

I'm back.....:-)

Post by "brett" of November 15, 2020 at 8:35 AM

Hi all

so I've been pondering this whole idea of slogans and techniques.

I was reading through the VS and PD last night before bed and it hit me: there are soooo many techniques hidden in these pithy statements.

a small example:

VS 68 "Nothing is sufficient for the man to whom the sufficient is too little"

a technique from this could be to take 5 minutes and list all the ways your life, as it is right now, is sufficient for your pleasure and happiness. Not for the sake of never desiring more pleasures but for the sake of recognizing and appreciating what you have now as sufficient. (If what you have or present state isn't sufficient then that's a whole different matter. We aren't into the stoic acceptance of whatever is...and all that entails. If what you have isn't sufficient Then you should be seeking out the things or experiences that result in sufficiency)

Your list might be:

- the blanket Covering me is warm and soft and the feel is lovely.
- my best friends are amazing and I love our zoom Calls
- this coffee I'm sipping is delicious and energizing

I'm short, it's a simple exercise to bring to life and implement the principle.

as I read through the PD and VS there are literally dozens and dozens of these that pop

Out.

we could have a section on these and everyone could contribute.

thanks for listening. Regardless, I'm going to get started with a list of these for my own use.

brett