

Living On Purpose (LOP)

Statement Workbook

Adapted from D. Amen's M.D. One Page Miracle

In Cell Assignment

Answer the following question to help you shed light on what you value, use another sheet of paper if needed.

8. Name five people whom you look up to and admire. Describe the traits you admire and the ways you would like to be like them?

I had listed the first three who I ever admired, in my cell-assignment #5 essay. These were Adolph Hitler, Jim Jones and Charles Manson. I was just so fascinated that the Mind of each one could have such an enormous influence upon so many other minds.

Now I'd have to say I admire professional people who manage other people. Last Sunday evening I watched the news show 60 Minutes which featured Secretary of Defense Panetta, who was also once the Chief of the CIA. I'm in awe of this one man's mind being responsible to manage so many other minds in these organizations of chaos (The CIA and Military). 60 Minutes also featured NFL Commissioner Goodell, whose function is to manage every facet of the NFL. A board of billion dollar egos admire Goodell, as vassals do their feudal lord. I am impressed! Closer to home though, be they teachers who exercise their ability to keep a class occupied and somehow manage to bring out the best in each student... or be it a group facilitator who obviously prepares beforehand to ennoble aspiring egos, and manages to stay on a given course - which encourages people to give their best effort to SEW curriculum. Yes, I do admire adept managers whose higher standards provoke people to aspire to be - and do - their best. Consequently, this personal standard of admiration makes co-operating with inept managers with low standards almost impossible.

This is what I would have addressed in last week's extra-curricular assignment: "Q: why does _____ make you feel bad?" The blank would be "Inept/irresponsible managers and facilitators - make me feel bad". Why? Because there is ennobling potential untapped by inept managers.

(*8 - cont.)

Q.- Why does that make you feel bad? A.- Ennobling opportunities - especially in prison - are too few to be squandered on inept and inefficient facilitators who lead astray by whim rather than aim at particular purpose and stay the course.

Q.- Why do you think that is true? A.- People are pretty much much like children who wish to function fully on any given course — but sans a given course and left to their own standards, tend to opt-out for the easiest route. This is why "facilitators" lead any group of people who are apt to opt-out, and why I get frustrated when instead the blind lead the blind.

There is a given course and purpose of this new **SEW** group that is fundamentally: **Writing on specific topics given in each weeks Cell-Assignment!**

Q.- How would your life be different if you didn't believe that? A.- I'd probably enjoy wasting my life-potential along with other bestial vulgarians. Q.- If you continue to believe that - what's the best that can happen? What is the worst that can happen? What is most likely to happen?

A.- I am content to function **ALONE** with higher standards and values than others are prone to tolerate. I will continue to aspire to Be and Do my best in every endeavor... and this in turn may inspire others to aspire to be and do their best — by example, for folks to Notice.

The range of what we think and do is limited by what we fail to notice, and because we fail to notice that we fail to notice - there is little we can do to change until we notice how failing to notice shapes our thoughts and deeds.