

Kevin W. Ferere

# SYSTEM OF THE SUN

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**TABLE OF CONTENTS**

**PREFACE** .....3

**PART 1 Making Spirituality Practical**.....8

**CHAPTER 1 Getting Into Your Head**.....9

**CHAPTER 2 The Con-scious Game**..... 16

**CHAPTER 3 Adjusting Your Dial**.....23

**CHAPTER 4 Housekeeping** .....32

**PART 2 Put Work to Work for You** .....39

**CHAPTER 1 Die Hard** .....40

**CHAPTER 2 The Hobby Shop** .....47

**CHAPTER 3 The Ducks In A Row** .....52

**CHAPTER 4 Tick-Tock**.....58

**CHAPTER 5 Eat the Frog**.....64

**PART 3 The Tech Crunch**.....68

**CHAPTER 1 The "Easy" Button**.....69

**CHAPTER 2 Think Long, Think Wrong**.....74

**CHAPTER 3 Sync or Swim** .....78

**CLOSING**.....84

**INVEST IN THE FLAGSHIP BOOK**.....87

# **PREFACE**

**F**or a long time I floundered through my young adult life trying to supplant my ambition with diligence and fervor, thinking that was enough. Could I've ever been more mistaken? I thought my mind was powerful enough to contain, maintain, and sustain all my goals, intentions and desires. It's one thing to underestimate the mind. It's another to overestimate it as well. Bogging down my mind with tasks after tasks with nothing to rely upon sent me reeling into a downward spiral of overwhelming frustration.

Something so simple, yet so profound, would be the precursor to my gradual and excelling success. I simply began to write things down. It's the same way a traveler would keep a map or itinerary.

Visual aids bring a whole new dimension to your thoughts. It frees up your mental faculties for bigger, better, and more advanced ideas, strategies, and techniques. I'm confident enough to say that visualizing your thoughts into the physical is one of the keys to tapping into that 90% of brain matter we don't use. Let the scientist tell it.

I don't intend for this book to be some sort of 10 step, cookie cutter, and anecdotal allegory for those looking for a quick fix. Everything I do is of substance, high quality, and value. Not to be taken lightly.

With that said, implementing this system will cost you. Your attention, your passion, your diligence; and most importantly, your discipline.

So you must be wondering, where does the title come in?

The Sun burns at tremendous heat but is never consumed. It is completely self-sufficient, yet all life as we know it is dependent upon it. Everything revolves around it, though it seems to revolve around everything. The Sun seems smaller, but it's many times the size of our planet. It illuminates everything it comes in contact with.

Like the Sun, we are more than what we seem. We ought to have a fire within us that never consumes us. We ought to be completely self-sufficient in some manner. Every part of our lives ought to revolve around us. So why do we revolve around it?

Kevin W. Ferere

## **SYSTEM OF THE SUN**

Because we don't have a plan. We don't have a system. With a plan, we make life dependent upon us. So that we may illuminate everything we come in contact with. Which is why I coined this book, "*The System of the Sun*".

# **PART 1**

## **Making**

## **Spirituality**

## **Practical**

## **CHAPTER 1**

# **Getting Into Your Head**

**H**ave you ever heard of a cowardly-genius, or a brave-idiot? Have you ever seen someone who knew every aspect of a thing? They knew every in-and-out, backwards and forwards; but whenever it was time to execute and perform...they flaked?

Have you ever seen someone who commanded emotion, took charge, and stole the show? But the result would always lead to embarrassing failure?

These are natural occurrences. If this was you or is you, there is nothing to be ashamed of. The examples described are evident of a misalignment of mind and body.

When the wheels on a vehicle are out of alignment, it can no longer drive efficiently. Eventually, other components begin to break down as well, until the vehicle breaks down in its entirety. Ineffective and inoperable; sometimes beyond repair.

Mind and bodily alignment constitute not just having the **courage**, but accompanied with the **intelligence**, to accomplish whatever it is you set out for.

All energy flows upward, from the root to the head. Your spiritual energy flows from your root, through your heart, and to your mind. Geometry and physics teaches us that the quickest way from one point to another is

a straight line. Therefore, for you to be at your utmost efficiency, your spiritual energy must flow in a straight line...from your heart to your head.

Thus, your courage must meet and match your knowledge and intelligence. The only hard part is the time that takes. As well as the passion, diligence, and discipline.

Where does courage come from? How does anyone build courage to accomplish anything? From practice and experience. You've gotta' get in the game.

Obviously, the knowledge and intelligence comes from education. Do you

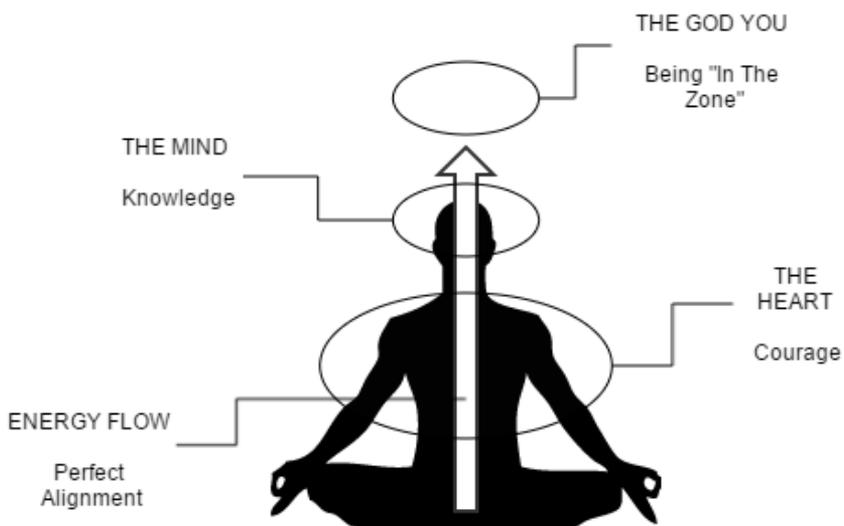
have to sit and wait for someone to come and educate you? OF COURSE NOT. Your intelligence is your fault. You can learn anything as long as you have the desire to. TEACH YOURSELF FIRST.

The purpose of mind and bodily alignment is not solely for productive efficiency, but in order for that flow of energy to transcend your head and into your "God" self. The highest form of YOU. Whereas, you are CALM, CONFIDENT, and COMFORTABLE. Not only do you know what you're doing, but you have the heart to do it. Like an athlete, you are "in the zone". No matter where you are, or what you're doing. You could be in a jungle, or in a war. As long as you are in

Kevin W. Ferere

## **SYSTEM OF THE SUN**

alignment, you are unstoppable and untouchable. Making what is perceived by others as impossible, almost effortless.



## **CHAPTER 2**

# **The Con-scious Game**

**W**e are aware of but so many things according to our 5 physical senses. Yet as we humans are sentient beings, we make decisions toward our destiny based off of what we are aware of...as well as what we aren't aware of.

Let's not digress into the argument of free will, but let's distinguish the terminology for what we are and aren't aware of. Our awareness is called our "consciousness". Of course what we are not aware of is called the "subconscious".

You are conscious/aware of something you saw or heard, but you are not conscious of

how you may have felt or reacted. Therefore, your response is within your subconscious. The brain filters this way to keep you from going crazy. But with that being said, it seems as though we have no control over our behavior. Therein lies the illusion.

As sentient beings, it is our duty to be conscious of our subconscious. To be aware of what we are unaware of. This may sound oxymoronic, but it is an integral process, stemming from the mind and bodily alignment we discussed earlier.

So how are we unaware of our decisions and how can we stop it? Our subconscious is built on our memories, experiences, parental

upbringing, religious beliefs, media brainwashing, etc. This forms the cocktail of our internal conversations pertaining to what is real and what isn't; what is possible and what isn't; and what is true and what is false.

It is from this internal, subconscious conversation that our conscious decisions are guided and our conscious world is shaped. Our thoughts lead to decisions, lead to habits, lead to lifestyle, which forms our world.

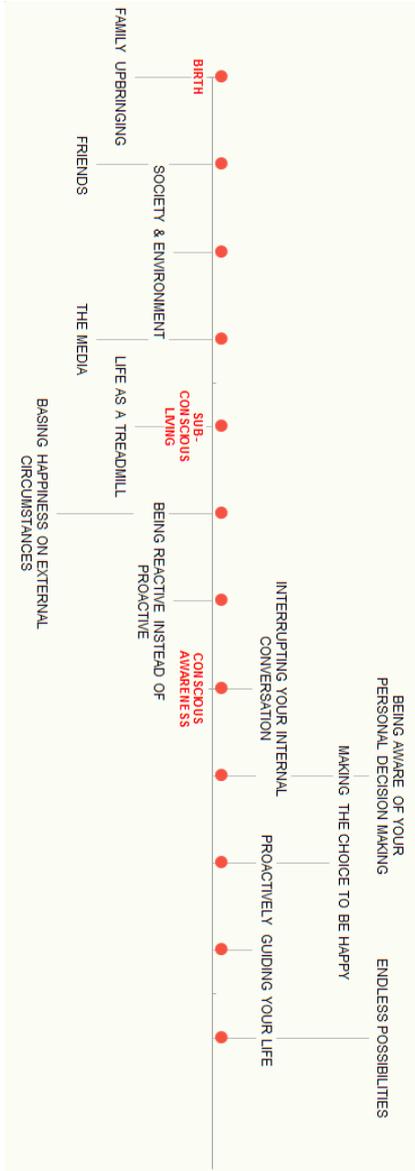
Interrupt your internal conversation and inject the opposite of what's being said. If your subconscious says you can't accomplish something you truly desire, say I can. If your

subconscious says you can't afford something you truly desire, say you can.

Now if you're new to this concept, you probably think that this is a way of intentionally, or consciously, lying to yourself. [YES!] This is a perfect opportunity to challenge your internal, subconscious conversation! Can you do it? Can you afford it? Is it possible?

Now when you just asked yourself these questions as you were reading, which answer empowered you, uplifted you, illuminated you, and enlightened you?...MY POINT EXACTLY.

Changing your internal conversation reverses the flow of subconscious thoughts controlling your conscious reality and allows you to be the God of your world.



## **CHAPTER 3**

# **Adjusting Your Dial**

**E**verything is made up of energy.

Down to the smallest atom, neutron, proton, electron, etc. All matter and its activities are produced with and consume energy...that includes our brains.

Our brains consume the energy of electricity in order to produce our thoughts, as well as our dreams. Dreams though? Aren't we taught that dreams aren't real?

But if all energy is real, and our brains consume energy to create dreams...then, logically, our dreams are real? EXACTLY.

Now when defining dreams, you can take it either direction. Whether referring to dreams, as in imaginative dreams; like daydreaming. Or the subconscious nocturnal dreaming in our sleep.

If you can recall our earlier discussion, our brains create our reality, our world. If we are to take our thoughts seriously as being real, then we must do the same for our dreams, imagination, etc. **ANYTHING IS POSSIBLE.**

The electric **frequencies** of the mind's thoughts radiate from us not only in a mechanical sense, as in our actions; but also in an electromagnetic sense. Hence the term,

“radio”. The mind, like a radio, sends out transmissions according to the “tuning” of your subconscious dial. Those transmissions **attract** receptions which match the frequency that you put out. Like finding a station on the dial. If you have bad reception, then you won’t hear the station very clearly. If you are on a negative frequency, you’ll only be able to receive negative transmissions from other negative radio stations. To simply put it, you get what you give; or better yet, **you can only give what you’ve been given**. Give yourself something different. It’s your job! No one else’s.

Negativity seems attractive. The media is always quick to display the latest in

drama and violence before any sort of benevolence. Simply because they respect the degree of captivity it has on the common audience. No one can deny it. Think about it. You're walking down the street one morning, and you kindly smile and say, "Good morning", to two passersby. The first one smiles back and says, "Good morning". Pleasant, wasn't it?

You walk passed the second person, smile and say, "Good morning". They say..."FUCK YOU!!!", and dart off. Who are you more likely to remember throughout the day? Who will you complain about to friends and co-workers on your breaks? You'll recall the shock you felt at their reaction. You'll

rehearse what you wanted to or should've said back. You'll plan and plot what you'll do the next time it happens. RIGHT?

Understand that **negativity will always fight for your attention**. That is its nature, and it's in our survivalist nature to defend against it. Yet we humans aren't in the business of surviving, but thriving. So in thriving, the only way to elude or remove negativity from your life is not to fight it or resist it with something equally negative, or equally as intense. All you have to do is redirect your attention. Yes! It's really that simple. Focus on the positive, and make a conscious effort to seek it! You don't even have to ignore the negative, necessarily. Just

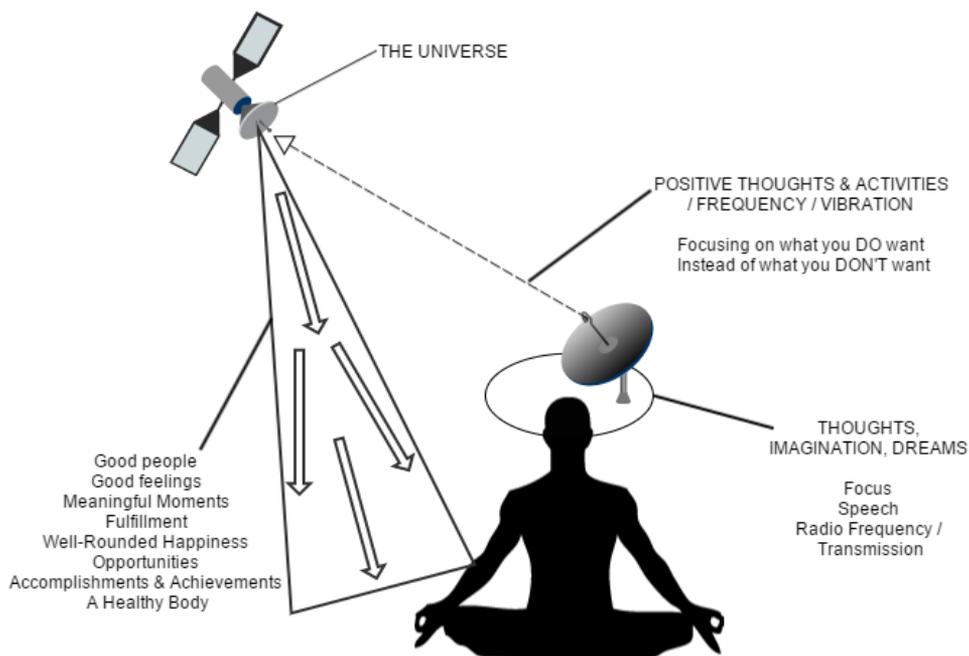
simply put more attention into the positive. What you feed will proceed. Feed your negativity cravings with positivity, until you can wean yourself off it, and on to something healthier for you...spiritually.

Define for yourself what you deem to be positive or negative, and understand how it makes you feel. Then begin to focus on the things you want, instead of what you don't want. Talk about the things you want to happen, instead of what you don't want to happen. Talk about the things you want to receive and achieve instead of the things you don't. Listen to yourself as you're saying it. Hear the difference in the sense it makes. Once again, this all goes back to interrupting

Kevin W. Ferere

## **SYSTEM OF THE SUN**

that internal subconscious conversation, we discussed earlier. **Change the root to change the fruit!**



## **CHAPTER 4**

# Housekeeping

**T**hus far, I've only discussed internal matters concerning your mind and heart. Whereas, we reverse the effect of our subconscious previously doling out negative decisions for us, shifting it into positive decisions by interrupting our internal conversations with what we want instead of what we don't want. Right?

But, up until this point, we still have to live with those previous decisions, outcomes, and results in our external world, don't we? Those things don't just go "poof" once we ascertain a positive mindset all of a sudden.

One thing I do believe is that you must be realistic in order to be positive. They're not mutually exclusive to each other. Let's be real with ourselves and look at the kind of people we've allowed in our lives; and what and how they contribute to us. As well as what and how we contribute to them.

What kind of circumstances are we in? What do we appreciate and what do we disdain? Are we being perfectionist? Of course not. We are simply staking claim over what it is that we can control, and the decisions made, people invited, and circumstances we're responsible for.

Being accountable to yourself isn't beating up on yourself. It actually makes you stronger. **You must be vulnerable in order to become secure. You must relinquish all in order to gain more.** If you think admitting self-fault is a sign of weakness...well, you're already weak.

Accountability makes you stronger by affording you the opportunity to identify the things you actually can control in your external world. Who you should and shouldn't be friends/lovers/partners with. Places you should and shouldn't go. Things you should and shouldn't say. And this all comes from assessing the results and outcomes of all your previous decisions.

If a friend makes you feel bad...why are you still friends with them? If a lover abuses you...why are you still intimate with them? If a partner double-crosses you...why continue to do business with them? It may sound so common sense, but we've all fallen short of being intertwined with negative energy that is attracted to, or better put, we attract ourselves to.

A better question to ask is how did we put that energy out? Listen to your internal conversation. What do you say to yourself when you hear or see certain people or things? How do you feel when you hear or see them? What old memories do they bring about? Our minds tend to find the positive components in

negative situations, and try to suffice it for the whole. In lay terms, just because it walks like a duck, quacks like a duck, looks like a duck, but flaps like a chicken doesn't mean it isn't a duck. As I've mentioned in "*Leave The Fairy Tales Up To Disney*": *The Reality of Dating*, the mind is powerful enough to fool itself.

<b>The World I Live In</b>	<b>How to change it</b>
● <b>People</b>  People I love who hurt me	Find people who love me back
● <b>Places</b>  Places that don't benefit me	Find places that are beneficial to me
● <b>Things</b>  Things that inhibit my progression in life	Find things that are uplifting and improve me

# **PART 2**

# **Put Work to Work for You**

# **CHAPTER 1**

## **Die Hard**

**S**o far, we've discussed what you are & aren't aware of; what you can & can't control. We're all quite familiar with the quirkiness of habits. They never add up. You may be aware of them, but you may not be able to control them. You may not be aware of them, but you may be able to control them.

Of course you can't be perfect, but if you're going to have habits, why not have good ones? Or better yet, productive ones. Why not have habits that aide to your success? After all, if you're going to be unaware or unable to control something, then it ought to be in your best interest.

Now, as we talked about focusing on the positive earlier; in applying this concept to habits, you must relinquish the notion of trying to "fix" your bad habits. They're bad habits for a reason. That's like telling a dog not to bark, or a cat not to purr.

**The only way to get rid of a bad habit is by replacing it with a good one.** Ask yourself what good habits do you want to have, and how will these small good habits surmount to your success?

Be realistic with yourself as to the overall feasibility and practicality of establishing these new good habits. Remember, you are now making the conscious

decision to change your life. It's going to require everything of you.

How long will it take to implement?  
How frequent or consistent must these habits be practiced? Set a schedule and/or reminder, and keep the reminder even when you feel confident you may not need it anymore. You're never too sure as to how deeply these new good habits have slipped into your subconscious...or slipped out.

As important are the reminders, just as important are the people around you. You're work culture, your family culture, and your local culture. Friends, family, and environment have all contributed to the world

that you've subconsciously built. The foods you eat, your hobbies, your interest and taste in the arts and music, etc.

So with your newly realized consciousness and control, who or what needs to stay...OR GO. Many times, it's not the people, the media, or the environment that needs to go...it's you. Get away from those people until you can find new people to surround yourself with that contribute to your success. Get away from those places and look for new ones to visit. Turn off, tune out, and look away from that negative media and turn towards media that contributes to your success.

IT'S GOING TO BE HARD. But if these people, places, and things don't contribute to your success and happiness, why hold on to them? Yes, you may have a sentimental attachment, it may be all you know at the moment, and you may harbor fond memories. But how far has being in a comfort zone gotten you? **If you were happy in your comfort zone, you wouldn't be reading this book.**

<b>My Bad Habits I Want To Change</b>	<b>Good Habits I Want To Replace With</b>	<b>How I Can Replace It</b>	<b>How does this aide my success</b>
Not replying messages promptly enough	Replying to messages promptly	Schedule a personal reminder to reply to messages periodically	I'll be responsible & reliable and be called up for more opportunities
Leaving dirty clothes around the house	Leaving a neat house	Get a hamper in every part of the house	Show self respect with a respectable living space and be able to invite guest
Texting dangerously while walking	Texting safely while walking	Locking my device at the intersection before I cross	I can stay alive to make my achievements and enjoy life

## **CHAPTER 2**

# **The Hobby Shop**

**T**he same application goes to hobbies.

Hobbies tend to be the derivatives of your habits. After all, pleasure motivates habit. People who smoke habitually do so for its pleasure and nicotine gratification; no matter how smelly and unhealthy they may be. If hobbies were displeasing, they wouldn't be hobbies.

If you've read *"Leave The Fairy Tales Up To Disney": The Reality of Dating*, you can recall me expounding on the 3 commodities of life, being 1) Time, 2) Energy, and 3) Money. However, we're not here to reiterate the concept or as to how the said components exchange between each other. You'll have to

invest in the book for that. But I say that to say, if there's anything in life that unanimously consumes these three elements, it would be your hobbies.

It's obvious as to how hobbies consume your time by design. Yet what seems to be illusory to many is how hobbies consume energy and money.

Now, who am I to dictate a good or bad hobby, like I did habits in the previous chapter? But I'll go ahead and do it anyway. Time, energy, and money are called commodities for a reason. Hence, the consumption of such requires ultimate and

utmost attention and concern. Need I not digress?

Not everything that is pleasurable is good for you. And as we all know, too much of anything is bad for you. Much of this book deals with self-control. But hobbies seem to be that one place where we let loose and let go, as we should. Our health and sanity require great balance and moderation.

Amidst the indulgence and revelry of our hobbies, whether it be anything, from carpentry to recreational drugs, we must assure that the exchange of our 3 commodities are being fulfilled and sustained.

Do your hobbies add income, free up money, or create opportunities for more money? Do they increase your energy, in the sense of inspiration, enthusiasm, or pride? Should they provide either of these, then there's no question of whether the time occupied in your hobby is optimized or wasted.

## **CHAPTER 3**

# **The Ducks In A Row**

**T**he core of organization comes from listing things. Listing allows you to truly assess the breadth and depth of your circumstances. You can list all the problems in your life, then begin listing solutions. You can list out all your ideas, then list out all the pros and cons to each idea.

In regards to planning and execution comes task listing. Simply mapping out your intended actions allows you to **"eat the elephant one bite at a time"** and takes more of the air out of such a big "balloon" of a major goal you set out to accomplish.

As I stress the importance of task listing, allow me to also emphasize that simply listing your task won't suffice. You may have certain tasks, which in particular, are **important**; yet you may have other tasks which are **urgent**. Logically, the urgent tasks will always supersede the important. Either way, they will be accomplished and checked off.

In the case of urgency and importance, our task of tasking is not yet done. Though two tasks may be urgent, and require prioritization above the important tasks; one may be even more urgent than the other. This is a case of tasking for **chronology**,

whereas, you list your task according to when they are due.

Inversely, pertaining to the important, as opposed to the urgent; one task may be more important than the other. Including, one task may precede another, whereas, a subsequent task may not be accomplished unless a necessary task is completed initially. As opposed to chronology in regards to urgency, this is a matter of **sequence**.

In order to aid your methods of prioritization, a **lettering or numbering** strategy must be healthily implemented. You can fuse the two. Whatever works for you as long as it is the least tedious to alter and

maintain whenever necessary. You can list out your task numerically, alphabetically, or alpha-numerically according to their degrees of urgency and importance relative to each other. Heck, you can even create multiple lists in the same fashion you do the tasks. The name of the game is order and organization. No task is too trivial or miniscule not to be listed and ordered if it's a key component of your success.

- A. Buy Peanut Butter & Jelly Sandwich ingredients**
  - A1. Buy bread  
*\*\*\*REMINDER\*\*\* Due tomorrow (urgent so it's listed first)*
  - A2. Buy Peanut Butter  
*(not urgent but still necessary in order to accomplish main goal, so it's listed secondary)*
  - A3. Buy Jelly
  
- B. Fix a Peanut Butter & Jelly Sandwich**
  - B1. Spread the peanut butter on one slice
  - B2. Spread the jelly on the other slice
  - B3. Sandwich the two slices together
  
- C. ENJOY!!!**

## **CHAPTER 4**

# **Tick-Tock**

**T**here is time, and then there is timing. Timing is the recognition of opportunity...and the capacity to seize it! It is acknowledging a moment. Now, in the throes of life, your tasks may begin to pile up, and it becomes humanly impossible to recall each and every one...no matter how good you think you may be. The purpose of the *System of the Sun* is to think the least. This may sound absent-minded, but **the less thinking and memorization you consume allows you more focus on bigger and better things.**

So in addressing timing and memorization, relative to task listing, reminders play an integral part. Of course,

not every task requires a reminder. Recurring reminders give you that tap on the shoulder just when you think everything's going fine. The recurrences can be set to every hour, day, every 2 days, every 3 weeks, every 3 weeks on Monday & Thursday, every 3 months on the 2nd Saturday, etc. You get the point. Your reminders or notifications/alerts ought to be all relative to the urgency or importance of the task. **Important tasks require reminders, urgent tasks require alerts.**

**Filters** are a great way to manage tasks, as well as other mechanisms, especially emails, when the feed begins to bog you down. Setting up filters for items that are

less important and/or less urgent takes the edge off the heavy prioritizing and organizing you will be doing.

You may correspond your listing with your calendar, being as that some people look at their calendars more consistently and frequently; so if they see it more, they're more likely to remember it. **WHATEVER WORKS!** But if it doesn't work...be honest with yourself. Later in this book, we will discuss synchronization, in regards to technology and technological devices; especially when it comes to setting reminders.

Understand that when it comes to your tasks, never let a clock get in the way of

accomplishing your goals. Meaning, always be doing what you should be doing, when you can or should be doing it. We all know the saying, “Why put off tomorrow, what you can do today?”

When implementing the *System of the Sun*, everything you do is purpose oriented. You must always ask yourself, “how does this action, or behavior, benefit me or what it is I’m trying to accomplish?” It sounds vain and selfish, but so what. Don’t waste yourself for the sake of altruism. No one is remembered or rewarded for what they don’t accomplish. You can’t afford to be Mr. /Ms. Nice-person to yourself and those depending on you.

Speaking of being hard on yourself, you must relinquish sentiment and tradition, **THEY WILL KILL YOU**. As I mentioned previously, **be honest with yourself** when it comes to finding what works. Just because something has meaning doesn't give it immunity to counter-productivity. For example, a decoration is a decoration until it becomes clutter and impedes functionality, which in turn wastes time and energy. The same applies to sentiment and traditions. Time is your most valuable commodity. You can always savor moments in a multitude of ways, but if it gets in the way, **GET RID OF IT**.

## **CHAPTER 5**

# **Eat the Frog**

**T**here are many different suggestions out there on tackling such an issue. Being that this is my book, I can only give you my stance and what works for me. The most difficult or unpleasant task (coined “the frog”) must be handled with care. **There’s no way around it, only through it.**

Prepare your mind for it. Envision each step of the task and focus on it alone. Take a deep breath, and admit to yourself how much you hate doing it. Don’t go into a rant, but simply admit it briefly. Say it out loud if need be.

Surprisingly, the reluctant admission curbs the procrastination. Part of

procrastination comes from being dishonest with yourself. Burying your head in the sand and hoping it will all go away is human nature. Like anything, being honest about your weaknesses makes you stronger.

**Breaking the task up into smaller task** brings the arduousness of it down a bit also. No matter how miniscule or minute the task may be. Whatever works, do it!

If at all possible, **schedule your most difficult or unpleasant task FIRST**. Work hard now to play later. Putting it off last will cause you to put it off until the next, until the next...until the next... Putting the frog first is half the battle. It's a way of telling yourself

to go through it, not around it, as mentioned earlier.

**Deadlines are magical too!** Even if there is no deadline, **MAKE ONE**. And if there is a deadline, give yourself an earlier one! Deadlines ward off procrastination by creating the urgency necessary to accomplish the task firstly over the important tasks.

**Eat the frog! EAT THE FROG!!!**

# **PART 3**

# **The Tech Crunch**

## **CHAPTER 1**

# **The "Easy" Button**

**N**either of us live under a big enough rock not to recognize and acquiesce to the prevalence technology has over our everyday lives. The purpose of technology has always been to make life easier. So in the pursuit of “easy”, technology will always take precedence.

Now, you may be one of those stubborn sticks in the mud, and feel as though the advances in tech are meaningless and, in some cases, intrusive. But if this **mindset** has suited you to achieving the goals and quality of life that you intend, then pass this book on to someone who needs it, and don't read any further.

Understand that utilizing technology to its optimal potential will inadvertently enhance the quality of your life. There is no logic to a high quality of life where you're forced to exert the most energy, consume the most time, or spend the most money to accomplish a goal.

This is where technology comes in. Understand the different types of laziness. Albeit, hard work may be noble and honorable, working harder doesn't always equate to working smarter. In many cases, others may esteem physical labor as a virtue, in order to subvert their complacency for **mental laziness**. Technology provides the most discouragement to the mentally lazy; for

the simple fact that it procures thinking processes on a much higher level than the human mind is accustomed to. However, in the pursuit of **efficiency**, laziness is your ally.

**It takes genius to be a coward.** Ironically, cowards are typically known for being lazy...up until the labor is foreseen as being most beneficial to them. Cowards are known for always looking for "the easy route". This may be scorned by the brave but it would behoove us to take a page out of everyone's book.

**"Easy" ought to equal "better".** Why seek out the easy route if there is no reward? Avoiding difficulty is the glass half empty.

Kevin W. Ferere

## **SYSTEM OF THE SUN**

Seeking efficiency is the glass half full. You can be diligent, and seek to be the best. Or you can be a genius, and seek to be better.

## **CHAPTER 2**

# **Think Long, Think Wrong**

**E**veryone knows that planning is 90% to the 10% of execution. But this may not be the most optimal ratio. When seeking efficiency, your planning process ought to be gradually mitigated from one event to another.

Your goal ought to be to **do the least amount of thinking possible.** As counterintuitive as it may sound, it is possible to put too much, or more than necessary thought into something that may require more execution than planning. The thing about planning is that it requires more time than execution does. Hence, the 90%. And when a

majority of your time is consumed thinking, how efficient can you be?

Create a system/s that collaborates in doing the work for you. Therefore, your planning need not go into your execution, but into your system of execution for success. That way, when approaching the next event or circumstance, you can be highly prepared to act at your utmost efficiency. With an efficient system, **the least thinking equals the least work, and also the most productivity.**

So how does this theory apply to technology? Much of that system implementation comes through your

technological applications. Their existence is solely to serve you! Set aside time to "play" with and familiarize yourself with their features, in order to assimilate it to your lifestyle; or better yet, assimilate your lifestyle to it.

## **CHAPTER 3**

# **Sync or Swim**

**T**he process of tech **assimilation** can be well defined by **synchronization**. Delegate which devices you utilize most frequently; or which devices are required for certain predicaments. You may have a device for work, and one for home. You may have a device for your commute to work and another for work. You may only have one device! Whatever the case may be, learn to **integrate** your applications amongst your devices so that you can **STREAMLINE** your workflow, and be **prepared** for any situation.

As mentioned previously, notifications/alerts are a major component to streamlining your technology. Having device

contingency is paramount. App contingency is as well. The same way you can sync devices, you can sync applications in order for them to work together. Make sure your most necessary apps are on all of your devices, so that if, and when an important notification from a necessary application comes about, you can always be notified and aware; no matter where you are or what device you currently possess.

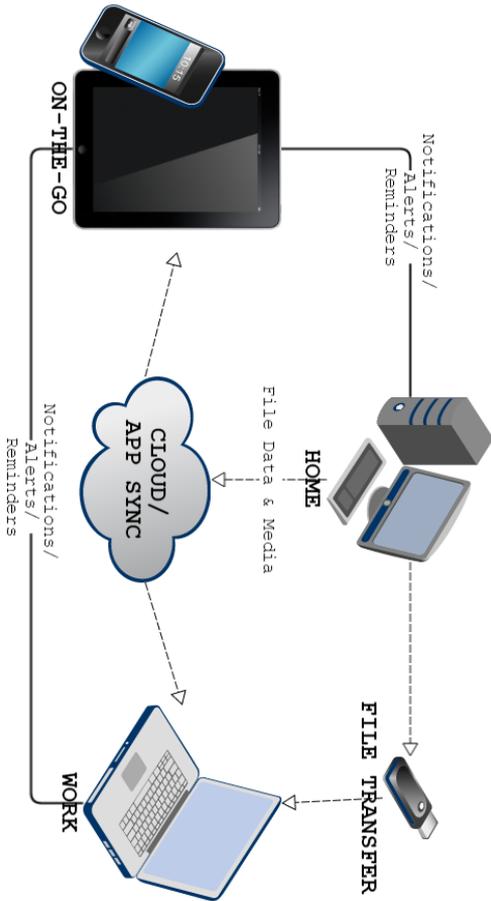
In relation to synchronization, **storage** is another major factor in the process of streamlining technology. As you may have apps congruent amongst your devices, along with that may be sensitive data and media amongst your devices as well. **Cloud storage**

is necessary for accessibility to that data and media, in regards to being prepared. Your files are linked to the cloud, not necessarily placed on it. So the original file itself is still on one single main device, while you can access it on others as long as you are signed in. Being able to access a file wherever you are anywhere, on any device, is a luxury you can't afford to lose.

Ensure your devices, as well as applications are **password protected**. Be mindful of the timing of your locking mechanisms as well. Constantly having to enter a PIN (Personal Identification Number) every time you step away from your device can be cumbersome. Find somewhere safe to

store your passwords and PIN's if they're hard to remember.

Life happens. **Backup** your files periodically as life happens, so that when life happens, it won't happen to you. Find a secondary drive or storage engine large enough to support the size of your files. And while you do that much, also physically protect that storage device. Physical rupturing and overheating can be the main culprit of memory loss on storage devices. **Take care of your things and they will take care of you.**



# **CLOSING**

Do you remember playing a video game for the first time as a child, amongst a group of children? And there was that one kid who always spent the most time testing and tweaking out the options menu. Then all the other kids would get frustrated with him and just want to get into the game unbridled. Yet while all the other children are thrashing the game, that one kid is most invested in the game, making the most progress, and making the most discoveries. Eventually, that one kid, that all the others resented, becomes the best player, and is highly respected by all the other kids.

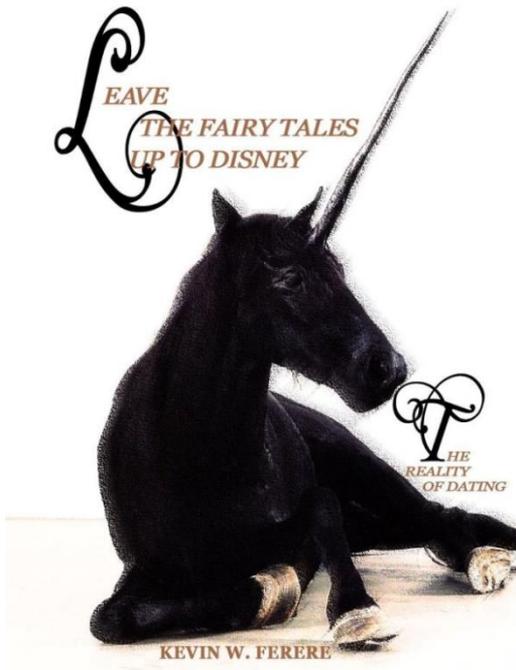
Make the “Settings” menu your friend. Take the time to test and tweak out

applications, operating systems, and devices, until all the other kids get frustrated with you and thrash at life, unpremeditatedly. And while they're all roughhousing and ramping through life, making a mess of things, make the most progress, make the most discoveries. Eventually, you will become the best player, and everyone will respect you.

Kevin W. Ferere

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87

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