


Uncommon Sense

Providing Clarity, Promoting Intelligence

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Dear David,

 Ara Norwood

Daylight Savings just kicked in yesterday, as it does every year.

And I supply you with yet another issue *Uncommon Sense* which I try to do with the same consistency.

In this issue you'll find some content pertaining to your health, as well as some observations about what may be the beginnings of an unholy alliance.

Also, I share some random thoughts about awe and understanding, and I leave you with a new word that you may find useful on occasion.

Glad to have you along. I look forward to a long journey with you.


OK, let's get started.

Ara Norwood

Sleep

Most of the people I associate with work hard and play hard. They move at a fairly intense pace and lead full lives. Such persons have deeply influenced me, causing me to have a strong work ethic, often arising during the 4 o'clock hour, hitting the gym during the 6 o'clock hour, then getting to the office well before 8:00 AM and some days working till after 9:00 PM.

In order to sustain that type of regime, one must replenish the physical body with rest. In fact, rest is one of the great secrets to a healthy and productive body. Your body is telling you things if you pay attention. There are times that I've had something unusual happen that prevents me from getting even five hours of sleep. That's not good, but it does happen periodically. When it does, I know I might have to steal away during the work-day and take a nap for about an hour, which is why I keep a nice pillow and a comfortable blanket in my car. I don't nap during the day often, but when I do, I am rejuvenated and can continue the day with renewed vigor.

One of the best investments I have made recently is a new bed. Granted, it's an expensive investment, but so  Comfortable Bed worth it. If you average 8 hours of sleep per night (which I do not) you spend one-third of your life in bed. That's a large chunk of time. Does it not make sense to make that part of your life a good experience?

I have slept on many beds as an adult. Some were barely tolerable. Some became stale and outdated due to their age. But my new bed is wonderful! It has dual controls to adjust the head or the foot of the bed to be elevated to whatever degree I wish. The remote control device even has a pre-determined setting called "Zero-Gravity" which elevates both the head and the foot of the bed to a modest and comfortable incline, giving me the sense of floating in space. I love that setting.


There are other great beds out there. I hear a lot of talk of the [Sleep Number](#) bed, which enables the two people that use the bed to have independent settings for their side of the bed, ranging from 1 to 100 (with 1 being the softest and 100 being the firmest.) There is also the [Tempur-Pedic](#) bed which is quite popular. Perhaps the most luxurious bed comes from the Scandinavian firm, [Duxiana](#), which seems to be the Cadillac of luxury and comfort where beds are concerned. But there are plenty of other fine brands out there and while the overall price can seem steep, financing is usually available, making the purchase a solid possibility for most people.

I recommend you take a close look at your current bed and assess just how comfortable it is. Then go to any of the many retailers out there and lay down on the various beds in their showroom (yes, they allow you to do this.) Perhaps a new bed is in your future. Perhaps you will greatly improve the quality of rest you get with a new bed.

It is an investment you won't regret and it will bring instant dividends to you.

The Elephant in the Room

Unlikely Bedfellows

I would guess that the most important book I've read in the last five years was Dennis Prager's [*Still The Best Hope*](#). In that book, Prager hypothesized that there are three primary forces that currently dominate the world scene, two of which aim to subjugate humanity, and the third which prevents that from happening. The two forces bent on subjugation are Leftism, championed by today's so-called secular progressives, and  Muslim Leftist Islamism, championed by that segment within Islam who wish to impose Sharia Law, establish a Caliphate (i.e., an Islamic state or society), and which sometimes resorts to terrorism to further their aims. The other major force which thwarts such efforts are American values which Prager believes consists of notions of liberty, a belief in God and the power and value of religion, and this notion of unity and citizenship (*e pluribus unum* -- from the many, one.) I would add things like free-market capitalism to the short list of things that make America unique.

One would think that these three forces would be mutually exclusive and impossible to reconcile -- especially when one considers the values and objectives of Leftists and those of Islamism. The former want a godless society; the latter want to impose a God-centered society on everyone. The former seem obsessed with homosexuality, and even though the LGBTQ movement is comprised of people whose actual numbers make up a very small fraction of society, plenty of people among the secular Left who are heterosexual themselves feel that gay rights and normalizing gay relations is a sort of calling; by contrast, Islamists have no qualms about throwing homosexuals to their deaths from tall buildings. The secular Left mocks religion; to the Islamist, religion -- their version of Islam -- is all there is.

But it appears that the Left may be teaming up with the radical Islamists in a dangerous tag-team match to crush American civilization. [An article](#) published last month documents a radical Islamic activist's love affair with the secular Left to further her agenda right here in America. And in reading another eye-opening book just last week, [*Enhanced Interrogation*](#) by James E. Mitchell, the primary architect of the interrogation program of high value terrorists following 9/11, it is clear that the world's most dangerous Muslim terrorists love -- absolutely love -- Leftism's politically correct proclivities and concerns for things like Islamophobia, for it gives the terrorist cover.

Truly, geo-politics makes strange bedfellows, to lift a near-quote from Shakespeare. It is unclear just how far the Left and the radical Islamic terrorists will go in their unofficial partnership to try to strike a death-blow to American values. But if they succeed, which I doubt, it will be anyone's guess which one of them will then devour the other.

But I believe neither the secular Left nor the radical Islamic extremists will prevail in their desire to undermine America. I believe that true Americans will vanquish any foe and maintain liberty. Time shall tell.

And that, my friends, is the latest elephant in the room.

From Ara's Journal

On Awe and Understanding

Whenever I am out in the far reaches of my community, perhaps out in the woods, or near a remote lake, late at night and away from the city lights, I observe the stars that fill the night sky and I am in awe.



Journal
Writing

Likewise, when I hear certain music, whether it be the Hallelujah Chorus by Handel, or a more modern contribution, such as the majestic tune Gaza City by jazz-fusion legend John McLaughlin, I am overcome with a sense of awe as the sheer magnitude of the musicianship and the artistry.

Similarly, when I contemplate the intricacies of the human body, the various systems that are in play simultaneously, and the capability our bodies have to see, to think, to perform, to create life, I am awestruck.

But awe is not the same thing as understanding.

Therefore, I must strive to increase my understanding wherever possible, and at the same time never lose my sense of awe for the things that warrant it.

The World of Words

Misanthropic

Building Your Power of Expression



Dictionary

Misanthropic, Adj.

Pronunciation: mis(ə)nTHrəpik

Meaning: There are people in this world that hate society, hate humanity, and hate everything around them. And there is a word that describes such a quality. That word is misanthropic. (Misanthropically is the adverb, and Misanthrope is the noun, as is Misanthropy.)

Usage:

- *He was a grouchy, misanthropic old man who died without any friends.*
- *The alien bore a misanthropic demeanor, frowning and retreating from human contact, rather than joining in our communal celebration.*
- *I was going to join Misanthropes Anonymous but I hated all the other members.*

New subscribers, the Special Report "11 Ways to Beat the Odds" should have been sent out to you already. If you have not received it, please communicate that to me via email (ara@aranorwood.com).

For more information on my work, follow me on Twitter ("Ara Norwood"), or on Facebook (keyword "Leadership Development Systems") or via my website: www.aranorwood.com

Sincerely,

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