

Fake It Until You Make It

by Vic Michalak
August 20, 2011



Vic Michalak: Welcome to the 3rd Saturday informal discussion of The Science Circle (www.sciencecircle.org)!

Thank you all for coming today! This is quite a crowd! 😊

Today I am going to facilitate a discussion of the concept called "Fake It Until You Make It."

I will be texting today and recording the discussion.

Chantal (nymf.hathaway): Welcome Maria 😊 always great to see you

Vic Michalak: Question; Has anyone heard of this "fake it until you make it" idea?

Crystal Alzael: yes

Be (be.ewing): yes

Master Riddler เหมอนต์ ลี (riddler.raymation) raises his hand

Vic Michalak: Really?

Okay....

If you or someone you know has been part of a 'twelve step' program, you might have heard of it.

It is commonly used there because it is difficult to change a habit.

maria24 Murfin: hi

Crystal Alzael: you might believe you think in some way if you keep doing it....because mismatch in the thought and the action can cause dissonance mentally, then ppl usually change the mind to match their actions

Talise Leodhais: i thought 12 step program was indoctrination

Vic Michalak: Yes, Crystal.... you have to believe in something before you can do it.

Chantal (nymf.hathaway): Welcome Bruce 😊

Vic Michalak: Talise... what do you mean by indoctrination?

Bruce Pappentas: Thank you Nymf

Master Riddler เรมอนด์ ลี (**riddler.raymation**): *self* indoctrination, Tal

Vic Michalak: What do you mean by indoctrination?

Talise Leodhais: just something i saw nm

Vic Michalak: Well, one thing about all of this is that it is voluntary...

Indoctrination often implies forced coercion.

Master Riddler เรมอนด์ ลี (**riddler.raymation**): I know indoctrination as the enforcement of an external policy - 12 step programs are a voluntary form of this

Be (be.ewing): true ... to me it implies brainwashing

Talise Leodhais: but I'm thinking it can get to a point that you are fed ideas and you start believing them and they are not real

Chantal (nymf.hathaway): Welcome Gilles 😊

Vic Michalak: Let me explain the basic ideas behind this concept (at least the way I view it)...

1. The world in which we choose to live is limited.

-- This is a fact.

What do I mean by this?

Be (be.ewing): not sure

Vic Michalak: Okay... let me give you an example.

2. Our world may be limited by physical constraints.

-- These limits may be very difficult or impossible to overcome.

Bruce Pappentas: Laws of gravity?

Vic Michalak: Bruce... yes, for one.

Talise Leodhais: XD

Vic Michalak: I would like to fly, but only my avatar can fly.

Chantal (nymf.hathaway): darn rl

Vic Michalak: But I CAN fly in an airplane.

Gilles Kuhn: you refer t the fact people have a lebenswelt that its conceptually limited vic yes its the case for most people indeed

Vic Michalak: IF I do not convince myself that I cannot fly in an airplane.

Talise Leodhais: but it'snot really the same.....

Vic Michalak: Yes, getting there, Gilles...

Be (be.ewing): and you can outfit yourself to fly without a plane and gravity can be overcome

Vic Michalak: I could also hangglide, which is closer to flying like a bird than in an airplane.

Talise Leodhais: but it's stillnot flying

Vic Michalak: No, so our life is limited to not being able to fly because I was not built to fly.

And I cannot change myself sufficiently to be able to fly, no matter how much I want to do it.

On the other hand, it is pretty cool to be able to "fly" in Second Life.

And to watch other animals fly.

Talise Leodhais: unless you don't believe in gravity hahaha

Gilles Kuhn: not so mimited technical tool can enhance that

Vic Michalak: Well, I think gravity believes it you! 😊

Gilles Kuhn: limited*

Be (be.ewing): but technology may change this in the future

Vic Michalak: Gilles... yes, we can build tools to overcome physical limitations.

Be (be.ewing): I'll shush -- I am just having a basic issue with the idea of accepting limits

Vic Michalak: I like it that my avatar can walk underwater and up mountains and fly....

Talise Leodhais: but then it's still not you.....ifit's technology

Vic Michalak: ...even if I cannot.

Be (be.ewing): For me all things are possible -- though not necessarily probable -- they are possible

Vic Michalak: Talise... well, that is an interesting point.

Chantal (nymf.hathaway): Goes with Be 😊 having the same issue ;)

Be (be.ewing): Vic -- I'll shush

Talise Leodhais: I'm just saying

Vic Michalak: Second Life is often used by persons with disabilities who dance and fly here when they cannot in so-called "real life"

Chantal (nymf.hathaway): YAY for that

Vic Michalak: Part of what makes this "not real" to many people is their own limitations they set for themselves.

Be (be.ewing): but it may create new synapsis connections that allow them to

Gilles Kuhn: well seeing your avi fly and dance is one thing but it dont give you the actual sensation of doing so

Vic Michalak: If you allow yourself to become immersed in this, then it is every bit as "real" as the physical world.

Areyn Laurasia: wb Julie

Vic Michalak: Gilles... not yet! 😊

Chantal (nymf.hathaway): welcome back Julie 😊

Talise Leodhais: I'mnot sure it's healthy

Vic Michalak: One day we will have senses in 3D worlds....

...then it will be difficult to tell what we do here from the physical world.

Be (be.ewing): and most probably in 4D worlds

Talise Leodhais: I seriously don't think SL is doing anything good psychologically

Gilles Kuhn: perhaps vic but thats not for now we have still no idea of how qualia are felt

Vic Michalak: And they really WILL be 3D, not just a computer screen.

Yes, we are limited in that respect.

Areyn Laurasia: augmented reality?

Be (be.ewing): What are qualia?

Vic Michalak: Areyn... yes! Augmented reality is adding to reality...

Can anyone explain the term "augmented reality"?

Gilles Kuhn: qualia are FELT sensitive impression like seeing hearing etc

Vic Michalak: While someone is explaining "augmented reality", tell me why I should believe you are all "real" -- after all, you are just avatars! 😊

What makes you "real"?

Talise Leodhais: well if you have more important things in your life then I'd think you'd think I'm real

Gilles Kuhn: ok vic lets go for a goold old turing test then

Crystal Alzael: augmented reality are virtual reality which enhance experiences you feel towards reality....it ofttend adds details and reinterpretation to reality

Be (be.ewing): essence of being

Crystal Alzael: and aid ppl in viewing it there

Chantal (nymf.hathaway): Because we expres ourselves all in our own way

Vic Michalak: Crystal... good!

Be (be.ewing): my perception of each of you as essence of being makes you real for me

Chantal (nymf.hathaway): Welcome Radha 😊

Be (be.ewing): I sense you

not your avatar but each of you

Vic Michalak: Yes, "augmented reality" might be a HUD on a pair of glasses that shows things about the street on which you are walking that you would not know....

Gilles Kuhn: actually you can define augmented reality as all tec that gave you information on what you can perceive of the world that will not be given by your natural sense only

Crystal Alzael: yes, then on the HUD, you can see additional information for the scenes you see

Be (be.ewing): for me too

Vic Michalak: ...like a sale in the store neaby.... or an accident.... or a history lesson.

Radha (radha.handayani): waiting for my world to rezz...

Crystal Alzael: it can be from other portable devices too like smartphones

Vic Michalak: So.... what makes you "real" ---- Why are you "real" to me?

Be (be.ewing): Vic -- only you can answer that question

Vic Michalak: Yes, Crystal... smartphones are more accessible now.

Be, that is right!

That is a key point to this concept!

YOU are "real" because my mind says that you are....

You "act" real in how you relate to me in thoughts, yes?

So that makes you "real"....but you could be a clever computer.

Be (be.ewing): true

Gilles Kuhn: you are real because i accept the hypothesis you are you cannot prove it formally ... ever....

Vic Michalak: Yes...

So...

Chantal (nymf.hathaway): so true Gilles

Vic Michalak: 3. Our world may be limited by social constraints.

-- Some of these constraints may be of others' making.

-- Other constraints are of our own making.

Crystal Alzael: qualias are about how we experience and feel towards the physical world....i still do not understand if that is part of the physical world, this is about mind body problem another issue then..i do not understand it myself

Be (be.ewing): very, very true -- in fact I am not sure I can even prove I am real when it comes right down to it

Vic Michalak: Question; Could I become a nun if I really wanted to?

Master Riddler เรมอนด์ ลี (**riddler.raymation**): yep

Talise Leodhais: if you have delusions probably

Gilles Kuhn: crystal even the feeling of your own thought are qualic

Areyn Laurasia: try a stubbing a toe, Be.. that'll feel very real ;)

Be (be.ewing): Vic - yes you could become a nun

Radha (radha.handayani): depends on your crossdressing skills...

Vic Michalak: Okay... but some people might dismiss that as "impossible"

Master Riddler เรมอนด์ ลี (**riddler.raymation**): sex change and believe - that's all it takes, tal

Chantal (nymf.hathaway): hehhehe Radha

Radha (radha.handayani): a habit hides alot.

Be (be.ewing): ;)

Master Riddler เรมอนด์ ลี (**riddler.raymation**): wow, very good, radha

Vic Michalak: Yes, I could change my gender.... AND, if the social order would allow it, I could take vows and become a nun.

Gilles Kuhn: easier for sex changelling to become monks or nuns indeed but then where is the point? :-)

Talise Leodhais: ok so doesn't all this tlak though and thinking about "real" and "who am i" lead many people to confusion and to terrible things such as religions and other made up things that give a safety

net for people who are afraid of the real world

Vic Michalak: Could I become ruler of Iran?

Or the Pope?

Radha (radha.handayani): I'm not sure the catholic church will accept the gender change

Vic Michalak: Or Emperor of Japan?

Gilles Kuhn: vic please we know you are american and thats some usa obsession since some years but....

Master Riddler เรมอนด์ ลี (**riddler.raymation**): but what about king of great britain??

Talise Leodhais: would you WANT to become the pope or ruler of iran.....

Be (be.ewing): yes ... all things are possible ... though not necessarily probable

Master Riddler เรมอนด์ ลี (**riddler.raymation**): the rules of accession are very particular

Radha (radha.handayani): there is more external between you becoming pope than a nun, etc. despite gender

Be (be.ewing): but it is possible given changes to certain rules etc

Vic Michalak: Radha... yes, that might be a problem. There are some things I might not be able to do not because I am physically limited but because it is part of OTHERS' constraints...

...like if the Catholic Church would not allow me to become a nun.

Gilles Kuhn: you can try buddhist nunneries too....

Vic Michalak: So there are some things I could NOT do because someone else has created rules I cannot overcome.

Radha (radha.handayani): sneakiness can get you past some limits (even gender)-but some limits are harder, even when not physical

Vic Michalak: Gilles.. yes, there are alternatives...

Chantal (nymf.hathaway): Thats acknowledging the opinion/rules of others... that limits you for sure Vic

Vic Michalak: So... let us recap so far.

There are physical limits we cannot overcome.

Gilles Kuhn: you can sack romes with some landsknecht regiment it was fashionable in the XVI too....

Talise Leodhais: doesn't the actually wanting to become something.....

Vic Michalak: There are SOME social limitations set by others that we may not be able to overcome.

Talise Leodhais: not play a part eh

Vic Michalak: Talise... it plays a BIG part....

That is next...

Crystal Alzael: although we might be deterministic agents produced by nature and nurture,both of them are out of our control too...it still is more useful if we perceive as if we have free will

Vic Michalak: Now.... realize that there are some social limitations I cannot overcome because others have made the rules and control the organization.

BUT there are some things... like becoming a nun... that might be difficult but I COULD do if I did not set my own limitations.

4. Our world may be limited by our own constraints.

-- All of these constraints can be overcome and eliminated.

Number 4 is the big one...

How did we set limitations on ourselves?

Has it always been that way in our lives?

Gilles Kuhn: ok let speak about real limitation ; pauli exclusion principle thermodynamic laws of entropy lorentz poincarre set of transformation

Vic Michalak: ??

Chantal (nymf.hathaway): heck it has always been impossible to give free science... we are doing it... just ignore those who tell you... you cannot

Gilles Kuhn: or worst even godel incompleteness or non contradiction and excluded third?

Vic Michalak: Gilles.. yes, physical limitations.... difficult or impossible to overcome, acknowledged.

Be (be.ewing): Chantal - very true

Vic Michalak: Where did we get the limits we set on ourselves??

??

Be (be.ewing): I guess I have a basic issue with accepting the concept of limitations

Chantal (nymf.hathaway): I think from parents, society etc

Vic Michalak: So you have no limits, Be?

Areyn Laurasia: are you limiting yourself with that view?

Crystal Alzael: yes some limits are illusions other tell you about.....telling you how come you can do this with this that.....but indeed its whenyou are frightened that you cant do it.... not that you really can not do it

Vic Michalak: Nymf... yes, parents and society.... others who have set their own limits.

Very young people are often fearless.

Be (be.ewing): Vic -- none that I am truly aware of -- remember I am coming from all things are possible I know this might sound very, very strange

Vic Michalak: Very young people will say anything and do anything....

Chantal (nymf.hathaway): Not to me Be

Vic Michalak: ...even if it is dangerous.

Be (be.ewing): but personal experiences have taught me that things can happen that others believe are "impossible"

Vic Michalak: So for young people the first thing they hear is "don't do that"....

Gilles Kuhn: too people with korsakoff syndrome or related frontal syndrome or manic states

Radha (radha.handayani): deterministic factors - the indeterminate (practically speaking) interaction of our inborn natures with our external and social and family influences.

Vic Michalak: Be.. yes...

Master Riddler เรมอนด์ ลี (**riddler.raymation**): Be and Gilles would appear to be Ying and Yang . . .

Chantal (nymf.hathaway): so true Vic!

Vic Michalak: Why do parents say "don't do that!"

Chantal (nymf.hathaway): Because of their own fears and limitations

Gilles Kuhn: riddler you dont imagine how much "crazy" things i have already done in my rl life...

Areyn Laurasia: because they know the possible outcome of an action.

Radha (radha.handayani): family may not impart it the same way in the same circumstances to every individual

Master Riddler เรมอนด์ ลี (**riddler.raymation**): to prevent loss of the child, increase survivability

Vic Michalak: Well, sometimes they say "don't do that" because it IS unsafe....

Crystal Alzael: they want you to play on the safe side so yu dont get hurt

Vic Michalak: ...young children have not learned physical limitations.

They still think they can fly from the roof if they flap hard enough.

Chantal (nymf.hathaway): People learn by mistakes.... and become an even better personality by it

Talise Leodhais: you'd think

Radha (radha.handayani): sometimes they are too tired to deal with a behavior

Master Riddler เรมอนด์ ลี (**riddler.raymation**): or die trying, chantal

Radha (radha.handayani): ;)

Vic Michalak: Nymf... yes, they do... but of course they have to survive those mistakes..

But why ELSE (other than physical limits) do parents say "don't do that"??

Chantal (nymf.hathaway): Must be all about balance

Be (be.ewing): to preserve themselves

Areyn Laurasia: tired of cleaning up after the mess

Master Riddler เรมอนด์ ลี (**riddler.raymation**): personal perceptions of learned failures

Be (be.ewing): some parents live through their children

Chantal (nymf.hathaway): awful but true Be

Vic Michalak: Yes, many of the reasons are social reasons.

Talise Leodhais: well those limits are often set to prevent natural limits....unless you're a suicide bomber

Master Riddler เรมอนด์ ลี (**riddler.raymation**): empirical evidence

Vic Michalak: The parents may be tired of the child's antics.

Crystal Alzael: i dont understand either, i feel my mother just likes to say that, for whichever side i choose to do she still would say dont do it, so that seems to have no connections with what i do,

Master Riddler เรมอนด์ ลี (**riddler.raymation**): you have to think about why she says it, crystal

Vic Michalak: The child needs to learn to behave in a socially acceptable manner in different settings.

Radha (radha.handayani): the problem is that how the parents acquired what they tell you not to do, doesn't often determine accurately whether it is for your survival or to your benefit.

Master Riddler เรมอนด์ ลี (**riddler.raymation**): she has her reasons that are separate from your [perception of her saying it

Vic Michalak: This will give the child a better life as they grow up if they learn the social limitations of what they do.

Be (be.ewing): Radha -- very, very true

Crystal Alzael: but after i followed her advice she would then change her mind and tell me to do the opposite again...

Talise Leodhais: thats just parents...

Areyn Laurasia: it'll depend very much on the age of the child too

Be (be.ewing): Vic -- not necessarily so

Chantal (nymf.hathaway): Keeps of the opinion people need to learn those social acceptable ways themselves.. we are individuals... no clones

Vic Michalak: So saying "don't do that" can help the child to define social norms.

Be (be.ewing): that might be the parents' interpretation

Vic Michalak: How so, Be?

Gilles Kuhn: society and education too often programs the individuals not for their sake but for a priori determined society objective that i s a big problem our societies still frown at true individual freedom

Be (be.ewing): but without those imposed limitations child might actually experience better life

Radha (radha.handayani): they're as driven by the elements that determined their feelings as to what is right or wrong to impart to you as the influences on us we are discussing.

Chantal (nymf.hathaway): goes with Gilles here

Vic Michalak: Well, that is where balance comes in, as Nymf suggested....

In order to live in society, you must know the rules that work.

For example, we are doing that here.

Gilles Kuhn: yes and be able to relativise and change them

Vic Michalak: BUT often those rules do not always make sense and are VERY limiting...

Be (be.ewing): specifically I am thinking of religious limitations and pressure of extended family to conform

Crystal Alzael: sometimes its because the paretns had too much alcohol coming home wanting to beat something.....not talking about mine,...i mean some....not that al paretns do thins for the kids' welfare there are just some abusive ones

Vic Michalak: For example, there was a young girl that got through and touched the Pope in Spain today.

Did she cause harm?

Radha (radha.handayani): Consider that most cultures in the world, until recently, did not change quickly without some extreme external influence.

Gilles Kuhn: yep crystal the third world.....; Yorkshire....;-)

Vic Michalak: Was it "wrong" for her to do so?

Radha (radha.handayani): socialization, and its expected behaviors were pretty stable

Vic Michalak: Would everyone have told her not to do what she did?

Be (be.ewing): Vic -- no unless she were intending to physically harm him

Gilles Kuhn: ah the little pervert girl ! already going for the old perv ;-)

Radha (radha.handayani): not that much innovation

Vic Michalak: Hey, Kos!

Chantal (nymf.hathaway): Welcome Kos ☺

Areyn Laurasia: Hi Kos

Radha (radha.handayani): little encouragement to change unlike the unusual 1st world cultures of today.

Vic Michalak: So..... (1) some "rules" keep you safe, (2) other "rules" allow us to interact with others in society, but (3) many "rules" are limiting for no reason....

Hoot N Any (kos.hallard): Mieux

Chantal (nymf.hathaway): Spain spending so much money on the pope while being in debt so deeply gaaah sorry

Gilles Kuhn: i think we can dispose of rules

Radha (radha.handayani): maybe why it is so sticky on us - it is part of our evolutionary heritage that todays circumstances bump up against.

Gilles Kuhn: (actually spain debt is only 65 % more or less of pib so its not very indebted) 65%*

Be Ewing: Gilles -- I very much tend to agree with you

Rules and regulations have gotten way out of hand -- at least in USA

Kos Hallard: More debt then I have, thank gog

Talise Leodhais: priorities

Be Ewing: we lost Vic

Areyn Laurasia: I'm sure he'll try to come back

why are you so worried of limits?

Lolli Bluebird: He's gone to try on a nun's habit ;-)

Nymf Hathaway: Vic... I saw some laws from Kentucky last week but wow... do people really need those like; a female may not sit on top of their man while having sex????

Radha Handayani: rules and regs are out of hand depending on the circumstance-"big government" is a useless term.

Nymf Hathaway: bummer

Talise Leodhais: nooow I remember.....Nurse Hathaway

always think of her when i see ur name nymf xD weird

Nymf Hathaway: hahhahahhaa

I hope she was nice Talise ☺

Talise Leodhais: you watch ER?

Nymf Hathaway: No ;{

Be Ewing: wasn't there a Jane Hathaway in Beverly Hillbillies or some show like that?

Kos Hallard: Wouldn't want to be in USA for health care. They spend twice as much /person as France

Be Ewing: and Anne Hathaway of course

Talise Leodhais: aww it's so nice

Kos Hallard: and the care is lousy unless your Bill Gates

Radha Handayani: Chantal, that must be a real old law-some of that chafe is still on the books but are unenforced (until someone wants to make trouble-if they want to risk being laughed at in court).

Talise Leodhais: no stupid lovey dovey stories or mentally ill doctors who abuse medication

Crystal Alzael: sometimes it's because the parents aren't treating the children as independent people but as their own property....so they can be quite manipulative, invading privacy, restraining what the children do all the time and have all future plans written strictly for them....hence causing loads and loads of tedious do's and don't's

Nymf Hathaway: Understands Radha... but it sounds really sad

Be Ewing: Crystal -- true

Areyn Laurasia: I think children are capable of realising when the parents are in the wrong. but the older kids somehow rebel against that

Nymf Hathaway: so true Areyn... it's a feeling inside

Radha Handayani: very often, children are the ego extensions of the parents, especially if the parents have little consideration of what drives their emotions (and they take those emotions too seriously as reality)

Talise Leodhais: yeah but sometimes parents don't realise it isn't black n white anymore

Radha Handayani: the parents own emotions that is (not the child's)

Be Ewing: Radha - true

Areyn Laurasia: so how does that apply to us?

Nymf Hathaway: I am not limited

Areyn Laurasia: you just imposed a limit on yourself

Be Ewing: well -- sometimes it takes many years to recover from an unwarranted outburst by a parent

Nymf Hathaway: Only by my own norms and principles

Be Ewing: one example

Areyn Laurasia: in D/s.. a person without limits is a dangerous one.. they don't know what they can tolerate

Radha Handayani: taking your own emotions too seriously to the point of transference denies knowledge about another's emotion/developmental needs.

Be Ewing: even though logically you can -- sometimes the emotional imprint is so strong -- even though you forgive it sometimes is very difficult to forget

Nymf Hathaway: Believe me I do Areyn... just said I have principles... I do not cross these... but they are my own

Be Ewing: very unusual for Vic not to be able to recover his connection

Nymf Hathaway: yes it is ;(

Like for Gilles

Kos Hallard: Gilles too

Be Ewing: perhaps he is experimenting with limitation???

Lolli Bluebird: It happens

Radha Handayani: there is a variation on human behavior-there are those who will be on the extremes on it including borderline personality ego transference of their own fears and needs onto their children.

Kos Hallard: Unavoidable

Radha Handayani: poor Vic-hope he is back soon

Nymf Hathaway: thinks sl has its limitations now ;(

Crystal Alzael: let's fake vic is here....until we make it

Be Ewing: great idea ;)

Nymf Hathaway: Smiles at Crystal ☺

Lolli Bluebird: Good idea

Areyn Laurasia: yes ;)

Dragana Noyes: hehe

Be Ewing: All in favor of no limitations, say "Aye"

Radha Handayani: I wasn't going to mention those limitations-too quantitatively real than psychologically philosophical.

sl that is

Nymf Hathaway: Aye Be... but I think Vic had a point when he said... people need to know their social ways

Be Ewing: Chantal -- true -- best not to get physically killed

Nymf Hathaway: because that makes sure people develop their own principles

Be Ewing: nor to harm others

Areyn Laurasia: principles are more of a guideline than hard limits

Nymf Hathaway: yes

Flight Band: All Go

Areyn Laurasia: welcome back, vic

Nymf Hathaway: YAY for Vic 😊

Dragana Noyes: wb vic

Be Ewing: Vic -- welcome back

Lolli Bluebird: Hi - WB!

maria24 Murfin: wb

Areyn Laurasia: the faking concept works ;)

Crystal Alzael: we can not remove all limitations, only can remove unnecessary psychological limitations we put on ourselves

Nymf Hathaway: Fighting SL limitations and succeeded YAY 😊

Vic Michalak: Thanks... I had a power glitch and I had to restart my computer. Very bad timing...

Crystal Alzael: wb vic

Vic Michalak: The problem is I lost the first part of our conversation...

Bruce Pappentas: the limitations of electricity ;)

Areyn Laurasia: murphy's law

Nymf Hathaway: Arisia will have it Vic

Vic Michalak: Bruce.. exactly...

Okay....

Arisia Vita: ;)

Vic Michalak: So, let us assume that much of the limitations of our lives is in our heads...

Nymf Hathaway: Welcome back Gilles... you two made a deal for your return?

Be Ewing: ;)

Vic Michalak: ...that some is physical limitations and some is social beyond our power to change....

..but many things we do not do is because we convince ourselves we cannot or should not.

Gilles Kuhn: consider vodaphone company board as death if they fall within striking range of my sword....

Be Ewing: ;)

Nymf Hathaway: smiles at Gilles

Vic Michalak: If you really wanted to do something, how might you convince yourself that you could??

Be Ewing: I envision it

Gilles Kuhn: doing it

Nymf Hathaway: Just try I would say Vic

Bruce Pappentas: Hypnosis

Be Ewing: and the picture fills itself in

Vic Michalak: Envision it.. yes....

Crystal Alzael: just ignore what other ppl are doing and saying

Vic Michalak: Many people would be afraid to just try it.

What does it take to be able to just "try it"?

Radha Handayani: There are some psychological limitations more difficult to deal with than others for many different types of individuals. Many will find fear to be the biggest one most difficult to negotiate with.

Be Ewing: but that is how I learn

I learn by doing

Areyn Laurasia: motivation?

Crystal Alzael: since sometimes everybody is being frightened by themselves...and if you are unique and try it then its possible you can make things done

Vic Michalak: Okay.. motivation is one.

Nymf Hathaway: Trust in yourself and not to be afraid for failing Vic

Vic Michalak: Nymf... you have hit a very impornat point!

What about failure?

Gilles Kuhn: well i repeat just do it

Vic Michalak: What are we taught about failure?

Be Ewing: failure is just part of the learning process

Nymf Hathaway: To most people failing is bad

Radha Handayani: motivation minus fear = potential for action

Gilles Kuhn: if failure affect you only what is the problem ?

Vic Michalak: Gilles and Nymf... I dare say you have qualities that not everyone has...

Nymf Hathaway: so true Gilles 😊

Vic Michalak: Most people are very afraid of failure....

Nymf Hathaway: Cannot imagine that Vic really... because everyone can

Areyn Laurasia: because other people's opinion matter?

Vic Michalak: ...which keeps them from trying something.

Radha Handayani: failure is unfortunately ill taught in our (and most) societies.

Vic Michalak: Areyn, whe?

why?

Areyn Laurasia: you may be afraid to fail because it would disappoint someone else

Crystal Alzael: and overcome mental laziness too.....meansu do not need to do what everybody else is doing

Radha Handayani: many individuals are suseptible to taking such lessons to heart.

Vic Michalak: Areyn... yes, that is one part..... I can understand when you do not want to dissapoint someone else.

Radha Handayani: I wonder about the mental laziness aspect...

Nymf Hathaway: Areyn... and what if you disappoint someone else? Isn't that the other persons problem... stating his wants so high?

Kos Hallard: There is always a downside risk to failure,the question is; How important is it

Radha Handayani: where does the "laziness" come from?

Vic Michalak: Okay, let us try another question --- has anyone in here "succeeded" at something?

Be Ewing: well sometimes perceived "laziness" really isn't

Vic Michalak: Kos... yes...

Nymf Hathaway: No... I think we always feel the need to do better Vic...at least I do

Be Ewing: yes ... many things

Vic Michalak: "Laziness" may be just inaction... fear of the consequences of failure... OR of actiions that are not socially acceptable.

Be Ewing: yes ... I have also "failed" at many things in the process

Vic Michalak: Be... yes..

I will make a radical statement.....

Be Ewing: but look at each "failure" as a learning experience to improve next attempt at success

Nymf Hathaway: agrees with Be

Vic Michalak: If you have succeeded, you have probably failed as many times as you have succeeded.

Crystal Alzael: means when you want to do something which is not what everybody else is doing, you are not following routines, so you need to spend time looking up information analyzing problems on your own..... overcome mental laziness

Vic Michalak: We just do not talk much about the failures.

Radha Handayani: the result of an internal war perhaps-much of which is not available to our conscious critique

Be Ewing: actyakk ;fauked; nire tunes nist oribabkt

'like that typo ;)

Vic Michalak: Why is failure a part of success?

Nymf Hathaway: It teaches you Vic

Be Ewing: actually failed more times than succeeded most probably ... but that is other people's perceptions/judgments

Vic Michalak: Yes, it teaches you a direction or what not to do next time.

Nymf Hathaway: yes

Gilles Kuhn: about vodaphone board sword is way too swift and gentle....

Radha Handayani: there is no succeeding to walk without falling in the process.

Nymf Hathaway: welcome back Gilles 😊

Vic Michalak: You cannot succeed at something if you do not reach beyond yourself.

Radha Handayani: sometimes also it is a numbers game

Vic Michalak: And when you reach beyond yourself you may also fail.

So the first thing to learn about succeeding is that failure is okay and is normal.

Radha Handayani: that can be a serious anxiety producer for some

Vic Michalak: That is one of the most important limitations we can overcome.

Gilles Kuhn: failure i think is not a problem if you dont give problems to others

Nymf Hathaway: Vic... when you learned to walk... you fell life continues after that

Vic Michalak: Radha... yes.... so how can we overcome that anxiety?

Radha Handayani: especially if they have anxieties of social expectations

Be Ewing: I personally believe it is important to differentiate between internally referenced "failure" and externally referenced

Crystal Alzael: i think the real failure of life is that , after most of is gone, you have always been on the safe side doing routine things even if you are successful...then something just is missing there

Vic Michalak: Nymf.. yes, it does!

Areyn Laurasia: failure is a blow to self esteem

Vic Michalak: Be.. what do you mean?

Radha Handayani: Bloody heck if I know

Vic Michalak: Areyn.... failure is a blow to self-esteem if we convince ourselves that failure is "bad" but that is all in our heads....

Nymf Hathaway: SO TRUE!

Be Ewing: Vic -- I mean social expectations versus your own personal expectations of knowing what is true and right for your personal path of growth

Vic Michalak: ...although others may laugh at us or taunt us if we fail.

But that too is a decision we make -- not to let what others say about us to affect us that much.

Be Ewing: Vic - true -- you just need to ignore others at certain times

Radha Handayani: (or we think they will-it can be so inflated in our imaginations)

Nymf Hathaway: Many scientists were laughed at... ridiculed even... but in the end... people needed to acknowledge their findings 😊

Vic Michalak: So how do you learn to try things even if you might fail?

Be Ewing: especially mob mentality situations

Crystal Alzael: i think friends who laugh at us and gone in our failures are not deserved friends, its better for that to be made clear, sooner is better than later..... and if only real friends matter to you, then its not a problem

Vic Michalak: Nymf.... absolutely.... EVERYONE who succeeds at something new is laughed at or told "it is impossible" or "you should not do it"...

Nymf Hathaway: Waves at Gilles before vodaphone eats him again 😊

Gilles Kuhn: about vodaphone i will not settle under skinned alive quartered then hanfg what remain....

Vic Michalak: ...that is the nature of doing things new, like succeeding at something.

Radha Handayani: it is amazing how much success has as much or more to do with the aspects of social interaction and personality (extroverted) than ability or potential to gain ability.

Be Ewing: Vic -- good question -- I just do -- I was encouraged to do many things early on -- actually that is not quite accurate -- I had the freedom to try many things

Nymf Hathaway: agrees Vic

Areyn Laurasia: that's true, Radha

Crystal Alzael: agrees with vic

Nymf Hathaway: Yes Be... thats the KEY... parents who guide and trust you

Vic Michalak: So I propose that one thing you need to learn to do is to (1) do something, anything, however small, and (2) be happy for small victories.

Question; What do you think I mean about "small victories"?

Gilles Kuhn: well vic remember Wellington after waterloo nothing is more sorry than a victory but perhaps a defeat....

Be Ewing: regaining my vision last night

Vic Michalak: This is a key to learning how to "fake it until you make it"....

Be Ewing: that is a small victory for me

Vic Michalak: Yes....

For some people just getting out of bed is a small victory....

Radha Handayani: I hear of so many positive interactions of encouraging parents from some of the most publically successful (especially in the sciences and explorative pursuits)

Be Ewing: I am almost 18 hours into this and it seems to be sticking

Vic Michalak: You have to learn to enjoy small victories....

Do not say to yourself "I could not drive downtown today" and hang your head.... but be proud of yourself that you could even go out of the door.

What happens when you have many "small victories"?

Areyn Laurasia: you gain more confidence?

Nymf Hathaway: You start to believe you can

Vic Michalak: YES!!!

Be Ewing: they are similar to enjoyment of the journey -- not the achievement of the end result

Arisia Vita: I long to accomplish great and noble tasks, but it is my chief duty to accomplish humble tasks as though they were great and noble. The world is moved along, not only by the mighty shoves of its heroes, but also by the aggregate of the tiny pushes of each honest worker. - Helen Keller

Vic Michalak: BUT you have to enjoy SMALL victories....

Radha Handayani: how about the influences you build around you?

Vic Michalak: Good quote, Ari!

Influences?

Oh, you mean the things that you consider important that limit you?

Or encourage you?

So, the way to success lies in first gaining confidence in yourself....

...which you do by achieving small victories....

Radha Handayani: small victories can fall by the wayside I think unless there is something to connect them with and reinforce them-which I think is very depended on the people you choose to interact with.

This can be hard for more reclusive types of personalities, but I think it is vital.

Vic Michalak: ...which lead to confidence to try bigger things...

Nymf Hathaway: feels sorry for Gilles ;(

Areyn Laurasia: he's gaining his small victories each time he makes it back.. right?

Nymf Hathaway: hahaha Areyn ☺

Vic Michalak: Radha... it is very important for you to know how social you need to be....

Be Ewing: Gilles - welcome back one more time

Gilles Kuhn: i will gain victory if i can skin alive a vodafone share holder

Be Ewing: I am one of those Gilles

Lolli Bluebird: Glad to see it isn't getting to you Giles ... ;)

Nymf Hathaway: oh oh

Vic Michalak: ...and to understand which of those social contacts limit you and which strenghten you.

Gilles Kuhn: if i be you be i would sell that asap

Radha Handayani: individuals ultimately cannot be successful as islands.

Gilles Kuhn: this company and all its repsonsible deserve siberain gulag at the very least

Be Ewing: Gilles -- properly noted

Gilles Kuhn: siberian*

Vic Michalak: Okay... philosophy; Every decision you make has a consequence. It is a compromise where you gain something and lose something.

Nymf Hathaway: Must agree with Radha... I am a ferm believer in team spirit

Radha Handayani: some cannot be the social butterflies and must be more qualitative with their people and interactions or burn out.

burn out = neg. motivation

Be Ewing: Radha -- good point

Vic Michalak: I find that people naturally try to keep you down... try to limit you.

Be Ewing: our basic personalities are a key component of interaction

Crystal Alzael: jealousy?

Vic Michalak: Because they themselves often find it difficult to try new things.

Radha Handayani: too much without that self knowledge can backfire (when it would not for another)

Nymf Hathaway: Jealousy and fear Crystal...fear of change I would say

Crystal Alzael: yes some social contacts will hold you from moving forward
some can help you

Vic Michalak: It may be jealousy, but it might be just that they have a difficult time getting past their own limitations, so they cannot imagine that you can or should.....

...plus they like the company.

Crystal Alzael: its a lucky thing if you happen to be aided by wonderful ppl

Vic Michalak: If they can keep you where you are, you are one of them.

Nymf Hathaway: Good point Vic!

Crystal Alzael: wb jamie

Jamie Leodhais: ty

Radha Handayani: that is certainly transference - extending your perception of limitation (esp your own) to others.

Nymf Hathaway: welcome back Jamie ☺

Gilles Kuhn: jamie your ip is vodafone too?

Vic Michalak: So when you try to succeed, you have several thing working against you;

Be Ewing: Why does it seem it is easier for people to pull others down rather than for people to pull others up?

Radha Handayani: usually most potently on the people nearest to them.

Be Ewing: Gravity?

Nymf Hathaway: Be... pulling people up...which is often asked from me can be really tiring

Vic Michalak: (1) you have to envision that you will... seriously... every step of the way. Many people are afraid of success!

Gilles Kuhn: well vic i have a problem with the concept of suceed succeed in what regard in comparison with what?

Be Ewing: Chantal -- true -- it takes a lot of energy

Radha Handayani: you have to consciously learn to deny such close sabateurs

Areyn Laurasia: how?

Be Ewing: Gilles -- excellent point

Nymf Hathaway: YAY for Radha!

Vic Michalak: Gilles... success in this respect is not a "one-up-manship" not a competition... it is just doing something you really want to do.

So it does not harm others....

Radha Handayani: tricky to deny them when emotionally close to you, which almost guaranteed the most potent are.

Gilles Kuhn: then success is not the point doing is the point not succeeding

Vic Michalak:unless they WANT you to not succeed because then you will have changed and not be like them.

Radha Handayani: first step to realize they are not you.

Vic Michalak: Yes, Gilles, but you cannot succeed unless you DO... and you cannot DO unless you try.... and you cannot TRY unless you have the confidence to do it... and to envision it... and you cannot have the confidence unless you have built it by achieving small victories.

Radha... yes....

Be Ewing: For any behavioral scientists here, curious question -- does this differ in matriarchal vs patriarchal societies>

Vic Michalak: AND to not allow anyone to control you.... because everyone will if you let them.

Be Ewing: meaning males tend to have more of a herd mentality -- at least this is my current observation in life

Vic Michalak: I would say that fits the description of females as well... take fashion for example.... or body image.

Radha Handayani: probably not difference between mat./pat. except for gender difference related -

Be Ewing: just a curious question -- not a sexist one at all

Gilles Kuhn: good heaven be i would have qsay the same of female

Radha Handayani: in their own power positions in the heirarchy.

Vic Michalak: So, we have been discussing this for a hour and a half (almost!!)

Be Ewing: I am glad I asked the question

Vic Michalak: But I am serious.....

Crystal Alzael: there are things you would regret for when you grow old if you didnt do them when you still could do them when young.....so even if you fail you wont regret any more...sometimes just do it regardless what results you get.....e.g. if you wait after you are old and settled in a family then something can not be tried no more compared to when you were young and free

Radha Handayani: the drive to control others per ones own insecurities is probably widespread in humanity.

Vic Michalak: I may be three times as old as some of you.

Gilles Kuhn: or by your own greed...

Radha Handayani: ...or not 3x

Vic Michalak: I am closer to death than I am to starting college, for example...

Crystal Alzael: i'm old too....25 heh heh

Vic Michalak: ...so I have learned some from life.

Be Ewing: Vic -- you are perceiving limitations that may not truly exist

Vic Michalak: And one of the things I have learned is to RECOGNIZE and to ENJOY small victories.....

Gilles Kuhn: remember Wellington....

Vic Michalak: This has given me the confidence to try bigger and bigger things in life and to really enjoy life.

Be Ewing: Gilles -- Wellington reference?

Vic Michalak: So that when I am unable to do things.... physically.... I will not look back with regret.

Gilles Kuhn: nothing is more sorry than a victory but perhaps a defeat

Radha Handayani: good for you! (nothing too dangerous or stupid I hope ;))

Vic Michalak: No... I have learned my physical limitations...

Gilles Kuhn: ok context was different he was looking to 50 k death in a plain

Vic Michalak: ...and I know a lot about social limitations.

Be Ewing: hmmm

Vic Michalak: So now all I have to focus on is how I limit myself.

Be Ewing: I guess I still haven't gotten to same point of learning about limitations as you Vic ;)

Vic Michalak: And make the decision to do so or not to do so.

Has anyone had an experience of "fake it until you make it"?

Have you tried something even if you might have thought you would fail or if you did not really know what you were doing?

I have MANY examples of this in my life...

Be Ewing: yes -- in business social interaction

Radha Handayani: I have to learn it - sometimes "fake it" may not at all be the fake compared to the self perception.

Vic Michalak: Such as, Be?

Be Ewing: I initially attended business social gatherings feeling I was the worst conversationalist in the world

Gilles Kuhn: well vic there was a standing joke in my student circle "on ne change pas une équipe qui perd" you dont change a team that lose but must be a belgian humor thing ;-)

Be Ewing: only to find out I was perceived 180 degrees the opposite

Vic Michalak: Radha... yes, but sometimes being able to learn requires you to "fake" being what you want to be.... say a college student.... when you might never have thought you could or your family might not have thought you could.

Be Ewing: I faked it really well

Gilles Kuhn: there is too the reverse problem vic people which family that assume they will do that and that

Vic Michalak: Gilles... no, may be translates to "self-fulfilled destiny" --- you can convince yourself to fail because you cannot really envision winning.

Gilles Kuhn: vic it was a standing joke due to the fact we had very relativist view on those concept

Vic Michalak: Gilles... yes... that is the case of high expectations... and it can be difficult on someone who does not believe they can do it.... that is one reason for college-aged suicides.

Crystal Alzael: i can only recall experiences on me about i didnt believe i could do something i indeed could have done, then i failed for real....so far so good ;/

Nymf Hathaway: Hi Johan, sorry I missed you popping in 😊

Radha Handayani: ...our (and their's) intuition of knowledge about ourselves often deceives us. Best question it and make the attempt. Better wisdom is gained even if you find it is not for you in that way after all.

Johan39 Bluewood: hi nymf yes i'm late ;(

Nymf Hathaway: RL happens

Vic Michalak: Radha... that is one lesson you learn by trying --- maybe you do not want to go that way after all.

Crystal Alzael: its self frightening that led to failures, on things you could have done

Radha Handayani: You may be closer or activate circumstances that leads you to what is your success

Vic Michalak: Self-frightening is an interesting term...

Nymf Hathaway: Fear is the worst advisor

Crystal Alzael: hmm....just you have yourself frightened,

Be Ewing: so true

Radha Handayani: shake up the self-container

Vic Michalak: Yes, it is... fear is paralyzing....

Be Ewing: fear is limiting

Vic Michalak: One of the things my mother used to say was "imagine the worst that could happen and then if you can live through that then you can do it without fear"

Nymf Hathaway: Thats a good advise Vic 😊

Gilles Kuhn: i am afraid your mother lacked horrific imaginations....

Be Ewing: wise mother

Vic Michalak: So I would often think about the worst that could happen.... and realize I could live with it.

Johan39 Bluewood: if you dont try anything, you not know what the outcome is.

Vic Michalak: My first job in college was washing dishes..... 8 hours a day....

Crystal Alzael: sometimes you had the worst scenes envisioned, then things turn out worse than your imagination ;)

Vic Michalak: ...but not just dishes, but petri plates with bacteria on them.

Gilles Kuhn: crystal remember rwanda 1994?

Nymf Hathaway: I think you miss the beauty of life when you do not at least try and give the best of yourself

Crystal Alzael: yes gilles

why

Vic Michalak: So I would complete my work as quickly as I could....

....and I could have gone home but instead I wanted to know HOW the bacteria got on the petri plate.

Gilles Kuhn: it is a good instance of your point crystal

Vic Michalak: So I looked at others doing it.... and they asked if I wanted to learn....

Be Ewing: most probably helped to strengthen your immune system also?

Radha Handayani: I'd prefer the petri dishes - closer to what I want.

Crystal Alzael: nods..... ok i havent been through things as horrible as that yet....ok now my limit to worst envisions gets updated again heh heh

Vic Michalak: ..so soon I was using sterile techniques to put bacteria colonies on petri plates instead of washing them.

Then a professor asked if I could use a gas chromatograph....

Radha Handayani: hey most bacteria is commensal, neutral, or good for us.

Vic Michalak: ..and I said "yes!" because I had seen one in a classroom demonstration --- a case of "fake it until you make it"

And he hired me.... and I took the book home....

Crystal Alzael: wow

Vic Michalak: ..and by the time he checked up on me at the end of the week, I knew how to work a gas chromatograph.

Be Ewing: and this brings you here with us today

Areyn Laurasia: good for you!

Gilles Kuhn: i had a case like that but the question was can you give class in german.....

Vic Michalak: And I went on to run the lab and do experiments in recombinant DNA and write a paper with the professor....

Nymf Hathaway: YAY for people giving others the oportunity!

Vic Michalak: ...all because I "faked it until I made it".

Yes, Nymf!

Areyn Laurasia: just don't try it being a pilot for a commercial airlines, oky?

Vic Michalak: ☺

Nymf Hathaway: ☺

Vic Michalak: Nope... I know better than that.... ☺

Gilles Kuhn: LOL areyn vic could have made all the people sck in an airliner for suyre ;-)
sick*

Vic Michalak: But....confession time.... how do you think I learned all I do about computers (and I do know quite a bit now)?

Radha Handayani: that is wonderful-I needed that. I am currently on "sabbatical" um.. gainfully unemployed after lay-off, and seriously want to go in the direction I originally intended in the sciences.

Nymf Hathaway: Just by doing it Vic?

Gilles Kuhn: playing space invader with a ZX spectrum ?

Nymf Hathaway: Good for you Radha ☺

Vic Michalak: I faked it.... I read and did it and kept a week ahead of my students... and tried to answer their questions but told them when I did not know....
...but pretty soon I really DID know.

Crystal Alzael: i thnk expectation on scenes on objects wont effect how things work....but expectation on ppl can change ppl.....if you expect them to be good they turn out better , if you expect them in the worst case already, they might turn out to be worse than your worst imagination...

Nymf Hathaway: Welcome Its ☺

Vic Michalak: Hi Its!

Crystal Alzael: hi itsme

Vic Michalak: Crystal... only if the people let themselves become what others say they should be....

itsme Frederix: ; Hi, I was told there is some fun here Vic

Vic Michalak: You do NOT have to follow what others say, particularly if it will not improve your situation.

Crystal Alzael: nods

Vic Michalak: Well, a serious but fun discussion! ☺

Radha Handayani: we're "faking" fun til we have it.

Vic Michalak: And we have been discussing now for over an hour and a half! ☺

Crystal Alzael: nods

itsme Frederix: "AlsOb"

Vic Michalak: Radha... absolutely.... that is how we all got where we are in SEcond Life as well!

maria24 Murfin: ty vic good topic and good discussion

Vic Michalak: Thank you, maria.....

It is has been important to me in my life.

There are many times when people have told me I could not do something....

...but I did.

Dragana Noyes: Thank you for sharing vic

Vic Michalak: For the better.

Crystal Alzael: ;)

Vic Michalak: Now I challenge you to do the same....

And I do NOT mean step over people or ignore them...

I mean to recognize small victories to build your own confidenc....

....not to take what others say you should or should not do that seriously... if it limits you.

Johan39 Bluewood: hour and a half? and no advertisements in between ?? 😊

Crystal Alzael: nods

Vic Michalak: To learn what the physical constraints really are....

Crystal Alzael: yes,even if its said from parents, closest relations, trusted teachers, close friends

Vic Michalak: ..and the social constraints you really cannot change.

Crystal Alzael: since its normal

Vic Michalak: But then to realize how you limit yourself! And to make a decision to change that....

.... so that when you are old and limited in what you can do, you will not look back with regret for not having done it!

Nymf Hathaway: I like to point this... whats the use of living your life while not pursuing your dream?

Vic Michalak: I agree, Nymf.... Think of it, the worst that can happen is you could die.

And everyone dies....

itsme Frederix: so the worst has to come, for everyone

Vic Michalak: But not everyone lives...

Arisia Vita: It is more noble to strive without hope of gain than to act without fear of loss.

Vic Michalak: On that note, I will wrap this up!

Johan39 Bluewood: take the initiative and with the guidance of a teacher and it changed your life

Arisia Vita: ty Vic, another great job

Vic Michalak: I thank everyone for taking time to attend this 3rd Saturday discussion of The Science Circle! 😊

Areyn Laurasia: Thanks, Vic

you'd make a good mentor

Be Ewing: Vic -- thank you ... here's hoping to less limitations for all ;)

Crystal Alzael: Thank you Vic

Dragana Noyes: thanks very much vic

Vic Michalak: Remember that we have another formal presentation on the 1st Tuesday of September...

On Math!

Gilles Kuhn: nice one vic

Nymf Hathaway: Thank you Vic... appreciated the topic!!!!

Vic Michalak: Thank you all...

And have fun!

I will leave you with one more question; How can you be happy?

Nymf Hathaway: Riddler are you with us?

Vic Michalak: What is happiness?

Be Ewing: happiness is a state of mind

Vic Michalak: It is easy to describe, but sometimes hard to do...

Nymf Hathaway: Happiness is appreciation of what you experience

Vic Michalak: Happiness is when your expectations meet reality.... that is all there is to it.

Crystal Alzael: happiness then has to do with meaning of life ;/ which hmm..

Areyn Laurasia: succeeding at something sure gives that satisfaction

Nymf Hathaway: As drinking a rl wine was for me with Kos and Gilles...awesome!

Gilles Kuhn: i am not sure i can say anything about happiness probably lack of experience i can speak about joy and sadness but hapiness i dont think so

Vic Michalak: You have to know reality.... and then live with it..... but you also need to learn how you can slowly change your reality... and you can do that in the way we described.

Crystal Alzael: yes when expectations meet reality, dreams realized, fulfilled

Johan39 Bluewood: happiness is not materialistic thinking... be happy what you got 😊

Gilles Kuhn: oh i enjoyed that very much too chantal

Vic Michalak: Okay... I will see you all on the 1st Tuesday of the month! 😊