

# **Attaining Self- Improvement: Ideas on How to Become a Better Individual**



**Eduardo Garcia**

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Dedicated to those who want to start the New Year 2019 through renewed lenses. Churchill once stated that “to change is to improve. But to change often, is to become perfect.” Or something to that effect. We can only improve society if we start within.

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## **Foreword**

The purpose of this book is to provide a guide for self-improvement through self-actualization. This occurs through one's ability to determine what one should change or modify. If finances were difficult in a specific year, then taking the time to go over expenses and cutting out unneeded expenses would definitely help the situation. After cutting expenses, one could then attempt to see how one can increase earnings or at least find ways to maximize one's earnings. If the trouble is health and fitness, then it would be time for that person to determine if they need to set aside time in their life to improve their health and attempt to institute a diet and exercise plan as needed.

All of these options occur through self-consciousness. Like anything that is good, it needs to be done in moderation. We need to set goals for the future, but they also need to be attainable goals. No one is going to go from overweight to fit in a day, it takes time and patience. Those two factors are very difficult to measure at times, but if we have a plan it makes the task at hand easier. That is the reason why we need to try hard to attain what we set out to get. Everything takes time and takes effort. There is no easy way for big gains or big losses in weight by having a quick fix mentality. We need to change our current mentality which is the “microwavable mentality”, the “quick download mentality”, or the “2-day shipping mentality”. We need to think in ways that our ancestors thought in order to improve our daily living.

There is something about the way people lived in the past that allowed for a more serene atmosphere. Our grandparents cooked their own food, grew their own vegetables, walked to the store, were able to have polite conversation with store employees or owners without the need to involve politics or class into the situation. Everyone was happy and it showed. There is something about the quick fix mentality that has set us back many years. The technology may be ahead of our times like the smart phone and such appliances, but our social skills have degraded to

the point where they may be non-existent for many. We get a smart phone to numb our minds when instead we should have a dumb phone (flip phone) to keep our brains bright and creative.

There are many ways to improve ourselves and at the same time improve society. Every step starts one at a time. We learn to crawl before we learn to walk. We learn to walk before we learn to run. We learn to run before we learn to run triathlons, marathons, and sprints. Either way, we must continue to self-diagnose ourselves and see where we want to go first as an individual and then as a society. No one can compel an individual to go where he or she does not want to go, not even society. Therefore, it starts through our inner selves where we can learn to become better individuals in our ways of thinking, our ways of eating, our ways of exercising, our ways of having empathy, our ways of functioning as an individual and as a society.

We need to learn that there is a time to slow down and a time to speed up. There are times in life when we must learn to go with the flow and other times when we must resist the flow. These days it seems that there is so much in life that is negative, but if we look to ourselves and see what the human mind, body, and soul has been capable of in the past, we can aspire to greater things. With this I hope we can improve ourselves and learn to pay attention to the things that we can change instead of those we cannot. Like the Twelve Steps and Traditions, there are things that we are not capable of changing. Spending time thinking about those things offers us nothing in return. Let us then pay attention to the things we can change. The things that we do that can change the way we live and the way we interact with those around us.



## The Physical Body

The book will be divided into four sections each divided into further sub sections. The main parts of the book are meant to focus on ourselves and ways we can improve ourselves. We are a composite of many things and four big things we are composed of is mind, body, spirit, and emotions. Some people may believe that some of these things may actually be opposed such as the desires of the body and the desires of the spirit, but in a well functioning individual, there is no cognitive dissonance. I am not trying to tell people how they should live their lives or how they should go about making their lives better. I am simply making suggestions about ways to improve every day and it is up to the reader to either see the world from another perspective (hopefully), feel patronized by the content (hopefully not, but nowadays who knows), or use some of the ideas to self improve.

One of the main components of ourselves is the physical body. The thing we see in anatomy books and biology books. The body allows us to do extraordinary objectives and skill work through its integration with the mind. Both the body and mind are interconnected at a high degree that sometimes it is difficult to distinguish pathology that is only of the body and only of the brain since both are so closely tied. If we are skinny, we might want to lift weights in order to get muscles and strength in order to make every day tasks easier on us. Instead of having to go to the store and getting tired for having to carry some bags, it may allow us to pick up more bags and prevent us from getting tired. It may allow us to improve our blood circulation to our brain and improve our health in the long run. It may help blow off steam that may have been created in the day with fellow co-workers or with that person or persons that decided to cut us off in traffic. It allows us to feel better about ourselves knowing we have renewed strength and a feeling that we are able to accomplish goals that we set for ourselves.

Now all those benefits sound nice and amazing. The half empty glass part is that all that requires dedication and

commitment. This will not happen on its own. It will not happen through excuses. And it will not happen through lamentation of past times. A person needs to take into consideration that it will be difficult to start to lift weights and to schedule time in after work or before work. This may be difficult at first but through behavior modification, it is a possibility. Have you ever noticed how something seems impossible until you try it and then all of a sudden it becomes possible? And then what is the next question we ask ourselves after we discover this? Why did I wait so long in order to see that it was not that difficult? And then we begin to ruminate on all those days we had time to exercise but decided we did not need to because it was too difficult. We then obsess about all that lost time creating more lost time.

However, there is good news about all this. It is possible. YOU CAN DO IT! But you need to pace yourself and organize your life first. Maybe the objective for someone who has noticed a sudden change in the weight scale is to lose a few pounds or maybe more pounds. Understand that it is important to know what you personally want. Do you want to gain weight? Lose weight? Maintain weight? Then what? We need to formulate a plan. How is this going to happen? If I am going to gain weight, I am probably going to need to eat more protein, carbohydrates, and some fats sparingly. I am not going to go into all the details of nutrition but will talk about the basics so we can focus on attaining what we need.

Now let's think microscopically prior to returning to our goals. Proteins are made of amino acids. There are a total of 20 amino acids that the body can produce but the catch is that the body is unable to produce some of the "essential" amino acids. They are called essential amino acids because the body cannot produce them and therefore, the body needs to consume a diet rich in food that contains these eight essential amino acids. If we are not able to consume these eight amino acids from our foods, our body is not able to synthesize them and therefore essential activity of our body will not be efficient and may even lead to pathology.

The eight amino acids are phenylalanine, valine, threonine, tryptophan, methionine, leucine, isoleucine, lysine, and histidine. These need to be included in the diet or else the body's organs may be affected in a negative way. Now there are exceptions to the rule. I am not stating to try this out before consulting with your local physician to understand any family or medical history condition that may prevent you from eating something due to allergies or due to inability to break down a specific component. There are conditions such as phenylketonuria, where an individual cannot consume phenylalanine as they lack the enzymes required to breakdown the phenylalanine. As a result of this, there is a build up of phenylalanine in the body which can become toxic and lead to severe symptoms. So again, make sure that before you start any new diet or before changing to a different diet plan, you consult with your physician.

For most people, these eight essential amino acids are important in order to improve the health of the individuals. We need to understand that there could be some diets that attempt to substitute proteins with other substances for example substituting meat with legumes or other products. We need to make sure each time that we are eating what we need to include in our diet. The importance of proteins for organ function is crucial and can lead to specific problems if they are not consumed adequately as per each individual's necessities. Each person's body is unique in the sense that someone may have a sensibility to a specific type of food. Therefore, it is important to learn about our bodies and understand what makes us feel good and what affects us negatively. Some individuals may feel bad after eating gluten containing wheat. This is important to know as certain types of food may affect us negatively if we do not pay attention. We should be able to test out and see if we continue to feel bad after eating certain types of foods or if it was an off day and maybe there was something else causing it.

We also need to include carbohydrates which are the

brain's favorite type of fuel and also the type of fuel that is equal to protein in the amount of calories it provides per gram. A gram of protein provides four calories which is the same as a gram of carbohydrates. These numbers are important because they allow for us to be able to "count our calories" to the point of perfection. The reason that counting calories is important is due to the days that we decide to break away from the regular diet and have a "no count day". This is the equivalent of a cheat day in the calorie counting lexicon, but since we need to avoid using negative connotations, we will refer to it as a "no count day". During the "no count days" you can eat whatever you want, but you need to understand that the rest of the days of the week will need to be counted. This allows for us to continue to monitor the intake of calories in order to avoid health problems from developing.

Among the things that need to be considered are the types of calories that we are eating. Are they healthy calories loaded with nutrients or are they "empty calories". "Empty calories" can be anything from fried potato chips to the types of food that contain close to no vitamins or minerals or amino acids. We need to learn to distinguish what helps and what does not help. That is another important step in the change to a better body. We need to learn what is helping our body and what is making it worse. For example, orange juice and soda are two common examples that we think do not affect our calorie intake but they do. A can of soda may contain as much as 36 grams of sugar or even more. Imagine 36 grams of sugar rushing into the body and its effect if done twice or thrice a day every day. 36 grams times 4 is 146 calories. We are consuming 146 calories per can of soda. Now imagine drinking two or three cans of soda. 146 times 2 is 229 calories and three cans of soda per day would equal to 438 calories. Imagine consuming 438 calories of pure soda per day. That is almost one fifth of the required daily calorie intake and worst of all it does not contain any vitamins, minerals, or amino acids or helpful nutrition. Now you can start to see how this can cause problems in our body. If one fifth of our calorie intake daily is of sugar in five days it will equal the amount of calories in one day. How is that possible? Remember that behaviors are difficult

to change and it means that someone was used to the idea of drinking soda throughout the day. Now how do we change this you ask? We change this by slowly decreasing the amount of soda we drink. Instead of three sodas a day we go to two or maybe one and hopefully to none. The body only needs water to function and because of this we need to make sure we are drinking 8 glasses of water per day. This also can become a behavior that can be used to continue self improvement in the body.

Whenever we drink water, we replenish our fluid levels in our bodies. If we walk, run, and transpire, we lose fluids. That sweat that is produced contains important electrolytes as well as water. If we lose more water than what we are drinking, we can quickly become dehydrated. Being dehydrated can cause headaches, a bad mood, and several other symptoms. That is why we need to make sure we are hydrating everyday in order to keep our body happy and our cells happy. So we must be able to understand that soda, juice, or any heavily sugared drink was not meant to be consumed as water. Athletes are the exception where they may need drinks that contain more sugar and electrolytes due to the amount of exercise being performed but most people will be fine drinking water.

Besides the sodas, another common pitfall is the junk food. No food is junk but what that term refers to is the inability of our body to gain helpful nutrients from the food we eat. Such foods include fried food and heavily sugared food. We need to create an individual health conscious approach to eating in order to prevent ourselves from consuming food that will only worsen our daily lives in the future. I understand that the food that is not the healthiest may have a good taste, but health wise, it is disastrous if it becomes a common staple. I am not saying that you cannot eat these types of food. I am saying that they should be eaten sparingly. I love spicy fried chicken and as such eat it at least once a month or even more at times. However, I make an effort to avoid eating it everyday of the week. There are other foods that can help keep us healthy and that have good taste.

Fruit salads and vegetable salads can be mixed in a way that they are fresh, tasty, bitter, sweet, and spicy and all with nutrition. There are several ways to prepare them in order to maximize our health and at the same time enjoy what we eat. Many people think that in order to have a great taste food must be unhealthy. No! There is healthy food that is also tasty, it only depends on the herbs and spices that are used.

Also, it is important to note that we continue to write down our calorie count at the beginning in order to know how much we are eating. Even if we are eating a snack of salad, we have to make sure that we are able to distinguish how many calories each food has. A quick tally like the one we did before concerning sodas can help us budget our calories similar to finances. It is important to know every detail at the beginning until we begin to get better at what we are doing. After a few months, it will become easier to know how to count calories without having to take out a pen or paper.

With these different nutrition guidelines as well as our own effort, we can make sure that our health will improve throughout the year. There will be slip ups like the day you will eat left over fried chicken and it will be your third portion of the day but hey it is not about how many times we fall but how many times we get back up. Therefore, lets make an effort to improve our body and help ourselves become healthier.

Some of the items that are basic necessities in healthful cooking include the following items. For the carbohydrates, we can buy rice, beans, and potatoes in order to serve as a side for our main dish. The main dish can contain proteins such as meat or sea food. We need to make sure that we are eating enough protein and enough carbohydrates to maintain us throughout the day. Imagine waking up after a long sleep and you remember that you have to make breakfast. You make some coffee, you place bread in the toaster and make toast, and you cook up some scramble eggs quickly. You eat your breakfast and then leave for work. Imagine if there was a second scenario where you did not eat any

of the items above and instead only drank an orange juice. What would happen as soon as you get to work? You would probably be thinking about what there is to eat or waiting for lunch to arrive. It would make the morning a little more difficult in terms of focus and concentration. These small things can significantly impact the rest of the day. It is important to learn to eat well as well as learning what to eat.

We also need to have some vegetables and fruit for our daily intake of mineral and vitamins. We need to have lettuce, tomatoes, and onions in order to make a quick budget friendly salad. We can even make the dressing with mayonnaise and ketchup for the thousand island dressing or make our own Italian dressing with olive oil and spices. Either way, we are able to create a cheap meal (in terms of cost and not taste), a very delightful meal to our palate, and a nutritious meal that will allow us the opportunity to eat well. For fruits, you can make a fruit salad with your favorite fruits. Watermelon, melons, and grapes can easily go in a portable cup for a quick snack. Cheese cubes can also help for that protein and amino acids that are needed. We need to focus on the way we eat and we need to know what we are eating.

If you are in to learn more complex recipes, you can step up your cooking game and learn to make new combinations. This will make cooking at home fun aside from healthy and affordable. All of this is attainable if you place the effort and really want to change. Remember that weight gain, weight loss, or keeping the same weight all depends on the diet mostly. You can exercise to help you gain muscle or lose fat but understand that most of the weight gain or loss happens through what we eat. Like the soda example, if we eat three thousand calories of food per day we are five hundred calories over the limit and this ends up accumulated as fat inside our organs, around our organs, and other places as well. We need to take care of our body and this starts through knowing how much we are eating and why we are eating these types of foods. I get it. Sometimes we feel down and food relieves those aches. Sometimes someone brings food and it would be

impolite to say no. I get it. But one occasion does not lead to the calorie intake described above. It happens after eating like that for days, weeks, and months. We need to learn to change these types of behaviors and become better at becoming healthier by watching what we eat. Even if we attempted to exercise at a very fast speed say running or swimming we might only break off two hundred to three hundred calories in that day. That is still two hundred or three hundred calories that are accumulating. This would be the equivalent of another hour of difficult exercise. Do we really have two hours of our day to exercise at a fast speed? We need to take all of this into perspective.

We must be able to understand how nutrition works and why calories are important. Those two things are the big picture items we need to understand. That is the theoretical aspect of changing how our body looks and is shaped and second comes the practice of counting calories and exercising. Within these examples, we can see why changing behaviors in time can help people regain their optimal body weight.

Next is the part where we must learn how to work out. We need to learn what we want out of our bodies. Do we want to increase our weight or decrease our weight? Many will say, “Are you crazy! Why would I want to increase my weight?” The reason could be for bodybuilding or to look different from what they currently look like as far as body shape and form. There are people who want to gain weight as well. In order to gain weight, we need to learn how to eat meat based protein, nut based protein, as well as weight gaining supplements only after the consult from a local physician. Most protein is needed in order to repair muscle which is usually the reason most people want to increase their weight. Let us say that it is mostly protein weight increase rather than fat gain increase because no body would want that. I am not trying to fat shame, I am trying to say that there is a healthier weight range and usually protein helps accomplish this.

The reason to not applaud the gaining of unhealthy weight is because people can get health complications when they let their

weight gain spiral out of control. Weight gain of this type can cause problems. Organs become fatty which can make for complications in the health of people. This is the reason to have a healthy weight. It is health first. If we want to lose weight, then we need to make sure that we are eating less calories than what we are burning. Also, we need to find foods that are rich in nutrients and proteins in order to create that feeling of satiety that we usually cannot get from carbohydrates.

If we are looking to maintain our weight, well then just keep eating like you are eating. Simple.

It then becomes important to know that we need to get better at distinguishing what it is that we are eating and absorbing. Do we want to absorb mostly sugar? Or do we want to absorb nutrients like amino acids, and vitamin B6 and Zinc and Iron. These are important questions to ask yourself as you embark on the journey of self discovery when it comes to the ability to eat well and at the same time being able to learn throughout the process.



## The Mind

The mind is interconnected with the body. If the body has problems, then the mind will probably have some of the same problems. That is why we need to make sure that we are able to identify ways that we can improve our mind by also improving our body. Likewise, if the mind has problems, then the body will also have problems. We must make sure to make ourselves better through actions that we can use to improve. There are several ways we can add or take away things that may help or hurt us. In today's society, we are no longer focused on what matters. Our obesity levels are through the roof as well as our anxiety and depression levels. We need to be able to focus on what truly matters. Like the previous chapter stated, we need to change our habits in order to improve the way we function and the way we live. If we are overweight, we need to change our behavior to have a better weight number and thus a healthier body.

Our minds are also taking a hit when it comes to the post-modern world that we currently live in. We are glued to our cellphones and to our computers without paying attention to the people and ideas that really matter. The people that we neglect in our lives will no longer be there in the future. Meanwhile, we cannot go five minutes without checking the constant notifications that appear on the phone. This is an epidemic that will improve or get worse as it amplifies human psychology. The phone has allowed us to see who we really are. Sadly, it is showing that people prefer false fame as well as hypocritical attention rather than pure friendship. Virtual likes mean nothing in the real world. We need to learn to think critically and effectively as individuals rather than to follow the crowd. Our grandparents had it right when they said, "If you saw your friends jumping from the bridge would you do it too?" The obvious answer back then was a resounding "No!". But nowadays it seems like most people possessed by their phones would say something like "Duh! Of course! What a dumb question!" It really is a sad reality where real values are taken for granted.

Whether we agree or not, there are studies done that show that the more time we spend on social media, the more anxious and depressed the individual becomes. Why would this be? Why wouldn't comparing myself through high light reels of other people make me happy? I wonder why? Why does envy not produce happiness? Why do people want to covet other people's wants and possessions? Well that is the real thing that social media has created. It may have started as a way for people to communicate with their loved ones, but I think we have e-mail and a phone to do that. So then what does social media serve us. What use does it bring? Comparing ourselves on the daily to the lives of other people helps us in no way. We need to shed the envy and the gossip mind from our individual lives to improve. We need to stop comparing ourselves with others. We need to learn that we are individuals who have special gifts and talents and we need to use our time effectively to sharpen our gifts and talents instead of wasting them.

There is so much negativity at times that it is even celebrated against the positivity of individuals. We need to learn to care about each other as a community and learn to take care of ourselves. We need to eliminate the envy from our lives and understand that no one has a perfect life and that we must all strive to improve each of our own lives first before improving the community. We need to stop taking everything so seriously to the point of finding offense in every small word or every small detail. We need to step back and learn about the importance of relaxing and calming ourselves down through exercise and good eating.

Technology has had a lot of deleterious effects on our moods and on our mind. There are multiple research articles demonstrating the psychological effects of smartphones on the minds of individuals. The results are quite disheartening in knowing that the phone is affecting how we communicate with each other, how we feel throughout our day, and how we live our lives. Something so small has a large impact on our lives. Likewise, we need to learn how to detoxify ourselves from the constant electronic information that has no end. By abstaining

from our cell phones for one day of the week, we can see how much more at peace we are without the constant bombardment on information. A lot of the information can affect us negatively at times. We need to learn to enjoy living in the real life.

Gradually, we may even go so far as to avoid the phone altogether with other alternatives such as flip phones. I know in several careers this would seem impossible. and I understand that. However, for a lot of people the phone is only worsening the ability of people to relate to one another. We find solace with people online rather than people in the real world. As such, we zone into only the opinions that we like and try to tune out people that have different opinions. We should be able to have conversations with people from all walks of life and not feel the need to shut them down simply because they believe something different than ourselves. Ultimately, it boils down to the golden rule. Do unto others what you would like to be done unto you. Would you like to be pestered with loud obnoxious noise if someone does not agree with you, then don't do it to them. Life is really simple and we attempt to make it more complex. The drama and the theatrics do not help us in life. We must learn to care about ourselves first.

We also need to focus on the way that we are treating people around us. Are we being polite to others or are we trying to get our point across without any empathy for other people? Do we want to make other people feel bad? Why are we increasing in the way of narcissism instead of increasing in the way of peace and love. Part of the mind is affected by how the body feels and also how our emotions are either reigned in or allowed to take center stage. If we do not know how to keep our emotions safe within us, it could lead to many problems. How many public outbursts are shown on the news concerning individuals who could not keep it together due to emotions? Our emotions are good when they are positive. We learn to care for other people, we learn to love other people, we learn to communicate effectively with other people. But when emotions are bad and they are used, only the worst happens. We need to make sure that our mind is able to

control our emotions. For that reason we need to remove envious emotions from our life. We should not compare ourselves to other people.

We need to focus on ourselves first. If we feel negative emotions, we need to learn what is causing them and not blaming them on others. Why am I feeling negative emotions? Is it because I did not sleep? Was it because I did not eat? Was it because I did not exercise today? Did I take offense to something that did not matter at all? Do I only want the world to cater to my needs without paying attention to other people's needs? Am I feeling envious of the people around me? We need to ask ourselves these questions when we feel negative emotions so that we can know what is causing these emotions and learn what we can do to alleviate them.

Like a physician who needs to figure out what is wrong with a patient, so too do we need to focus on what we as individuals can do to alleviate our own negative emotions. If a physician listens to someone saying that they have had a cough for multiple months then quickly the physician may ask, "Could this be pneumonia, tuberculosis, lung cancer, or could it be other things as well?" The physician will probably not say, "Well he probably has a knee fracture." It does not make sense. If the cough is being produced for months, the problem is more likely dealing with the lungs and not the knee. Placing a cast on the knee due to the cough would be illogical and a travesty. So why are we blaming others when we fail to diagnose our own negative emotions? It is the same thing. We know how we can fix our own problems but why must we place these problems on other people's shoulders. We must learn to take care of ourselves first and later pay attention to what society wants or what they think they want.

I understand that there is so much going on in the world today, but that is still not an excuse to take self-determination and improve ourselves one day at a time. If something is helpful to our well being then we add it. If it is bad for our well being, then we get rid of it. This includes negative emotions that need to be

removed. Negative thoughts also need to be removed. Envious emotions need to go as soon as possible. We can only bring great things if we get rid of that which is bad. We need to focus on the positive and remove the negativity that exists in the world.

There are people in the world that may actually enjoy toxic communication, or toxic envious ideologies. We must be careful to not waste our time on these matters as they can cause distress and lead us to negative emotions. Much of the gossip that exists in the world is probably libelous or slanderous in nature and as such we must treat it as such. We need to stop toxic people from attempting to destroy our peace and beautiful lives. There are tons of people that you will meet that will attempt to take your peace, but understand that the least information they have the better you will be. Again, I am not saying that all people are gossips, but there are people out there that enjoy gossip. What is being produced through gossip? Are we feeding those without food because of gossip? Are we cheering up someone because of gossip? Are we producing a new idea that will help many people because of gossip? No! We are not. We are probably wasting our time, other people's time, and making the world a worse place than it already was.

We need to understand that gossip is one of those things that needs to be removed from our lives if we want to have a happy life. Imagine listening to negative conversations. Imagine what is the most common thing said in those conversations. Why would any grown up want to have anything to do with these types of conversation? I truly do not understand why people waste their lives with gossip.

Another thing we must learn to do to calm ourselves is to discipline our mind. We need to learn to organize our to do list and make sure we are keeping up with updating our lists. There is only so much time we have in a day, and we must be able to be efficient. Like the calorie counting example, if we write all our information needed for the following day the day prior, we already know what we must get done. This can be easily

achieved. That way we know what needs to get done and we spend less time thinking and more time doing.

We also need to focus our attention to the positive things in life. We need to laugh and enjoy ourselves. We need to be able to smile and be happy that we are alive. There is so much we can do and learn in the time we have that there is not point in being angry all the time. We can learn a language or learn to write so we can write a book. There are many ways to express the creativity that the mind enjoys expressing. There is something relaxing about focusing our mind on one task. Call it concentration or whatever you like, but being able to focus all your energy on painting or coloring or writing does wonders. We need to focus on producing art and ideas more than focusing on tearing each other apart. Everyone has a gift and as such we need to be able to learn to find what that gift is. For some, it may be dancing, running, hiking, painting, singing, playing an instrument, skydiving, scuba diving, swimming, tutoring, teaching, communicating positively, reading, cooking, baking, or any other activities.

We need to focus on become Renaissance men and Renaissance women. By this I mean the ability to learn everything that we can learn. Learn to cook an amazing pizza with three different cheeses, five types of meats, and a pasta sauce made from scratch with thyme. We need to learn how to write our fiction novel about the knight who leaves his town and goes out to battle the forces of evil. We need to learn to sing the next beautiful song that will make it to the airwaves. We must be able to become lifelong learners. These are the types of individuals that will love life to the fullest. Meanwhile, those that complain, hate, and blame other people are not going to amount to much. This is a truth that needs to be said about life. We need to learn to create and produce rather than divide and destroy. I am not focusing these words on a specific ideology but some ideologies do tend to focus on negative emotions rather than positive emotions.

Therefore, we must learn to continue growing and learn to become a better person. How do we become a better person you ask? Isn't it all relative, man? No, it is not all relative. Not at all. Not even in the slightest. Life is objectively seen and experienced through the five senses. We can taste a pizza made with better quality compared to a pizza with lesser quality. We can see art as beautiful through our sight and anything that Michael Angelo painted is infinitely better than any post-modern art. We can smell the fragrances of flowers and know when they are blooming and when they are rotting. We can feel the coarseness of the sand on our toes and the prick of a rose bush if we get too close. We are individuals who can distinguish ideas, art, philosophy, foods, culture, and many things by how they are pleasing to the senses or how they can actually cause pain and suffering through the senses. I say this in order to know that there are good things in the world and there are bad things in the world. There is good art in the world and there is bad art in the world. As such, we must focus on the good and get rid of the bad that exists in our lives such as gossip or negative ideas.

We must also sharpen our minds like a sword is sharpened on a whetstone. We need to be able to increase our mind's abilities through learning. We fear what we do not know. What we know we do not fear. If we travel to a new country to visit without knowing that country's language, can you imagine how we will feel? Would you not be anxious? Would you not be scared? You might assume that every country knows English and as such we do not need to learn that language. But what if the country you are traveling to visit does not have English speaking people. What then? Are we going to feel shame and embarrassment for not knowing the language? If we do not know the language, how are we going to know the customs? How are we going to learn the no no's of that country? What do we say if we make an oopsies? If we did learn the language, then we would feel at ease. We would know how to order a plate of food. We would know how to ask for directions. We would know how to communicate effectively with someone else. Now all this is simply to travel to another country. Imagine going to another country and intending to live

there without knowing anything about the language or anything else. That could definitely cause some problems. That is the reason why it becomes important to learn.

We need to learn and get rid of the complacency that we feel we know it all. No one knows it all. We learn as we go along. But imagine if we currently focused on learning everything we could. What if we learned a new language? How might that help us in the future? We can travel to a new country. We might like that country and decide to vacation there frequently. We may know the locals and engage in sports or other leisure activities that would bring peace to the mind and body. We need to learn to take every opportunity and use it to help ourselves and those around us.



## The Spirit

Whether we like to discuss religion or not is of no concern here. Whether we like to admit it or not, we all have a spiritual component to ourselves. Like the body and mind, the spirit works in ways that amplify what the other components of our body are doing. If we exercise and eat well, if we think good things and we help each other, we will feel better. Spiritually, we will be better than if we think bad thoughts, envy other people, and fail to have a great diet and exercise plan.

We need to pay attention to the importance that a spiritual life requires. We can argue whether there is a spiritual component, but we know there is because GOD says there is a spiritual component to our lives. Many passages within the Bible give us plenty of information concerning the ways of the Spirit. We know that there are two types of spirits in the world. One Spirit is from GOD. The other spirit is of the world or of error. We need to understand that there are actions that are objectively good and actions that are objectively bad. These actions manifest through the type of beliefs and the type of spirit we have. As believers, we must pay attention to ways that we can focus on the great things that are in store for us through GOD rather than the evil things of the world.

Many people will say they are spiritual but not religious. This cliché has been passed around for so long that it has become cringeful at best. A person who says they are spiritual but not religious is divorcing two things that go together. One cannot separate oneself from the way that there are good religions and bad religions. Having no religion is a bad religion. There is no middle of the road concerning belief. There either is belief or there is no belief. If we are able to feed our soul with the Spirit of GOD and understand the importance of GOD in our lives, we are choosing to go after the ways of GOD. There is a reason why GOD spoke through the Bible telling us to make it a priority the word of GOD rather than the ways of the world. This is likened to a spring filled with water against a dessert that has no water.

We can see the effects that a dessert has on the vegetation that live in the area. We see the effects that water has on vegetation as well. Do we want to be near the spring of living water or do we want to be away from the source of life? That is a question we need to ask ourselves, and it is a question that usually can only be answered by ourselves.

We can also ask society what we should do but who know better about oneself than oneself? We need to hear the conscience that GOD has equipped us with to know when we are doing wrong and when we are actually helping ourselves and one another. This component is probably the most important component out of the four major components that make up a person. We need to take care of our spirit to prevent ourselves from damage from false beliefs and doctrines. We need to understand that GOD is a good GOD who cares about our needs.

If we start with taking care of the spirit by feeding our spiritual needs with the Word of GOD, we know that we are going to experience peace and calm. We will treat our body right because we know that we were given our mind, body, and soul, by GOD. Through this, we are able to further understand why a bad spirit will lead to bad thoughts and bad actions. Instead of limiting oneself in the bad, a bad spirit will look to expand the evil within it. GOD tells us not to sin not because He is authoritarian but because He knows that sin leads to perdition. GOD does not want human beings to be led to perdition. That is the reason He establishes limits within our behaviors or actions. Even then, He gives us freedom to decide for ourselves what road we will wish to take. We need to pay attention to the road that we with to take. Do we want to follow the ways of GOD or do we rather end up in perdition?

By reading our Bibles as well as through prayer, we are able to understand what GOD wants for us and learn how to accomplish what GOD wants. We need to focus on what the Bible tells us to avoid making common mistakes or sins. If we are able to take care of our spirit with the Word of GOD, we will be better

prepared to address the body component and the mind component. GOD is peace. Those who choose to embrace GOD through Jesus know that there is a true peace that comes from Him alone. There is nothing else that can substitute this. As the spirit goes, so does the mind and body follow. We need to focus our attention to GOD and focus to the things that He wants from us. How do we know what GOD wants from us? It is written in the Bible. A quick five minutes of reading the Bible per day will give us the ability to learn a lot of who GOD is and what He wants for us.

We also need to pray effectively and learn to have a daily conversation with GOD. This is the source of peace that will not be found anywhere else. This must be done with no pretense and full heartedly. We need to ask for GOD to come into our lives and into our society in order to bring peace to ourselves and to our society that so desperately needs it. The cellphones will not give us the peace we are looking for. The embrace of hatred and envy will not give us the peace we are looking for. We need to focus our attention to GOD. We need to pray for our society that needs GOD now more than ever, and we need to pray for our world that is hurting by so much senseless hatred existing. We need to pray for each other and for our family members and our public officials. All of this occurs by bending our knees and speaking to GOD about our needs and glorifying GOD through everything we do.

If we are able to accomplish this continually, we will improve our society and most importantly ourselves. We need to focus on GOD above all else and that is how we feed our spiritual component. After that, we can then make sure to feed our body and our mind in order to continue growing as strong individuals. We need to improve ourselves in order to improve our society.

Likewise, we need to avoid deceitful doctrines and lies that exists all over the world. The beliefs that envy and hatred will make us better is a false idea. The belief that we need to redistribute people's belongs because of envy is also a false idea

of prosperity. We become prosperous when we do the most for ourselves, not when we expect someone else to do what we need to do ourselves. GOD provides, but we also need to make sure we are trying our best each day. Believing that there are other ways to GOD that are not through Jesus is also a false idea or belief. Only Jesus gives us access to the Father. Only Jesus gives salvation through the cross and the resurrection. There will be many false equivalencies made, but we must make sure not to pay attention to those lies. We should respect everyone's ability to believe what they want, but another very different thing is to make false equivalences and then double down on false ideas.

I also do not mean that we must be argumentative and quarrelsome with each other. We must be gentle and caring with each other. We must treat others like we would like to be treated. However, at the same time, we cannot let our belief be drowned out from society or have our beliefs changed to other beliefs. We need to stay firm in the faith and welcome and care for those that are believers as well. We need to care for each other as believers as the original apostles cared for each other. We need to call each other out when we see ourselves straying from the faith. We need to take care of believers and non-believers alike and treat them humanely. We cannot be like the world which wants to chew people and spit them out. We need to take care of ourselves and those around us.



## The Emotions

We need to learn to reign in our emotions in order to think clearly and act well. There is a current social climate where acting like a toddler screaming, kicking, and crying is applauded by some. We need to learn to start shaming these tactics. Any grown adult understands that these actions are not tolerable under any circumstances. However, somehow some people think this is totally justified. We need to learn to think clearly and correctly in order to avoid doing such deplorable actions. Refusing someone a service because they disagree with their political views not only affects the business but it also shows the decreased emotional maturity of people who like to shame people who think differently. I think as grown adults this needs to stop this year. We need to learn to communicate our problems effectively with each other without resorting to shameful tactics or attempting to gossip around to ruin people's reputations as has been seen multiple times in the constant news cycle.

We need to think, and we need to have empathy with those around us. If a conservative is speaking at an event, we must allow them the ability to speak. If a liberal is speaking at an event, we must allow them the ability to speak. If a libertarian is speaking at an event, we must allow them the ability to speak. You see where I am going with this. Let people speak. Let people express their ideas. Let people innovate. Let people laugh. Let people enjoy their hobbies. It is really simple.

The whole offense taking needs to stop if we are to truly progress as individuals first and then as a society. Since out of individuals, a society is made. A society without individuals is no society. A society that does not respect individuality will not last long and will disintegrate. Simply look at Venezuela where the emotions of people got the best of them. The ability to virtue signal was more important than the need to actually produce. Produce food, produce comfort, produce love, produce products, produce peace, produce inventory, produce true friendship. These things are all needed for a happy individual and for a happy

society. All of this occurs through logic and reason whereas being led by our emotions leads to chaos and contradictions.

Through this, we see why individuality is important now more than ever. We need to take care of individuals first and then later society. The emotions are an easy way to lose logic and act based on primal feelings. We need to learn to think first and then to act. We cannot let ourselves be guided by the collective hysteria or the negative emotions that constantly poison the well. We need to know when we are prone to bouts of negative emotions, and we need to learn to remedy that before it becomes a problem. Many habits occur through emotions. We feel bad and we binge eat. We feel angry and we blame others. We need to learn to identify those negative emotions as such and learn how to quell them from the start. If we know we are feeling strong emotions, we need to learn to calm them through prayer, through exercise, through healthy eating, or through deep breathing. We need to keep our minds above our emotions.

If you feel that you are about to shout or scream, learn to leave from the situation or place where you are and avoid those outbursts. We need to remain focused on that which is good and not that which is bad. This is something that needs to be said often. Many people think that screaming is a good way to solve problems. It is not. It is a good way to start a problem or make the problem worse. Many of the worst atrocities are made because negative emotions are at fault. We need to shift gears and learn to differentiate these and eliminate them at once.

We need to eliminate these negative emotions through exercising. Learning to lift weights, learning to box, or learning to run will clear our minds from those negative emotions and place us into a more positive place. At the same time, we are improving our health by burning calories, we are eliminating toxins through sweat, we are oxygenating our brain, and we are getting rid of bad thoughts. If we choose to embrace the negativity of the world and continue chasing after perceived offenses rather than improving ourselves, we will only be worsening ourselves in the long run.

When we choose to blame every other person rather than focus on ourselves first, we are wasting time. Time is a valuable resource that is even more important than money. People fail to realize that time is more precious than money because money can be seen and felt and saved. Time, on the other hand, is more abstract. It is only after we pass several decades that we begin to see the importance that our time is. When we begin to function in a chaotic way to go backwards instead of truly go forward, we are wasting our time as well as everyone else's time.

By now many of us would have thought that we would have flying cars and time traveling machines when we were younger, but all we have is cry bullying and blaming people for perceived offenses. It is truly astonishing what the human ingenuity is capable of if we are able to control our emotions instead of spewing out our emotions without control. We need to harness those emotions and create rather than destroy. We need to take care of each other instead of attempting to destroy each other. It stops now and the reason for that is so that we can have a better future. Instead of shouting at the world, learn to paint. Draw something magnificent. Write a poem that describes how you feel. Lift weights and harness those emotions to build muscle and increase strength. Sing and play an instrument to demonstrate your emotions. Read a book that would allow you to see how you can improve yourself. Stop blaming other people and focus on using your emotions for creation rather than destruction.

With these changes, we can all change ourselves as well as those around us. We need to distinguish that which helps and that which stops improvement. The ends don't justify the means and the particular ends do not justify the particular means. There are objective truths that were literally set in stone. LITERALLY. The ten commandments indicate objective truths handed down by GOD to Moses to demonstrate the things which humans should not do. The reasoning behind these things can be simple to understand to those that have common sense and see the truth as truth. Then there are those that twist the truth and attempt to deceive and want to make it seem that the truth can change with

time. Those relativists are usually crooks, deceivers, liars, and manipulators. The Bible talks about them in detail. Therefore, we must continue to see the objective truth in our lives instead of being misled. Using our emotions to make decisions only favors those who wish to manipulate those emotions. When someone thinks with their mind and channels the proper emotions, then it becomes difficult for others to manipulate a person.

By being able to control our emotions, we can think clearly and think with our minds, guide our bodies, and listen to our conscience in making ourselves stronger and better. These four areas can be improved day by day. The most important of these four is the spirit which we must all take care of because it is what produces many of the actions we do. We must be able to feed our spirit so we can be at peace and control our emotions. If we are able to be at peace and control our emotions then we will be able to think clearly and make great decisions. Those decisions can include eating properly and exercising adequately to improve our lives and ourselves. All of this is possible if we continue forward keeping ourselves informed and close to GOD.