

Gerald Dorian

desclick

break the limits of routine
surpass the habitual
evolve

Timisoara — 2017

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Inspired by the experiences from the island of the Guanches

TENERIFE

2008 – 2015

Thanks to all those involved in the happenings ...

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To all my children

Work for Life in Balance

This essentially reflects what I experimented (on) myself in all the years of self-/induced crisis, not contented with the obvious devolution effected by generally following, daily by the week, habitual sequences of more or less malforming routines ... so going on like clicking senseless on a virtual 'Next', yet inherently looking for a way to ... *dœs*click.

Built upon pragmatic body-mind experiences, this guide on how to work for life in balance, to serve all those losing (on) themselves in our 'liberal' world, developed over time into a self-commitment journal, a moral contract with myself, motivating for the better with the power of a self-fulfilling prophecy.

So justified by a real practice of this self-engineered way to reload natural life balance, and not just preaching "we can" yet missing that fulfilling "do" effect, I am challenging (the) others as well, calling up to actively follow a natural good/ness – re/forming naturally people, places & practices.

Looking back, my renewal commenced somehow emblematically, in the early summer days of 2008, just as another crisis was bursting out, globally ... Due to the unbalanced behavior of so many, by permanently enforcing growth, unilaterally, leading to mass(ive) accumulation, hardly sustainable and therefore inducing severe hazards. Yet more, this kind of d/evolution, disregarding natural principles, can be frequently observed in the recent development(s) of humans, individually or by some formally instated societies.

For me the change began one evening during a trip to Tenerife, as I've been glancing at a large all-you-can-eat buffet and just asked myself: "Do I need all this? Is it actually good for me?" I acknowledged momentarily, by some kind of reactivated instinct, that it wasn't – even if it seemed to be a 'bargain' ...

So from that moment on I pursued to generally *consume* less and in a progressively more balanced manner, while doing consistently each evening about ten minutes of natural workout – handling just my own body weight, my own resistance – getting leaner again, more naturally, efficient.

And in time the nutrition accorded with the natural work-out, the body getting more sensitive to detrimental factors, even rejecting heavily processed food, while responding invigorating to a natural, balanced nourishment – all this inducing so a transformation in the overall way of living, augmenting the awareness to step towards an inherently perceived balance ... and doing it all with a natural lightness, smoothly and visibly efficient, therefore overall more pleasing.

So, two years later I was about 20% percent leaner, keeping in the early 40's my high school weight again, and feeling naturally better.

Taking reference to my engineering background, I'd say I've been able to re-create a more energy efficient model of me, optimized towards an improved (self-)sustainability – by a natural self engineering process.

It's said Da Vinci himself concluded after a prolific life of art, natural sciences research and applied engineering:
Simplicity/simplification is the ultimate sophistication.

I've gathered along the essentials of what I came across reloading my life, regaining naturally balance, the 3 main phases I experimented being best described by the motto:

Get active,

get in self control,

get naturally balanced!

Starting up the noted phases works like a multistage rocket, one stage igniting the other, propelling further higher, until a dynamic equilibrium is reached, at a stable orbit level ... Imagine going up by a controlled, high energy impulse, to reach then by decreasing oscillations a balanced state, where only a minimal amount of energy is required to sustain an optimal course.

As we're all different (to a certain degree), there isn't something like an one-fits-all instruction set to follow in order to establish one's balance naturally, yet there are fundamental principles – and we have to acknowledge the commonality that we all live by the same laws of nature, so even if specific differences may arise, it works principally alike.

A common paradigm: people mostly blame 'special' external circumstances for their condition, even if changes come in time, by an adopted lifestyle ... Yet observing the in-out effects one could actually adapt oneself, smartly, possibly turning apparent disadvantages into a plus: if aware, e.g. that assimilating more of the intaken nourishment, one can consciously consume less high energy food, replacing it with such having a high natural water share and so save some expenses too. Or, being aware of getting more energy out of the food, one can be more active!

By getting physically and as well mentally active, the awareness of a positive change will be self-induced – best before a critical, often painful event will pressure any overdue change in one's more or less comfortable, yet confided everyday routine ...

And any such critical life event affects usually not only yourself, but also the ones you truly care for.

Reflecting upon this should initiate raising your dedicated motivation to become a better you – to be the change you wish to see in the world, as Gandhi once wisely suggested.

Furthermore, if you're a parent, a tutor for life, think about how your children are potentially influenced by your way(s) of living, by the habits and even dependencies that have been built up, over time.

And you may actually feel the need to change, but you didn't get about the necessary impulse – wanting yet not willing ...

Just reflect sincerely, what hazards are foreseeable to their future if you're not following up obviously necessary changes, really standing up for them.

Recognizing these can make us break up the habitual chains, powered by the relentless love to (our) children, driving so a positive change of life.

We should not reach the situation in which a real fall takes us out of routine, by painfully making us feel reality again ...

Acknowledging this can make one consider investing more in really improving one's physical and psychical condition as well, rather than just putting money into some 'insurance' – as this may only support, to a limited extent, the recovery of an already damaged well-being.

Money may somehow buy us the tranquilizing illusion of a 'guaranteed' well being, yet looking carefully (at that fine print, on the bottom line), we'll notice that we are really responsible ourselves ... so we actually have to *work for life in balance*.

And so rather than trying to (re)compensate any self-induced imbalance by whatsoever insurance, we are to proactively re-balance our whole being, by a natural self engineering process, naturally upholding our overall human performance(s).

Referencing in this context my corporate experience(s) too, one major spotlight is on those dedicated people, valued by the organizations to which they have devoted their efforts and a significant part of their life time, which on the other side lead them to (visibly) lose their own condition and personal well being ... as missing to work for life in balance.

To support all those struggling to find and follow up their own, balanced way through the day, I integrated as well pragmatic hints coming by many years of work-life experience: practicing from education to consultancy and product management, yet mainly leading research & development, overall being a facilitator for groups of smart individuals, looking for the better, guiding people to continuously improve, what and how they do best, sustainably – naturally engineering performance.

Observing different business developments, I'd conclude that instead of constructing square meters of enclosed spaces to be filled by headcount, on the long run we're better off to develop by foresight living communities, able to evolve self-sustained, optimally balancing resources, making best use of (life) time ... So I see strong similarities in developing human organizations, whether a company or our family, and a natural garden:

Starting with good seeds planted in a nourishing soil, at the right time and place, we need to ensure those appropriate condition for growth, carefully shaping the offsprings all along, so they can flourish and bear fruits, we may enjoy, naturally.

Hence valuable input came by my livings as parent as well, by those wonderful children enriching my life, making me (re)view it all through their eyes, and also advising me authentically during the years we were experiencing life in different parts of our amazing world.

By all this I've been urged to revive a more naturally balanced way of life and so to re-gain (as much) as possible that simple joy of life we've experienced in our early childhood ... when we were motivated to jump out of bed at the first rays of sun, truly excited to discover what the new day will bring – and making best use of it, from the early morning till the good night.

Often I get energized just recalling on our nowadays teenage daughter Linda (followed likewise by our youngest, Amanda), candidly awakening us at daybreak, calling upon us: "Why should we continue sleeping ... the sun's already out there!"

The overall scope of all these reflections is to induce what I mean by *desclick*:

To actively break the limits of a generalized (on-click) routine, and surpassing the habitual(s), often deforming lifestyle by regaining intrinsic self control, to further evolve, by a naturally balanced way.