



# CLUBHOUSE CHRONICLES

September, October 2019

**Battle of the Mind**  
**Issue #11**  
**Editor:**  
**Daniel Maes Jr**

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## Battle of the Minds By Dominic Lugo

The battle of minds comes in various ways where struggles of thoughts can persist within you, recognizing yourself and accepting your own path to security.

Accepting the words of someone else inside, but discerning and sometimes having different opinion in a conversation leads to appreciating others minds whether in class or out of class. Be confident in your ways love yourself in even arguments of others seeing things truly for what they are.

Still being confident in a debate or conversation of the mind to be able to give a different opinion is a plus for your situation. Negative commentary of the mind or cruel can affect the emotions of others sometimes not having emotion for me.

Means disrespecting another's thoughts where reaction is light from yourself in atonement or meaning a tone that meant, giving away or receiving the mind of others thoughts.

Appreciating the meditation of conversation

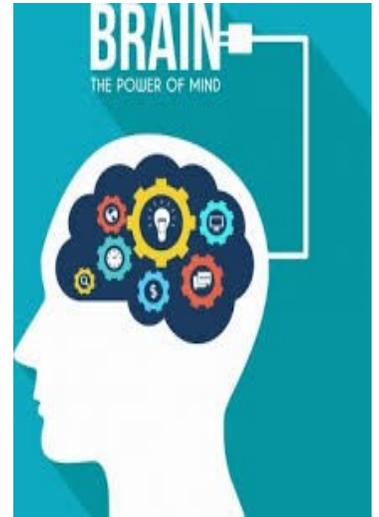
so it leads to what you say and what you say back. The battle of the minds thief more so childish behavior in a real conversation can lead me to another option like

not responding or responding nicely. You have different options in the talk of the minds or battle of the minds.

Transgressions leading to an argument

when two of you don't reach a conclusion that's mutual in conversation will cause an argument depends how your day is going. If you're in a bad mood sometimes you don't want to talk, if you're in a good mood you might just be more vibrant in conversation. How the mind works is amazing but realization of the others person can lead to appreciation of good intellect or disagreement.

We all disagree sometimes but to know self truly is your mind and expression and receiving the mind of another leads to a conversation. You can get involved in some negative conversation you stay away from them if they offend you.



**Life is Short- Make Jokes and LAUGH!**

“What do you call an alligator wearing a vest?”

-An investigator

“Why did the dad spider get mad at his kid?”

-Because he spends too much time on the web.

“Spiders are the only web developers who enjoying finding bugs.”

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# Battle of the mind

By Daniel M. D thee aMAESing cont. on page 6

To me what comes to mind is pretty basic and it's called common sense. Is sense so common? When it's less common when I act without thinking. I am not perfect nor is anyone walking this earth surface. All I can say is if you are a rational thinker at the moment or that's just you. I know, now have been there and still can be if allow myself to, when I neglect the consequences of my actions and most importantly those around me.

Some advice I would love to give might just help you as well. One learn to play chess, two read the book called *The Five Agreements* written by Don Miguel Ruiz. and they are Don't take anything personal., Always do your best., Be impeccable with your word, Never assume, Be Skeptical. That I have mentioned are and have been a huge benefit when I remember to apply them. Tools that help my brain when I feel scatter brain. I have learned this kundalini breathing along with yoga, therapy if needed. prayer of course for me.

These things have been beneficial more than you can imagine. Here for instance if my mind tells me 'should I stay or should I go' I should probably go, right? However don't get me wrong sometimes staying can be a bigger break through. I believe if my creator brings me to it I shall get through it. I have to weigh my pros and cons in any situation. Practice these and practice them consistently until they become a habit.

You will love your reaction to life from then on. It's way calmer and differ-

ent. I must practice these as well in other words it's a big Help. Another word that is a big help is 'Halt' I will check in with myself :H is for if I'm hungry, A is to see if I am angry, L is to see if I may be lonely, T is to check if I am tired. These are just a few things I have known, learned, and re-learned all because I don't like the feelings that come with a not so balanced existence.

Even then I will sit with it and remember to breathe. As I ask myself why I am so worried things always work themselves in for me to work them out. Sabotaging of self is something I have to be alert and always aware of. I have had to use a lot of self talk to be my own co-pilot and not rely on auto pilot. For instance if a negative thought comes into my mind I will be like where did that come from then hopefully I recognize what triggered this thought. If I can't figure it out at the time I will hopefully be able to speak with someone about it or write it down and get it out.

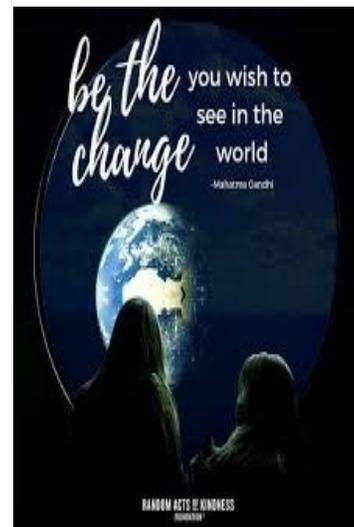
I have to make peace with it here and now, never assume would be a good case to use this, it's not safe to assume. When I assume it will lead me to a lot of unnecessary thoughts feelings and emotions. So I tell them to go away I used to feel like that and only visit I don't allow myself to vacation in these feelings. I really got so exhausted on top of my physical health. If I don't take care of my health how else can I take care of someone else? If I neglect this aspect of my life it can come crashing down like an avalanche.

I didn't respect myself enough then to see

my cycle of distractive destructive patterns which only hurt me in the long run, as well as those I love dearly. Things can be very slippery if I surround myself with those in active use or those involved in it. Where I have myself at this point of my life I cannot blame others, I can do bad all by myself in any aspect of my life. As long as I can remember I'm actively making steps toward positive goals that not only benefit me but everyone around me.

So if I want a change I wish to see, I must strive and move forward always doing my best to be the change I wish to see. I can only hope others will see the light before it's ruined. For the most I can now in most cases except when it comes to love I can be a little nuts who isn't. Now I can make more clear decisions, if I maintain to take care of my health all around. One must remember we didn't become addicted to anything overnight especially when anything can be addicting.

I must remember those roads which led me to any awful feelings of resentment, disappointment, hurt, pain. It's really good to know when and where those feelings are make peace with those thoughts and let go of what you don't want to stay or need. Keep what works for you trash what doesn't. One's trash can be another's treasure if they both see its worth. It's been a long journey and a lot further for you to go as well as me. So join us in the good fight out here in this field of minds.





# Duality By Ray Miller

## Boundaries and Communication

The Angel

Why aren't you a manager, you're so  
Professional

You are so FREE!

Hello Sunshine, my favorite

You always know just what to say

You are my dream come true, Ray

You're not going away, are you?

2 days isn't enough time, even though

We've never met in person

I can and do put my best out there but the ground is shaking under my feet

The Devil

I don't even think you know you're doing it  
(whatever "It" was supposed to be, was left to  
My best guess)

You don't have to be afraid, Ray

Don't be insincere, Ray

I can't take the negativity from you

I can't get away fast enough from you, Ray

One Word:

Violence with the "I" crossed out

Two Lives:

Mother and baby

Thoughts I have it as a goal to learn when the wall is rushing up to hit my face,

To know somehow when the overwhelm is about to hit

To learn how to defuse the bomb

To read the order of the thunder, and lightning, and the deluge.

# Battle of the mind

By Daniel M - D thee aMAESing cont from page #4 .

**“I recommend facing those fears, step by step, breathe by breathe.” “ make sure to take proper steps to balance these thoughts out.” “eating healthy, exercise, meditate, praying, wait and the rest falls in and out of place.”**

*It is not how it starts only, its also in how it ends. You are the co-author, so am I and it is up to us. One must not forget “You can lead a donkey to water but cannot make it drink ”. More advice from my Pops he was always on it with his philosophy. The real saying is inappropriate. so again I will advise this live wisely through the mistakes of others rather than to live and learn from ones mistakes. It is not an easy road, I must be head focused more then my thoughts right, make amends with any situation and see it for what it is.*

*We all have strengths and weaknesses I recommend facing those fears step by step,*

*breathe by breathe. If all you need is time, time away, time for self-care, being aware of this and communicating, that is half the battle. I can only avoid my problems for so long until the present themselves in other people/situations. Get rid of all toxins in your body and around you it can be real contagious if not careful. I have been around narcissistic people long enough to know it was a part of my past patterns to manipulate and lie to others narcissistic minds are negative and closed.*

*That only reminds me of a place I've made peace with and don't visit to often anymore.*

*so in the battle of your mind stay one of a kind, like mine. Make sure to take proper steps to balance these thoughts out. Eating healthy, exercise, meditate, praying, wait and the rest falls in and out of place. Oh the places I went are nothing compared to the places I will go. As long as I practice to live by the agreements as well as like Buddha says; I shall not bring any other being suffering. If I have I would like to sincerely apologize to you and the universe it was and is all considered a blessing. A beautiful future celebrates every ones differences. A special thank you to those of you who have been there for me it is very much appreciated.*

## When do you know ?

By Rebecca Medina

When do you know when to let go ?

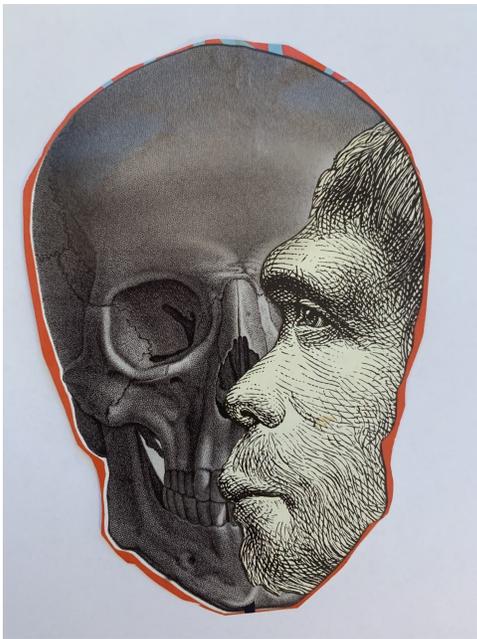
When do you know when to hold tight?

When do you know how long you should fight?



## Voices in my head By DT

It was a ringing noise  
Banging, across in my head  
and still  
the birds kept singing.  
The ringing, that annoying  
Ear piercing,  
and mind bending sound  
and it bleeds into my soul.  
The voices, the chatter, the  
Conversation's continue,  
Unabated  
Put me into the child's pose  
and put my mind  
to rest.



## Untitled by Robyn RW.

I'm looking into a hollow eye  
Is it truly empty  
Or really am I?  
I know I have a brain  
Which is often too full  
Unlike the cavity  
Inside the skull  
And I know I have eyes  
Which see lots of pain  
A heart that pumps blood  
To my body and brain  
But I know that this skull  
Is much older than me  
And that when I pass on  
Just bones will still be  
And if I can give nothing  
Except for my bones  
At least my skeleton  
Might give some worms a home

## Untitled

By Robin Bank

I climbed over a thing.

I am walking.

They asked me to make sense of myself.

I asked for work.

They tried to talk to me.

It was blue outside and I tried to make sense.



## Leaning into the Light

By Unknown Author

It has been ten years since the insanity of late nights, early mornings, the constant ringing of slot machines. Almost ten years from waking up wondering if this is really all life has to offer— the darkness and depths offered by addiction.

Finally a break from the insanity, the willingness to reach out. Acknowledging to myself that I could not keep “winging it.” I held a belief that if you made your bed you had to lay in it but for one moment that subsided and I asked for help.

A helping hand was there to catch me. All ducks lined up in row, encouraging me to keep going.

It's been almost ten years since getting on a plane to New Mexico. A woman on that plane asked why I was traveling there, and for the first time something honest came out of my mouth. I told her I was headed there to get help. She confirmed “you are going to the right place.”

Life is funny that way, in situations where I felt the weakest, are now some of my strongest moments.







# Poem: Mind— Field By Daniel M - D thee aMAESing

Scar after scar don't depicted how far you'll go.

I am who I am u r who u r where we've been isn't where will go.

Who am I? I am that which I am that, I am who I am!

We R who we R, just like them shining stars.

In this field of the mind constant search for peace!

Peace of mind is mine, I hope you find yours.

Some days may seem like the darkest hours.

While I'm left with, dancing in these showers of rain.

I must not forget to bring my umbrella if I do just show them.

How to when and how without a doubt always stay ready for the bout.

No need to scream and shout problems work in for me to work them out.

So when in doubt no need to fret or even worry about the bet if there even is one?

I'm a surface walking veteran from this end to that end.

Still I know I'm not better than the next.

Even though I really am hope u understand u R 2.

No need to feed into this world of negativity for I control my thoughts n u control ur's.

We must remember out of the darkness comes the light.

So in this battle of the mind field don't let it rattle your force.

Use that force of light to enlighten those in need which can be any walking seed.

So rest at ease, and don't forget to breathe, even though some may call it an illness I call it the willing

ness.

# The Land Of Holy Faith By Daniel M— Alice

Living in this land of holy faith every day I do. I came to believe in miracles that are invisible to the naked eye. Life can often blind you when you don't pay attention. Freedom! no need to fake it to make it. Having a FREE Spirit is a gift.

We drift and fade but are enchanted to wonder in this land where creatures disappear without a trace. Hold on, hold up don't frown when it gets shaky in this land of enchanted souls. It can be worse than quick sand. Dancing with the Spirits that don't seem to understand good or bad light also comes from darkness.

Coming home and seeing and meeting some of the greatest people, that were let down and forgotten. Stories and legends, writers, artists doing their best to survive in a place that leaves a mystery. It's awesome to be able to hear other people's struggles as well and enjoy conversations and culture. It also comes with PAIN that is unbearable and makes you temporarily helpless.

Being thankful for that helping hand and protection as a people regardless of your lifestyle it's called brotherly LOVE. Paths will cross and life just keeps going and we are used to being on a path. Fight Harder and Stronger to rebuild your character. This is no easy task you will go fast you will go up and down these roller coaster streets.

Be careful we must don't want to end up in the toaster. Believe me it isn't easy in this land of holy faith. It has been a lot darker than I've ever seen before beware of those who deceive you.

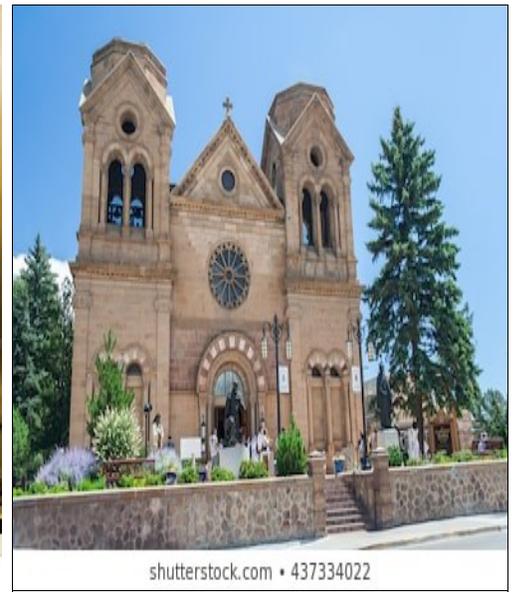
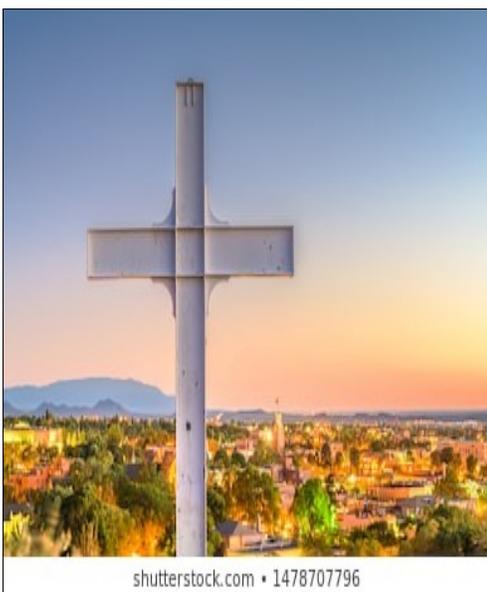
Especially the ones that are closest hold them very dear make it clear don't let the fear get the best of you. The rest is all in you so do what you need to make it through hopefully it's not destructive make sure it don't come back to you.

If your shoe fits you, you wear it bear that pain into fruitful fruit. Listen man without pain one cannot fully know joy. So enjoy your loved ones hold them tight hold them right for tonight could be our last. It's time to continue to educate generations to come before it leads to overdose, keep in mind almost anything can be over taken only in moderation.

To balance this which is hopefully not harmful to the physical body is the key. It's really not a joke! Is there anybody out there somebody anybody who cares? Yes there is we need to stay focused stay on track, and be careful of the locomotive plain and simple fact. If you make it out, reach back and help someone let's bring back the heart of the city of holy faith.

It's obvious our beautiful city has been damaged, all the heroes of old and of new. We never know it could be you again, I will continue to help as long as you're willing to go the distance. I am the one who does what I does just to get through well this is not so true no more playing around. The time is now we rattle the walls of every building answer the call fill that spot it's possible.

All you must do is pass the test believe in yourself the rest simply falls in and out of place no need to over think it for its all in its place don't miss out on now by living in the then focus on the now.



# The Recipe Pages

## **PEANUT SAUCE WITH THAI NOODLES** By Beth C.

### Ingredients:

- 1/2 cup peanut butter
- 1/2 cup soy sauce
- 4-6 cloves of garlic
- 4 TBSP honey
- 1 TBSP grated ginger
- 2 TBSP rice vinegar
- 2 TBSP sesame oil
- 2 TSP siracha or chile powder
- 1 package of Thai noodles



### Directions:

Mix all ingredients together and cook noodles according to package. If wanted add chopped peanuts and green onions to garnish. This dish also pairs well with chicken if you have it to add in.

## **BREAKFAST SMOOTHIE** By Candice M.

### Ingredients:

- 8 oz Coconut water (or other liquid)
- 1/2 cup frozen mixed berries
- 1 large scoop of nut butter
- 1 scoop protein powder
- 1 TSP of vanilla
- 2 cups spinach
- 1/2 cup ice

### Directions:

Throw it all in the blender and blend!



## The Recipe Pages

### **SHRIMP CREOLE** **(ENCHILADO DE** **CAMARONES)** By Liz M.

1 1/2 lbs jumbo shrimp (peeled and deveined)

2 tbsp olive oil

2 tbsp butter

3 garlic cloves (minced)

1 cup large onion (chopped)

1 cup green bell pepper (chopped)

2 large tomatoes (chopped)

1/4 cup water

1/4 cup white wine

1 1/2 tbsp ground cumin

1/4 tsp cayenne pepper

2 tbsp tomato paste

1/2 tsp salt and black pepper

1/2 tsp sugar

1 tbsp cilantro (minced)

Cooking time: 30 mins Serving: 4-6 people

Shrimp Creole ( Enchilado De Camarones)

This recipe is a common Cuban dish of Haitian and creole origins. It is typically served with white rice.

Directions:

In a large pan, add the olive oil and melt the butter until it begins to foam over low-medium heat. Add the onion, and green bell pepper and saute until the onion becomes translucent. Add the garlic cloves and saute an additional 2 minutes. Add the tomato, tomato paste, water, wine, cayenne pepper, cumin, sugar, salt and pepper and stir until all the ingredients are mixed well. Cover, raise the heat to medium-low and simmer for 5 to 7 minutes. Add the shrimp, make sure they have been peeled, deveined, and unfrozen. Cover and simmer for 15 minutes, allowing the shrimp to shrink and change color. This also serves to allow the shrimp to soak in all the ingredients.



# The Meme Page

- Where do fish go on vacation?  
Finland
- Where do songbirds go on vacation?  
The Canary Islands
- Where do zombies go on vacation?  
The Dead Sea
- Where do Thanksgiving birds go on vacation?  
Turkey
- Where do geometry teachers go on vacation?  
Cuba
- Where do locksmiths go on vacation?  
The Florida keys



Say the Color of each Word!

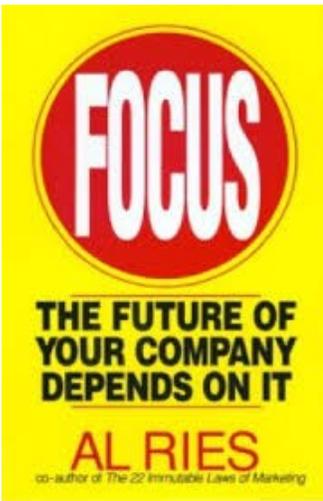
(Don't read the word)

How Fast can you say it?

black white yellow green red blue  
 yellow red black green white red  
 white green red black yellow green  
 black white yellow green red blue  
 white green red black yellow green  
 yellow red black green white red  
 white green red black yellow green

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don't  
grow up  
it's a  
trap

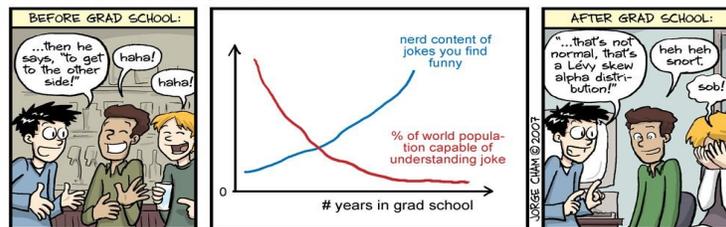


“ Educating the mind without educating the heart is no education at all. ”

- Unknown

don't  
worry  
your  
pretty little mind,  
people  
throw rocks  
at things that  
shine.

## YOUR SHRINKING SENSE OF HUMOR FROM CHEEKY TO GEEKY IN JUST SEVEN YEARS



## Quote Corner

"People have a hard time letting go of their suffering. Out of a fear of the unknown, they prefer suffering that is familiar."

- Thich Nhat Hanh

*"Stay close to anything that makes you feel alive."* -Hafiz

*"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure.*

*It is our light, not our darkness  
That most frightens us.*

*Your playing small  
Does not serve the world.*

*There's nothing enlightened about shrinking  
So that other people won't feel insecure around you.*

*We are all meant to shine,  
As children do.*

*It's not just in some of us;  
It's in everyone.*

*And as we let our own light shine,  
We unconsciously give other people permission to do the same.*

*As we're liberated from our own fear,  
Our presence automatically liberates others."*

-Marianne Williamson

"There is no greater agony than bearing an untold story inside you."

- Maya Angelou