

PRIORITIES—EMPHASES AND NET VEW

[Priority details](#) | [Home](#) | [Important or immediate](#) | Wilderness hiking—[preparation](#) and [places](#)

THE WAY—shared discovery and realization of the ultimate

- Ground*—[reset \(trip\)](#) ♦ [death](#) ♦ [\\$25+4K.work](#) ♦ [place-community-relations](#) ♦ [health-diet-meds↓](#) ♦ [world](#) ♦ [the way](#) ♦ [detail](#)
- Minimize*—coffee-sugar-meds ♦ house ♦ books-stationery ♦ [gear pack-weight](#) ♦ furniture-linen ♦ winter items ♦ clothes
- Realization*—in the world—develop – publish – share ♦ immerse and live > [nature](#) – [civilization](#) – [universe](#)
- Nature*—live, beyul
- Civilization*—politics, economics, technology ♦ transsecular
- Universe*—yoga, reason, the ultimate
- Daily basics*—rise-dedicate ♦ realization, ground ♦ meals ♦ exercise-explore ♦ evening-reflect, prep, realize, sleep

DETAILS AND ACTIVITIES

EVERYDAY – focus-immersion

- 1:30 AM *Rise* dedicate, center | review activities and times, [set alarms¹](#) | fluids-[music²](#)
- Set attitude* – balance patience > integrity with achievement
timeout | meditative presence – engagement – clear speech

HOME – regular day

- 2:15 *Realize³*—develop – live (execute) the way | breakfast
- 6:30 *Rest-review-reset times⁴* *Yoga⁵* (stretch-x-walk) meditate

- Ground, tasks, maintenance*
- Details*
- essentials
- finance—work, benefits, campaign, grants... save for expenses and place: [financial plan.xlsm](#)
- ideas*
- place—community, immersion, travel – nature (beyul), civilization—#1 pack lite, willow creek, canyon creek
- step back trip-hike – discover places
- willow creek and area
- hikes and climbs; places to live
- crescent city (CC)

buses – greyhound, Arcata, 707 825 8934; m-f 8-12, 1-5, sat 8:30-10; to points north, depart 10 am 5:50 pm \$5; from Orick for Arcata, 8:38 & 4:26 pm; from CC for Arcata, 7:30 am, 3:00 pm

[booking.com motels in crescent city](#)

taxis in CC –coastal cab 707 458 5708 | del Norte taxi 707 464 6030 | comfort cab 707 218 7979 | ABC cab 707 464 6506

trails around CC city–Boyscout trail, Howland hill rd. east, ~ 5 mi | stout grove | Howland hill rd. e, ~ 7 mi

Weaverville and area ▶

hikes and climbs; places to live

eureka, Arcata, humboldt, and area ▶

hikes and climbs; places to live

redwood national park ▶

707 464 6101—map a trip; get (call for) for info “bridges” “flows” “roads” “climbs”; get permits online or at reserve california, 800 444 7275

king range and lost coast ▶

707 986 5400, BLM Arcata 707 825 2300 | Sinkyone wilderness – visitor center 707 247 3318

Maine ▶

[Maine - Wikipedia](#)

Guyana-living; fair \$460-consulate

hum-trin us mex world-study; use trips to eval

gear-home – review ▶

purpose-principle; pack lite; chisel; try out all gear (i) excel (ii) weight, food (iii) chisel trip

discipline—routine, minimize dissipation and distraction, accept transience-responsibility for self

health—min meds, mole, diet—eat one main meal early, exercise – aerobics, stretch, weights, joints ▶

[anxiety?](#) [personality-bio-wound](#) | [age](#) | [neg message r / g](#) | [meds](#) | [et oh](#) | [coffee](#) ▶

relationships—inner boundary, non-disclosing reserve, assert what is important, [disengage](#)

tasks ▶

to enter

[ideas.html](#)

periodic review

day, activity ▶

twb, project phase ▶

life, death ▶

∞ ▶

food, supplies, clean, laundry, banking

hair-feet | meals cook-freeze bhuna-pulse | supplies fluids nuts grains pulses green-veg raw-fruit coffee oil spice - weekly snacks and dessert / cleaners / paper / food storage / meds / toilet / stamps envelopes cards /print paper | maintain clothes gear bike | chisel home

minimize: in house supplies for a week—estimate—breakfast granola 4c, vitamins, powdered milk 2c - 2/3 c to 1c water... or storable almond and other milk, coffee ¾lb | lunch 2c ea.—nuts, dried fruit, snacks; food bars | supper—rice 3c, beans 2c, ramen, salt 2oz, spices, fresh and dried veg, meat, tortilla-bread, oil, soup, cheese, desert | water base = 1 gal /day or 7 gals per person

information, computer

align printer; remote connection, transfer files—how to get the computers to talk

study topics

import topics from [system](#), [plan](#)

topics for metaphysics, the way, general logic

atheism...

world problems and opportunities, epidemiology

html (collapse), see [plan](#) for more html, etc
engineering and engineering education software
benefits for seniors—[area 1 agency on aging | agingcare.com](#)

year—tax, Christmas, birthday *data* ▶
robin 2/7, Veda Elise 8/1, carissa 8/10, Beverly 8/15, Stephanie 9/4, Kathleen 11/8, Wendy – get
acquire—travel duffel *more* ▶
evaluate, arrange, use what I have > basic trail – travel – home – multi use; priorities –
now—sox, bear proof stuff sack, ensolite pad, bike shoes, munich pants, travel duffel
trail—instant alt foods.coop online. Dehydrate—universal backpacking food, 8 x 10 tarp (dycema), b'pack quilt, silk
~~weight shirts and long u'wear, plastic bowls, lightweight stove~~
home and travel wear—2 pr each of exercise (~~need good shirt~~), sleep, and day wear; ~~walking shoes and sneakers—~~
~~picky-picky-picky; bike shoes, munich pants; dressy pants; town shoes and boots; Clio faux leather jacket~~
home and travel, other—flannel bedsheets and pillow cases, towels, iron and board, portable outdoor table and
chairs, China bowls, travel suitcases and duffel, Spanish DVD
Josuma coffee co <https://josumacoffee.bigcartel.com/>, <https://www.josuma.com/>;
camera, memory cards, batteries; smart / travel phone, solar battery charger, clean rifle, revolver
software—cad, engineering, math, sage math, web dev, publishing, multimedia, blogware, css, html, web prog, C++,
remote publication, cloud storage, blue ray, ISBN

- 10:00 **Lunch** ▶
- 10:45 **Exercise** – bike-hike nature-town 1-2⁺ h phone, camera ▶
-
- 12:00 **Evening**-prep fluids-coffee-lunch-hike > *rest* shower-snack 2:00 *reflect-realize*-this-network ▶
-
- 4:30 – 5:00 **Sleep early** ▶
meditate, stretch, before and if waking up during sleep

IDEAS, especially for the way ▶

Reorientation ▶

- Food early, min
- Retreat
- White hair
- People, transecular, forest
- This-me-alt—daily and life blank sheet ≡

General ▶

- 2022—collapsible
- Given the psychology of Putin, Russia, they should be stopped now—but how? Sacrifice? Ukraine? Donbas?
- How to protect liberty, safety (war), equality, self-empowerment without destroying them (optimality and good enough issues)
- Robin on board, but of course I-always
- Cooper Gulch (Cooper Canyon) – in Humboldt Uphill (reorder contents beginning with Eureka vs new = the Universe)... add 40 places
- Compass, Eureka map

Database ▶

- How to implement ▶
 - Word document (currently, [..lek project\the way of being - in process.docm](#)) ▶

{primitive database for the way and its versions
not a version of the way, but
outline with near exhaustive kinds of content and meta-content
may be converted to a database}

RDBMS—MS Access, or
Files system (study)?

Elements of the database ▶

sources for general and special topics

<http://www.horizons-2000.org>

the internet

<..\6. Evolution and design\Bibliographies\the bibliographies.html>

on a database for the way

to do

this material is from <..\ek project\the way of being - in process.docm> and should be eliminated or ~~crossed out~~ there
concepts, theories

standard topic arrangement

to what this applies

the whole

concepts, divisions, and subdivisions

the arrangement

what (the concept)

words (concept names), received meanings

the concept

the essence (if there is any over and above the concept)

given vs derived

why

how

how known

how achieved, if relevant

reflexivity and meta-questions

always ask what the first principles are; e.g., can the particulate nature of matter be derived from knowledge of
the world, particular existence of form (and life)

relations to the whole and other concepts

origins, growth, and current status—historical and in the way

received meanings and significance

study topics and sources

associated themes and their sources

Outline of concepts for the way ▶

The way in ▶

The fundamental question

The aim

Worldviews

An ultimate view

The narrative

Ground ▶

Being

Cause

- Law
- Universe
- Void
- A limitless universe ▶
- Principle
- Possibility
- Metaphysics
- Cosmology
- Logic
- Realization ▶
- Means
- Dimensions
- Path
- Resources
- Return ▶
- Into the world
- Timelessness
- Principles of thought ▶
- Important enough to be in a separate section >

Principles of thought ▶

thought and action

reference ▶

representation

as representing

embodied

symbol

external

embodied

as object

represented

self

cross

vertical

horizontal

the throng and retreat

criticism and construction

the empirical and the rational

primitive feeling to 'emotion' and 'cognition'

Chaos and order

NOTES ▶

.....

.....

.....

.....

.....
.....
.....
.....

HOME – day of intense singular focus without pre-planned routine ▶

..... ▶

..... ▶

..... ▶

..... ▶

..... ▶

..... ▶

TRAVEL – immersion ▶

Review

.....
.....

The day

.....
.....

Prepare

.....
.....