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Hello! Thanks for taking a moment to delve into the latest dose of *Uncommon Sense*.

The ***Self-Development*** column addresses a much-needed remedy for burn-out. Review what I have to say there.

A lot is happening of significance in our country, and things are in commotion. ***The Elephant in the Room*** column will target one of the most significant issues of the day. Be sure to check it out.

And once again, I take off my various hats and simply speak as a human being in the ***From Ara's Journal*** column. I hope you take the time to read what I have to say there.

And of course, ***The World of Words*** column provides a very impressive gem of a word to keep your power of expression on the up-tick.

OK, let's get started.

Ara Norwood



Self-Development

Rest

Your physical body is a machine. Just as man-made machines require down-time to run at optimal levels, our physical selves need down time for purposes of rejuvenation. Two ways to rejuvenate your body involve sleep and rest, and while similar, they are not the same.

The obvious difference is that with sleep, you are not conscious; with rest, you are. And one can certainly lead to the other.

But this column is about rest.

There are times your body is undergoing the stresses of exercise, perhaps when you are out for a run, a swim, a weight-lifting routine, or aerobic dancing. With exercise, it is important to have a cool-down period followed by rest, where you gradually move into low-gear and then experience stillness. The various cycles of high-intensity, followed by low-intensity, followed by rest represent distinct phases of your physical maintenance, all of which are



important. Conversely, you may find yourself involved in an athletic competition – a team sport like soccer, or an individual sport like boxing. Such sporting events actually have rest periods built into them, perhaps in more than one way. A goal-keeper in soccer may be in a more relaxed state when the action is taking place in the vicinity of the other team’s goal, and there is also a break at half-time. With boxing, while the sport is extremely intense, there is a rest period of one minute between each round, the rounds themselves usually lasting from one to three minutes depending on the level of competition.

But whatever you are involved in that brings stress, whether it is exercise, sports, or even just normal work, taking a rest break is something your body (and mind) will welcome. You can take that rest by simply putting some distance between you and the activity in question, and then either sitting, reclining, or even lying down on a couch, a bed, a hammock, or anything that enables you to be horizontal. You may find yourself falling asleep, which could be appropriate. However, often times, you won’t sleep because you don’t need sleep. But you need rest: some period of stillness.

You may find that in as little as 20 minutes, rest will recharge your batteries and restore the energy you need to continue doing whatever it is you may need to accomplish.

Add rest to your routine. Don’t feel guilty about it. Do it and you will reap the rewards that may not come any other way.

The Elephant in the Room

The End of Free Speech?

A profound thing happened this month: Elon Musk purchased Twitter.

All indications suggest Twitter is going to be transformed from a Left-Wing control center to a Free Speech entity.

This explains why Twitter employees, upon hearing the news, went catatonic. Twitter employees wept openly, and they were not tears of joy; they were tears of bitter defeat.

What’s going on? Allow me to explain. The people who run Twitter (and who are employed there) happen to hate, and I mean despise, the very notion of America – you know, that experiment in human liberty that gave them a place to live and work. . . And nowhere is their loathing of America more manifest than their fierce opposition to the First Amendment, particularly with respect to freedom of speech. They, of course, do value freedom of speech for themselves. Yet when it comes to other American citizens who

have different values than Twitter employees, they do not believe such persons should enjoy the same rights of expression. They do not believe in allowing certain voices in American society to have a voice. Conservative voices are routinely deemed to be hate speech or disinformation or misinformation, and are banned from having a platform. Left-wing voices, by contrast, are given carte blanche freedom to spout off their ideology wantonly. For example:



- The Hunter Biden laptop scandal. The *New York Post* published this story just before the 2020 Presidential Election, but Twitter (as well as other social media outlets) ran cover for the Biden Campaign and squelched the story. Although extremely damning for Hunter Biden, you were not allowed to talk about it on Twitter. The *New York Post* had their Twitter account suspended because of it.
- Covid-19 and where it originated. The evidence strongly points to a lab in Wuhan, China. But Twitter will not allow anyone to talk about that. The folks at Twitter seem to want to protect a Communist regime that denies people basic rights. Twitter's loyalties have been with China more than with America.
- The 2020 Presidential Election. As Dinesh D'Souza has demonstrated with his new movie, [2000 Mules](#), there appears to be strong evidence that voter fraud did take place, and enough to have tilted the election in Mr. Biden's favor. However, Twitter would never allow any sort of discussion – not a single syllable – about voter fraud to take place on its platform.

Elon Musk's purchase of Twitter means the attack on free speech at Twitter is going to be eradicated. Musk may well have to fire almost everyone at Twitter and replace them with honest people who value the First Amendment. That explains the tears. That explains the meltdown. And that explains why the Left, aided by a corrupt media, is doing all it can to smear Mr. Musk today.

The Biden Administration has decided to pull out all the stops. They wish to establish a new department within the federal government, a sort of Ministry of Truth they are calling the Disinformation Governance Board. The purpose of this board is to further squelch free speech on the part of Conservatives and try to gain back some of the leverage they will now lose with Musk's purchase of Twitter. Essentially what the government plans to do is to label Conservative thought "disinformation" at every turn so they can prosecute and silence such thought. And the [woman they have selected](#) to run the claptrap organization is none other than [Nina Jankowicz](#), who has as much credibility with detecting disinformation as a fox has in guarding a hen house. I say that with confidence given Ms. Jankowicz once stated, without irony, that the Hunter Biden laptop story involves "multiple red flags that raise doubts about their authenticity, including questions about whether the laptop actually belongs to Hunter Biden." She also said "We should view [the laptop] as a Trump campaign product." Given that Hunter Biden himself admitted the laptop was his, it was Ms. Jankowicz that was spreading disinformation.

My prediction: Republicans are going to [shut down](#) this attempt by President Biden to use a disinformation stooge like Nina Jankowicz to make judgments about Conservative

disinformation, because she will be lying at every opportunity about Conservative positions. How will we know when she's lying, you ask?

Her lips will be moving.

* * * * *

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

Shameless Plug **Norwood Delivers a Solid Workshop**

This past Thursday it was my privilege to be asked by a client to deliver a full-day workshop on-site to their entire team. It was unique for this client because it was the first time they had been in the same room due to Covid-19. They were very happy to see each other again after two years, as all of their previous communication during the pandemic was via online meetings, etc.



The topic was about how to boost productivity. I led the team through a 4-step process of defining a key goal they truly wanted to achieve that would never be achieved through their normal processes. We spend several hours examining various candidate goals, eventually landing on one. However, the goal was vaguely worded, and so we had to spend some time shaping how the goal was framed in order to eliminate any ambiguities. We then drilled down deeper into that key goal, surfacing and clarifying what sub-goals would have to be tackled to ensure leverage was attained to increase the likelihood of goal-attainment. We built an electronic scorecard so that everyone could see at a glance how they were performing, whether they were on track or not. And finally, we established a system of weekly meetings where team members would make commitments on which actions they were going to take that week to help the team move toward the achievement of the key goal.

All of that took a full day!

The feedback received from this audience was extremely favorable: on a 5-point scale every single team member rated the quality of the content a perfect 5; the same high ratings were received on my own abilities as a facilitator. And their written comments pointed to their view that the workshop was transformative.

From Ara's Journal

On Trials

*"Remember, without the difficult times in your life,
you wouldn't be who you are today.
Be grateful for the good and the bad."*

Steven Aitchison

A friend of mine posted the quote I share in the epigraph above. She shared it on social media.



Although I have never so much as heard of the author, I found the quote a profoundly wise adage.

Our heartaches, our anguish, our moments of solemnity are very humanizing sign-posts on our earthly journey, keeping us humble, and enhancing the sweetness that also punctuates our time here.

I am grateful to be privy to such wisdom. This mortal sphere is laced with opposing forces -- good and evil, pleasant and disagreeable, joyous and miserable. It's easy to become despondent from the unfortunate plights we all face. Our cheerful moments can become strained and fragile, and the resulting perforation can cause our lives to come apart at the seams, detaching from what was once a seemingly invincible fortress.

We would do well to maintain a balanced perspective at all times, to be grateful for every moment of good fortune, knowing it could be our last, and to face our trials with the knowledge that blessings might just await us around the next corner, so as to persevere.

The World of Words

Subsume

Building Your Power of Expression

Subsume, v.

Pronunciation: səb'sūm



Meaning: This word, usually utilized in the past tense, is a challenging one. It means to include or absorb something into something else; to place within something larger or more comprehensive; to encompass as a subordinate or component element.

Usage:

- *Every year the message of Christmas is subsumed ever more by the crass commercialism of the market.*
- *Most of these phenomena can be subsumed under two broad categories.*

- *Yet all these aims can be subsumed under a single rubric.*

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