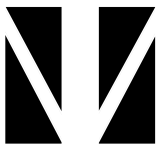


MAINFRAME _-_- FULL ADDITION I (2020 - 2024)



DEFENSE IS CONTROL

DEFENSE IS CONTROL |

The ability to do, is always available but proper application is a process.

A solid and consistent defense is necessary to gain control of your game. You gain control by staying level. A correct and purposeful defense will allow you to maintain position and stay level. Playing defense and staying level in the face of adversity, you acquire a stability, a peace that was never had.

When you are able to maintain but not make progress, with that stability, that peace. You are playing defense.

THE GAME HAS CHANGED |

Be content with being. Give things a chance to play out, you don't act out. Breathe. Focus.

The ability to do, is always available but proper application is a process.

WOMEN + OTHER THOUGHTS

WITH HER |

I is off topic, stay on topic.
Don't keep the spotlight.

Some women, only want to be entertained by us men, but like they want to be enticed, we do too. Pay attention to her, to see if she is interested, engaged, invested.

MY WOMAN |

I'm not taking anything away from me to please her. I'm not doing anything else to please her. I'm doing me. Me doing me will please her. That's my woman.

MY WOMANS BODY |

(5'5 - 5'8, 105lbs - 130lbs, small calves, slim legs up to a firm thigh, nice booty, flat and toned stomach, 30-38B cup | 30-38C cup, 28'- 34' bust, long brown hair)



WOMEN + OTHER THOUGHTS

PACE |

When things slow down, you have to be just as effective. Pace does not equal Power. You need to be full, to be effective.

A Change of pace to slower will not slow down a proper application, it will increase the accuracy of the application; overall increasing the effectiveness.

- When a person has the required opportunity but does not generate the desired results it is because of a lack of understanding or incorrect application of knowledge.
- When you have a mutually understood advantage, it becomes a disadvantage also; meaning all advances need to be definitive.

“If it is not God, it can be overcome.”

SEVEN PLUS ONE |

1 | *(25 % Self) | GROUND ZERO*

2 | *(50% Self Awareness) | Knowledge - What do I know?*

3 | *(75% Undeniable) | Understanding - What have I come to understand given my knowledge.*

4 | *(100% Complete) | Wisdom - What does my understanding show me, what do I see.*

5 | *Honesty - Am I being honest and accurate in my evaluation and information gathering.*

6 | *Consult Other Trusted Individuals (If possible)*

7 | *Pray and Seek to God for an answer to put into Action.*

8 | *ACT*



WOMEN + OTHER THOUGHTS

SIMPLE SPLIT |

An older couple, the woman thinks she's ahead of the curve but she's not and the man thinks he's behind but he's unknowingly well off.

“Breaking down (w)raps, and stacking stacks”

“Keep things on and going because that's how things move, ongoing.”

PRESENCE |

At least if they see you, then you're here. When and how you present yourself is of extremely high importance and undeniable value. The word "When" referring to your Timing and the word "How" referring to your Effectiveness in each instance.

SHAME |

“Yes. Sometimes I want it raw, straight from the honeycomb, because; I understand. My pure honey, is not your pure honey, and together our honey cannot be pure, but at least now we have our substance; let us convene. Let us embrace.”

SKINNY SWOLE ~ SLIM THICK

"It's not so much that skinny has better connotations than slim, but rather how much better is slim than skinny? They both express something being thin; having little or too little. Just call me skinny. She's a woman."

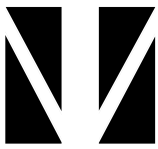
“When I am familiar with the subject, it is easier to adopt.”

For as unique as some of you women can be, a lot of us men tend to act very cliché. Be the best, blusterless.

FURTHER EXPECTATIONS |

Understand this about me, I am acting and also directing. I have times, where I am not like other times; I have expectations of how things should be.

“I don't deal low because I'm not a low man.”



WOMEN + OTHER THOUGHTS

FORESIGHT |

At the end of the day, it is what it is and If it is not what it needs to be to begin, it is what it is also. It is not. Leave it alone.

I can't take you, because I can't make you.

If you don't want to be feeling sorry for yourself and apologizing to everybody else, do what you can and to the best of your ability. Praise the Lord.

Me finding you attractive is one thing, but me being able to APPRECIATE you is another.

PERSONAL SPEAK |

In people who spend more time working on themselves, it is easy to recognize, see and understand continually; the fluidity of those persons, nature is noteworthy. It is always something you can learn to appreciate.

If you are *honest* and *willing*.

“It is good to have been certain when making moves, HOWEVER.”

“People don't care, they only judge you.”

FULLNESS |

More consistency, continually over a time or as long as you have, should equal a fullness, and richness rather than to create a sourness, and bitterness.

- The consistency of time in ones life is to equal a full richness rather than to recall a sour, bitter remnant. It is more.
- The person that won't tell you when you are good, appreciate you, will be the same person to tell you that you are ill with your intent.



WOMEN + OTHER THOUGHTS

"You're going to take a hit up front, that's the investment. Do you want it or not?"

"It's okay if they doubt me, because I know God is about me."

PICKY |

They say come and get it, well I came, I saw and I left with nothing. Why is that? It has to be because there was nothing to takeaway. Give me something I can keep.

- *"You act ahead, so put that shit on. Baby go go, because I'm here already."*
- *"Start getting picky about what you do, and decide what important few things to focus on. Then excel in those things, create some positive change there to begin."*

"Do all that you can do, here. You are also to do, all that you can do, there. Although it may be more that you have to apply yourself to, it still requires equal full effort."

"If I play, I play for IQ POINTS"

"I will not allow my mind to stray. I will reduce the contents thereof, to better manage the peace."

"You cannot learn proper technique while under fire. You also cannot learn to withstand the heat, if you have not been under fire."

SET DELAY |

I felt an itch. Instead of immediately scratching, I went at it with a cautious curiosity and realized the itch I felt, was an actual scab. Say I had continued on and scratched that "itch", I would be bleeding. Altogether in a much worse position.



WOMEN + OTHER THOUGHTS

“you can't ride every ride but it sure is nice to watch it go sometimes.”

What moves a person, physically and emotionally speaks to who they are.

How a person moves, physically and spiritually is a show of character.

- SIP POWERHOUSE -

Quotes from Dad |

“I'm talking, so you can think.”

“Find value in yourself.”

“Work the hardest when life is the easiest.”

“I'm not just anyone.”

“If you don't care enough about your dream, people will build their dream around you and leave you out of it.”

“You have so many things to do, because you leave so many things undone.”

“Success is not for the holy, success is for the hungry.”



- SIP POWERHOUSE -

Quotes from Ant |

"Sometimes we play with people we don't need to play with."

"People try to read me in simple ways, but I'm not a simple person."

"But the conversation didn't live any of the life."

"You have to give life, to get life."

"I don't play luck, I get busy."

"All they get is what you present."

"Life is life, only you can live it; only you can fuck it up"

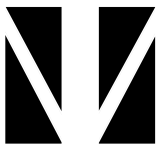
Quotes from Myself |

"I'm never over business, but I'm never under business."

"Do good, so when life is bad... you're good."

"The only understanding is honest understanding."

"YOU GOT IT, NOW TURN IT OVER"



- SIP POWERHOUSE -

Quotes from Myself | CONTINUED

“Ask me what I like, I am what you want.”

“Things move forward slow, but will move backward much faster.”

“Attentive solid paced communication”

“Emotions are raw, cook them. Things are what you make them, enjoy yourself.”

EXTRA COLLECTIONS

MORE CLEAR HEADS |

Fighting is not the answer. When we have a problem we should look to work with each other to find a solution so both of us can get a higher understanding as opposed to starting conflicts. The reason why we can't seem to get an understanding is this; when we have misunderstandings or we don't come to the same conclusion about a situation. Sometimes we are afraid to voice our opinion, it is OK to say no. It is also OK to disagree with someone. You don't have to be rude but be firm. State your claim so your claim is easy to understand and if the other person does the same thing, you should be able to see why one makes sense if the other one does not. Now at this point you have options:

1: Be honest with the results (Morally is this right or wrong? Does this break my set principles?) and take the new knowledge and apply it to your life. Understanding.

Or

2: Deny what new knowledge you have discovered between you and the other person and lose the opportunity to a possible understanding.



EXTRA COLLECTIONS

“I need money made, that’s the only way”

“What’s an experience, If you don’t learn anything from it?”

FEMALES:

I like to have pictures of women that I’m talking to, because I believe my thoughts and feelings become more accurate and honest. I believe this because when I am thinking about her and my actions toward her, I have a perfect image of her in my mind. So now, it’s easier to bring back memories and to figure out how you really do feel about her. Thinking of something without the picture and Thinking of something with the picture is different.

Today I watched a female break my boy.

Females will hurt you without giving it a second thought, so don’t be merciful to them. It’s not worth it.



GOODBUSINESS

GOODBUSINESS |

RULE I | NO BAD DEALS

TO GO BY | TRANSACTIONS REFLECT USEFULNESS

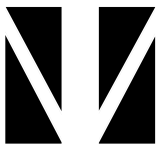
RULE II | IF YOU DON'T LIKE IT, NO DEAL

RULE III | FULL CONSIDERATION

TO GO BY | STABILITY THROUGH EQUALITY

GOODBUSINESS Questions |

- *How does the company make money?*
 - *Does this company have a competitive advantage?*
 - *How good is the management team?*
 - *What could go wrong? (Long Term)*
 - *How much debt does this company have?*
-



GENERAL INVESTMENT

BUY-HOLD-SELL |

When you have a stock, you are holding.

If everyone is buying the stock, the stock has most likely reached its highest purchase price. If the supply is high, the price tends to go down.

If everyone is selling the stock, then you need to buy more of the stock; having more ownership of a stock equals more return upon people's purchase of the stock.

Only purchase a stock if you believe demand is high. If demand is high, the price tends to go up.

IF YOU CAN'T COME BY IT, DON'T MOVE IT.

It will shake you.

When dealing with cheaper stocks, look for faster returns. Test hourly, daily and weekly to see which is best per company. This works especially good with the smaller companies. These smaller companies and some certain markets have a low chance of building a net and maintaining growth into the future. Making the stocks movements more predictable, knowing that it won't go above a point.

If it does begin to grow further you can always buy more, or sell and reallocate your funds. **CHEAP STOCKS** and *undervalued companies*.

BASE INVESTING |

It is not wise to have half of an investment as liquid (50/50), because you can't make enough profit. You would need to make back 100% of what you invested, to make a 33% profit.

The investment split must be at least passing (effective) for you to make substantial returns. Effective, is operating three of four equal parts (75/25).

60% and 40% is ideal for a blanket or general investment in anything, even non stocks.

If you are investing in strictly bonds, this could keep you worry free. To be safe is smart, so we always play that way for big investments; this is the market.

OUR TRUST |

INVESTMENTS - 79%- 75%

LIQUID CAPITAL & ASSETS - 21%- 25%



GENERAL INVESTMENT

When investing in companies, consider the company's net profits; each calendar year and evaluate the percent of change year to year.

We're looking for companies, candidates with 1 strong year of returns. Two years of good returns is solid, and at least three years of substantial returns is a guarantee for one more but, 4 is no more. After 4 years, an effective company is made complete. *(We are investing in the future of said company, the growth of the company is what we make returns from. It would be foolish to continue to look for large growth in an established environment- the company. Of course, pending a tragedy in the country or major advance in the company.)*

After 4 years of dominance, a company's potential to have another 1, or strong year of returns, is not the same.



THANK YOU LORD | GOD SPEAKING

Be willing to honestly look at each situation and the possible outcomes, good or bad; take things for what they are. Ask God by praying, this will allow you to gain a more full understanding. **TYL.**

Get valuable opinions about important life decisions from wise people that are close to you; to get a better understanding of the situation you are in. Take advice. **TYL.**

When older people tell you something, and you get offended... Think to yourself, “Why would this older person tell me this?” Genuinely yearn to see where they were coming from, when they told you the thing you deemed offensive. Do this, and you will begin to get a better understanding of what they are trying to tell and express to you. **TYL.**

Be you when you do things. **TYL.**

Building an understanding will help you be more aware of TEMPTATIONS and this will allow you the opportunity to grow greater as you make the correct judgments. **TYL.**

KNOWLEDGE/UNDERSTANDING/WISDOM |

Knowledge is the first meaning attached to anything that you are unaware of.

Understanding is any additional meaning attached to anything you are aware of.

Wisdom is being aware of what understanding you have and building a meaning of it; which in turn would give implications of when to use what understanding you have.

(Seek and Pray for the Lord's wisdom, don't depend on yourself. God is wiser, God is. Thank you Lord.)



THANK YOU LORD | GOD SPEAKING

Being still, physically and mentally along with giving God your full attention is the only way to communicate with him. Stay in touch. **TYL.**

You may know what you want to accomplish, but what are you asking of yourself. **TYL.**

Not everybody is going to understand what experiences you've been through, appreciate those who do but don't spend too much time explaining it. Others opinions of your experience could force you to question what happened to you. Know that, what you experience is real. Trust God. **TYL.**

If you don't get it, you won't have it to give. **TYL.**

THANK YOU LORD | TYL

ידע הוא כוח

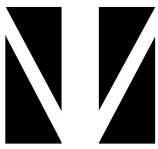
"Knowledge is power."

THANK YOU LORD |

for those times when we can break it all down, into many pieces, fellowship and produce a simple way to understand it all. **TYL.**

WHAT TO EXPECT |

You won't be surprised by what a man does, but you may be surprised by what he accomplishes. Not to say a woman does not accomplish anything, but you may be surprised at what she does to become accomplished. **TYL.**



THANK YOU LORD | TYL

HOW TO APPLY PRESSURE |

Applying an accurate amount of pressure will not only create an immovable force but the accuracy of the pressure can also act as a defense. It will act as a defense until either the amount of pressure is matched by the opposing side, willpower just as precise; or the person applying said pressure, stops applying that exact amount of pressure.

Be focused on what you are doing. Being focused will help you push the pace in the correct manner. Win or Loss. Given your focus has been determined.

There are times, there are moments where you need to be more precise than others; it is very important to be aware of those situations.

After a loss, another of the same opportunity to come, is not likely. Do not continue to look for the same opportunity, make new plans; refined ones.

Make the move, so you can stay in contention. TYL.

THE GAME HAS CHANGED |

Be content with being. Give things a chance to play out, you don't act out. Breathe. Focus. TYL.

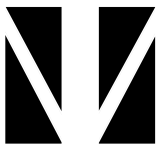
"People get caught up in trying to say what's real, or describe what's real. How about you be real, and you be particular about how you live your life? That'll say much more than you ever could." TYL.

To limit yourself, during a period where your access is unlimited; (that) is one way to express control. TYL.

I was upset that the people I wanted to see me, did not. The truth is, whether those people knew it or not, I gave them a reason to overlook me; I was holding back. TYL.

[MATTHEW 12:31-34]

Sometimes in life we want things that are not truly valuable to our growth. Wanting it, we do not realize, that in fact, it is not valuable to our growth. When something shows it's true value to you it needs to be accounted for. TYL.



THANK YOU LORD | TYL

Become better at handling meaningful situations that include meaningful people. TYL.

TRUE EFFECTIVENESS

When judging something, explanatory value, and intrinsic value are shown through the effectiveness of performance.

Unknown Knowledge; all details, relevant facts, relevant ideas and complete underlying value are hidden, prominent features that are made evident through the effectiveness of performance.

Effectiveness in performance; it will show itself in the form of potency, power, benefit, construction, advantage, or fruitfulness. TYL.

"Two people can be doing the same exact thing, and yield two different results; and rightfully so. It's how you do it that makes it effective, not what you do." TYL.

EXPRESSION

Expression can only be conveyed in TRUTH when effective.

***"the truth shall make you free."
[John 8:31-36]***

As a further result, expression when ineffective is false expression.

*Effective, is how you do what you do.
Ineffective, is not doing what you know how to do.*

An expression is making known one's thoughts and feelings through an action(s).

If an expression is being made without the proper fruitfulness, the expression is false. False expression, that which is not according with truth. Appearing to be denoted; adulterated.

When would expression be ineffective?

When it is made or meant to deceive; to give a mistaken impression or cause to believe that something is not true. TYL.

~~✗ false gods.~~ ☒ **JESUS CHRIST.**
[1 Kings 11:7]



THANK YOU LORD | TYL

Many times people express themselves through ideas. TYL.

Life is not caused to become or rendered to be false, to those within itself. For someone to perceive you as effective, exactly that has to be. TYL.

Despite your actions, your expressions to be effective will be shown. TYL.

TIME TO KNOWLEDGE |

Not everybody says and does things for the same reason(s).

When you know someone, you have taken time out to get to know and understand them. When you do not know or understand someone, you have not taken time out to do so. Now, if you want to give fruitful feedback to a person, you have to build on the relationship you have with that person.

TYL.

Reassess in every interaction. Be attentive, as to intake information and form a deliberate response. TYL.

Do not take just anything. Anything expecting to get you anything; you will always end up anywhere other than where you want to be, of course.

Know what you want, about what you want. This allows you to be invested. Whatever it is, in relation to you. TYL.

I can not tell you what to do or how to live, but because you choose to do certain choice actions and I do not, I have made a choice not to be intrigued by you or anything you do for that matter.

It is important to acknowledge that we could not have the same interest at mind. TYL.

MENTAL WEALTH AND COMMON GOOD |

Is it more influential to be lacking or to have an abundance?

Lack creates consequence while Abundance creates opportunity.

The correct answer is Lack, because consequence is inevitable; opportunity is not certain. TYL.



THANK YOU LORD | TYL

If you honestly feel like you have reason, search but carefully. Plan and act but, expect delays in actuality. Also, a response to the delay is more important than a response to progress. The progress is expected, the delay is not. TYL.

**This breath in my lungs, it is what it is.
I just want to thank the Lord for putting it there, without him I would be nothing. TYL.**

**If you have not experienced great and eminent people, situations or things, you will not know. If you have experienced those things noticeably eminent and great, understand, you can lose the ability to be advantageous; to appreciate in real time.
It is a growth of you, a benefit, to surround yourself with people, situations and things distinguished and recognizably profound. TYL.**

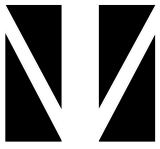
When you give to something, and it gives back an excessive amount, be cautious in your approach moving forward and possibly at some point distance yourself. It is a set up to be out of your control. TYL.

If you don't want to be feeling sorry for yourself and apologizing to everybody else, do what you can and to the best of your ability. Praise the Lord. TYL.

When you are focused, time can be rather spent than wasted progressively. TYL.

The Lord gives me my *fire*. I don't fight, and you don't fight with *fire*. TYL.

With God we win. With God you can also lose but, you have to take the opportunity to learn rather than to fall, to complain or even sulk; from a lack of knowledge. TYL.



THANK YOU LORD | TYL

An honest thought can lead to honest intention, and honest actions. Effectively, doing and being honest to yourself, that will reveal to you, certain things to be true. TYL.

It may take you to not achieve what you set out to or another like experience, to understand something more about what you are doing or have done. TYL.

A person can change the *inherent integrity* of themselves by speaking. TYL. [PROVERBS 18:21]

When looking for specific results make sure of how things are happening, and that it is not just more or less of the same exact actions; a change of pace. A complete change of content may also be necessary, by itself or together with a change of pace. All of this in relation to those "specific results"- how you want the situation to be carried out, how things happen or are experienced. TYL.

A man should value his emotions as highly as the rest of him, but understanding he is a leader and protector. Moreover, he should have no problem expending all of his resources (Physical and Psychological) to accomplish what he has set out. TYL.

It takes times, multiple experiences to build; good and positive or bad and negative. The volume of each action is no matter. TYL.

Not everything is going to be fair, but working to keep things balanced and even creates *unity*. TYL.

Be willing to learn from yourself. Constructive criticism is the way to do that. Really listen to people so you have a lot of information. Then the information can sit and churn in your head on its own. Then you, can decide what to do with it after you make up your mind. TYL.

Doing other things instead of what you know to do will impair your understanding in life. TYL.



THANK YOU LORD | TYL

- 1) *Best Case Scenario- You do all that you know to do, gaining experience and knowledge.*
- 2) *Ask- Continue to acquire knowledge, build an understanding, decide change, and make wise plans. (Via The Bible)*
- 3) *Seek- Wait with your heart and be slow to action. Let the Lord's understanding be the guide to your decision-making.*
- 4) *Knock- Realize and Receive, what the Lord has for you.*
- 5) BE GRATEFUL.
- 6) GIVE BACK.
- 7) GIVE PRAISE.

TYL.

Change of the point itself

VS

Change of the process to the point. TYL.

Be working to accomplish change, not just any change but one(s) you have decided upon. TYL.

You don't want to be self-centered. If you want to attract good things, work hard. TYL.

I am doing all that I can do, here. I also do all that I can do, there; although it may be more that I apply myself to, it still requires equal full effort. TYL.



THANK YOU LORD | TYL

Despite the circumstance- do what you know you can, to the extent. What you can muster, to maintain what you have; not all things can be fulfilled in your time. TYL.

A lot of times, you can find out why you failed by trying again. Especially for things that don't have a clear process or set way of completion, trying again can provide that clarification or understanding you need. TYL.

Getting tied up in the pull of people's doings, you won't ever be set to grow. Growth comes from a place. TYL.

You put yourself at the mercy of others when you fail to participate and take proper action in your life. TYL.

You never know which one is the one. Know where you stand. TYL.

Today I see, never again will I be blind. TYL.
(01-30-24)

Words are certain sounds. Past words, the sound brings forth nature. TYL.

(In Life)

Pursue full and complete experiences, but to be pursuing a life, full and complete, there must be an order to go by. JESUS CHRIST. TYL.

THANK YOU LORD