

Diaphragmatic breathing; Ray Dalio economic outlook; death and endings; surveillance tech #2

How do we respond to change?


Hi, I'm Alex Staniforth; Artist, Coach, Trader. In these bi-monthly letters I'm exploring how our species makes meaning and takes action in the context of an ever evolving dynamic world. I write this as a place to share and collect thoughts as we explore these topics. I hope this blend of information serves to raise some interesting dialogues.


We have a couple of events coming up in February:

- Meditation Circle on Friday 21st February (19:30-21:00) RSVP via email below
- Exeter University Learning Set on Wednesday 26th February (TBC) For more info and RSVP contact via email below

If you haven't yet visited our website, you can visit [here](#).

A wider perspective

 Grief, mourning and loss are experienced by every one of us at some point in our lives. How we are with beginnings, middles and endings is of great importance in the development of our psyche and culture. Yet, unlike many other places in the world, death is not commonly talked about in the West. Does this inability to simultaneously confront and be at peace with endings have something to do with brain lateralisation and the making of the Western world view proposed by Iain McGilchrist? Daniel Wojcik and Robert Dobler share thoughts on what ancient cultures can teach about endings and continuity.

 Ray Dalio: The world has gone mad and the system is broken. A provocative statement, but when the founder of the world's largest hedge fund talks, markets listen. Ray suggests a mixture of idealistic investors, central banks buying financial assets, large government deficits and increasing pension and healthcare liability payments as the likely causes for concern ahead of, what he terms, 'a big paradigm shift'.

🔥 The latest CO2 concentration (ppm) measurement (as of January 29th, 2020): 414 ppm; January, 2019: 411 ppm, 25 years ago: 360 ppm.

Closer to home

👂 In a world focused increasingly on connectivity, inter-dependance and complexity we can find ourselves detached from simple fundamentals. Breath is one such fundamental that, if left unattended, can result in the build up of tension, stress and a host of chronic health issues. Breath is not explored in formal education; less still in the corporate work place. Learning to breath well is one of the best forms of long term life insurance and it can be practiced freely by following these steps.

🕒 “Patience is waiting. Not passively waiting. That is laziness. But to keep going when the going is hard and slow - that is patience. The two most powerful warriors are patience and time”. Tolstoy is right to draw distinction between laziness and patience but how might we discern? Some thoughts.

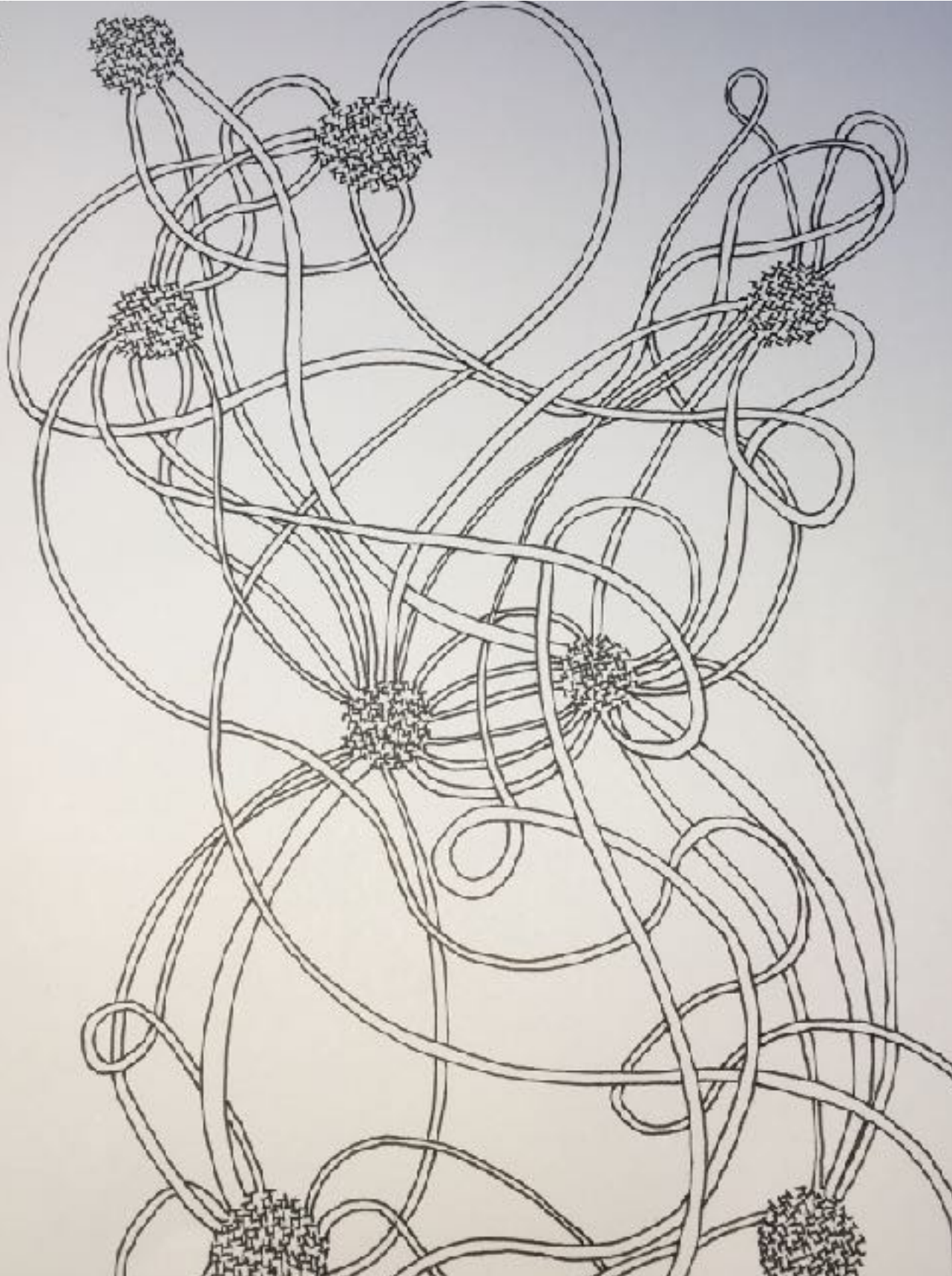
♻️ While models can be reductive, I love the Kubler Ross change curve and it's breaking down of the different stages associated with beginnings, middles and endings in the context of an ending. Interesting also is the link between acceptance and 'cure' of the depressive state. This article in Tricycle muses on the link between depression and acceptance and on the nuance of value objectives between meditation and therapy.

Notes on compassion

👐 Many people in our society believe compassion to be a moral good. Yet the intrinsic value in sharing another's suffering is coming under question. Is, for example, felt compassion a superior form of motivation to rational benevolence? Justin Caouette and Carolyn Price begin to flesh this out in their dissection here.

👁️ Meditation has become synonymous with mental health and relaxation. Yet this was not the original intention of formal meditation. Meditation was also be used to look deeply into self and observe. Going inwards and deeper means confronting pieces of self buried deep down. Interacting with these ignored parts of self can be painful. Dr Rashmi Bismark explores the value of shadow work and what to expect.

Artistic expression



27/08/2017 @12:11

Poetry Corner



Jalaluddin Rumi's 'The Guest House'

This being human is a guest house.
Every morning a new arrival. A joy, a depression, a meanness,
some momentary awareness comes
as an unexpected visitor.
Welcome and entertain them all!
Even if they're a crowd of sorrows,
who violently sweep your house
empty of its furniture,
still, treat each guest honourably.
He may be clearing you out
for some new delight.
The dark thought, the shame, the malice,
meet them at the door laughing,
and invite them in.
Be grateful for whoever comes,
because each has been sent
as a guide from beyond.

Things & Stuff



Facial recognition is one means of surveillance. Banning it in isolation will not protect anonymity.



For the calming mind Erik Satie - Gymnopédie No.1.



The network effect can guide you down a path not always fully of your intention.



Go a human, come back a tree. Whacky.

I hope you found this collection stimulating and insightful. I love hearing from you so if you've any questions or comments then please email:
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Stay well, Alex