

## Not My Circus, Not My Monkeys

Yes, we are impacted every day by the castoffs that other people don't want to face. They can do that and will if they have that ability.

However, in addition to preparation there is another device we can use to shield ourselves from distractions that interrupt our routine.

It's the word "No" ...pronounced - 'nô. Say it with me. No!

A disturbance thrown our way by someone else, doesn't automatically have to be accepted. Sometimes we have the ability choose our response to interruptions.

Many times those impact we receive could have been handled more efficiently by someone else.

Keep in mind, "Lack of planning by someone else, does not constitute an emergency on our part."



"We too quickly exclude the possibility of the impossible existing simply because we have not experienced it."

## Disrupting Disruptions

Water always tries to balance itself by finding its own level. Scientists call this "equilibrium," and engineers refer to it as "steady state," where everything is in balance. In a similar sense, we try to live each day "in balance."

We start each day following a base routine with hope that we can accomplish our plan for the day. We want to stay on track, living in our own version of equilibrium. But life doesn't always go as planned.

Every day, we face outside forces that disrupt our balance. These forces come from other people who are also trying to keep their days within the boundaries of their routines as well.

While it makes their day easier, it impacts someone else's day. Like a principle of metaphysical conservation of energy. The energy of these interruptions never disappear they just get transferred to someone else.

Sometimes those challenges are benign and negligible and other times not so much. Sometimes they present life altering situations. We can't address everything, but we can plan and prepare for the most serious

While it may feel like sometimes, we are punching bags for the world around us, there are areas we can address with a heightened awareness for safety and impact.

Everyday, we see and hear about automobile accidents...but are they really accidents? How many of them are caused by negligence on the part of someone? – Preventable!

We read and hear about instances where a child gets hold of a firearm and either shoots themselves or someone else. Children are naturally curious but an adult acting responsible could have made a difference. – Preventable!

While maybe not always preventable, the impact of robberies, assaults, and other dangerous situations might be mitigated or avoided with just a little bit of training and knowledge.

TRTG offers a program to address these situations. Our principle-based self-defense program is centered on mental acuity, emotional strength, and disciplined, strategic physical engagement...that anyone can do. You can disrupt the disruptions!

