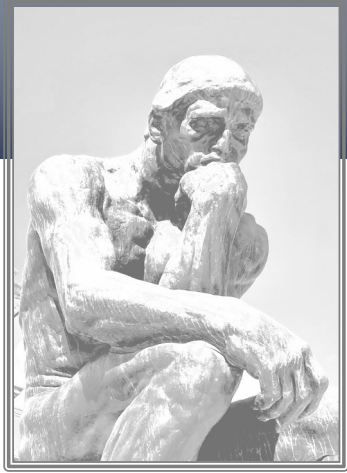


Spiritual Springboards

Food for Thought

There's much more to you
than what you eat!

with Hal Mitcheltree



Food for Thought

Aphorism: We are what we eat.

Skeptic's challenge: Are we really nothing more than what we munch?

Postulate: *We are all relentlessly evolving amalgamations of the countless sounds, scents, sights, tastes and touches our senses have experienced, thoughts our minds have hosted, words our lips have uttered and actions our bodies have taken.*

Conclusion: *We should strive to be attentive to the quality and value of what we eat, smell, touch, see, read, think, say and do!*

Purpose

**Open your eyes, ears and mind
to the countless factors
that make you you,
that is to say,
what you
think,
say,
do!**

You Are What You... *Absorb From the World Around You*



TASTE

- Flavors
- Combinations
- Sequences
- Temperatures
- Textures
- Frequencies
- Contexts

You Are What You... *Absorb From the World Around You*



SMELL

- Aromas
- Combinations
- Sequences
- Intensities
- Frequencies
- Contexts

You Are What You... *Absorb From the World Around You*



You Are What You... *Absorb From the World Around You*



You Are What You... *Absorb From the World Around You*



You Are What You... *Absorb From the World Around You*

TOUCH

- Intensities
- Tempos
- Locations
- Durations
- Temperatures
- Frequencies
- Sources
- Contexts



You Are What You... *Absorb From the World Around You*



HEARING

- Tempos
- Rhythms
- Pitches
- Melodies
- Harmonies
- Timbres
- Contexts

You Are What You... *Absorb From the World Around You*



SIGHT

- Subjects
- Colors
- Light
- Lines
- Textures
- Contexts

You Are What You... *Absorb From the World Around You*



LANGUAGE via **VISION and/or HEARING:**

- Messages
- Rhetorical Devices
- Deliveries
- Contexts

You Are What You... *Experience Internally*

Proprioception

Position
Motion

Hormonal

Arousal
Menopausal

Digestive

Nausea
Hunger

Time

Anticipation
Boredom

Sounds, Sights & Words That Touched Your Life

Age Range	Music	Images	Words
Pre-K / Grade School Years	?	?	?
Jr High / Highschool Years	?	?	?
HS Grad / College Age Years	?	?	?
Twenties - Fifties	?	?	?
Sixties & Beyond	?	?	?

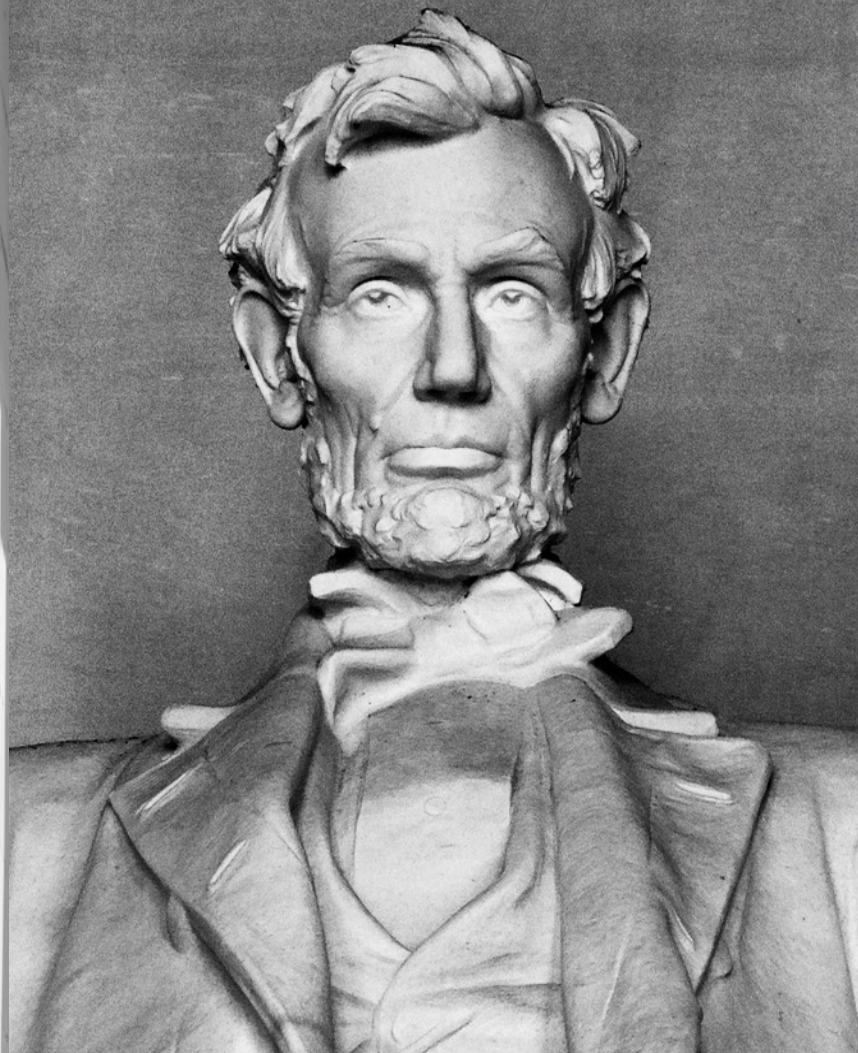


Take a moment to reflect...



Don't Fence Me In











Swan Lake



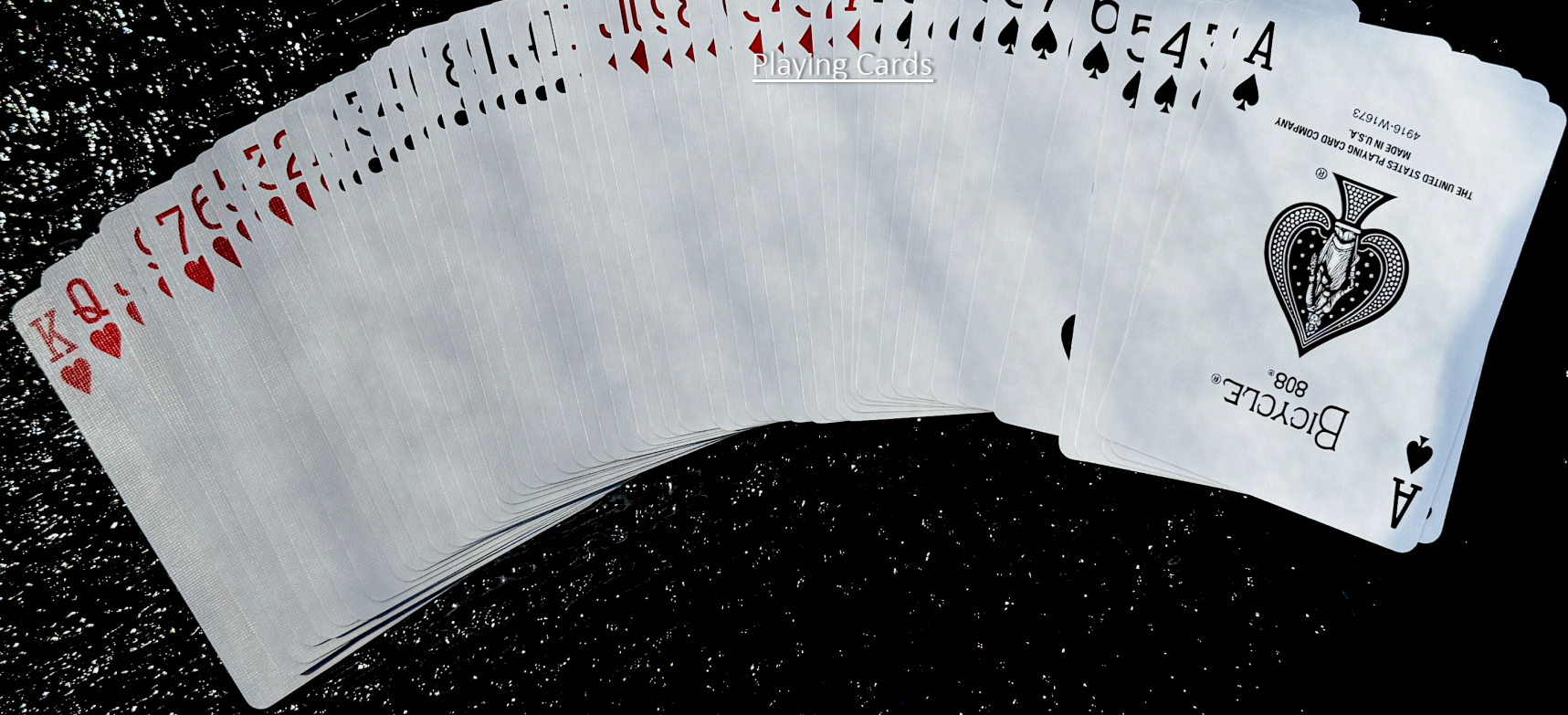
Mummy Mountain/Dvorak's New World Symphony



Severa ce Hall / Saint-Saëns Organ Symphony



Playing Cards





Matt, Pat & Tara





Sears Tower

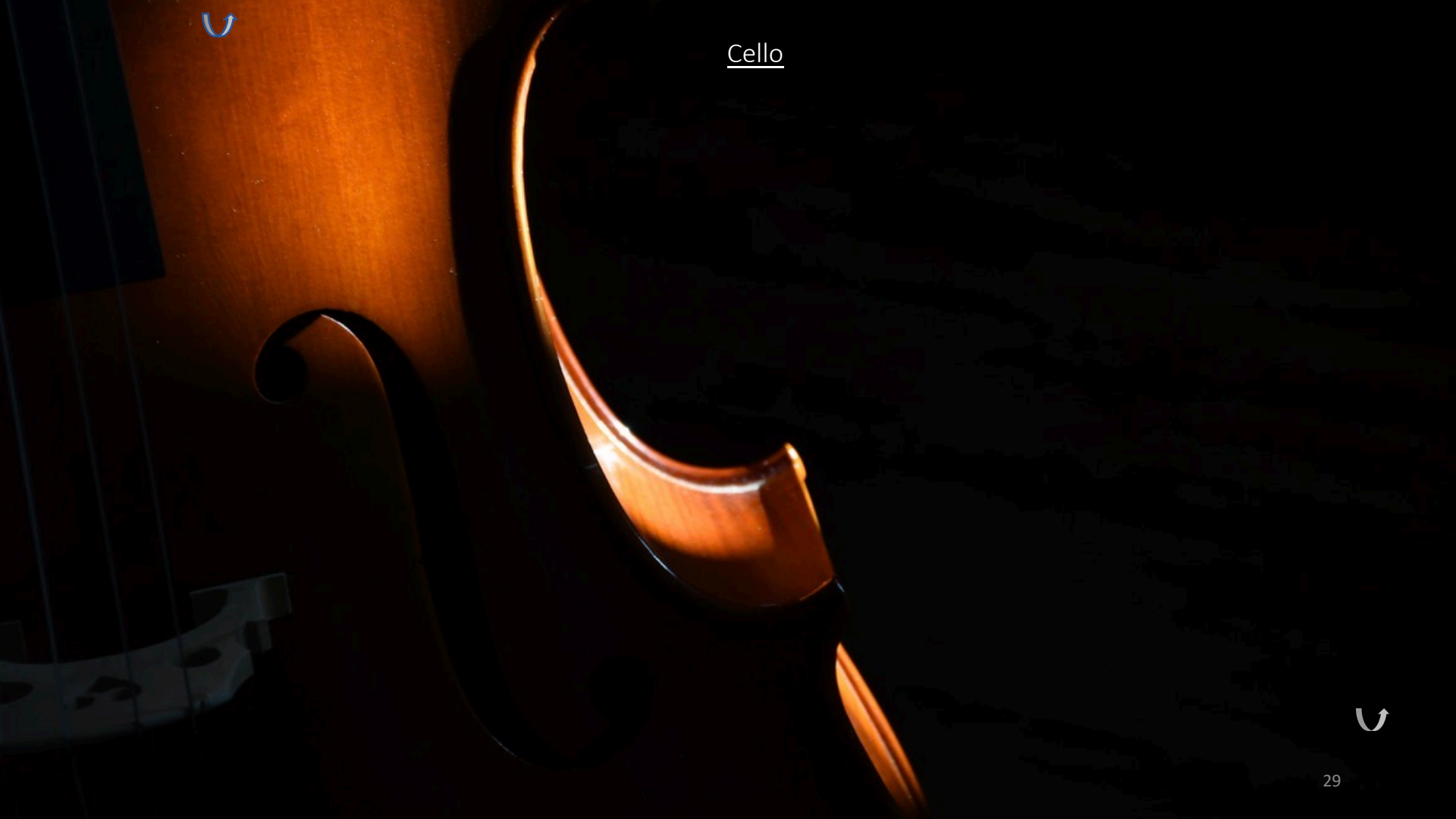






Balls





Cello

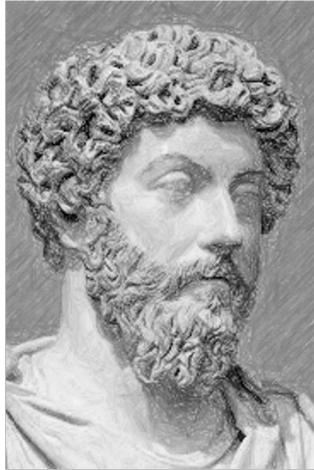


Sounds, Sights & Words That Touched Your Life

Music	Images	Words
Yellow Rose of Texas	Cherry Tree	Genesis Creation
Don't Fence Me In	Severance Hall	The Gospel According to Peanuts
Moon River	Ice Skates	Gettysburg Address
Wouldn't be Lovely	Mummy Mountain	Titus Andronicus by Shakespeare
Battle Hymn of the Republic	Sears Tower	Freudian Primer
Carmina Burana by Orff	Swan	The Naked Ape
New World Symphony by Dvorak	Federal Reserve Bank of Cleveland	Fear and Trembling by Kierkegaard
Mass in B minor by Bach	Matt & Tara	Thus Spoke Zarathustra
Organ Concerto by Saint-Saëns	Playing Cards	Lord of the Rings – Gollum's Rhymes
Bach Passacaglia & Fugue in C minor		On the Shortness of Life by Seneca
Handel Keyboard Suites		Morals by Plutarch



Quote Marcus Aurelius



“Everyman’s life lies within the present, for the past is spent and done with, and the future is uncertain.”

Sources of Ethical and Moral guidance

Ethics, morals & political thinking in Greco-Roman world into which Christianity enters:

- Greeks

- Socrates
- Plato
- Aristotle

- Stoics

- Zeno
- Epictetus
- Cicero
- Plutarch
- Seneca
- Marcus Aurelius

- Epicureans

- Lucretius

Plutarch on Politics

Plutarch (Morals)

Plato (The Republic)

- Serve those you govern, not one's self.
- Serve all you govern, not just those who put you in power.

Cicero on Politics

By the One

By the Few

By the Many

Us

Them

Cicero on Virtue

Cardinal Virtues	Men	Animals
Wisdom	Y	n/a
Justice	Y	n/a
Courage	Y	Y
Temperament	Y	Y

Cicero on Virtue

Virtue if:

- Suited to the need at hand
- Within one's capacity
- Results in a good outcome
- No ulterior motive
- Respects priorities (e.g., family first, strangers less so)



Cicero on Justice

All Individuals:

- All citizens ages 18 to 40 must fight in the battle.

Individual-Specific:

- Blind soldiers are allowed to choose their role in the battle, foot-soldier or archer

All Animals:

All animals will be allocated one hour of access to the river for water each day.

Animal-Specific:

Squirrels get acorns and cats get tuna.

Cicero on Morals

Good vs. Bad

- What is the Good?
- How to choose between two Good options?
- What is the Bad?
- How to choose between two Bad options?

Utility vs. Expediency

(Similar to Kant's categorical imperative vs. Locke's utility)



Quote Seneca



“Life is long if you know how to use it.”