<u>**SUMMARY OF THE MOST IMPORTANT OF YOUR DAD'S "LESSONS LEARNED",
AND FROM WHO, UP TO THIS POINT IN TIME: 8-17-99**</u>

Jesus: "love the Lord your God with all your heart, all your mind, and all your soul", "love your neighbor as yourself," and "bear one another's burdens." **Micah's** (6:8): "…<u>do justice, & love kindness, & walk humbly with your God</u>". **St. Paul:** do what you can to foster the fruits of the Spirit: "<u>love, joy, peace, kindness, generosity, faithfulness, gentleness, & self-control</u>" (Gal. 5:22-23), and "pray daily". **Peter Berger:** learn the <u>appropriate</u> "<u>recipe knowledge</u>" as you "master routines" and "roles;" "you can't lead a role free existence." To succeed in life: "<u>don't break role</u>." Engage others with a "<u>postulate of ignorance</u>," "<u>cognitive respect</u>," a "<u>calculus of meaning</u>," and a "<u>calculus of pain</u>," always watching out for the inevitable <u>unintended consequences</u>. Recognize multiple realities. Be a <u>historically nonspecific conservative</u> (those who make haste slowly), <u>not a historically specific conservative</u> (the political left and right with "golden ages" past or future which they want to install and freeze in place). "Reletavize the reletavizers." Find a home for your "Homeless Mind. **Carl E.W.L. Dahlstrom:** be always mindful of "the situational complex" (don't believe everything you hear and only half of what you see). **Mary Pipher:** contribute to the "rescuing" of teen- age "Ophelias" AND Hamlets, and shelter each other. **Karen Lebacqz:** seek restorative justice over retributional justice whenever, wherever possible. **Hannah Arendt:** keep promises (to keep chaos at bay) and forgive (because words and deeds, once spoken/done, are irretrievable). **Harry Bredemeier:** Resolve conflicts by remembering what he calls "<u>the problem of coordinating interdependent role players in the teeth of their autonomy</u>". **Jon Kabit-Zinn:** control stress through meditation, and understand and respect each others' "<u>sovereignty</u>" in the midst of "full catastrophe living." **Bob Burg:** let the <u>adult</u> in you (negotiator, communicator, responsible, respectful, honest, active listener, trustworthy), just overcome the <u>parent</u> in you (victim of their own upbringing, biases, environment; mean well; don't recognize negative communication) as well as over-come the <u>child</u> in you (the victim; feels like a baby; feels put down, blamed, punished, controlled; angry; and wants to get even with anyone in the parent role). **Edwin Friedman:** keep a "non-anxious presence in the midst of anxious systems." **Murray Bowen:** "the opposite in content is the same process;" "differentiate yourself with strong 'I' positions;" "don't triangle." Don't get trapped in negative "multi- generational patterning." **Ben Franklin:** list 13 areas in which you would like to improve, and concentrate on one a week, repeating four times a year (see attachments 20 and 21). **Sandy Scarr:** "Opportunity Breeds Predestination." **Napoleon Hill:** desire to meet your vision by making plans to meet your goals, exposing your subconscious to positive input of vision and attitude to avoid garbage output of negativity/not reaching your goals/bad relationships (see attachments 10 and 11). And don't forget: "In every adversity there is the seed of an equivalent or greater benefit." "The Master Key to success is self discipline." **Paraphrasing Victor Frankl:** <u>Enjoy life, and when you can't, derive meaning from your pain and suffering</u>. **Albert Schweitzer's life's key:** no matter what else you do, happiness comes through service to others. **Dale Carnegie:** what "eager want" about following you are you creating in others when you "criticize, condemn or complain"? (see attachment 6). **Michael LeBoeuf:** "The greatest management principle in the world is 'the things that get rewarded, get done'" (whether positive or negative). **Ben Padrow:** "you cannot not communicate." **Williams & Williams**: "Anger kills" you. **Martin Seligman** prooves you can "learn optimism". **Paul Stoltz** shows you how sustain your vision with high AQ by taking action and LEADing self and others (in revised #23 of 11-99). **IN YOUR DAD'S WORDS** LEARNED FROM OTHERS: what is your **GPA** (**g**oals **p**er **a**ction, set up with <u>the #1 List of lists, p. 91</u>) today? Set **goals**. Make lists to meet goals, check them at night and in the morning (see attachments 1-5, 21-23). **Act** on them in between. **Empower** yourself. Empower others (its not empowering if its not negotiable). Stay **reconciled** with others (keep promises, forgive). **Uplift** others (key terms of **validation** and **affirmation** for demented apply to our relations with each other and everyone else too). Be **accountable**. Don't shrink from being a leader as you cannot not **lead** (see attachments 6-9, 12-21, 23). Lead self and others. Take "the best" from your family of origin and "retire" the worst (or what is not relevant) and, in turn, create a wonderful family of origin for your kids, using the best building blocks of your and your wife's "families of origin = life experience realities" and create a new one for you two and your kids. **Roles** = words and deeds. Make **enthusiasm** a key role. Play the role of adult in life, not the role of child. **Read** 15 minutes daily in self improvement books/literature (you can be born again and again and again, and you can go home again, whether here, your parents, or elsewhere), and then read 15 minutes daily in devotional, meditational, and philosophical material (see attachments 24-25). <u>Whether enjoying life or **deriving meaning from your pain and suffering,** still praise and glorify God, and love and stay with your family</u>. Pray daily for <u>guidance/wisdom</u> for how to do all of this, not for things or just for help when in trouble. Be a doah-doer. And, oh yes: as Berger says, "Nothing should be taken so seriously that it be allowed to supercede one's capacity for **laughter**." Life is beautiful (even for Job).

By PJJ, 8-17-99, on occasion of oldest son HS graduation. He asked for one page (but received a coil bound book with this 1 page summary, a 30 page letter, and 85 pages of "backup" pieces I have written lately (2 additions on 9/11 and 11/27/99).