; you may not get the best deal.

- **Loving with abandon will lead to one losing one's dignity, and the respect of the object of such intense affection.**

Never love anyone so much so that you lose yourself in him or her. Always keep some degree of separation. It keeps them interested. Familiarity does indeed breed contempt. People do take kindness for weakness. It is almost instinctual. It is ok to love intensely, just don't over do it. Don't let it become an overwhelming need. It will make you do really stupid things. Control your emotions; maintain your self-respect. Don't be so foolish as to rely on anyone for so much of your needs. Remember, everything changes.

- **Try to concentrate on what you have, not on what you don't have, such as the fact that you can walk while others are not so fortunate.**

Doing so will put your problems in the proper perspective. You can never be sure that someone else has it better than you. A wealthy man may not have health. A beautiful woman may not have love. A physically strong man may not have personality. One with personality may not have intelligence. An intelligent person might not be socially adept. Look around, you may find you are very fortunate. Don't let ambition and greed make you think otherwise.

- **I try not to measure my age by time but rather by what my body won't do.**

I really like this idea, especially since I am getting older now. Why would I deny myself something because of my chronological age? It is really just a number. I judge myself by what I realistically think I can do, rather than what someone else thinks I can do because of the number. Remember though...you will get old sometime. Science may help considerably but you will not live forever.

- **Better to be a young fool than an old fool - try not to regret your past mistakes, just remember them.**

If you are going to make a mistake, it is absolutely great to make as many mistakes as possible when you are young. Of course, you better damn well learn from them. When

you get older, it is more expensive in money, reputation and time. Don't let the mistakes eat away at you either; just remember that each experience, good or bad, makes you a better person, again assuming you learn from them, and are strong enough to change. Look for mistakes with the opposite sex to be the most difficult to resolve and absorb. Violent mistakes will cost you time, if not your life. Envy will lead to wasted thought and much stress.

- **Often, the most important question one can ask is "Why"? The answer is also of the utmost importance.**

If you can figure out why something happens or happened you can avoid or capitalize on that which occurred. Most "whys" are hidden though. Ignorance, which is often one's own fault, is the result of whys either not being answered, unanswerable or not believed. Learn to distinguish what is unanswerable from what is not, that which has been answered already, and what to believe and not believe and you will be on your way to being a wise person. It is not as difficult as you might expect. Just try and free your mind from what you think you know or want to believe, or need to believe and then watch and listen.

- **Curious and careful should always go together.**

Throughout our dialogue I keep saying how important it is to get experience. That certainly also can be said another way...be curious.... about everything. But understand very clearly that while curiosity and experience are knowledge builders, they also can be

deadly. Pay heed to what your parents say while young. They have made it this far and have gained experience. It takes time to really understand what is dangerous.

- **Read your children's behavior, and adjust it appropriately. However, to do so honestly you must know yourself well.**

Raising a child to be a good, strong and confident person is one of the most difficult things my spouse and I have ever done. children are so uncivilized and wild! At least mine. It is so very difficult to instill discipline within a child and at the same time not create fear. Try to get as much into the child before the age of fourteen or so. After that I think it will be very difficult to make any changes because of the influence of others outside the family unit. Around that age children start their own social circles. At least they should. Think very much and deeply about what is going on in your child's mind, if you have time, which is difficult sometimes, and then instruct them. Instilling good discipline with much love I think works well. Most importantly though is for you to know why you are doing something. Make sure you are not conveying your problems and insecurities to your child, or worse, taking them out on the child. Know yourself well. Raising a child is a great responsibility to the family unit and our clan.

- **Without the proper training, no human can be expected to be called civilized.**

This of course doesn't mean proper training always leads to a civilized human. And there cannot be a doubt that people will argue what being called civilized means. Nonetheless, let's just say we cannot expect a clan member to be a productive member unless he or she has had the right instruction. Whatever we consider the right instruction at the time. This

is pretty much why we don't cut off people's hands for the first offense for stealing. There is always doubt as to the cause. Not all things are always black and white. And certainly not all have the same instruction in how to be human.

- **Being overprotective is better than being sorry later. And teach kids early about things that might hurt them.**

It takes only a split second for a child to die. They do not know the dangers out there. It is your responsibility to ensure their safety, and no one else's. Do not place them in situations for which they are not ready. Do not reject your responsibility to your child. Watch them like a hawk. Give them time to learn safely. It is very hard to be a parent and one does not realize how much of your time it takes to raise a child. Still, you brought the child into the world and you need to live up to your responsibilities. One of your major responsibilities is to teach that child about the dangers they may encounter. I am an advocate of teaching them as early as possible. Kids tend to end up in dangerous situations much sooner than we expect. Remind them often of what you have taught them. They will forget quickly and have a short attention span, coupled with much impulsivity. Repetition might help it all stay with them.

- **All people lie and all tell the truth. The difficulty is trying to figure out when someone is not telling the truth and to what degree.**

Some lie more than others. Some lie to hurt you and others to hide a hurt from you. Many lie to themselves because they are weak and can't face the truth. But then, sometimes it is a hard world. I tend to tolerate people for many things, but liars are hard for me to abide. I need people around me who are not weak. You should seek the same.

All people lie, either to themselves or to others, and there is no person who always tells the truth. Examine the reason and depth of the lie and make your judgment whether to tolerate this very common behavior.... this time.

- **REMEMBER THAT NO MATTER HOW LOW YOU ARE IN LIFE, ALL THINGS CHANGE - THAT IS THE NATURE OF ALL THINGS.**

There are times in your life where you will feel completely beaten down by life. You may even be so low as to want to take your own life. Wait. If there is one constant in life it is that all things change. Everything and all the time. This means most certainly that your current situation will change. If you are at your lowest point in life, remember that things will most probably get better. If you are your highest point in life, remember that nothing stays the same. Prepare for the inevitable change.

- **If you do what you enjoy in life you might also make a lot of money.... but if you don't, at least you have enjoyed what you are doing.**

Doing what you want all the time may not pay off because you may not earn enough money to support yourself or those you love. On the other hand, if you work too hard, especially for much money, and do not like what you do, both you and your family will

be unhappy. Divide your time well between your family, what you enjoy doing and what you do to earn money. No setup is always perfect.

- **One really does not know anything unless they experience it. Withhold your judgment until you really know what is going on.**

And even then you may not really know. So you will have to guess if a decision must be made. The worst thing is not going and seeing with your own eyes, not experiencing whatever you want to know about, or need to know about, with all your senses. Read, read, and read. Keep an open mind!! Go see. And watch your ass.

- **Your body is a biological machine. Perhaps it does give rise to some kind of spirit.**

After all this time on earth I am still not convinced we have a spirit. Not even close. I wish, I hope, that this life is not the end. I can't see anything beyond though. I don't think anyone can. Some other people are really convinced; really believe with all their heart that we do have some kind of spirit that lives after the body dies. I hope it's not any weirder than this life if there is. I am really unconvinced. I always tell my family I love them when I leave home and much when I am home. Who knows the last time I will see them again. You should too. But then, sometimes, I get a strong spiritual feeling – odd.

- **At 8 years of age or so take your boy and girl aside and make them understand how dangerous a time it is for him.**

Soon their hormones kick in and make them difficult to persuade. Yesterday I went with my friends to watch unsanctioned motorcycle racing/stunts. What I saw was a number of young men placing their lives in danger for no real reason. You must make an effort

early in your child's life to make them understand what is foolish behavior. We lose way too many young people to unnecessary, untimely death due to risky behavior.

- **Without self-confidence you will get nowhere.**

To get self-confidence, study and practice hard. Don't think that you can do it – make sure you can OR make sure you know you cannot do it. Thereby any decision you make will be based on your best guess as to what can really be done. Overconfidence is just as debilitating as lacking confidence.

- **Divorce is not always the solution.**

When you encounter trouble in a relationship, look first into yourself. Very often you will find part of the reason for your troubles. If you don't you will most likely carry the reason(s) to your next relationship. If you choose to do so, as you do not want to change, and then make sure you find a mate that can handle the situation.

- **Controlling your behavior is often the only way to control events occurring around you.**

You will find that often there is nothing you can do about how someone else acts or about what is happening around you. But, you can always control how you respond to such activities. This often will help shape the responses to your behavior. It has taken me a long time to learn not to respond without a measure of serious thought. Self-confidence helps much to get one to that point as does age and experience - but not always. Many people do not or cannot look deep enough into themselves to understand why they react in certain ways. You must learn how to do so. The rewards are tremendous.

- **One man's ethics can be another's prison.**

If there is no Supreme Being telling you how you should behave then that duty becomes a societies'. And society will make mistakes. With no "divine" rules to play by, who says what is right or wrong? I have always, as I became older and maybe wiser, tried not to judge people on their actions unless their actions hurt someone either physically or emotionally. That is, judge as to the rightness or wrongness of their behavior. Everyone has a right to pursue happiness in whatever form that may occur and although certain things are definitely not for me, I cannot sit in judgment of others needs and desires, nor should you. Now in all practicality, we have obligations to the society in which we live, such as defense of the nation and its general welfare, but for the most part one should be left to pursue what one wants in life. And absent any God, that could just about be anything. You can easily see how your sitting in judgment of someone given your ethics can easily imprison another. Be careful and tolerant.

- **In theory, Freedom cannot exist as a concept unless it is blind.**

Blind to all those things that imprison others and ourselves such as race, sex and sexuality,

- **Most men will value their life and wealth more than defending an idea.**

There will be exceptions but don't expect loyalty, especially in the corporate arena.

- **It is foolish not to enjoy yourself while you are young.**

When you are old, you're old. Then all you have is vicarious satisfaction.

- **One cannot be held responsible for one's genes (not in my time at least) but one certainly can be held responsible for bad taste.**

A person is not born with class. What is class? Class is when you are emotionally secure enough to care for the next person's well being, and do so.

- **I have done a lot of things I am not proud of in my time; the worst of which, to me, is when I have hurt someone, physically or emotionally, that didn't deserve it.**

Had I known better I would have acted differently. I think this is one reason we don't automatically execute convicted criminals. There are some that would have taken a different path if they had fully understood the results of their actions. Deep down we all do not have the same opportunity or intellect to understand at the same pace given similar experiences

- **If you can't imagine what might be then you will never be able to deal with what is.**

Period. Prepare yourself for the now by imagining the future. Deal with the now by imagining where you want to be in the future.

- **You always think you have enough time - but you don't.**

If you are young you don't realize it now but before you know it you will be old and then you will know it. There is not much time to spare. And also you could be dead tomorrow.

- **Man is not so noble.**

Watch and read the news and not so much fiction. Also read history. History tells much of what we are.

- **It is good to marvel on the beauty of life but never forget that it feeds on itself.**

Don't forget that we live in a world where the survival of one life form depends on eating another life form.

- **If the logic system of man is valid then a just God must accept man's true conclusions, even if it is that he might not exist.**

The key here is whether or not there is a just God or gods. If indeed this God or gods has set rules of behavior for acceptance then a person's ability to realize these rules must depend on his rational mind, for irrationality is by definition not valid. If the rational mind uses valid logic to determine God doesn't exist, which I think is not possible, but perhaps more probable is the statement that "a god's existence is at this time unknowable", then a just god must accept the conclusion and therefore cannot hold the person responsible for his actions if those actions are not as it wishes. Ignorance of the law does have some legitimacy.

- **When making a new acquaintance, always assume he or she is going to take advantage of you in some way.**

Don't show your attitude but stay sharp until, over time, you feel you can trust your new friend. Don't need people so much that you accept them without a critical eye. At the same time, try and make a new friend each day. People are the most important thing in life.

- **The best I have been able to determine when someone loves me is how well he or she takes care of me and what they do for me. Then it makes it easy to love back.**

Still true after all these years. I wish I had learned this early in life. Don't go by what people tell you, don't need anyone too much, and watch how someone treats you – their behavior will tell you what they think of you. Again, I say I wish I had learned this much earlier in my life...I would have not had so much pain and wasted so much time with people who didn't appreciate me.

- **Keep your lover's at arms length.**

Enjoying the physical is one thing; opening up your mind and heart is totally different. Again, let them prove their worth by doing for you. Let them show you that they will take good care of your emotions and psyche. And then remember that all things can change.

- **There are times you stop justifying who you are and why you are doing something and just be yourself. As you get older this will be more true.**

As you get older and gain more experience you will become much more comfortable with yourself. Or at least you should. If you are older, and have not yet reached that level – grow up and take responsibility for your actions. Say to yourself that you are making this or that decision because you believe it to be the right thing to do, not out of selfishness or self-serving reasons, and that you are responsible for the consequences. If not you will never be at peace, unless you are a sociopath. In which case society will, in some way or another, deal with you. Just remember not to hurt anyone emotionally or physically who doesn't deserve it, and be cautious about doing so anyway. Best just to walk away. If you make this behavior your own, almost second nature, that is to watch out for others and try to be pleasant natured all the time, (which of course is not possible) you will feel good about yourself, have full faith in your judgment and people will want to be around you. They will also give you much leeway when you make a mess of things from time to time.

- **An arrogant person would do well to study the nature of luck.**

Nothing really gets to me as an arrogant person. Somebody who thinks they are in some way superior to you or me because they can do or own something you don't or can't. How narrow-minded! They have no understanding of the vastness of this great world of ours, the talent that so many have and the factor of luck in doing well in this life. They do not know how easily they can be replaced, no matter who and what they are now! Be careful of arrogance, it is a very high cliff from which to fall.

- **It seems to me more and more that to become wealthy you must master being able to betray your friends, and lie, cheat and steal.**

My friends are those I wish to be with for a variety of reasons, none of which are what they can financially do for me. It seems that so many wealthy people cultivate friendships of those who can do for them. Make them wealthier than they already are or help them to become wealthy in the first place. Such relationships so often have much betrayal, lying, cheating and stealing surrounding them. No...give me friends who like me for what I am, not who look at me as a stepping-stone to something or someone else. Sometimes I feel sorry for the very wealthy...how do they know who their friends really are? I guess they find out like all of us.... when we are down and out. And you will be at some point in your life.

- **Luxury steals need but need drives creativity.**

Something to watch out for as time goes on and you become financially more comfortable. You will lose your edge in a number of things including readiness and resourcefulness. There is nothing like needing something to push you to find a way to get it. And those people who have great need are keen to find solutions.

- **Do not invite trouble by displaying weakness.**

This is one of nature's basic rules. If a predator senses weakness it is more likely to strike. Never display weakness or vulnerability. Your spouse deep down will not appreciate it and your enemies will have reason to strike. Even the expressed desire to resolve issues can give the impression of weakness. Be careful that when you offer to resolve conflict you do so while also giving an impression of strength and resolve.

- **Do not live your life now just to be secure when you are old.**

What memories will you have when your body no longer functions well? As I have stated before, when you are old, there is not much you can do physically nor much you need to be secure. Live your life so you have no regrets and do so balanced against a long life and good health.

- **People have an innate understanding of being oppressed.... that is why often the underdog is the favorite.**

Why is it that so often the underdog is a favorite? It's because most of us are lower on the pecking order of life. It is the nature of things that only a small percentage of us are the best. And when the best is beat, all of us share in the success. And life is so much of taking from others for ourselves that we understand oppression because we see so many take so much so often from others.

- **Deal with things on an individual basis and you will not become overwhelmed with all that is going on around you.**

Do take each day as it comes. Just get through it by dealing only with those things that present themselves that particular day. This is the best way to handle things especially when you find yourself in an overwhelming life situation. It is good to try and think far into the future at times and even better when you see something you want to take as a goal, but generally, change occurs so often and without predictability that it is true that the "best laid plans of mice and men" often fail. As my father has always told me, you should "Expect the unexpected". I should have listened to him more when I was young.

- **I don't know that the mix of environment and genes that produce anything can ever be distilled into how much of each go into the mix to make it all happen the same again.**

In other words, let your children become who they are, not what you want them to be. Teach and guide them, but there is no sure way, nor do I think will there ever be, that you can prepare and channel them into exactly what you want them to be or behave. Nor should you. We need diversity, adaptability, and flexibility to succeed as a clan. Just do your best to prepare them to make good decisions. Do it early, for the time will quickly come when you must let them make their own decisions.

- **Experience not only develops intellect but also more importantly helps you control your emotions, and emotions are definitely something you need to keep under control.**

Out of control emotions will surely make you do some really dumb things. Emotions are often out of control because of your feeling of not being able to control something that is happening to or around you. Lack of confidence threatens one's sense of security. The best way to obtain self-confidence is to work hard at realizing your needs and limitations. By doing so you might be able to avoid placing yourself in situations that neither takes advantage of your needs nor exceed your limitations. If you can learn to control your emotions, without shutting them out entirely, you will become extremely perceptive, not only into yourself but also into others and situations.

- **If you concentrate too much on the long term you may forget about living today.**

It is easy to fall into the trap of working too much now for where you want to be in twenty or forty years. Strike a balance between enjoying life now and preparing for the future. The truth is that you may not have a future, but you are alive now. Make the most out of every minute of the time you have now, while also investing some time to reach some long-term goals. That way, if you actually do not have a future you would have at least made the most out of whatever time you do have.

- **Happiness is not relative.**

How much money or love or how many friends, or how smart you are or not, whether you are beautiful or athletic does not necessarily correlate directly to how happy you might be. If you are happy, then you are happy, regardless of your circumstances. Should you let not having something make you unhappy, especially if those things you think you need to be happy are not attainable, either now or in the future. Don't be foolish.

- **Sometimes passion is worth more than intellect.**

It causes one to work harder. Working harder increases your chance to be lucky by stumbling into something good. Sometimes that's what it takes.

- **Everyone can change. Unfortunately, we often find ourselves in situations for which we have yet had time to change.**

Not everyone has always been bad, or good. Nor are they doomed to unchanging ways. If you want, and are aware, you can change. Remember though, change must come from

within. Do not try to change others.... make them aware, but changing others, and waiting for that change is a difficult task. Too bad we all find ourselves in situations where we would have acted differently a few years later... after we had changed.

- **Do not become over-civilized.**

History has shown us that when we do so we become weak and vulnerable. I define over-civilized as living a life of too much luxury and not enough challenge. Especially, when your mind and body are not prepared for defending against violence.

- **The human race is not normal. We are establishing our own plane of existence.**

I am not sure we are supposed to exist the way we have turned out. We have knocked everything out of balance. But then, life seems to be a rarity, out of balance with the rest of the universe, as we know it. Who is to say? Maybe no one.

- **Know yourself and live within your limits.**

You will be most happy by not setting goals that you cannot achieve. Know your strengths and weaknesses. Maximize your strengths and minimize your weaknesses. Do

not think too much of yourself, or too little, but know what you can achieve. To be able to do these things you must look at yourself deeply inside and out. Do not rationalize and face the truth. You will be much happier with what you have and what you have done. Don't let anyone else tell you what you can do or not do, unless you trust them greatly, but rely on your own judgment. Good judgment that you have hopefully gained by reading this book.

Conclusion...for now!

TO BE REVISED AND CONTINUED ALWAYS.....

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