Learning Methods

A person reading a book

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# Scriptures Study Techniques from Elder Bednar A picture containing indoor, room, dark, lamp Description automatically generated

Sequential Scripture Study: <https://www.lds.org/media-library/video/2015-01-0900-studying-the-scriptures-sequentially?lang=eng>

and here’s some more how-to scripture study advice from Elder Bednar

<https://www.lds.org/media-library/video/2012-07-1050-advice-for-studying-the-scriptures?lang=eng>

Here is an excerpt from Elder Bednar addressing 3 ways to study scripture:

“I now want to review with you three basic ways or methods of obtaining living water from the scriptural reservoir: (1) reading the scriptures from beginning to end, (2) studying the scriptures by topic, and (3) searching the scriptures for connections, patterns, and themes. Each of these approaches can help satisfy our spiritual thirst if we invite the companionship and assistance of the Holy Ghost as we read, study, and search.  
  
Reading a book of scripture from beginning to end initiates the flow of living water into our lives by introducing us to important stories, gospel doctrines, and timeless principles. This approach also enables us to learn about major characters in the scriptures and the sequence, timing, and context of events and teachings. Reading the written word in this way exposes us to the breadth of a volume of scripture. This is the first and most fundamental way of obtaining living water.  
  
Studying by topic typically follows, grows out of, and builds upon our reading of the scriptures from beginning to end…

Focusing upon such questions and studying by topic, using the Topical Guide and index to the triple combination, allow us to dig into and explore the depth of the scriptures and obtain a much richer spiritual knowledge. This approach **increases the rate** at which living water flows into our lives.  
   
Both reading from beginning to end and studying by topic are prerequisites to the third basic method of obtaining living water from the scriptural reservoir. Whereas reading a book of scripture from beginning to end provides a basic breadth of knowledge, studying by topic increases the depth of our knowledge. Searching in the revelations for connections, patterns, and themes builds upon and adds to our spiritual knowledge by bringing together and expanding these first two methods; it broadens our perspective and understanding of the plan of salvation.  
  
In my judgment, diligently searching to discover connections, patterns, and themes is in part what it means to “feast” upon the words of Christ. This approach can **open the floodgates** of the spiritual reservoir, enlighten our understanding through His Spirit, and produce a depth of gratitude for the holy scriptures and a degree of spiritual commitment that can be received in no other way...”

(Elder David A Bednar, “The Scriptures: A Reservoir of Living Water”, CES Fireside for Young Adults, February 4, 2007 BYU; <https://speeches.byu.edu/talks/david-a-bednar_reservoir-living-water/>)

# Prophets Say an Hour of Scripture Study Daily is Ideal

It is the privilege and duty of every latter-day saint to spend an hour in the scriptures each day. This is my opinion. I have heard brethren declare that an hour in the scriptures is ideal. Let us reach for that ideal. Though circumstances could justify a different standard, let us take time to be holy, then boldly kneel before the Lord and say “Lord, thou hast assigned me this task which I have completed. Now, help thou me in the rest.” Then the power of God is activated, and all things work together for good for this soul who loves God.

“I promise you that as you consistently give the Lord a generous portion of your time, He will multiply the remainder.” (Russel M Nelson, “Becoming True Millennials”, An Evening with President Russell M. Nelson, Worldwide Devotional for Young Adults, January 10, 2016, Brigham Young University–Hawaii, https://www.lds.org/broadcasts/article/worldwide-devotionals/2016/01/becoming-true-millennials?lang=eng)

Here are 3 quotes of the brethren suggesting an hour or half hour for scripture study each day:

-“We should not be haphazard in our reading but rather develop a systematic plan for study. There are some who read to a schedule of a number of pages or a set number of chapters each day or week. This may be perfectly justifiable and may be enjoyable if one is reading for pleasure, but it does not constitute meaningful study. It is better to have a set amount of time to give scriptural study each day than to have a set amount of chapters to read. Sometimes we find that the study of a single verse will occupy the whole time… It would be ideal if an hour could be spent each day; but if that much cannot be had, a half hour on a regular basis would result in substantial accomplishment. A quarter of an hour is little time, but it is surprising how much enlightenment and knowledge can be acquired in a subject so meaningful. The important thing is to allow nothing else to ever interfere with our study (President Howard W. Hunter, Ensign, Nov. 1979, 64, emphasis added).

– “You should care more about the amount of time you spend in the scriptures than about the amount you read in that time. I see you sometimes reading a few verses, stopping to ponder them, carefully reading the verses again, and as you think about what they mean, praying for understanding, asking questions in your mind, waiting for spiritual impressions, and writing down the impressions and insights that come so you can remember and learn more. Studying in this way, you may not read a lot of chapters or verses in a half hour, but you will be giving place in your heart for the word of God, and He will be speaking to you” (Elder D. Todd Christofferson, Ensign, May 2004, 11).

-“If possible, set a consistent time and place to study when you can be alone and undisturbed…As I think about your schedules and the pressures you face at this time in your lives, I can understand why scripture study can so easily be neglected. You have many demands pulling at you. In some cases, just maintaining your social life is a full-time occupation. But I plead with you to make time for immersing yourselves in the scriptures. Couple scripture study with your prayers. Half an hour each morning privately studying, pondering, and communicating with your Heavenly Father can make an amazing difference in your lives. It will give increased success in your daily activities. It will bring increased alertness to your minds. It will give you comfort and rock-steady assurance when the storms of life descend upon you” (Elder M. Russell Ballard, “Be Strong in the Lord…” http://speeches.byu.edu).

Supposedly Elder Bruce R McConkie said we should study the scriptures 4 hours a day, one hour for each of the standard works. Love it!

# Scripture Study – Teachings of the Prophets

-Studying one verse of scripture for 45 minutes is often the most enriching form of scripture study. (Elder Neil A. Maxwell of the 12 Aposltes; ask Stake President Chad R. Wilkenson of Saratoga Springs for the reference)

-“Perhaps you may ask me why I dwell on this . . . subject. In answer, why did the Lord dwell upon it forty-two years ago, if he did not want us, in some measure, to understand it? Would he speak at random? Would he give a revelation without expecting that the people would even try to understand it? If the Lord wished us to understand something, and condescended to reveal something, why should we . . . think that we are stepping over our bounds in trying to comprehend approximately what the Lord desired us to understand . . . It is an old sectarian whim and notion, to suppose that we must not try to understand revelation.

. . . . Do not suppose, however, that those first principles [of the gospel] are the only ones to be learned; do not become stereotyped in your feelings, and think that you must always dwell upon them and proceed no further. If there be knowledge concerning the future, . . . the present, . . .[the] past, or any species of knowledge that would be beneficial to the mind of man, let us seek it; and that which we cannot obtain by using the light which God has placed within us, by using our reasoning powers, by reading books, or by human wisdom alone, let us seek to a higher source—to that Being who is filled with knowledge, and who has given laws to all things and who, in his wisdom, goodness, justice and mercy, controls all things according to their capacity, and according to the various spheres and conditions in which they are placed.” (Orson Pratt, March 14, 1875, Salt Lake City, 16th Ward, reported by David W. Evans)

-“It is impossible for a man to be saved in ignorance.” (D&C 131:6)

-“When God offers a blessing or knowledge to a man, and he refuses to receive it, he will be damned.” (Teachings of the Prophet Joseph Smith, p. 323)

-Elder Holland said nothing substitutes for time in the scriptures themselves regardless of good commentaries we can read (from his “Christ and the New Covenant” book recently published)

-“It is a paradox that men will gladly devote time every day for many years to learn a science or art; yet will expect to win a knowledge of the Gospel which comprehends all sciences and arts, through perfunctory glances at books or occasional listening to sermons.” (Elder John A Widstoe, Evidences and Reconciliations, 1951)

– “It is a paradox that men will gladly devote time every day for many years to learn a science or an art; yet will expect to win a knowledge of the gospel, which comprehends all sciences and arts, through perfunctory glances at books or occasional listening to sermons. The gospel should be studied more intensively than any school or college subject. They who pass opinion on the gospel without having given it intimate and careful study are not lovers of truth, and their opinions are worthless.” (John A. Widtsoe, [1872–1952] of the Quorum of the Twelve Apostles, Evidences and Reconciliations, p.16-17)

-“Let there be study of the scriptures at least thirty minutes of each day” (Teachings Of Presidents Of The Church: Harold B. Lee, p.59).

-“We should not be haphazard in our reading but rather develop a systematic plan for study. There are some who read to a schedule of a number of pages or a set number of chapters each day or week. This may be perfectly justifiable and may be enjoyable if one is reading for pleasure, but it does not constitute meaningful study. It is better to have a set amount of time to give scriptural study each day than to have a set amount of chapters to read. Sometimes we find that the study of a single verse will occupy the whole time… It would be ideal if an hour could be spent each day; but if that much cannot be had, a half hour on a regular basis would result in substantial accomplishment. A quarter of an hour is little time, but it is surprising how much enlightenment and knowledge can be acquired in a subject so meaningful. The important thing is to allow nothing else to ever interfere with our study (President Howard W. Hunter, Ensign, Nov. 1979, 64, emphasis added).

-“There is a power in the book [of Mormon] which will begin to flow into your lives the moment you begin a serious study of [it.] You will find greater power to resist temptation. You will find the power to avoid deception. You will find the power to stay on the strait and narrow path. The scriptures are called ‘the words of life’ (see D&C 84:85), and nowhere is that more true than it is of the Book of Mormon. When you begin to hunger and thirst after those words, you will find life in greater and greater abundance (President Ezra Taft Benson, Ensign, Nov. 1986, 7).

-“The only way you can be sure that a busy schedule doesn’t crowd out scripture study is to establish a regular time to study the scriptures” (President Henry B. Eyring Ensign, July 2005, 24).

-“You will be taught more easily as you approach the scriptures if you search with a question and with a determination to act on the answer. We can receive what seems to us new truth when we go back to the same scripture with new questions” (President Henry B. Eyring, Ensign Jan. 2002, 32).

-“We are counseled and urged to read the four standard works from beginning to end. You should do that—read each of the four books of scripture from beginning to end more than once. You could hardly use your time to more advantage” (Elder Boyd K. Packer, Ensign, Dec. 1985, 50).

-“We often hear…that the scriptures have the answers to all of our questions. Why is this so?…Reading…the scriptures will…put us in a position where we can obtain inspiration to answer any doctrinal or personal question, whether or not that question directly concerns the subject we are studying in the scriptures. That is a grand truth not understood by many….Again, even though the scriptures contain no words to answer our specific personal questions, a prayerful study of the scriptures will help us obtain such answers” (Elder Dallin H. Oaks, “Studying the Scriptures,” Fireside given November 24, 1985).

-“I have heard many well-intentioned Church leaders and teachers instruct congregations to find time for daily scripture study, ‘even if it’s only one or two verses per day.’ Though I understand the point they are trying to teach and applaud the sincerity of that conviction, may I gently suggest that if we are too busy to spend at least a few minutes every day in the scriptures, then we are probably too busy and should find a way to eliminate or modify whatever activities are making that simple task impossible” (Elder M. Russell Ballard, When Thou Art Converted, 68).

-“If possible, set a consistent time and place to study when you can be alone and undisturbed…As I think about your schedules and the pressures you face at this time in your lives, I can understand why scripture study can so easily be neglected. You have many demands pulling at you. In some cases, just maintaining your social life is a full-time occupation. But I plead with you to make time for immersing yourselves in the scriptures. Couple scripture study with your prayers. Half an hour each morning privately studying, pondering, and communicating with your Heavenly Father can make an amazing difference in your lives. It will give increased success in your daily activities. It will bring increased alertness to your minds. It will give you comfort and rock-steady assurance when the storms of life descend upon you” (Elder M. Russell Ballard, “Be Strong in the Lord…” http://speeches.byu.edu).

-“I suggest that you memorize scriptures that touch your heart and fill your soul with understanding. When scriptures are used as the Lord has caused them to be recorded, they have intrinsic power that is not communicated when paraphrased. Sometimes when there is a significant need in my life, I review mentally scriptures that have given me strength. There is great solace, direction, and power that flow from the scriptures, especially the words of the Lord” (Elder Richard G. Scott, Ensign, Nov. 1999, 87).

-“Please…read more slowly and more carefully and with more questions in mind…Ponder, [and] examine every word, every scriptural gem…Hold it up to the light, and turn it, look and see what’s reflected and refracted there…such an examination may unearth a treasure hidden in a field: a pearl of great price; a pearl beyond price” (Elder Jeffrey R. Holland, Summer 1992 CES Satellite Broadcast, 4).

-“My experience suggests that a specific and scheduled time set aside each day and, as much as possible, a particular place for study greatly increase the effectiveness of our searching through the scriptures” (Elder David A. Bednar, “Understanding the importance of scripture study,” http://byui.edu/presentations).

– “You should care more about the amount of time you spend in the scriptures than about the amount you read in that time. I see you sometimes reading a few verses, stopping to ponder them, carefully reading the verses again, and as you think about what they mean, praying for understanding, asking questions in your mind, waiting for spiritual impressions, and writing down the impressions and insights that come so you can remember and learn more. Studying in this way, you may not read a lot of chapters or verses in a half hour, but you will be giving place in your heart for the word of God, and He will be speaking to you” (Elder D. Todd Christofferson, Ensign, May 2004, 11).

# Slogans to Share on Education

Great for hats, shirts, bumper stickers, magnets, flags, pins, etc.

If Ball is Life, What is Afterlife?

“I would challenge you to a battle of wits, but I see you are unarmed.” (Shakespeare)

A sign on a wall

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# Introductory Quotes on Education

“I shall not cease learning while I live, nor when I arrive in the spirit world; but shall there learn with greater facility; and when I again receive my body, I shall learn a thousand times more in a thousand times less time; and then I do not mean to cease learning, but shall still continue my researches.” (Discourses of Brigham Young, second edition, p. 248)

"There is no other one item that will so much astound you, when your eyes are opened in eternity, as to think that you were so stupid in the body." (Brigham Young, JD 8:30)

'No one understands you; being with you for just two hours is exhausting.' (said of Charles Dickens, see film 'The Man Who Invented Christmas')

“As with companions so with books. We may choose those which will make us better, more intelligent, more appreciative of the good and the beautiful in the world, or we may choose the trashy, the vulgar, the obscene, which will make us feel as though we’ve been “wallowing in the mire.”” (David O. McKay, Pathways to Happiness (Salt Lake City: Bookcraft, 1957), 15.)

“The sure mark of an unliterary man is that he considers “I’ve read it already” to be a conclusive argument against reading a work. . . . Those who read great works, on the other hand, will read the same work ten, twenty or thirty times during the course of their life.” (C. S. Lewis, chapter 1, paragraph 4, in An Experiment in Criticism (New York: Harcourt Brace Jovanovich, 1982), 2.)

“To be vulgar is to do that which is not the best of its kind. It is to do poor things in poor ways, and to be satisfied with that. . . . It is vulgar to wear dirty linen when one is not engaged in dirty work. It is vulgar to like poor music, to read weak books, to feed on sensational newspapers, . . . to find amusement in trashy novels, to enjoy vulgar theatres, to find pleasure in cheap jokes.” (David Starr Jordan (Former President of Stanford University), The Strength of Being Clean: A Study of the Quest for Unearned Happiness (New York: H. M. Caldwell Co., 1900), 25.)

“Let us . . . show to the world that we have talent and taste, and prove to the heavens that our minds are set on beauty and true excellence, so that we can become worthy to enjoy the society of angels.” (Brigham Young, JD 11:305.)

# Expect Great Things of Young People: Examples of Excellence

We should expect great things of young people. Our society has become much too permissive and indulgent in our parenting. All children have different gifts and personalities, and parents should help those children to excel, and not shun the work that it will require for them to master themselves. The age of adulthood and responsibility is continuously pushed back. I used to be marked by the onset of puberty. Then it was 18. Now it’s legally 18, but a new stage of adult transition has been coined for the age of 18-25. Then they say, ‘ok by 30 it’s time man’, and so on.

Lets take a look at what young people are capable of!

Book of jasher says Rebecca was 10 years old when betrothed

Several Hebrew sources say Mary was 12 or 13 or 14 years old when she had the son of God several sources say 12 when betrothed

William Bradford was 12 when he started secretly against the will of his parents attending Separatist Puritan meetings

Thomas Jefferson had learned 5 languages by the time he was 9 years old <https://youtu.be/tY6TLw-LFY4>

-Joseph Smith had a section of the bone in his leg removed without anesthetics. He was also sincere enough to seek deeply for correct religion at age 14, including many hours studying the bible, and when the revelation did come to him, that great first vision, he endured much persecution from the religious leaders of his day, still at the young age of 15. Around age 23, he translated the Book of Mormon in about the span of 1 semester’s time.

-Joan of Arc was having visions at a very young age, and was a martyr at age 18.

-Some of the great composers were writing better music in their teens and preteen years than other great musicians could at the height of their careers.

-Several modern prophets have spoken of reading The Book of Mormon from cover to cover at a very young age, such as 8 years.

-Joseph F Smith was a full time missionary at age 16, and an Apostle in his late 20’s.

-Listen to Mozart’s story, including what he played at age 6, and what he composed at age 8, etc. <https://youtu.be/Dau-mKCGKXI> ; he composed first piece at age 5; age 6 toured Europe; age 10 international fame; age 11 composed his first opera

-Howard W Hunter played 7 instruments competently when a teenager. (see Presidents of the Church book by Truman G Madsen).  
-Joseph Fielding Smith speaking of his father Joseph F. Smith, he said “My father never had time to be a boy.” (p58 of In The Company of Prophets by Arthur Haycock). He had driven an ox team across the plains with his mother when he was just a boy, at age fifteen, orphaned, he was sent on a mission to Hawaii where he served for four and a half years.

-When a 12-Year-Old Plays Better Than You (Two Set Violin) <https://youtu.be/yq08X_8BI8c>

-Teen (Tim Doner) speaks 20 languages: <https://www.youtube.com/watch?v=Km9-DiFaxpU>

-There are a series of Ted Talks particularly by teens called “Tedx Teen”.

-Here is a short presentation showing that the idea of adolescence is a new idea; it used to be that children would take on maturity at a younger age, and use the teen years for preparation of adult roles, but now that era is largely one of post-poning maturity. “UnHoly Hollywood 3 - This is Why They Call It Programming” <https://youtu.be/25llo_ol3ns>

A pocket watch on a table

Description automatically generated with medium confidence-Thomas S Monson was a bishop at age 22. We don’t seek this office but it demonstrates that young adults are capable of overseeing sizable stewardships.

-It was common to have 14 year old ship captains in days past.

# The (Occasional?) Duty of Polyphasic Sleep: Expectations & Strategies

“My life like my shoes, worn out in the service of God.” -President Spencer W. Kimball

“Have a sense of urgency.” -Thomas S. Monson, Russel M. Nelson, etc.

-when much is at stake, you ust lose the calendar, and just go full throttle. This means you sleep when you must, not when a clock says something. And when you must sleep, you do so incrementally, then get back to work, as a little sleep can be restorative.

-stock up on sleep so when you can’t, you have reserves. The science shows that it indeed works like this, the use of stored energy, and the power to renew one’s self with a reasonable night’s sleep even if you’ve been without for a few days.

-in seasons of critical performance, get all you need to do completed, then rest a season. It’s feast or famine. You can’t wait until it’s convenient in your schedule to get your work done.

In my full-time college student years, I also worked a full time job maintained a marriage, and raised a number of children. I have thought much about where the line is for giving one’s all for the betterment of society. Though this line (as well as one’s ability to move that line in a per needs basis) varies from person to person, here are some generalities I’ve come to believe from much trial and error, much success, and much failure.

My soul cries out, Oh God, how strict are thy ways, and how high are thine expectations! I tremble to think of what trials lie ahead, and I tremble to look at what we have already gone through in this life and what we have gone through in the pre-mortal existence. We know not if we could do now and tomorrow what we could and did then. Nevertheless, we know thou wilt sustain thy servants in the hour of their need. As our days shall demand, so our succor from thee, our constant aid, shall be. Though we may not KNOW that we in our flesh shall conquer this selfsame hour, we can surely BELIEVE.

Note: Surely a pregnant woman needs to be very cautious about guarding her health when it comes to sleep, etc.

Note: regularly resorting to medication and junk food (including soda, caffeinated or not) is a sign of an unsustainable lifestyle, and is not recommended for any substantial stage of life, including college semesters, new-born baby months, or times of extreme poverty, etc. For these seasons of great distress, other more sustainable options are available to those who seek them.  If these nutritively empty substances are to be used at all, it is in rare emergency or perhaps rare celebration (though surely we can think of more wholesome ways to celebrate). The seeker of greatest joy & service recognizes that it is best to never use them for either emergency or celebration. Even those who work a graveyard shift or heavy class/work/family load perform better when adopting healthy coping mechanisms. Those who resort to these unhealthy tools will likely soon look back and regret their poor choices as they face years of health issues as a result.

THE NUMBER OF SLEEP HOURS AND THE RESULTS:

This section shows what one can expect based on how many hours of sleep they get, ranging from 11 hours to 0 hours. Refer also to my similar article of compiled quotes and examples from prophets and other inspired individuals on sleep.

11: solution for 0-hour prior night

10: have you no dignity man? / open rebellion

9: there goes your life / probably depressed / complete restoration from a week of clearly diminished rest.

8: ready to do sustained intense focus / born again / easy to be optimistic; must exercise for max alertness. Missionaries sleep this amount (Note: missionaries are young and may need more sleep due to their age of development). Napoleon Bonaparte military genius suggested that for a mature adult to sleep this amount is wasteful.

7: going along just fine / let’s do this. No music is required for focused study.

6: I’m going to make it. Constant mental effort required for sustained focus; exercise boosts function if can conjure the motivation to exercise. 2nd episode of exercise mid-day gives equivalent of 1-hour nap. Napoleon Bonaparte military genius suggested this amount of sleep for men of ambition. Music is required for focused study. Comedic relief serves in this phase to boost the immune system and deflect depressive instincts. Jovial social interaction further serves to sustain usefulness in this sleep schedule. Menial tasks which require little to no thought are good to accomplish in this schedule, reserving one’s energy/time/prime for the more daunting tasks of designing, calculating, and so forth.

——-

crossing line of chronic health / sustainability; below this point will need nap for max function / economic point of diminishing returns

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5: life is pain; only sustainable with spiritual fortification; high risk for depression & bodily temptation; occasional relief from pain when highly distracted; you can perform mentally, but you won’t think you can; multiple episodes of physical fitness required to override mental fatigue. 1-hour nap 2/3 through day enhances remaining 3rd to 7-hour-like performance. Increase caloric intake by 400 to compensate strain on body. You can still have normal social interaction in this stage. If very interested in a topic, can carry on as though you had 8 hours of sleep therein, but performing begrudging tasks is most dreadful. If is likely that Dr. Hugh Nibley frequently used this sleep schedule, as he was known to suggest to students that they study until 2 or 3am to perform with excellence in school and lamented that the ‘lamps didn’t burn’ late into the night in BYU dorms. Nibley was famous for being the best in his field and being better than everyone else in their own fields. Participation in an economic society is virtually disabled at this sleep level, particularly meaningful and hearty participation.

4: “why did i do this”; “there is no mercy, no mercy!”; focus on nutrition (esp. vit. C) to avoid eminent sickness; I have a fighting chance of surviving without illness, but I’m not happy about it; must build time into schedule for staring into space and repeatedly pondering the question “why”; increase caloric intake by 700. Avoid stressful situations as to not lose your temper. You’re bent and almost to breaking, potential for “Dr. Jekyll Mr. Hyde syndrome” when encountering unexpected stress, particularly related to interpersonal interactions; “what happened?”; must write morals on palm of hand as they’re no longer in thoughts; this is the final stage of semi-reasonable sleep length. You can perform scheduled tasks, but time in between scheduled tasks is wasted in lament and grimace of pain. You will be easily distracted and use much of your limited fuel in creative rather than administrative tasks. The infamous Joseph Richardson who maintained a 4.0 in high school, always 18 credit semesters in college (still 4.0), and graduate school in computer science and physics (still 4.0), reported a particular semester of graduate school where he had an average of 4 hours of sleep per night, which he reported was most miserable & somewhat maddening, though succeed he did. One key to Joseph’s academic success is that he never allows himself to sleep if there is unfinished homework which is due the next day. It is to be noted that Joseph never used caffeine and had a diet high in milk beans and wheat bread from a young age. Joseph also reports some long-term negative health consequences which he correlates with these and similar times of his life. Generally speaking, it is unwise to expect to perform well academically on such diminished amounts of sleep.  I believe Brigham Young was on this average of sleep when doing last minute temple ceremonies before they had to leave in months soon to come. Onset of diarrhea is a key sign that debilitating sickness is eminent, retreat and fortify (although sometimes there are things worse than diarrhea, as evidenced by the courageous battles of George Washington, where he reported diarrhea during battle).

crossing the line of acute health: emergency status

3: sick; onset of an inflamed uvula upon waking indicates severe stress on the immune system. There is a small chance that sickness can be avoided in this schedule with the employment of a series of brief naps throughout the day; exercise decreases health; seek restful moments throughout day whenever possible, deliberate psychoactive self-restraint to decrease stress of constant pain; increase caloric intake by 1500. Social interaction requires full attention / is ineffective. Some temptations are diminished in this stage as extreme exhaustion brings a sense of humility and compassion for humanity which comes with inevitable resignation on account of one’s abilities to reach all personal goals. Some things can be maintained with this amount of sleep, such as clocking in and out of work on time, attending mandatory school classes, and completing assigned homework. Small infrequent medication to calm symptoms so as to complete needed social performances are considered, but with awareness of impending liver and other damage to those who medicate casually/frequently. As completion of homework is critical to maintaining a grade point average, the student is justified, as the provider is justified in making sufficient money to pay bills at this sleep level, in temporary heroic sprints in this phase to complete needed tasks. Time is such that some days are more important than others, and if you have only 3 hours of sleep to meet demands of the more crucial days, compensation/health reconciliation must be completed.  Note: emergency status can often be avoided with good planning, which evades the need of procrastinated workloads.

2: 5th dimension Leonardo Da Vinci / polyphasic sleep; sick, but not bedridden sick if execute naps

1: forestall impending doom. Insufficient naps; Increase caloric intake by 2000.

0: kamikaze. Timebomb. One becomes not only sick, but useless. However, if only employed once or twice a month and other days have a healthy amount of rest, including small repair in the aftermath, this schedule can be tolerated.

**POLYPHASIC SLEEP:**

Polyphasic sleep is sleeping in small increments rather than long periods. This is a questionable practice. However one thing is for certain – we sould rise early, and take power naps as needed. President Spencer W. Kimball was known for this. He would take 15 minute power naps and be ready to go.

Apparently Di Vinci and others have used this method, and retained their genius, and perhaps used it to develop their genius.

A picture containing dark, black, outdoor object, night sky

Description automatically generated(Going on 1-4 hours of sleep per day, with periodic 25 minute naps (a few per day).)

REM sleep happens in the 25 minute range, so the 25 min. naps provide quality sleep which eventually feels like hours of rest.  
The first few weeks are hard but then you get used to it.  
Several renown thinkers purportedly did this.  
It's supposed to not only give more time, but more health and energy including weight loss.

Caution: this is not sustainable for most people. I have seen people who have done something similar to this develop serious health issues. Use extreme caution with this method. Maintain high nutritional excellence, etc.

**Ways to Stay Awake on Graveyard Shift:**

(In a somewhat healthy way; staying up all night is inherently unhealthy, but sometimes required to provide for a family while going to school, etc.)

Stretching! Become a master of flexibility, you’ve got nothing but time. Can read in stretch positions too. Get a book on flexibility or print stuff to try lots of different stretches.

Avoid time fillers like video games and junk food.

Classic narrative and otherwise compelling literature.

Paperwhite kindle

Mp3 player

Phone with usb otg (for reading editing files and playing music and video)

Draw/paint landscapes.

Sculpt with clay, then bring home creations to cook into permanence.

Plenty of protein so not Hungary; low carbs so not tired

Hacky

‘desk cycle’ seated portable foot bike

Dumbbells

Flex cords

Gum, sun seeds

Dandelion ‘tea’ energizes

A picture containing cat, grass, green, domestic cat

Description automatically generatedReading with a purpose: to complete books; minimal highlighting, speed read

Minipiano with headphone jack, and bud headphones so not bulky, and printed ‘tabs’

Electric Acoustic guitar with headphone jack so as to play without noise.

Other instruments that can plug in headphones

Free weight workouts: squat, jj, su, pu, jump, ‘dry’ ollie (squat, jump up, tuck, land in squat)

Look sharp so you feel sharp, it’s energizing.

Journal freewriting. Spill ideas onto a page. Could write stories to tell the children too.

Construction books with lots of pics, its an active subject

Math; it’s an active participation thing.

Look at books on sport technique; an active subject.

Print out articles and edit them with red pen to later electronically update. Have a keyboard to type plugged into the phone where possible if computer not available.

Pomegranates: takes long time to peel, lots of little rewards.

Bring ice for your feet

Lotion hands and feet; this relieves pain/irritation so you can focus on other things

IBU Tylenol something so you can happily do something without focus on pain (will kill the liver & intestines if used too much)

Nuts, seeds

Healthy puzzle based games

# Scheduled Sleep Routine Sketch

On this subject, one might refer to the book (series) “The Morning Miracle”. The book suggests that our mindset has much to do with it. That if we anticipate a poor sleep and bad day, thus it will be. And that if we anticipate a good sleep, even when not many hours, it will be good.

A picture containing indoor, person

Description automatically generated

Before going to bed:

-prayer and journal and write in planner/phone stuff for tomorrow’s doings

-phone charge in other room, use actual alarm clock. Helps avoid social media etc.

-set alarm for 6(?) hours after time of going to bed; while caring for infant, may set for 7(?) hours, since plan on an hour of tending baby; when under the gun in school etc., set for 4 hours (I know of straight A students who have proven that optimal brain function & health aren’t required for academic success; one in particular reported an entire semester of 4 hours of sleep on average. His health suffered, but he achieved his goal.)

Getting out of bed:

-not hit snooze lest you get into another sleep cycle; countdown from 5, and get up. If you don’t like waking up, why do it twice?

-use cold therapy to shock your brain into alertness via cold shower

-fitness for a set time or distance

-scripture study for a set time.

Don’t procrastinate these things for later in the day: later in the day is when you need to be getting deadline type things done. These things will launch the day effectively. Without these things, the rest of the day can easily astray.

Review the planner list of stuff to do throughout the day, perhaps at set times

# Cease to Sleep Longer than is Needful: Courage of Prophets & Sages

Let us remember that not only scientific laboratories but wisdom from the ancients and insight from inspired individuals can give us information on matters of importance. To ignore historical and prophetic wisdom at the expense of focusing on the laboratory, or the opposite, to leave the laboratory to just listen to leaders and wise men, is to put oneself at risk of assuming radical views which will not lead to desired outcomes.

A person reading a book

Description automatically generated with medium confidenceThis is a collection of teachings on and examples of the prophets and other inspired individuals about sleep. We must serve God, and we look up to those who have gone before to help us be inspired about ways we can offer our whole souls as an offering to God. Sometimes this balance of service and self-care can involve less sleep. I would note that regular use of stimulants indicates that our sleep patterns are unstable and not suitable for a healthy long-term lifestyle. We will frequently consider as we review these teachings that there is more to life than sleep, and that much of what must be done can indeed be done on less sleep.

Isaac Newton: “Truth is the offspring of silence and unbroken meditation. I keep the subject constantly before me and wait 'til the first dawnings open slowly, by little and little, into a full and clear light.”

When in the throngs of important research, he ate and slept little. Once he went without sleep for 5 days (though it resulted in a mental breakdown).

Chemist accountant Antoine Lavoisier spent 3 hours in his chemistry lab before going to work as an accountant each day, then returned to work in his lab after work.

Brigham Young 4 hours of sleep on average per night only going home one day a week and they were getting Temple work in the Navoo temple before they had to leave.

“President David O. McKay was inclined to awaken at 4:00 a.m., skim read up to two books each day, and then commence his labors at 6:00 a.m. He could quote 1,000 poems from memory…He referred to the grand masters of literature as the “minor prophets.”” (Your Refined Heavenly Home by Douglas L. Callister, A BYU speech given September 19, 2006, <https://speeches.byu.edu/talks/douglas-l-callister/refined-heavenly-home/> )

-Gerald Lund in his book on hope relates that he had a habit of snoozing the alarm for years. He tried to wake early to study the gospel, but without success. Eventually he prayed for help and began to wake a minute before his alarm, feeling refreshed. He got better at this and went from success a few days a week to eventually everyday, and didn't even need to set an alarm anymore.

-Joseph Smith – The Lord comforts us by means of our dreams, even when they don’t make sense. (Note: It’s also been said by modern psychologists that dreaming is critical to our mental health.)

-Reportedly Hugh Nibley said he would rather get up at later and write good books than get up at 6am and write bad books. This shows how and when you sleep isn’t really the key to success, it’s just a minor and negotiable component which can’t be enlarged more than other more crucial components. There appears to be seasons of rest, seasons of little rest, etc., depending on the dictation of the Holy Ghost, our spiritual attunement to recognize that dictation, and our moral courage to answer the promptings of the Holy Ghost, as we tread the path toward become holy ourselves. He that is commanded in all things is not a slothful and not a wise servant the revelation says.

-“Give me that mountain to climb” said President Kimball. President Kimball and his wife were sick with a very high temperature fever, he was nevertheless the first ready in the morning, and  
went to all his meetings that day, and looked to the needs of others throughout the day. Though his various cancers and other serious Job-like health trials, we have never heard him complain. President Kimball didn’t expect those around him to keep up with him and work at his pace. He did expect people to do their best. He had a sign on his desk that said, “do it”. They couldn’t get President Kimball to rest before the long series of meetings of the day. He said that if they knew what he did, they would understand why he did what he did. There were gaps in the schedule, President Kimball pointed out the gaps and asked Elder Hales “what are these? Why am I not attending meetings in these times?” Elder Hales said “those are rest periods.” President Kimball said, “Are you tired, Elder Hales?” Elder Hales would express his **concern to his companions about the health of President Kimball considering how he could get Kimball to rest, his companions said, “you can try”**. When others would try to help him rest, he would tell them, “**I know you’re trying to save me, but I don’t want to be saved, I want to be exalted**.” (“Examples from the Life of a Prophet” by Elder Robert D Hales, about President Spencer W Kimball, Gen. Conf. Oct. 1981)

A picture containing mammal, big cat, lion, outdoor

Description automatically generated-Joseph Fielding Smith **all his life was up by 6am and in his office by 8am**. (see book ‘In the Company of Prophets by D. Arthur Haycock)

– Spencer W Kimball didn’t sleep much. If working hard could make up for his inadequacies he would. So he slept only a few hours each night and became a master of sneaking away every now and then for a **15-minute cat nap, then was back in action**. At **2am the lights were often still on the Spencer Kimball home**. He would be writing in his journal responding to letters and thanking them for any bit of faith they had in such letters. In his journals he not only wrote of the things of the day, but he opened his heart. There are **33 black binders of these journals** he kept. He said that **in journals don’t put your sins in neon but write you have weaknesses and quickly get on** to the good stuff, to the inspired. (see Truman G Madsen book on the Presidents of the church)

-“When I served with President Kimball, I never worked so hard in my life.” (see book ‘In the Company of Prophets by D. Arthur Haycock pg. 90)

-“I have learned that the best time to wrestle with major problems is early in the morning. Your mind is fresh and alert. The blackboard of your mind has been erased by a good night’s rest. The accumulated distractions of the day are not in your way. Your body has been rested also. That’s the time to think something through very carefully and to receive personal revelation. I’ve heard President Harold B. Lee begin many a statement about matters involving revelation with an expression something like this: “In the early hours of the morning, while I was pondering upon the subject,” and so on. He made it a practice to work on the problems that required revelation in the fresh, alert hours of the early morning… I counsel our children to do their critical studying in the early hours of the morning when they’re fresh and alert, rather than to fight the physical weariness and mental exhaustion at night. I’ve learned that the dictum “Early to bed, early to rise” is powerful. When under pressure—for instance, when I was preparing this talk—**you wouldn’t find me burning the midnight oil. Much rather I’d be early to bed and getting up in the wee hours of the morning, when I could be close to Him who guides this work.”** (Elder Boyd K. Packer, 1975 BYU Devotional “Self Reliance”, <https://speeches.byu.edu/talks/boyd-k-packer_self-reliance/>)

-Brigham Young said the man who honors their Priesthood will be exhausted. (Hugh Nibly, BofM/PoGP class referenced)

-Brigham Young said he felt his bones in him would consume lest he preached the gospel once he had found it, and left all temporal things so to do. He said he is not bound back by wife and child or nothing, but is living for the gospel. He said “I want you to ware your selves out (for the gospel cause).” (Hugh Nibly, BofM/PoGP class referenced)

-Elder Jeffrey R Holland said missionaries (etc.) collapse into bed at the end of the day “delightfully exhausted”

-“Eight hours work, eight hours sleep, and eight hours recreation – Brigham Young” (Susa Young Gates and Leah D. Widtsoe, The Life Story of Brigham Young (1931), 251)(also referenced in Ensign 2003 A Rock-Solid Foundation for Marriage By Brent A. Barlow <https://www.lds.org/ensign/2003/06/a-rock-solid-foundation-for-marriage?lang=eng>)

-“it is harder for the Spirit to shine in and through our physical bodies when we are dozy and dull from foolishly going to bed at 1:30 A.M. or 2:30 A.M. or later night after night after night (see D&C 88:124).” (By Elder David A. Bednar Area Authority Seventy From a devotional address given at Ricks College on 11 January 2000. Published also in the Ensign, September 2001 see https://www.lds.org/ensign/2001/09/ye-are-the-temple-of-god?lang=eng)

-Pres. McKay read 4-5 books a week. He would only sleep 4 hrs. per night, bed at 12am up at 4am

-President Boyd K Packer said that when he has a large project that must be done, rather than staying up late to do it, he will rise early to do it. He says he prefers this method so that he can do the task “with the Lord”.

-When I took classes from BYU Biblical Hebrew professor and prolific author Dr. Donald Parry, he would sometimes speak to us of how he would at times wake very early, sometimes even at 2am, he would pray for the Lord to let him rest a little more, and the answer would come that no, it’s time to get up and get to work.

-Cleon Skousen was asked a project by the First Presidency, they knew he had what today is 5 full time jobs; he to complete the assignment had to stay up till 4 or 5 AM some days.

-Brigham Young would only get 4 hours of sleep when he was involved in a great project temple work etc.

-one BYU News recent study shows students with 7 hours of sleep do better than those who get 9 hours of sleep.

-Holy Ghost be your guide

-Joseph Fielding Smith thought it immoral to be in bed past 6am

-Brigham Young said don’t use stimulants to stay awake. President Russel M Nelson has echoed this council.

-Missionaries get 8 hours

-Joseph Worthlin got up early to have 2 hours of gospel study each morning

-Pres. Kimball would oft. go home after work then go back to work after that to finish things when things were not done

-Julie Preece, the student management professor of BYU, says stay at work till work done then go home

-Pres. Monson says burn the midnight oil to get good grades

-Professor of Greek at BYU Steven Bay says go off only 5 hours sleep if it means getting your studying in

-a founding father / French revolutionist said those who want to make revolution can only sleep in their grave

-at times Pres. Eyring prays all night

-President Russel M Nelson has urged us to not use harmful stimulants.

-Jesus rose before others in the morning to go pray

-Jesus and other prophets have gone without food for 40 days and still been able to learn much in that time

-Jesus prayed all night when trying to choose which to call as the 12 Apostles

-Pres. George Albert Smith would rise at 3 am to go help a poor bum not commit suicide

-recent Gen. Conf. Elder Scott said get a reasonable amount of sleep

-recent Gen. Conf. Elder Holland said we must pay for health if not now then later

-Oath and Covenant of the Priesthood involves a renewal of the flesh

-The Holy Ghost quickens and strengthens all things in your body

-The D&C teaches that we are expected to follow the righteous desires of our hearts and do much good of our own will

-Napoleon Bonaparte was asked how many hours sleep people need, he is said to have replied: “Six for a man, seven for a woman, eight for a fool.” <https://www.bbc.com/news/magazine-22084671>

-The prolific inventor Thomas Edison slept **three** or **four hours** at night, regarding sleep as a waste of time, “a heritage from our cave days.”  <http://www.nytimes.com/books/first/m/maas-sleep.html?scp=63&sq=sleep&st=Search>

-there are many sources which suggest that Einstein, Tesla, Leo Da Vinci and many other past century geniuses did sleep for only a few hours per day or they took several naps of few minutes each, per day. <https://www.quora.com/Did-Einstein-sleep-for-three-hours-a-year>

Text

Description automatically generated-Leonardo **da Vinci’s sleep** schedule included 20-minute naps every four hours. **Da Vinci** followed an extreme form of a **polyphasic sleep** schedule called the **Uberman sleep** cycle, which consists of 20-minute naps every four hours.<https://www.independent.co.uk/news/people/14-bizarre-sleeping-habits-of-super-successful-people-a7002076.html>

-Every day at 5 p.m., the prime minister would drink a weak whiskey and soda before taking a two-hour nap. Churchill said this short “siesta” allowed him to get 1 1/2 days’ worth of work done every 24 hours. Churchill would often work through the night and became known as quite the night owl. Because of his irregular sleep schedule, he was said to hold War Cabinet meetings in his bath. <https://www.independent.co.uk/news/people/14-bizarre-sleeping-habits-of-super-successful-people-a7002076.html>

-The 19th-century novelist and poet Emily Bronte suffered from insomnia, and she would walk around her dining room table until she felt tired enough to fall asleep. <https://www.independent.co.uk/news/people/14-bizarre-sleeping-habits-of-super-successful-people-a7002076.html>

-Inventor Nikola Tesla got more out of the day with his limited sleep schedule. Like Da Vinci, Telsa also followed the Uberman sleep cycle and claimed to never sleep for more than two hours a day. He once reportedly worked for 84 hours straight in a lab without any rest. “I do not think there is any thrill that can go through the human heart like that felt by the inventor as he sees some creation of the brain unfolding to success … Such emotions make a man forget food, sleep, friends, love, everything,” he said.

<https://www.independent.co.uk/news/people/14-bizarre-sleeping-habits-of-super-successful-people-a7002076.html>

-I have a sibling who maintained heavy credit hours in heavy subject matter with a 4.0 throughout high school, college, and graduate school. At least 1 semester he reported to sleep 4 hours a night on average. I asked him, “you have a legendary semester when you slept 4 hours on average. What are some things you did during that time to not go crazy and stay focused? I know you don’t use caffeine (which actually disables focus and endurance etc.)” His response, “If by “legendary” you mean horrible…The best advice is don’t do it.  My health/habits are still wrecked from it. Who says I didn’t go crazy?  Who says I successfully focused?  And any time I could, I slept.  4 hrs. just isn’t enough sleep. I don’t think I have any pointers on how to make it less miserable, since it was making me pretty miserable.  And it definitely can’t be done very long term.” He also reported that you can do anything you put your mind to.

-researchers are now questioning whether it’s bad to have more or less than 8 hours of sleep ( see medical lies article from Ioannidis found by Ann Tracy)

-age plays a factor in amount needed

-Some monks or something get average of 2 or 3 hours for have trained their bodies such

-anatomic clock

-can anatomic clock be trained?

-have goals and go by their completion rather than a clock

-nurse Marguerite Richardson said eat healthy no sugars if want power to stay awake longer

-paleo diet people in ancient bible lived much longer than we do .

-economist Harold Douglas Morris says with sleep/late nights, that there comes a point of diminishing returns. AKA eventually getting less sleep does more harm than good.

-Dr. Hugh Nibley says to stay up until 2am doing studies, and laments how the lights don’t burn late at BYU. Nibley speaks of taking school more seriously. President Dallin H Oaks, Elder Neil A Maxwell, and others have spoken very highly of Hugh Nibley.

-When I took Biblical Hebrew classes from Dr. Stephen Ricks at BYU, he reported that he studied long and hard when in school, and that as a professor, he planned to remain teaching until he drooled. He and Dr. Donald Parry, another BYU Hebrew Professor, reportedly have a little game of who gets to campus earliest. They are usually there by 6am at the latest.

-Joseph Smith says ware out your lives in bringing hidden things to light

-LDS hymn more holiness give me says ‘more USED would I be’

-Joseph R. says don’t go to sleep until your homework due the following day is done

-President Packer says when he has a big project to do he goes to bed early and wakes up early to do it so he can be with the Lord

-the scripture says early to bed early to rise and cease to sleep longer than is NEEDFUL.

-varying circumstances probably alter what should be done

-if you feel bad continually about your current pattern, go get another one.

-we must work out our salvation, and do so until we feel that the Lord is satisfied with our efforts (and we find that out from the Lord by scripture study and especially prayer). Until then, it’s hand to the plow.

-it’s reported that the 12 Apostles work harder than anyone, why should this be? Indeed, they have instructed that we ought not wait for some big calling to come to us to give our all-in service

-the latter-day saints are long known for their industry

-Pres. Kimball went through many health trials, perhaps from wearing himself out, and this

shows life is more than meat; that truly there are more important things to accomplish

-do the commandments like caring to the poor despite all.

-Elder Scott in a recent Conf. Report (2013?) Said that scripture study is more important than sleep

-use the opportunities only available to an American

-less than 8 hours of sleep can, for a young person, cause them to not retain what they were learning the day prior; (but one may have duties to do, and not need remember everything.)

-having constant headaches could be very bad for the health

-men are responsible for providing for their family, preaching the gospel, giving their family a nice home, fixing it up, etc.

-Pathophysiology professor Mary Cook wakes up at 4am each day, and doesn’t respond to late night or late evening emails.

-Alzheimers is related to the toxins that build up in the brain from not getting sleep. But perhaps its more tied to foods eaten.

EITHER WAY,

SOME THINGS ARE SIMPLY MORE IMPORTANT THAN IDEAL HEALTH AND COMFORT!

# The Debate Finisher on Sleep from D&C 123

D&C says go to bed early and wake early, but what are the specifics?

Another D&C 123:12-17 says we are to wear out our lives in uncovering truth:

“12 For there are many yet on the earth among all sects, parties, and denominations, who are [blinded](https://abn.churchofjesuschrist.org/study/scriptures/dc-testament/dc/123?lang=eng&adobe_mc_ref=https%3A%2F%2Fwww.churchofjesuschrist.org%2Fstudy%2Fscriptures%2Fdc-testament%2Fdc%2F123%3Flang%3Deng&adobe_mc_sdid=SDID%3D44C0A1F02CD627D4-6279B260E10DCC6A%7CMCORGID%3D66C5485451E56AAE0A490D45%2540AdobeOrg%7CTS%3D1631854317#note12a) by the subtle [craftiness](https://abn.churchofjesuschrist.org/study/scriptures/dc-testament/dc/123?lang=eng&adobe_mc_ref=https%3A%2F%2Fwww.churchofjesuschrist.org%2Fstudy%2Fscriptures%2Fdc-testament%2Fdc%2F123%3Flang%3Deng&adobe_mc_sdid=SDID%3D44C0A1F02CD627D4-6279B260E10DCC6A%7CMCORGID%3D66C5485451E56AAE0A490D45%2540AdobeOrg%7CTS%3D1631854317#note12b) of men, whereby they lie in wait to [deceive](https://abn.churchofjesuschrist.org/study/scriptures/dc-testament/dc/123?lang=eng&adobe_mc_ref=https%3A%2F%2Fwww.churchofjesuschrist.org%2Fstudy%2Fscriptures%2Fdc-testament%2Fdc%2F123%3Flang%3Deng&adobe_mc_sdid=SDID%3D44C0A1F02CD627D4-6279B260E10DCC6A%7CMCORGID%3D66C5485451E56AAE0A490D45%2540AdobeOrg%7CTS%3D1631854317#note12c), and who are only kept from the truth because they [know not](https://abn.churchofjesuschrist.org/study/scriptures/dc-testament/dc/123?lang=eng&adobe_mc_ref=https%3A%2F%2Fwww.churchofjesuschrist.org%2Fstudy%2Fscriptures%2Fdc-testament%2Fdc%2F123%3Flang%3Deng&adobe_mc_sdid=SDID%3D44C0A1F02CD627D4-6279B260E10DCC6A%7CMCORGID%3D66C5485451E56AAE0A490D45%2540AdobeOrg%7CTS%3D1631854317#note12d) where to find it—

13 Therefore, that we should waste and [wear](https://abn.churchofjesuschrist.org/study/scriptures/dc-testament/dc/123?lang=eng&adobe_mc_ref=https%3A%2F%2Fwww.churchofjesuschrist.org%2Fstudy%2Fscriptures%2Fdc-testament%2Fdc%2F123%3Flang%3Deng&adobe_mc_sdid=SDID%3D44C0A1F02CD627D4-6279B260E10DCC6A%7CMCORGID%3D66C5485451E56AAE0A490D45%2540AdobeOrg%7CTS%3D1631854317#note13a) out our lives in bringing to light all the [hidden things](https://abn.churchofjesuschrist.org/study/scriptures/dc-testament/dc/123?lang=eng&adobe_mc_ref=https%3A%2F%2Fwww.churchofjesuschrist.org%2Fstudy%2Fscriptures%2Fdc-testament%2Fdc%2F123%3Flang%3Deng&adobe_mc_sdid=SDID%3D44C0A1F02CD627D4-6279B260E10DCC6A%7CMCORGID%3D66C5485451E56AAE0A490D45%2540AdobeOrg%7CTS%3D1631854317#note13b) of darkness, wherein we know them; and they are truly manifest from heaven—

14 These should then be attended to with great [earnestness](https://abn.churchofjesuschrist.org/study/scriptures/dc-testament/dc/123?lang=eng&adobe_mc_ref=https%3A%2F%2Fwww.churchofjesuschrist.org%2Fstudy%2Fscriptures%2Fdc-testament%2Fdc%2F123%3Flang%3Deng&adobe_mc_sdid=SDID%3D44C0A1F02CD627D4-6279B260E10DCC6A%7CMCORGID%3D66C5485451E56AAE0A490D45%2540AdobeOrg%7CTS%3D1631854317#note14a).

15 Let no man count them as small things; for there is much which lieth in futurity, pertaining to the saints, which depends upon these things.

16 You know, brethren, that a very large ship is [benefited](https://abn.churchofjesuschrist.org/study/scriptures/dc-testament/dc/123?lang=eng&adobe_mc_ref=https%3A%2F%2Fwww.churchofjesuschrist.org%2Fstudy%2Fscriptures%2Fdc-testament%2Fdc%2F123%3Flang%3Deng&adobe_mc_sdid=SDID%3D44C0A1F02CD627D4-6279B260E10DCC6A%7CMCORGID%3D66C5485451E56AAE0A490D45%2540AdobeOrg%7CTS%3D1631854317#note16a) very much by a very small helm in the time of a storm, by being kept workways with the wind and the waves.

17 Therefore, dearly beloved brethren, let us [cheerfully](https://abn.churchofjesuschrist.org/study/scriptures/dc-testament/dc/123?lang=eng&adobe_mc_ref=https%3A%2F%2Fwww.churchofjesuschrist.org%2Fstudy%2Fscriptures%2Fdc-testament%2Fdc%2F123%3Flang%3Deng&adobe_mc_sdid=SDID%3D44C0A1F02CD627D4-6279B260E10DCC6A%7CMCORGID%3D66C5485451E56AAE0A490D45%2540AdobeOrg%7CTS%3D1631854317#note17a) [do](https://abn.churchofjesuschrist.org/study/scriptures/dc-testament/dc/123?lang=eng&adobe_mc_ref=https%3A%2F%2Fwww.churchofjesuschrist.org%2Fstudy%2Fscriptures%2Fdc-testament%2Fdc%2F123%3Flang%3Deng&adobe_mc_sdid=SDID%3D44C0A1F02CD627D4-6279B260E10DCC6A%7CMCORGID%3D66C5485451E56AAE0A490D45%2540AdobeOrg%7CTS%3D1631854317#note17b) all things that lie in our power; and then may we stand still, with the utmost assurance, to see the [salvation](https://abn.churchofjesuschrist.org/study/scriptures/dc-testament/dc/123?lang=eng&adobe_mc_ref=https%3A%2F%2Fwww.churchofjesuschrist.org%2Fstudy%2Fscriptures%2Fdc-testament%2Fdc%2F123%3Flang%3Deng&adobe_mc_sdid=SDID%3D44C0A1F02CD627D4-6279B260E10DCC6A%7CMCORGID%3D66C5485451E56AAE0A490D45%2540AdobeOrg%7CTS%3D1631854317#note17c) of God, and for his arm to be revealed.”

This is the key! We are to exhaust ourselves in this intense focus on finding & sharing truth!

Surely this verse implies that as we “don’t run faster than we have strength”, we must check ourselves, and see what we are really made of. So much of our “tiredness” is psychological, and we must learn to push through.

# Researching Better Than Brain Teaser Puzzle Games

A person's hand on a book

Description automatically generated with low confidence

Sure, games which have you solve arbitrary puzzles are good for the brain. Depending on your interests and abilities these may be ideal.

I will suggest another alternative.

When you decode a text, when you put together a presentation, when you find clues and put together the puzzle pieces from various locations/sources, when you put together coherent ideas, all of these exercise the brain as much as any puzzle would (IMHO).

I find such exercises more prudent overall. They can be quite exciting, and include the element of doing the greater good, in discovering and teaching truths.

# David McColloch on The Problem with Modern Education: Ignorant Teachers

McColloch (who wrote many great biographies of the founders et cetera) said the problem with modern education is that we teach people how to teach but they don't know their subject matter!

He hit it right on the head. Its not so much about how you present as what you present. One or two classes in a subject hardly qualify someone to teach. Anyone can teach by learning as they go, but for goodness sake, if you have the opportunity for college training, spend that time learning your subject matter, not learning how to teach.

Further, theories on how to teach change like the wind, so drilling down into these theories is not of much use anyway.

It’s not inherently bad to learn “how to teach,” but David is right, we are a bunch of ignoramuses with teaching licenses.

Down with teaching licenses! As if they show any real ability or know how! They show that you know how to work the system.

Wholesome recreation is perhaps needed. Some take on puzzle games which others would loathe to attempt. Of course the researcher finds his studies become more thrilling to him than any other activity, and they become his chief recreation…

# Fire of the Covenant: Increasing Your Reading

Always carry a book. You could have a pocket size book, or bag size book, or printed manuscripts to keep in a portfolio.

Another tip along these lines is to put flashcards in a wallet version phone case, or just in a wallet you carry. It could be a flashcard wallet  
  
Have a specific time of everyday that you read.  
  
Read what you love, & what is your duty. When it comes to selecting a path, select one you can be passionate about. But don’t be too close minded about this, rigorous training in any worthy subject is a good education.  
  
Pg tabs of a few days ahead where you're goal is  
A tab for where you should get each day  
  
Not read all if nonfiction. Many of a genre repeat the same studies. If it's junk you don't have to finish it.  
  
Stop if it's bad. Read 10 percent of it if it doesn't interest you stop.  
  
Finger follow since eyes struggle to go in straight lines  
  
Skip dumb chapters  
  
Read more than one at a time  
Easier to keep attention. Swap between harder and easier ones.  
  
Don't say the words in your head  
  
Highlight and note taking may only be minimally helpful.

# Benson: Work During School

Benson said students should work while going to school not just the summers, that it would help their study time be more effective, and help them appreciate their studies

# Career Determine by What You Value

What is your most prized possession?

Further the cause of that.  
Certainly foremost further the cause of truth, equality, and the innocent.  
Books then teach  
Cars then mechanic  
Etc

Note: We all love the gospel, but the Book of Mormon says the teachers of the gospel should also have a day job.

# Assorted Teaching Notes

Make a sign that says “I argue at noon and 4 o'clock, make an appointment” of course this is during lunch and after school so no one will. -Jim Fay, Love & Logic  
  
Let your students know that you grade papers when they are due and not after that.  
  
When a child breaks a rule don't tell them to stop just remind them of your rule  
  
When students try to argue and manipulate uh argue and manipulate ignore it and say nice try or something to that effect  
  
Teachers should not be just a friend they need to be a strong authority and they need to be a strong authority figure but also cultivate relationships  
  
A student was getting poor grades and under achiever often doesn't have chores at home; he hasn't learned that character trait of work so get him doing chores and he'll do better at school.

Figure out what the kid is naturally great at and help them with that this is a way of expressing love to them. Our job is to help them discover what they do well so they can focus on that And when a kid is focused on what he likes he'll be more willing to go through a couple hard things that he doesn't like to in order to make that happen.  
  
If you want your child to be a better student then built their character and eventually they may stumble upon a love of learning.  
  
When you show affection towards a child they know that when they get close to people they get hurt so they'll push back against you and make things even worse - but remember it's not about you, the behavior about them and their past.

Limits help us feel safe, even if they resist it, kids need limits.

# Calvin Learns About Taking Personal Responsibility for His Education

A picture containing diagram

Description automatically generated

Perhaps the greatest thing about homeschooling is cultivating a love of education in the home. For the typical homeschool family, it isn’t just about 8-3 and taking summers off. It is the constant aim of life. Modern students (and parents) seem to have this idea that sending their children to school will make their children into genuine geniuses like magic while their priorities remain non-educational and uninvested.

# Why We Prioritize Learning Despite Weakness of the Mind

A person standing on a beach

Description automatically generated with medium confidence  
  
Its discouraging that we forget what we learn so easily. The more we learn the better off we will be in the resurrection it says, but we also have BY saying in a later stage we will learn 1000x as much material in 1000x less time. That means university chemistry class in a half hour (I did the math). So what should we do? Wear ourselves out now seeking knowledge or be moderate and not worry about it? Should we cancel many endeavors and ambitions in order to have more time to learn, or does that come later?  
  
One says,  
  
Perhaps it’s more about learning discipline. Something that those with amazing natural ability still struggle with.  
  
See also Mormon 9:27-29  
  
Does God want us to live in fear of temporal preparations? Consider the lilies. I think some emergency prep is obviously important, but I don't think God expects us to be prepared for every circumstance. BY said the purpose of life is to learn (but learn what lol).  
I feel justified in spending time learning (arts, sciences, history, etc) even when I'm not totally prepped for disasters.  
  
True there's a learning curve to prep stuff but I'm referring to academia. Nibley said everyone has a full time job learning the history if this world.  
  
More Hugh Nibley on the subject  
(From Approaching Zion):  
  
"But why this crippling limitation [that we can only have one thing on our mind at any moment] on our thoughts if we are God's children? It is precisely this limitation that is the essence of our mortal existence. If every choice I make expresses a preference, if the world I build up is the world I really love and want, then with every choice I am judging myself, proclaiming all the day long to God, angels, and my fellowmen where my real values lie, where my treasure is, the things to which I give supreme importance. Hence, in this life every moment provides a perfect and foolproof test of your real character, making this life a time of testing and probation. And hence the agonizing cry of the Prophet Moroni, speaking to our generation: "I speak unto you as if ye were present, and yet ye are not, but behold, Jesus Christ hath shown you unto me, and I know your doing" (Mormon 8:35). He calls upon us, "Be wise in the days of your probation; . . . ask not, that ye may consume it on your lusts" (Mormon 9:28), in other words, that you may use up or consume your probation time just having a good time or doing what you feel like doing -- nothing could be more terrible than that: "But wo unto him . . . that wasteth the days of his probation, for awful is his state!" (2 Nephi 9:27). It is throwing our life away, to think of the wrong things, as we are told in the next verse, that the cunning plan of the evil one is to get us to do just that -- trying, in Brigham Young's phrase, to "decoy the minds of thy Saints" to get our minds on trivial thoughts, on the things of this world, against which we have so often been warned."  
(End of Nibley quote)

# A Millennial Education System

My ideas about changes from the status quo that will take place in that day:

-Homeschool is the standard for all children under the age of 12. At the age of 12, the person becomes an adult (as the Jews have long done: The Bar Mitzvah at age 12 indicated the full adult status of the person). With adult status comes more opportunity to branch out into other areas of study without the same parental overseeing as was had during childhood.

-Core and introduction in all education is of religion, namely showing God made all.

-The first principals and ordinances of the gospel of Jesus Christ is another foundation core curriculum course.

-History courses are taught in perspective of how societies arose or fell based on how they treated God, God’s message, and God’s messengers.

-Sciences are taught in a pure scientific setting, false ideas are no longer taught. Students learn that God uses these tools. Darwinism is not taught.

-Those who will to move faster may do so, teachers on each level are offered. Those who struggle and need more time can do so without harsh punishments. The student chooses what to make of their education, and persons can be enrolled in the college indefinitely.

-The teacher will not be esteemed above the learner.

-Students are instructed that they will have to work for every penny they earn in life, and respect for others, and they will help other students in the learning process, teacher or no, because of their charity for all men.

-Social sciences are only based upon ideals that will yield righteousness. Norms are not focused on, rather the ideal is focused on.

-See Jewish schools for reference.

-Parents preach the gospel to their children.

-Teachers are primarily faithful Latter-day Saints, for such have the blessing of rulership in all fields because of their sacrifices to obey God.

-Graduation yields no temporal benefit, only opportunity to serve in more capacities. Temporal advantages are not to be had; the Lord has said that inasmuch as some have more than others, the world lieth in sin.

-Knowledge of all fields is not only pursued for children, but through college all are encouraged to study each topic in depth to develop all their brains.

-The students as well as the teachers employ much time in the evenings etc. working to build houses and take care of farms and ranches.

-The people dress similarly, not drawing attention to themselves.

-The spirit of revelation is taught and used in each hour of class, and the reception of visions is taught. The skills they apply unto are all prayed for earnestly in class and out of class.

-Holiness to The Lord is written on virtually everything, even the bells of the horses to keep our minds focused on obedience to God.

-All people learn the Adamic language to open communication of all persons between each other.

-Poetry and art have greater emphasis than marketing and economics. The economics of heaven are far different than the economics we are accustomed to.

-There is no unnecessary advertisement, only what is needed is sold.

-School advisors have an eye single to the glory of God. The board of directors of the school are holy men ordained unto that purpose. Each teacher is ordained by men of Priesthood to teach in their subject, or in all subjects.

-Students care for school grounds, make their own meals, pay for their own school supplies and books.

-Books are shorter only containing essential information as the authors do not get paid on how long or fancy their books are. Political correctness is also obsolete, as are lobbyists and political parties.

-Books are reviewed by High Priests before publishing to ensure all content is congruent with the spirit and mind of the Lord when it comes to attending the university of the Lord, where it’s proven that students learn 1000 times more material in 1000 times less time. Other schools are allowed but this is something special for those who believe and come and partake freely so long as they commit to obey the standards of the school.

-Much more temple attendance will go along with study, and holy books studied in the temple, and much teaching in the temple.

-Spiritual knowledge is priority all through the schooling, it quickens all things.

-No class is ever too full for you to enroll in it; if for some reason the class needs to be smaller, there will be plenty of teachers facilitating the class in a perfect system of free enterprise supply and demand, without any political stigmas, or unnecessary competition for enrollment, or greed on behalf of the educators.

-Merit to enroll is measured in willingness to learn, not past grades. We don’t even use grades anymore.

-Class sizes are small, and more and more classes are organized according to demand.

-No restrictions are made on the size of the school, as the students are the ones who volunteer to help build it.

-Jehovah speaks at the forums of the Lord’s university, namely the temple, and like edifices.

-Just as currently it’s important that our teachers are people of faith, so will all the teachers be men and women of God.

-Children will not be left to babysitters, but their parents will take full care of them. Children will be trained to behave in public, and public places will better accommodate the presence of children accompanying their parents. Children will also learn more obedience to parents, making the children less of a burden upon the parents, and more self-reliant. Older siblings will help the family by helping take care of younger siblings. Parents will be able to have a vast number of children and yet not be overwhelmed by them because of a society structured favoring children.

-There are many options for homeschooling not only for young people but for all ages.

-Personal tutors comprising your parents etc. help you to progress with speed and comprehension.

-Studies are not only a few hours a day but are the focus of the entire day.

-Dancing every night.

-Only 2-3 hours a day will be spent on working, the rest of the day will be spent learning. This is what Brigham Young has prophecies will be the case when everyone is doing their part.

-Books are only the price of printing cost

-All sorts of classes are offered all the time any time- it’s a huge school; a global school.

-There is no night, and you have more energy and psychological stability to study for longer hours.

-Brains work better since all live God’s law of physical health and care to their body as well as their minds.

-Since there will be no pride, there will be no competition. All who qualify for something will attain it. There is no limit in availability.

-All will study primarily what they like. Learning all things is the end goal of all, and they will “eat as they are hungry”, coming for more knowledge as they desire it. It will be an open table. Pausing to serve others will be alright, for when we are done with the service or the building of our family home or crop, we can go back to school, pick up with a class that is right where we left off.

-The use of Urim and Thumim to who qualify will be core to “learning 1000 times as much material in 1000th of the time”, as Brigham Young taught (See Teachings of the Presidents of the Church: Brigham Young) With some rough figures, one can conclude that the material of a rigorous college chemistry text book can be understood in approximately 30 minutes rather than 3 months. Well did Brigham Young say, "there is no other one item that will so much astound you, when your eyes are opened in eternity, as to think that you were so stupid in the body" (Journal of Discourses, 8:30).

-The Holy Ghost as our constant companion will be a mighty tutor. Further, because of the righteousness of the people, Satan will have no power. This will be a season of learning without the distractions of vice so common to our time. Further, marriage will not be prolonged to unnaturally old age as is common in our society, so students will be able to focus on their schooling rather than trying to show off to the opposite sex constantly.

-Everyone is expected to teach. In God’s kingdom, you are always teaching, no matter the level, you always teach. Teaching is a core aspect of charity, and all who abide on the earth in that day must have charity. The rest are burned as stubble and are in hell suffering for their sins during the Millennium.

# Why We Study Various Key Fields

Religion – to be faithful, and spread faith, to have peace

History – to know things so as to not an idiot; this helps everything

Family science – to heal families, successfully parent, build strong marriages

Government – to be ready to help, to defend my morals and gather others to them, to know what’s going on

Music – instruments, dance, joy is a commandment, and prolongs life, and solidifies relationships

Philosophy – to see what people’s questions are, and answer them

Language – to speak to people & read ancient and foreign texts

Math – to have pure joy, to be like God, to teach children, to build, to push limits and improve oneself

Botany – all things gardening to bless one’s household and have joy in working it as a family

Physics – learn how to build, and apply math

Chemistry – godly knowledge, and useful

Astronomy – to prepare for more knowledge, and the joy of knowing the stars, and the religious implications & seasons

Microbiology – godly knowledge

Civil Engineering & architecture – have the joy of building stuff. The Millennium will be a time of much building.

Mechanical, electrical, and chemical engineering –build stuff, help critical thinking, applied science

Concrete, framing, electric, basic construction trades – build much in the millennium

Medicine/health/nutrition/anatomy – to promote health at home & elsewhere

Some have pointed out ‘father’ sciences:

Sociology is applied psychology

Psychology is applied biology

Biology is applied chemistry

Chemistry is applied physics

Physics is applied math

Math is applied logic

Some suggest the most plain of these (math) is the highest, others suggest the reason we have the higher sciences (like math) are so that we can have the lower sciences (sociology), which would suggest that the most glorious subjects are the lower (sociology). Others suggest that the lower you go, the less majestic the science.

# Joy: The Key to Learning

Here are ways to ensure that any training has joy at its center, so the learner remains motivated and rewarded for his efforts. We will look at just a few subjects:

Language: Teach speaking skills so some even if small communication can take place, long before details of grammar, conjugations, declensions, etc. are understood and mastered.

Instruments: teach songs by tabs or some other beginner means so the student can feel the power of creating music and gain a love for the instrument before focusing on theory, composition, method, technique, sheet music, etc.

Nutrition: immediately employ dietary changes which are calculated to bring great health, then study why they do so. Use the words of wisdom from the prophets to inspire the direction to take, then get into the science. This way you're gaining physical rewards, not just mental knowledge.

History: stories showing the detail of the personal lives of those involved; overviews of time periods, historical non-fiction narratives (which resemble historic events while adding some color and personality into a story format)

Sport: lots of scrimmage and sparring so the students feel the joy of competition on the field. When drills are needed, make them competitive. "You should always be competing" my brilliant soccer coach told me.

Math:

-the big story problems can just slow you down and confuse you. I suggest making many drills where the student easily identifies where his strengths and weaknesses are, and only after competency in that is shown to introduce story problems. This way we know if the student's issue lies in mathematics, or reading skills.

-I suggest a focus on the basics of arithmetic and algebra being mastered before moving on to higher topics which confuse when attempting to perform in without the foundational preparations.

-Doing math quickly is a key, so that when the student moves onto the next level of math, he can focus on the new theories rather than getting caught up in putting to practice the sub-parts of the equation which could have been mastered earlier. Students must be able to perform basic addition subtraction multiplication and division in their heads without the aid of a calculator. As a great engineer once told me, "never do math in a calculator which you can do in your head." This is how he stays sharp and able to solve complex problems.

-The nice thing about math is that it is easy to simplify into bite size and beginner level material. A student can have the rush of joy that comes from understanding a small concept and applying it over and over, proving that he has mastery of that concept.

# Keys to Successful Studying

* No amount of time is too small to study
* No task is so small that it justifies postponing; usually things take a long time, deal with it, start now do get those things done
* No caffeine or junk food, it makes one anxious and scatterbrained, particularly in the long run; the power of the body is closely related to the power of the mind
* Card key items
* Go on walks with flashcards until they are known. The movement helps one to remember and focus.
* Ignore all other duties when class grade etc. isn’t where it needs to be
* Let’s face it this study is often depressing, so take time to work on hobbies.
* Make audio of study guides or flash cards, or guide in card format with order
* learn all things UNDERSTANDING not just memorizing
* think and act like A student; all is on the line; they require my soul, fine, I’m giving it.
* you’re not ready for exam until you have mastery of all flashcards from outline
* stop expecting your teacher to teach you
* stop caring about what’s on the test and start mastering the material

# Math Learning Keys by Mathnasium MA

See https://www.youtube.com/watch?v=dftNr6NbN3s

Here are highlights from the lecture:

Often the curriculum for math changes, this isn't helping.

Elementary teachers are often poor at math, and don't specialize in math.

Other countries have elementary teachers for each subject.

If you need a refresher, you didn't really understand in the first place.

In America we teach many math concepts quickly.

In Asia they teach a few concepts repeatedly. The Asians are way better at math.

Classrooms have too many students.

If a student consistently needs help with homework they are missing fundamental concepts. Teach these fundamentals, not just helping with the current assignment.

Note: I’m not against one room schoolhouses as writer is, I typically suggest a home school approach, where the student would have increased time exposure to content as compared to public schools. The home schooled math student also has the benefit of the parent who knows their needs better, and the smaller class size. One of the greatest benefits of home schooling is the student learning how to learn for themselves. As it was said in the lecture, those who constantly need help are not doing well. Students should learn to learn from books, not just tutors. This book learning is a typical strong trait of home schooled children.

# Advice for Freshman College Students

“Don’t ask what the world needs. Ask what makes you come alive, and go do that, because what the world needs is people who have come alive.” – Howard Thurman

-Business isn't necessarily evil. It's a wild card, but most use if for evil in that they ignore knowledge in other critical fields, and spend all their time chasing money. Their views become skewed by their peers, thinking that 'he is rotten, but if I just do a bit more for Christ than him, I'll be good'. Another fallacy is thinking that God needs you to make money for him to build his kingdom, wrong, God needs you to find something useful to do with your mind and heart, money is a side topic not the core. Beware, most think they're good but they're average. Beware, many think that just because it isn't pure evil that they are justified in focusing on it and avoiding all other important things. I think a business student would need many classes on other subjects to end up well rounded, or he will, without knowing it, be a disaster. And I'm talking about more than just the university based required classes.

-As BYU literary professor Larry Peer said, genius is anything you become great at.

-Beware doing 18 hours of classes, working, and having a family life. It can be done but you'll need to beware your grades.

-Beware thinking you must wait to be done with school to marry and have children.

-Beware thinking you can't learn a new language, instrument, anything. It just takes time. If you're willing to invest the time, you can master it. Some people have a certain nack for certain topics, but you can master that topic too if you're ok with being slower than some others around you.

-Social sciences reveal many of the mysteries of the gospel, but picking up a book on the subject will do you about as much good as getting a degree in the stuff. 75% of material in these classes are hype.

-Don't think that doing assignments and getting A's makes you educated. Those who overly focus on grades are often the least educated. They don't dare veer into curiosity, as the exam doesn't cover that.

-Excellence in a field is way beyond good grades, but you'll have to seek those for a start, sadly.

-Don't change the major many times, you'll run out of funding, and your kids will get hungry. You can reenter a college for another bachelor degree quite easily if you wish.

-You can't always get a job in where your heart is, at least not immediately, even if you have a degree in the subject; you may have to do side jobs as your core job for years before you can enter into your dream work, as entrance is often quite limited. Don't be in too big a hurry, make sure your family is taken care of, but don't let go of this dream, you can work it out if you really want it, but the time table may be a little off. Remember, the Millennium is coming soon, it's not like you only have 50 years more to live; make very long term plans, that span even into the Millennium, 1000 years it will be.

-Jordan Peterson says only about 3% of people have careers; the rest have jobs. And many of them. Brilliant minds would do well to get a job they can tolerate, and do their brilliant thing on the side, at least for now so everything doesn't fall apart.

-Nobody cares what gender predominantly does the field you want to enter. Follow your genius.

-Pre-med people, consider nursing career path, it's smaller steps, avoid the too intense medical school and it's bills. Nursing pays plenty and has ample opportunity for advancement.

-Debt is hardly needed, work as you go, and don't worry about going too fast, God says not to run faster than you have strength; if you want to please God, do things without being frantic. This includes allowing yourself to marry and have children on the way, not at the end of your vocational seeking adventure. Further, Dave Ramsey says no one cares which school you went to, so go to an inexpensive one.

-Larry Peer BYU literary professor says don't think literary analysis and other fields in humanities are easy; that's the myth, and some professors are sucked into that myth and don't push their students, but real excellence in that field is most difficult, so don't think you're weak if you want to become a master in one of those fields.

# Writing Academic Papers: 5 Step Beginners Guide

It’s more trick than tricky when it comes to writing academic papers. Here’s how to get it going:

1. read academic articles, take notes on themes

2. get reference stuff from abstracts of academic articles (~6 references /page); multiple authors in each section, mix them up.

3. expound on it

4. relate it to theories you're operating on

5. write an intro sentence before each reference paragraph, and an outro-sentence on the same.

(6. Edit it with all the fancy (pharisee) formatting rules.)

# The Temple as Model Schoolhouse

-1 room schoolhouse: teach the same lesson to all ages, let them grow unto understanding as they are ready.  
-Teach adults not children: teach the same curriculum, don’t dumb it down for people with less understanding. Include symbolism to further this method.  
-Gender segregation: separate the males and females onto different sides of the room so learning will not be distracted  
-Repetition: teach the core curriculum time and again so students memorize it and learn insights into it. Don’t soften it down.  
-Dress Code: Strict dress codes in clean, non-form revealing non-tight clothing. One uniform for all men, and one uniform for all women.  
-Strictest modesty, no ‘sexy’ clothing. On the modesty-sexy continuum, go all the way to the right to the modesty side. Don’t allow one person to stand out more than another person from their dress, don’t let dress be a distraction from learning in any way, not in sexuality, not in status symbols or various fads.  
-Big Picture: Rather than teaching isolated events and laws, teach the entire narrative of why we have laws. Paint the past to understand the present and foresee the future.  
-Require good behavior: anyone being disrupted is promptly excused from the classroom. Quiet reverence and order prevail.  
-Light music: light music in the background often stimulates the mind into thinking deeply and curtails distracting and mindless thinking.  
-No distracting gadgets: no electronics are allowed in the classroom as utmost focus on the presentation is required.  
-Scripture focus: Scriptures are considered the best literature and are to be given highest priority in academic pursuit of truth and reason.  
-Priesthood leadership: Organize via the priesthood. Let your teachers be appointed to their stations. Choose righteous teachers who possess the spirit and power of God.  
-Teach the creation – explain where we came from, what has brought us to this point, our heritage, and the historic battles between good and evil  
-Teach the fall – illustrate in specific and general terms what our society is doing which is not in keeping with Gods commandments  
-Teach redemption – illustrate the potential of the human race as they apply gospel principles, especially including faith in Jesus Christ.  
-Arm with truth: use truth to prepare students for wars of words and opinions which they will face in life. Cover all controversial and all basic concepts with logic and revelation.  
-Set standards of conduct: affirm standards which the students should adhere to be morally intelligent citizens  
-Teach chastity: create an environment of respect for bodies, and reverence for the creative potential of bodies, and the proper union of male and female in creative family units to satisfy human soul and the plan of God.  
-Teach service: teach students to give all their best efforts to building God’s kingdom above personal selfish pursuits. Teach students to live within the bounds the Lord has set.  
-Teach the eternal nature of family relationships: teach students that family is the central unit of society, and the key area of focus in life. Teach them that family relationships are enduring beyond the grave. Teach the resurrection and the joy of mankind in family units. Emphasize the special role of children and child bearing as key priorities above economic and academic pursuits.

# Only Study General Authorities & Conferences? A Rebuttal

This is a response to a letter from a friend. I had sent him several of my compositions on gospel and social issues and theories (including information on the dangers of the CSE (Comprehensive Sex Ed program), and some resources on how to combat it with a better/appropriate method.). The friend seemed concerned that I encouraged people to read my writings rather than merely pointing them to the writings of the prophets. He said he doesn’t feel inclined to read what I write because I’m not a General Authority in the Church with direct Priesthood office stewardship over him. He further expressed that my topics should not go beyond the scope of basic gospel principles as taught in General Conference.

I will illustrate how it is an act of compassion to try and help someone understand religious principles in the lens of logic and reason, in a way that they can understand. We hope, we pray, we study, we think long painful hours, about ways to help others find a connection to God, even if it is a roundabout way; we are meeting them where they are, and walking forward with them, because it’s never up to us to say someone is beyond hope, it is our duty to help others, and all judgement of salvation is left to God. Never give up on anyone. Therefore, I write my website. It is to help people. Yes, the church official materials are the core and the key, but writing spelling things out, explaining things in ways that the spirit of the Lord has shown to us for the welfare of ourselves and others, these are divine things.

…

Response:

Yes, the prophets are our leaders.

Are you suggesting we shouldn’t read anything unless a prophet wrote it?

As a family science student, the subject of pornography and sex ed in school is something I deal with in studies, and which I deal with more as a therapist.

…

The things I find in my research are materials which I think would help parents in their efforts to raise strong oriented children. You may find it interesting that I have disassociated myself with many theorizers and postulators whose ideas step beyond the bounds of church councils. I’ve used caution with the “Two Churches Only” books; vol 1 was great, vol 2 was mostly apostate. I threw out the apostate material. Many “last day” obsessors get too carried away and put too much stock in theories. All topics need to be studied with carefulness.) Same thing with music, I can teach my children that pop music is ok so long as they don’t have music with vulgar lyrics or suggestive tones and words etc. etc. We can help people be happy in their own way, and learn in their own way, so long as it’s within the bounds of the prophet’s councils. Joseph Smith said that there are many superstitions, and that he would pull them down. Monson is a good example of this with his motorbike billboards advertising a biker guy in the I’m a Mormon campaign. Many thought that this type of person should not be advertised as the billboard Mormon, I might have even been one who would think such a thing strange, but as soon as the church officially began to do it in their official billboards, I embraced it full heartedly, and the church teaches me about tolerance, love and appropriate boundaries. I love the church and wouldn’t leave it for anything. When I go on official priesthood duty like home teaching, I’m very careful to load them full of pure doctrine and to not theorize. That pure doctrine strengthens them in the appointed way of course.

…

When I study the gospel my favorite source materials are the official (and current) manuals of the church. You can’t go wrong with those. If an idea in an old church manual is removed from a current church manual, then I focus on promoting the current not the old idea. Of course, the current prophet trumps old prophets. the current one is the living mouthpiece for Christ whom can clarify his teachings to us in a way that we can understand.

…

President Lee I think it was called searching the scriptures good clean fun. My study of scripture and words of prophets and topics related thereto like social sciences which can help families is good clean fun you might say.

…

Further I do not study or promote research which has teachings contrary to the messages of the prophets. If you’ve found a teaching of mine which is against the prophets, let me know and I’ll eradicate it. The Book of Mormon which Monson just urged us to read says that those who receive will get more, and those who won’t receive, what they have will be taken from them until they have nothing. The prophets teach the doctrine and set the bounds, and so long as we keep our passions within the bounds the Lord has set via his prophets, we are free and even encouraged to do much good of our free will, not being commanded in all things like slothful servants. One of the bounds Elder Cook reminded us about this conference was extremism, and to an extent it’s up to each of us to decide what that means. Occasionally I venture to postulate on doctrinal theories. When I do that, I note to the audience that the ideas are mine alone. Sometimes it’s appropriate to share your ideas. Other times it’s not, and I try very hard to be guided by the spirit in the separation of those two types of thoughts. When a certain train of thoughts occur to me and fill me with great joy, how can I help but share those thoughts? Like Lehi at the tree, he sought that this family (and perhaps his associates whom he deemed brothers and sisters) should also partake. What was the fruit? Christ. And at the end of the day, Christ is the center of the messages I share on my website and in emails. Appendages to messages of Christ which I teach deal with things which help us follow Christ. Elder Maxwell also taught that gospel scholarship is a type of worship of God. That is a quote on the wall in the Maxwell Institute building on campus if you’re interested.

…

If you are disinterested in a scientific study of the effects of modern sex ed on our children (and other pressing social issues, that being the one of our current discussion), I’m fine with that, but for those who do want to study it, feeling called by the spirit to help society in that realm, good for them too. Certainly, you don’t need to feel duty bound to read things I send, unlike how you are duty bound to read what the prophets send. Many a time have modern prophets condemned pornography and homosexuality and underage out of wedlock sex, Hinckley even rebuked the public-school sex ed obsessive system. We’re encouraged to be civically engaged, and in the public square, to change policy we often need an armory of facts/scientific studies to show that our case is valid. That’s what we’re working at here.

…

Another thing to think about is that while the Book of Mormon says make sure your teachers are men of God, we also see the life of Joseph Smith. He hired a non-LDS Rabbi to teach him and others Hebrew language. We can learn from people who have expertise in their field even if they don’t have a priesthood calling over us. There’s also a D&C passage which tells us to study geography politics foreign affairs biology etc. etc. implying a need to study all things important to the wellbeing of man.

…

Once (as related to me by a social science professor of mine) Elder L Tom Perry was teaching a group of BYU teachers and asked them if they had any issues with his messages. One social science person raised his hand and said ‘stop telling couples to never go to bed upset. Some issues need a night’s rest to resolve where we can sort things out with a revived mind in the morning.’ Perry said, ‘oh well I guess I better stop saying that then.’ Now Porter I would never say such a thing to a prophet, that was I think man was out of place in saying that (though science supports what he said to a degree, although we know science is often fragmented while revelations of Christ are more pure), but the fact that Perry asked this question to the faculty, and the fact that he responded in that way does illustrate that prophets value the opinions of people whom have expertise in their field. The role of a prophet is to declare the word of God, not to study theories of men, but still there is something to all this. Prophets quote people like Shakespeare and C S Lewis at conference etc. C S Lewis often wrote about gospel theory, probably not too different than I do, though I’m not claiming to be as talented a writer as he. Even though Lewis is not a prophet, apparently several (Lewis is I think the most quoted non-LDS author in General Conference) prophets find his writings as interesting and uplifting. Those who don’t want to read Lewis don’t have to, but those who do might be blessed with little jewels, beautiful jewels of light and truth from the spirit of God as impressed upon that man. Perhaps my writings will share some jewels with interested persons. My writings are focused on sharing with others things which I wish were shared with me. I’ve sought out these things, people haven’t so much approached me about it. But if they did approach me about them, all the more joy I would have, both to have a friend interested in them, and to have found the knowledge they shared! I have several people whom have communicated to me that they indeed benefit from time to time with the things I compile etc. etc.

…

Apparently, we see things a little differently, and that’s ok. Elder Joseph Worthlin said a man filled with the love of God isn’t satisfied seeking to save those around him, he seeks to bless and save the whole world. We each have our different ways of accomplishing that.

…

The studies I do which focus on core gospel doctrines are the most important, the others I still think important though less so. Upon returning from my mission my Stake President told me to study the gospel by topic instead of just reading cover to cover. That continues to be a very sweet experience. Study cover to cover is also good (prophets have told us to do it etc.) but by topic to me at least brings extra power to preach the gospel etc. Every member a missionary, right? Also, Elder McConkie had a practice of compiling discourses on certain topics in case called upon at church to speak thereon. I think this was before he had any position in the church. One of my favorite documents I’ve compiled is called Scripture Study, and it compiles quotes of prophets teaching how to study the scriptures. I like to make doctrinal quote summary documents, and book summaries, etc. I put them on a blog, mainly so I don’t lose them and can review them, and secondarily so that a few others might benefit from it. Same with the audio files I make of those; I review them myself! My memory is so bad (everyone’s is) that I can listen to a document I wrote and learn from it later. In a way it’s like how the prophets have counseled us to keep a journal and review it from time to time. I also believe the prophets have encouraged the saints to gather together in independent groups and have discussions about the gospel. I’m thrilled when I get the chance to do that, but with living far apart and busy families, it’s often only possible to share documents and news articles etc. with each other.

# Study Smarter Not Harder by Kevin Paul – Introductory Book Highlights

(these notes cover Ch’s 1&2 of the text)

–carry the tools to study better \*i.e. notecards notepad always a book etc.

-all may be genius, it’s a matter of investment

-watching TV decreases intelligence, and hence we can do things to increase our intelligence.

-3 foundations for super learning: preparation, memory, concentration; pg. 8

-train different intelligence categories as athlete trains aerobic muscle and flexibility; namely these excursive each a different part: math, history, chemistry, music, art; pg9

-in becoming educated, education on mere skill training is a waste of time pg9

-takes a month to begin seeing much results with this

-earlier centuries it’s been about muscle strength, now it’s about brain strength in the workforce.

-learning is natural and fun, ask any infant.

-false is the notion that as you get older your ability to learn new things and to learn them as fast decreases.

-brain is a supercomputer that did not come with an instruction manual

-repetition is mother of skill, how things get into long term memory.

–sing math formulas to memorize equations

-we use only 2-10 % of the capacity of our brain for higher thought; pg. 17

-lower the stress the better for studying; p17 for why

-brain size and capacity not vary much between individuals; the real difference is the number of connections between neurons which we make; p19

-p 19 on losing intelligence by not continually learning and practicing.

-p21 problem of left sided brain dominance from our society’s emphasis on those type characteristics.

-our energy and focus are fragmented as we try to deal with thousands of things competing for our attention. p21; \*so don’t listen to music while studying.

-regular meditation after study enhances memory storage and focus p22 on why and Zen meditation.

-doing then hearing then seeing are the order in which we learn best; but in school they reward and punish to the opposite order. p 24

-can’t learn with radio or TV or at place other than designed study place where you only study

# Learning Faster & Morning Routines by Jim Kwik – Lecture Notes

Here are notes on 2 lectures, one on learning faster, one on morning routines, both by Jim Kwik. Links to the full lectures will be presented.

Learning Faster: (Full lecture [click here](https://www.youtube.com/watch?v=uT_GcOGEFsk))

-attention is key to learning

-be bewildered

-play like a child

-info + emotion = long term memory

-we’re emotional not logical, because we’re biological not logical

-start with state; all learning is state dependent; emotional state you feel when learning gets anchored to learning

-boredom is 0 on a scale of 1 to 10, 0 x anything is 0, hence not remember

-the ability to learn quickly is a key advantage in the 21st century, because there’s so many distractions

-7th key to effective people by Covey is sharpen the saw; this means learn how to learn.

-playing more creates neurogenesis and neuroplasticity

-the theta brain wave state of creativity is the relaxed state, i.e. when in the shower; Einstein put himself in this often

-over info fatigue and digital distraction, become unable to focus and be present and get things done

-as you take on more responsibility you get more power

-procrastinators are in a state of procrastination, that’s the feeling

-as your body moves, your brain grooves

-common since is not often common practice

-learning isn’t a spectator sport

-you control how you feel; you’re a thermostat not a thermometer, you act not acted upon; you raise the temperature and the environment responds to accommodate it.

-Henry Ford “if you believe you can or if you believe you can’t, you’re right”. point your arm and rotate far as you can, the close your eyes and consider yourself going much further and how it would feel, then rotate again and you can go further because your belief has changed. You can also go more than you thought you could in your business, your body, etc.

-all behavior is belief driven

-energy, focus, memory, are not things you have, they are things you DO. You have control over it. It’s a strategy. There’s no such thing as a good or bad memory, only a trained memory, and an untrained memory.

-you can learn a strategy and it won’t help you unless your belief has changed

-your brain is like a super computer, and your self-talk is the program you will run. If you fight for your limitations, you get to keep them. Your mind is always eves dropping on your self-talk. Monitor your self-talk.

-Being ‘too busy’ is seen as a badge of honor, it’s not.

-the worst thing you could do in the first hour of your day is touch your phone. Beta brain wave state is most alert. Then Theta (relaxed, creative), then Delta (asleep). Between Theta and Beta is Alpha, being a state for meditating, TV, entrancement, not filtering just taking it all it. Alpha is a good state to learn language, facts, etc.

-he was told 20 numbers and he repeated them back in order, and in reverse order.

-it was believed a 4-minute mile would kill you, but one person envisioned himself crossing the finish line at 3:59 and was able to do it. All behavior is belief driven. After he did it, though no one had before, now dozens of people were doing it.

-some waiters recall an entire order without writing it down.

- ‘the same level of thinking that’s created the problem won’t solve the problem’ -Einstein

-‘there is no learning without remembering’ -Socrates

-BE FAST: 6: Believe, Exercise, Forget (preconceived notions, prior knowledge; brain is like parachute, only works with open), Active (learning isn’t a spectator sport; you must create; get out what you put in), State (never learn in a bored state), Teach (learn with intension to teach it to someone else; when teach, you learn it twice)

-you have an inner child which is genius and can learn

-if you forget someone’s name it communicates to them that they are not important to you

-what would you tell your past self? What would your future self tell your present self?

-like a hatching egg, you must break it yourself or you won’t survive; the best ideas come from within

10 Morning Habits Geniuses Use to Jump Start the Brain by Jim Kwik (Full lecture [click here](https://www.youtube.com/watch?v=1sGyNx44Xw4))

Win the morning, and you’ll win the rest of the day.

This is the order of what Jim Kwik does each day:

-recall your dreams

-make your bed

-drink water

-brush your teeth with your opposite hand

-deep breathing exercise to get oxygen in your body

-make a drink with helpful ingredients

-journal, plan your day, gratitude (via counting what you have that money can’t buy). Da Vinci, Einstein, many geniuses write in journals, perhaps it is making them genius

-3-4 min of high intensity workout; whatever is good for your heart is usually good for your head, it gives more oxygen to your brain

-brain power smoothie

-read 30 minutes. 1 book per week. A CEO reads 4-5 books a month

# Without Vision, The People Perish

We buy books on the most advanced studies of our field of interest, lest the insane introduction classes bore us so thoroughly that we lose hope. Therefore, the Doctrine and Covenants insists that when we seek learning (notice the instruction to focus on learning rather than getting degrees, certifications, recognitions, etc.) "Out of the BEST books".

We study hard things, we learn not the novice material. Even the children can be expected to read increasingly challenging things rather than popcorn novels day in and day out.

We seek for the top skills and knowledge in our field so that we can expand that field and invent machinery and methods to improve that scientist. Any industrialist should also be a scientist, and any scientist should also be an industrialist. The creation and the created, the theory and the implementation, these must remain as close to one another as possible, and the person who can connect the two, creating both, is the most invaluable worker in that field.

We always seek excellence, and to push the work along, leaving both the product and the method in a more refined form than they were when we came. We seek to use the time of our lives to exponentially improve matters for generations.

This improvement doesn't mean writing more laws and regulations, but rather getting rid of those. It doesn't mean writing longer textbooks, but shorter ones. Eliminate the fluff and make all things clear and useful.

To obtain vision, we must expand also to an eternal view, and thus we must obtain and maintain families. We must marry and bare children at any cost. This organization is the eternal organization, and it enlivens, orients, and gives meaning to all things. Wisdom seen outside of a family scenario could and would be better if it were in a family scenario. We would eliminate much wasted time if we organized ourselves into family structures early on in life (as the prophets gave long plead) and sought to build up those structures first and foremost, for this is the root and bedrock of society.

Have you, or have you seen others, who lose the fire of faith, the passion and devotion, for their chosen field of study and labor (or God forbid for their wife and children)? Let that man regain his footings by renewing his vision. Passion isn't something one finds, but something one develops. Holy passion can be obtained in any field of honest work as one "applies himself unto it". Prophets have taught that we don't find a soul mate, but you select someone and make them into your soul mate. They're taught that there isn't just 1 right person, but that any male and female living the gospel can be compatible. Similarly, choice of vocation isn't an eternal deal breaker. Matthew was a tax collector. Luke a physician. We could go on and on of the vary different vocations apostles (prototypical saints) have had. Of course, you can feel your way through and find something that fits your tastes and desires to give and receive in a certain way in your work. Research well your choices before you plunge into them, then be a finisher, because finishing is perhaps even more important than what it is you finish. And most often divorces are not from selecting the wrong person, but from failing to maintain a marriage. Career work can be similar, we can fail to remember the big picture or fail to have the patience to go through the mundane seasons. Elder Holland has encouraged students to stay in their chosen career oath since if it was ok with God before, it's till ok with him now.

Look to the temple for the outline of success: there we learn the eternal method of redemption which is creation, fall, atonement. These 3 things in that order. We must remember our creation, the beginnings, so that we can leave our fall, our failures and lows, and gain redemption through the atonement of Christ the Lord our God. We must see the creation, or we will never reach atonement, we will never have the faith the work our salvation with fear and trembling. We would never have the faith to become excellent in our vocation and research. Let the man look at the excellence of the field which once inspired him, lest the days of slow mediocrity (which our schools and colleges insist upon) drown us in estranged despair. Since mediocrity is so commonly presented at schools, the main and best hope for younglings is to be exposed to excellence in their homes before they ever go off to school. It is wide to post pone their going off to school through home education in the years before adulthood, or at least until the teen (high school) years. Fill your homes with books about the greatest minds. Teach the children of greatness, not of averages. Instill to them a fighting spirit of conquest industry science liberty and adventure rather than a feeling of being wronged, underprivileged, disadvantaged, wanting special rights and privileges. Purify the child of the entitled dogmas of our time which insist that they are enough and teach them to be more. Show their potential rather than leaving them to wallow in their current knowledge and skills. The trend in school is to find the average number of performance, and seek to bring everyone to that level, which lowers the standards every time another evaluation is performed.

If a person does not work in the highest platform if his chosen career, this is ok. There are no bad jobs, only people bad enough to think they are above them. A person in a basic position can do that job well and can study the trade to learn all about it. A natural consequence of learning more knowledge and skills in your field is often advancement, including desire for whatever other opportunities there are, and ability to obtain therein. Knowledge of one's field also gives perspective to how important their role is in the operation.

It is also regular and honorable for a person to work in a field of choice and go into the business side of that work. Business is how we live. It's how we get bread. It's how we fund things. It's how we exchange. The only shame in business is if the product you are promoting is one that appeals to men's vices, or if the business is performed by means of theft. But oh, how dreadful is the man whose only knowledge is how to squeeze profits! Especially if he produces nothing, and only cuts cream from another person’s milk. Yes, services are valuable just like products, but some of these supposed services could hardly be called that. Many a middle man has traveled through life putting on a facade rather than being worth his salt.

It is also very dangerous to work in businesses which have been taken over by government, as government operations usually are unconstitutional, and involve unfair play via grants, subsidies, and all manner of other modes of operation which undermine the work of competitors in that field. Competition is good, but unfair play against them isn't. Government is the guys who bring the guns to the party. Make no mistake about it, they always carry with them their only incentive: force (and its close cousin, blackmail). Government operations have unbalanced budgets from being virtually unlimited in their funding. They feed into the work of lobbyists and moochers rather than operating on the rule of law. They stress democratic mob rule rather than republican representation, and thus slowly give way to the masses who have learned that they can vote their way into ease and idleness, and soon after that, their economy goes to ruin, and government becomes their king (and never a nice one) rather than their servant. Loud are the voices which call for jobs for the sake of being employed rather than jobs for the sake of giving one's skill to a company. It is demoralizing to fill positions with needy people rather than skilled people. Only government could afford to operate at such inevitably large loss of profit. Yes, there are positions of work for unskilled laborers, but those jobs are often difficult. 1 man willing to work has 3 jobs whilst being around 10 lazy men who say they can find none. Thus, the scripture reads that to him that hath more shall be given - if is the man himself who allows himself to receive or forbids himself from receiving based on his choices. A man must be willing to have humble beginnings if he is to gain career advancement.

Another disease is the unwillingness to work while going to college, and the fruit of that is a mountain of debt with its decades of slavery, or an unwillingness to enroll in a college, claiming that such is impossible in their situation. The collage one attends need not be the loftiest of names, let it be one which is affordable, and which will provide training adequate to enter the work force at a position which will better meet one's needs.

Hugh Nibley taught that we should seek not only depth, but breadth. It was said of Nibley that he not only excelled in his field but knew more than others of their fields. To know in only your field is vanity and will taint your views unnecessarily. The master must be something of what was called "a renaissance man", who sought to know not only industry, not only science, not only literature, not only persuasion if the mind, not only the fields, not only the pen, not only the machine, not only the sport, but all of those. Today we think this is strange and wonder how such could be done without running into mediocrity. But if a person can learn financial strategies to pull himself out of abject poverty, and if he is willing to use some of his free time (rich or poor we all have it, but especially if we are rich) to learn and practice these constructive things, he can succeed in learning them well.

Let man learn his trade and earn his training for that but let him also gain an education history economics good government art sciences music and other blessed things which, as money is taken care of, can be magnified. The uneducated man is one who will fall for the pressures of his day, and his money will slip through his hands as he votes for higher taxes for the supposed public good.

While we don't have faith in money as a provider for all our needs, we can use money to serve others joyfully. Those who aren't joyful cannot give full hearted service. Thus, using our money not only to serve others but to bring ourselves joy is important.

# Storytelling Quotes

"Let me tell the stories and I care not who writes the textbooks."  -G. Stanley Hall  
 "When the world is in chaos, and ​not able to locate its identity, its the storytellers that bring it back to center.  Because storytellers are the keepers of the culture."  -Michael Meade  
 “Stories have to be told or they die, and when they die, we can't remember who we are or why we're here.” -Sue Monk Kidd, The Secret Life of Bees  
 “If history were taught in the form of stories, it would never be forgotten.” -Rudyard Kipling

“Stories are the secret reservoirs of values. Change the stories individuals and nations live by, and you change the individuals and the nations.” -Ben Okri, Poet & Novelist

The world is forgetting about the all sources of knowledge but the laboratory, we must fight to keep alive the schoolmaster of fine literature.

# Steps to Make a Website

Making a website can be useful to share your views, market your products, journal your story, connect with others, make progress toward writing a book, and can be quite therapeutic.

1. buy a domain name (we use [namecheap.com](http://namecheap.com/), cheapest we’ve found) (costs like $10 the first year if you use namecheap, then $20/ year after that)

2. next buy a host (we use [namecheap.com](http://namecheap.com/)). There should be a link to do it on [namecheap.com](http://namecheap.com/). (costs $25 first year, and like $6/mo. after that)

(\*and if you don’t care about your site having something else in the name like [spencer.wordpress.com](http://spencer.wordpress.com/) or [spencer.blogspace.com](http://spencer.blogspace.com/) instead of just [spencer.com](http://spencer.com/), then you don’t need to buy a domain name or a host.)

(\*if you buy from namecheap to be your host, then namecheap enables you to access your cpanel facilitator. (Some hosts don’t let you control your cpanel, namecheap does)

3. when the host sends you the welcome email, follow the link to cpanel, and from there use softaculous (which is an ap installer)

to install wordpress (wordpress is included as part of the package when you chose namecheap for your host)

4. you can use this to chat with someone from namecheap <https://www.namecheap.com/support/live-chat/general.aspx>

5. once you’re in wordpress you have to install a theme. If you want a menu at top of your site, you’ll need to pay for one that has that feature.

6. to connect social media to your website, you use a plugin, or, if your theme has that built in, you can, once you’ve created those social media places i.e.. [spencer.com](http://spencer.com/) Facebook page and twitter page, you will be able to attach those to your website.

7. to make an email associated with your site, create an email in your cpanel, ie editor@spencer.com (mine is editor@richardsonstudies.com). From cpanel, click email, create an email. You can make those emails show up in your gmail etc. account by creating a forwarder. Setup the email first, them create the forwarder. Make the forwarder via namecheap too.

8. one fun thing to do is on the settings of your email, put a link to your website to your website, as you see below.

9. One place we like to use for legal pictures to use canva.com. It’s also a good place to create a logo, or merge pictures together, as you’ve seen I’ve done below.

10. with wordpress, to make menu’s, you’ll need to use “pages” not “posts”. A post is a standard article you write. A page is a bit more for permanent things. For example, your menu could lead readers to a page called “about” which tells about your website. Menus can also be pages with links in them to guide people to certain posts by topic.

# Education & Mental Illness: Brilliant Examples of John Nash & Temple Grandin

First a look at John Nash, then Temple Grandin.

A Beautiful Mind: The Schizophrenic Math Genius John Nash

Beautiful Mind is a movie about the inspiring true story of John Nash, Nobel prize winner, genius mathematician, who suffered from paranoid schizophrenia. It tells the story of his challenges, and how his wife helped him pull through, finding himself, finding how to cope with his illness and make a meaningful contribution in life.

Here are some good messages from the presentation:

Follow your dream.

You can participate and contribute to the community if your excellence.

Your work is art no matter what they say.

You must deal with your limitations/your illness.

Don't let your limitations keep you from being involved in the community of your excellence. 

Help those who suffers to find solutions that work for them in a way they are comfortable with so they don't feel they are compromising their gifts and their ability to contribute. 

Your method of problem-solving is how you need to solve your problems despite experts coming in telling you to do it their way. Confess that you have a problem get a grip on what your problems are and start working on them before they get out of control, and your constrained to have others force you to do it their way. 

Sometimes there are multiple correct solutions to a problem. 

You must identify to discern between illusion and reality or you'll spend your life wasted chasing fantasy.

“Genius is the answer before the question.” (J. Robert Oppenheimer)

“All our nightmares and all our dreams, to stay alive, we need to keep feeding them.” -John Nash

Everyone is haunted by their past, don't let that bother you. It's not a unique feature.

The diet of the mind must be restrained, certain things it fancies aren't always good to indulge in.

It is only in the mysterious equations of love that logic and reason can be found.

Temple Grandin: A Brilliant Autistic Mind

A movie was made on Temple Grandin, simply called “Temple Grandin. It is a fun & compelling family movie about an autistic woman who developed humane and effective methods of handling cattle, due to her unique ways of thinking. She could see many angles which others could not.  This film is a brilliant demonstration that we need all different types of minds. Temple, typical of autism, was able to intensively focus on the science she was passionate about. She also had a hero mother who continued pushing her forward when Temple wanted to give up.

Temple “goes through doors”. She learns how to handle life one door at a time. She had a brilliant science teacher who took interest in her and helped her a lot to see that she was brilliant. She had deep struggles with her relationships, and people did not take her seriously. She had to push through much prejudice and mockery.

She could see in pictures and see views that others could not. She eventually had a master’s degree and it says she was working toward a doctorate. People thought she was cured, but she just learned to cope with her autism. She found meaning in her life through having a limited number of friends and working closely with animals. She struggled with physical touch and built a cattle pressing a machine to hug her.  She was good with concrete machines and things she could visualize, such as biology. Hers is a very inspiring story about how people are different, but not lesser, and how we each have unique contributions to make.

# Musical Instruments: A Fun (Working) Approach

-Playing an instrument can be fun, that’s why we want to learn and teach it, more so than for everyone to be on a professional orchestra. Granted reading sheet music is fun too, but perhaps not a great place to start. Perhaps learning ‘tabs’ to learn new songs is a great foundation before moving on to sight reading sheet music, so the artist gets a feel for the potential and joy of playing songs on the instrument. Granted this approach may work better for some instruments than others. Many great musicians didn’t know how to sight read. Many folk musicians learned by tradition and family playing around together more so than learning sight reading. The training in sight reading is often void of musicality, rhythm, or predictability.

Here is a great video on how **learning music should be fun**, rather than obsessed with teaching sight reading “Rant: music lessons should be FUN” by Lindybeige <https://www.youtube.com/watch?v=8iMOmYcZ2KY>

A key part of learning instruments is learning to enjoy hearing that instrument. Therefore, some of what I’ll present with each instrument will be videos of delightful performances thereby.

Key fingering charts, chord charts, etc., are easily found in PDF format on the web or in inexpensive beginner instrument books. There are however great video and otherwise tutorials on the web for learning instruments.

Someone said “We learn to read and write after we’ve mastered speech. But the standard of terrible music instruction is to learn an entirely new and unintuitive writing system before we have any real idea what it means.”

Surely a desire toward any instrument will involve both hearing it played well and toying with it in a casual setting for quite some time before much reading and drilling takes place. After the formal trainings begin, much time still is required for freestyle playing, “scrimmaging” if you will, and an at least partially self-elected book of songs to learn, in addition to classical arrangements.

# Using Music to Study

For some reason we think classical music is only for background while doing other things. In reality, for something like high concentration study, it often hinders the process. Music is complex, yes, even music without words. We can plan an outing of just listening to a symphony. We are overstimulated in our society, and would do well to simplify, and stop trying to multitask.

Music is best absorbed when you’re paying full attention to it. In Ayn Rand’s “Atlas Shrugged”, one of the great freedom novels (a great book other than a few unnecessary humanist themes), the main character hero known for her great work ethic, would go to work, and when coming home, would sit and listen to classical music as her recreation. The music would have distracted her if she listened at work, she had to give full concentration to her business to make it what it needed to be. Her work was important to her, she gave her best self to it. She was innovative, and not just punching a time clock. She used her mind to create and didn’t just live for money. In other words, what she did each day was about leading not following. She used her mind rigorously in her work. Then when it was time to rest, the music assisted. The music was majestic, and deserved attention when it was played.

There are those who enjoy working to classical music. Ben Carson the famous neurosurgeon was known for listening to Handel’s Messiah while he studied. It can differ person to person on how music helps or hinders the focus and concentration needed to study. Many with anxiety can use music to calm them down, and then cancel the music outright once they’re in a calm mood. The nature of some of the work we must do can sometimes be aided by music.

# Additional Educational Resources

-ultimatebiblereferencelibrary.com free complete Josephus etc.

-UsefulCharts.com has brilliant history charts, family tree charts of various regions, bible charts, timelines of various regions, etc.

-Organic farming pest and disease control: Marshall Bradley

-Theodore Gray: chemistry books illustrated user friendly: Molecules, Reactions, Elements, etc.

-Truman G Madsen on philosophy and religion

-Wooden Books Series – on various classic education topics

Storytelling:

Sheryl Duvall fairie tale theatre series  
Jim hensen select Muppet  
Jim Jensen the story teller series

# Resources on Classical Education

-Neil Flinders: Teach the children: an agency approach to education; Joseph Smith: America's Greatest Educator

-Oliver DeMille: Thomas Jefferson Education

-The lost tools of learning: Symposium on Education by Dorothy L Sayers

-Douglas Wilson: The case for classical Christian education; recovering the lost tools of learning: an approach to distinctively Christian education

-Richard Gamble: The Great Tradition: classic readings on what it means to be an educated human being

# Resources on Art History

-Ross King: florence paintings

-Anja Grebe: the vatican all paintings

-Frank Zollner: Michelangelo complete works

-Giorgio Vasari: the lives of the most excerllent painters sculptors architects

-Vincent Pomarede: The Louvre: All the Painings

-Tim Blanning: The Romantic revolution: a history

-Kathryn Calley Galitz: the Metropolitan museum of art masterpiece paintings

-Sebastian Schijtze: Caravaggio complete works