

life-agent(s)

... an autonomous agent is a self-reproducing system able to perform at least one thermodynamic work cycle
...

investigations

life-attention(s)

... **attention** is the road to freedom ... – ... it allows you to see things as for the first time ... and novelty is a component of happiness

origin(s) / closure(s) / reflect(s) / fight(s) / taming the mind []

life-aware(s)

... aware of each of our individual *tipping points* to differentiate between when we are on a high of **creativity** and **production** and when we are **burning the engine** ...

origin(s) / closure(s) / reflect(s) / fight(s) / taming the mind []

life-bias(s)

... negative bias primes you for avoidance and fear but when you direct it at yourself, it can bring you to your knees with depression ...

origin(s) / closure(s) / reflect(s) / fight(s) / taming the mind []

life-brain(s)

... self-regulation means we can actually rewire our brains by moving activity from one region to another switching on diverse hormones that can stimulate us or calm us down ... – ... learning this ability to self-regulate is the post-therapy zeitgeist ...

origin(s) / closure(s) / reflect(s) / fight(s) / taming the mind []

life-clear(s)

... there is ... a difference ... between ... precise language and clear language ...

S. Ulam

adventures of a ...

word(s) / mission(s) / trivium []

life-color(s)

... **numbers as colors** ... – they say Einstein had this, it must have been a psychedelic lightshow in his brain – ... not a result of imagination, but because of damage or genetic factors ...

origin(s) / closure(s) / reflect(s) / fight(s) / taming the mind []

life-curiosity(s)

... if you see the world through the curiosity lens rather than a *seen it, done it* lens then you'll notice things you never noticed before ...

origin(s) / closure(s) / reflect(s) / fight(s) / taming the mind []

life-essence(s)

... the essence of neuroplasticity is that what you practice you'll cultivate ... – ... neurogenesis ...

origin(s) / closure(s) / reflect(s) / fight(s) / taming the mind []

life-exercise(s)

- RAIN – Recognize / Accept / Investigate / Non-identification
- STOP – Stop / Think / Options / Proceed

origin(s) / closure(s) / reflect(s) / fight(s) / taming the mind []

life-face(s)

... learning to read face(s) should be compulsory in school(s) so you can decipher what people are really thinking ...

origin(s) / closure(s) / reflect(s) / fight(s) / taming the mind []

life-fast(s)

... we are simply not equipped ... for the 21th century ... it's too hard, too fast, it's too full of fear ... we just don't have the bandwidth ...

origin(s) / closure(s) / reflect(s) / fight(s) / taming the mind []

life-fork(s)

... critical thinking is one of our highest achievements besides eating with a fork ...

origin(s) / closure(s) / reflect(s) / fight(s) / taming the mind []

life-individual(s)

... every single individual feels that he by himself has very little say in the matter, unless he can put his opinions over to many others and persuade them to regulate their behavior accordingly ...

what is life? / trivium / time(s) / structure(s) / space(s)

life-letter(s)

... there is just one letter separating **medication** with **meditation** ...

origin(s) / closure(s) / reflect(s) / fight(s) / taming the mind []

life-math(s)

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origin(s) / closure(s) / reflect(s) / fight(s) / taming the mind []

life-only(s)

... only if you find something you love doing and then do it, is a life worth living ...

origin(s) / closure(s) / reflect(s) / fight(s) / taming the mind []

life-organisation(s)

... autonomous agents are co-constructing and propagating organisations of work, of constraint construction and of task completion that continue to propagate and proliferate diversifying organisations ...

investigations / trivium

life-pattern(s)

... just by altering your **attention**, you're creating new **patterns of behavior** ...

origin(s) / closure(s) / reflect(s) / fight(s) / taming the mind []

life-pilot(s)

... if you're continually on automatic pilot, you won't know that your life has turned into a to-do list ...
origin(s) / closure(s) / reflect(s) / fight(s) / taming the mind []

life-practice(s)

... gradual fading from consciousness is of outstanding importance in the entire structure of our mental life, which is entirely based on the process of acquiring practice by repetition ...
what is life? / trivium / time(s) / structure(s) / space(s)

life-school(s)

... self-regulation is beginning to be taught to kids at primary school(s), alongside the academic curriculum ...
origin(s) / closure(s) / reflect(s) / fight(s) / taming the mind []

life-science(s)

... the scientist imposes only two things, namely truth and sincerity, imposes them upon himself and other scientists ...
what is life? / trivium / time(s) / structure(s) / space(s)

life-scribble(s)

life-slave(s)

... **abundance** ... – ... we are slave to our busy-ness with an insatiable drive for money, fame, more tweets ... – ... **you name it, we want it** ...
origin(s) / closure(s) / reflect(s) / fight(s) / taming the mind []

life-spark(s)

... what kills the spark of is the fact that everything hangs on a grade ... – ... curiosity goes out of the window and competitive spirit steps in ...
origin(s) / closure(s) / reflect(s) / fight(s) / taming the mind []

life-stigma(s)

... why is there such a stigma when it comes to mental illness when we know it is caused by genetic factors, disease, trauma or physical accidents ...
origin(s) / closure(s) / reflect(s) / fight(s) / taming the mind []

life-stupid(s)

... now, I believe, that the increasing formalization/mechanization and 'stupidization' of most institutional/manufacturing processes involve the serious danger of a general degradation of our organ of intelligence ...
what is life? / trivium / time(s) / structure(s) / space(s)

life-surprise(s)

... it is still an unending source of surprise (for me) to see how a (few) scribble(s) on a blackboard or on a sheet of paper could change the course of human affairs ...

Stan Ulam / pattern(s) / trivium []
adventures of a mathematician

future(s)

life-teach(s)

... teachers should be trained to notice that look in their students to get them help before the cutting starts or worse suicide ...

origin(s) / closure(s) / reflect(s) / fight(s) / taming the mind []

life-voice(s)

... corrective voices helped you survive as a child ... later in life they can either drive you mad with their constant corrections and instructions or they can help you succesfully navigate obstacles throughout your life, giving you a smoother ride ...

origin(s) / closure(s) / reflect(s) / fight(s) / taming the mind []