

Future of work; somatic memory; boundaries; joy in darkness; old school poetry #3

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

 In the advent of thinking machines and automation, the world of work is rapidly shifting. To be relevant in this age, it's not just about acquiring knowledge, but about how to learn. This is a huge shift from the current way education is taught in higher education centres in 2020. Students and graduates entering the job market will be confronted simultaneously with the external demand for innovative, cutting edge skills and their internal need to retain a sense of core identity and values. Pressure is on. Tim Ferriss offers some tips.

 "What differentiates leaders is not so much their philosophy of leadership, their personality, or their style of management. Rather, it's their internal action logic - how they respond to their surroundings and react when their power or safety is challenged". David Rooke and William Torbert explore their extension of Susanne Cook-Greuter's model of meaning making and its applications in the present world.

🔥 The latest CO2 concentration (ppm) measurement (as of February 10th, 2020): 415.67 ppm; January, 2019: 411 ppm, 25 years ago: 360 ppm.

Closer to home

🧐 “Excess stress can predispose us to everything from diabetes to heart disease, maybe even cancer”. Bessel Van Der Kolk’s ‘The Body Keeps The Score’ offers the reader a blunt yet sensitive and holistic view of healing trauma in the 21st century. He explains how trauma and its resulting stress harms us through physiological changes to body and brain, and that those harms can persist throughout life. Through his book, a collection of research, client notes and studies, he offers a range of anecdotes, insights and modalities that aid in holistic healing. Well worth a read.

🕯️ Night and darkness are good for us. A time to relax, turn inwards and recuperate. Yet in this hyperconnected age, with the offerings electricity allows us, we’re increasingly phasing out the night. When the lights are on, people tend to talk about what they are doing - their outer lives. Productivity, thoughts, actions. Sitting round in candlelight or firelight, people start to talk about how they are feeling - their inner lives. Emotions, sensations, relations. They speak subjectively, they argue less, there are longer pauses. Jeanette Winterson shares her perspective on the joys of darkness.

🙋‍♂️ Boundaries. Where I end and someone else begins. Boundaries are so important when engaging in any form of personal or professional development, yet most of us don’t give them nearly the attention they deserve. Without knowledge of your boundaries, you won’t know what you’re responsible for and what’s another’s work. Set useful boundaries for yourself to develop your intrinsic responses to the world. Sara Kuburić is one of my favourite go to people in this area.

Notes on compassion

🐢 The path of compassion contains much toughness along the way. Yet how we respond to the toughness that arises is more important than the events themselves. I offer thoughts through a loose model of compassion that takes the agent from awareness through to action. Treading lightly, breathing well.



Responding compassionately to someone's suffering is not always easy. We all have our own agendas, desires to be heard and things we deem important. When it comes to being with another's suffering, it's important to be in a position to listen to them and their needs, momentarily leaving your own agenda at the door. Meaningful responses come when, instead of striving for an outcome, we sit with another in the here and now.

Artistic expression



Haytor shrouded in hail. Sunlight and clear skies overhead. 11/02/2020

Poetry Corner

Lao Tsu Tao Te Ching 2

All under heaven see beauty as beauty only because they also see ugliness
All announce good is good only because they also denounce what is bad
Therefore, something and nothing give birth to one another
Difficult and easy complete one another
Long and short fashion one another
High and low arise from one another
Notes and tones harmonise with one another
Front and back follow one another
Thus, the True Person acts without striving and teaches without words
Deny nothing to the ten thousand things
Nourish them without claiming authority
Benefit them without demanding gratitude
Do the work, then move on
And the fruits of your labour will last forever

Things & Stuff

 Thoughts on psychological projection.

 Parasite. A Bong Joon-Ho comedy drama on envy and materialism. Equal parts dark and captivating. Well worth a watch.

 Leading a tech giant and regulation. Brad Smith and Azeem Azhar discuss.

 Intermittent fasting for improved cognitive function?

 10 minute guided breathing meditation

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: aostaniforth@gmail.com.

Stay well, Alex