


Uncommon Sense

Providing Clarity, Promoting Intelligence

Quick Links

[Ara's Web Site](#)
[Facebook Page](#)


Join Our List

 [Join Our Mailing List](#)

Issue: # 160

January 31, 2018

Dear David,

 Ara Norwood

I am delighted to bring you, just under the wire, my latest thinking of a variety of topics. I hope you enjoy them. And be sure to check out the link in my piece in the Self-Development column. It's quite the eye-opener!

OK, let's get started.


Ara Norwood

Self-Development

The Missing Link in Physical Health

There are so many ways we need to maintain our physical health. I've written in the past (and will write again in the future) about the critical importance of diet,

supplements, strength/resistance workouts, cardio-vascular exercise, sleep, flexibility, etc. One aspect of maintaining physical health I have not discussed in the past involves the oft-overlooked dimension of hand-eye coordination.

Let's define our terms. Hand-eye coordination involves syncing up the eye movement with the hand movement in a coordinated manner, so that they work together to accomplish a goal. It's about the process of processing -- specifically, the process of interpreting visual stimuli to guide the process of reaching, grasping, or catching. Hand-eye coordination manifests itself in many endeavors -- in sports such as racquetball, baseball, and archery, in games, such as pinball, in business tasks such as typing on a Harp Sight-reading keyboard, in music such as sight-reading -- that is, the eyes see the musical notations and the hands (and fingers) pluck the correct strings of the harp, or play the right beats on the conga drum, or strike the right bars of the xylophone. It can also manifest itself in other disciplines -- in chemistry, when pouring the right amount of liquid compound into a flask or beaker is required; in the culinary arts, when adding just the right amount of Sansho Japanese Pepper when preparing Chicken Yakitori; in painting, where the required combination of graceful lines and blended, muted colors of a work of Tachism demands the elegant and lyrical control of the hand; or in performing brain surgery where one false move can prove catastrophic.

A lack of hand-eye coordination can sometimes be embarrassing. In April of 2017, socialite Nicole Ritchie was being interviewed by Cat Greenleaf, who attempted to "high-five" Ms. Ritchie, but accidentally [slapped her in the face](#), knocking her expensive sunglasses off her head in the process.

And I'm sure there are a few clumsy but well-meaning men who, unfortunately, have not controlled their limbs and reached to take something from the hand of a female co-worker but inadvertently brushed up against a part of her anatomy that they should not have. Women have accidentally done it to men as well. (Yes, people, I am well aware of the species of men -- and women -- who feign it was accidental when it was deliberate, but that is an entirely different topic.)

Here are some tips for improving hand-eye coordination:

- Get an eye exam. The optometrist can help you with glasses, contacts, or even Lasik surgery if need be.
- Play catch. Whether you use a beach ball or a tennis ball, toss a ball back and forth with a child, a co-worker, or a friend. Practice will help you improve.
- Try juggling. You can do this with two tennis balls. Your right hand can gently toss one ball about one to two feet straight up in the air, while you simultaneously transfer the ball in your left hand to your now-empty right hand, then catch the first ball with your now-empty left hand, and complete the process.
- Focus exercises. This is when you shift your visual focus from an object that is right in front of you, at close range, to a similar object that is farther away from you. Example: place a decorative vase (or anything with some detail) about two feet away from you, and then a similar object about a dozen feet away from you. Focus on the closer item for about 15 seconds, studying its

detail. Then abruptly shift your focus to the item that is farther away from you and study its detail. Switch back and forth about every 15 seconds. It will work wonders for your ability at honing your reflexes.

- Jump rope. This one is fantastic for cardio-vascular exercise as well. The process of coordinating your cadence when jump roping is a very refining process, as not only is your brain telling your feet when to launch, but the speed with which you turn the rope with your hands is also governed by the brain, which gets its stimuli from the eyes.

Practice these options and you will, without question, improve over time. And maybe even avoid slapping someone in the face when your only intention was to "high-five" them.

The Elephant in the Room

The Left, the Bible, and the Three Strikes Rule

For those who take the Bible seriously, and I count myself among them, a wide swathe of wisdom confronts them. There are so many ideas in the Bible that can guide our actions for good and make us more decent, more humane individuals, that it's a blight on the populace that discards and denigrates the Bible.

The Bible leads me to believe that ingratitude is a very serious sin in the eyes of God (see Luke 17:17; Romans 1:21; Proverbs 6:16-17.) And our own life experience validates that. Think of the times when you have gone out of your way for someone in need, even when you were under no obligation to do so, and that person who received your generosity showed no gratitude at all. Worse, think of those times the recipient was actually disdainful, because they felt what you were offering them was not enough? It's difficult to avoid feelings of anger at such ingrates. I am convinced that those on the receiving end of ingratitude, be they men, angels, or Gods, are justifiably perturbed at such displays.


Likewise the Bible leads me to believe that telling lies is quite a serious sin (see Exodus 20:16; Psalms 119:163; John 8:44). And although it's doubtful that all of us have lied at some point in our lives, if we are sensitive, we felt guilty in doing so. Further, when we are lied to, we are justifiably incensed.

Finally, the Bible lauds wisdom, intelligence and common sense (Job 28:12; Proverbs 8:11; James 1:5.) When we hear of things that are outlandishly foolish, we shake our heads in dismay and wonder how it is that a species that produced such luminaries as Einstein, Da Vinci, and Gandhi, also produced some of the biggest dunderheads to ever walk the earth.

So with all of that as a backdrop, imagine the surprise of many conservatives, who voted for Donald Trump on the believe that he would put an abrupt end to illegal immigration, when they found out that the President had decided to offer amnesty and a path to citizenship to a limited number of people who are here illegally. What is even more fascinating is how the Left, who want open borders, who love sanctuary cities, and who want people south of the border to break our laws to come here, even if some of these people murder American citizens along the way, reacted to the president's decision. President Trump basically gave them not only

what they wanted, but gave them far more than what they wanted, as there are less than a million of the so-called Dreamers in our country, yet President Trump landed on a number much higher than that -- 1.8 million illegal aliens will be put on a path to citizenship, something the Left have been screaming for. And the Left's reaction? They seem to violate every notion of gratitude, honesty, and common sense. Tucker Carlson sums it up nicely, and you can [view his remarks here](#).

Let's take a peek:

The ACLU said: ". . . the only community that benefits from this supposed generosity are white supremacists." I'm not making this up. President Trump is granting amnesty, the very thing the ACLU has been demanding, and now that they have it, instead of saying  Activists "Thank you," before looking for their next target to bully, they claim that granting amnesty to non-whites is an act of white supremacy. It's ungrateful, it's dishonest, and it's stupid.

A pro-amnesty group called United We Dream said this: "Let's call this proposal for what it is: a white supremacist ransom note." Utter thanklessness, utter deception, and utter drivel.

Shaun King, a columnist and Black Lives Matter activist, had this to say: The primary operating philosophy of Trump and the White House is white supremacy. I mean that in the most literal sense. It's at the core of this bigoted new immigration plan. . ." Mr. King lacks gratitude, factuality, and brain power. I mean that in the most literal sense.

Eddie Vale, an immigration activist, said that the new Trump offer of amnesty was "a legislative burning cross." Ungrateful, untrue, and unintelligent.

Now, you might be thinking that my targeting people like Shaun King and Eddie Vale are neither significant nor credible voices. So let me share the House Minority Leader, Nancy Pelosi. She said the following: "Last night the president put forth a plan, . . . that plan is a campaign to make America white again. . . They are changing the character of our country by what they are putting forth. They bring a tear to the eye of the Statue of Liberty, and they bring fear to the hearts of people here playing by the rules." Ms. Pelosi is unaware of the fact that if they were "playing by the rules" they would not be violating our immigration law.

But since virtually none of the 1.8 people who would receive amnesty are white, that doesn't sound like a legislative burning cross. Most of the beneficiaries of this plan, which would include chain migration for a period of time, come from Mexico, India, Vietnam, Dominican Republic, Bangladesh, the Philippines, China, and Haiti. I'd like the ACLU and Nancy Pelosi to explain how this plan makes America white again, or how white supremacists benefit from this plan? Are the Chinese white? Do white supremacists come from Bangladesh? (I don't even have to get into the question of why they are so opposed to white skin -- which seems to make them the racists, not President Trump.)


The Leftists, who have taken over the Democratic Party, the Colleges and Universities, the mainstream news media, and the social media platforms, are soaking in ingratitude, are thoroughly drenched in blatant dishonesty, and are positively moronic in their ability to make sense of the gift that the President has thrown their way.

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

Check out [my website](#) for tools to help you with your career, your presentations, and other matters.

Shameless Plug

Norwood to Launch a 16-Week Management Course

I have been offered another opportunity to teach a course in management at College of the Canyons in Valencia, California. I had taken the previous semester off, but I will be back  Ara to TO Rotary1 instructing students on Monday evenings and a separate class on Thursday evenings. This will begin my 15th year. The course, Business 110, begins the week of February 5th.

I have also revamped the course considerably. I will spend a fair amount of time in the early segment of the course instructing students on various aspects of Self-Management, including topics as diverse as:

- Values
- Personal Mission Statements
- Time Management
- Building Wealth
- Thinking Effectively

Team Management will come next, and will focus on:

- Recruiting Staff
- Coaching
- Innovation

Finally, Organizational Management will take on such issues as:

- Strategy
- Systems
- Politics

- Non-Linear Dynamics
- Black Swan events

If you'd like to enroll, visit the College of the Canyons [website](#) for more information.

From Ara's Journal

Strength and Weakness

It's difficult to be strong.

 Journal Writing

I suspect that weakness is our default position. We cower. We cave. We break promises. We quit early. We fail to exhibit discipline. It takes real fortitude to draw upon our inner strength to avoid the pull of our weaknesses.

Strength comes by exercising weaknesses. As we exercise (i.e., practice, rehearse, prepare, work at) our powers begin to take on a life of their own and our abilities and capabilities expand and become honed. Whether it involves lifting weights, practicing magic tricks, memorization, learning a language, or exercising self-control in the face of temptation, my experience is that the more we develop strength, the greater our capacity to overcome life's challenges.

And yet, because we are flawed, fallible human beings, we sometimes revert back to positions of weakness. We fall back into an old habit we had succeeded in ridding ourselves of; we fail to exercise patience when patience was something we thought we had mastered; or we find it impossible to resist the urge to gorge on a lot of food, when portion control was something we have practiced and preached for many years.

So what to do?

Insist on getting better at avoiding weakness. Expect it. In fact, demand it of yourself.

And when you trip, as you almost surely will, pick yourself up and decide to exercise renewed determination to try again.

The World of Words

Maniacal

Building Your Power of Expression



Dictionary

Maniacal adj.

Pronunciation: məˈniːəkəl

Meaning: Whenever a person is exhibiting extreme behavior or mannerisms, we could rightly say that person is maniacal -- think of the related word "maniac."

This behavior could range from over-the-top, unbridled enthusiasm, to violence in the extreme.

Usage:

- *The man is an absolute lunatic, given to maniacal extremes.*
- *When we told Harvey of our decision to terminate him, he burst into maniacal laughter; it was surreal.*
- *This person is unsuitable for several reasons, the least involving his maniacal obsession with conspiracy theories.*

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,

Ara Norwood
Leadership Development Systems

Leadership Development Systems, P. O. Box 801681, Santa Clarita, CA 91380-1681

SafeUnsubscribe™_drdorrough@yahoo.com

[Forward this email](#) | [Update Profile](#) | [About our service provider](#)

Sent by ara@aranorwood.com in collaboration with



[Constant Contact](#)

Try it free today