

The Self Song Cycle

My Best Self

The Self Song Cycle One

With good health I could be considered my best Self
Having access to healthcare clinics and doctors
When needed. Having insurance in order not to go
Into debt seeking clinical and hospital healthcare.
Having access to the Covid vaccines and the rabies vaccine
And other vaccines that save lives or extend lives.
Having access to new ways to stay alive and healthy
Because medical research and scientific research on
Ways to apply medicine will also extend and save my life.

My Financial Self

The Self Song Cycle Two

With financial health I could be considered a solid citizen
Even if I do not exactly have financial health and am
Living paycheck to paycheck and my rent constantly
Increases or my property tax constantly increases and
My utilities increase precipitously when Data Center costs
Are passed on to me the average worker while the rich who
Build these Data Centers seem to be let off almost tax free.

My Housed Self

The Self Cycle Three

If I own my own home and have paid off my mortgage
I only have to pay property taxes while renters
Have to deal with the uncertainty of climbing rents
and lack of housing in the area in which you wish to live.

My Fed Self

The Self Cycle Four

The price of food is going up and the current war in Iran
Is ending up restricting oil which is used to make
Fertilizer. So farms are destined to become less productive
and food is destined to become additionally more expensive.

My Transported Self

The Self Cycle Five

I cannot afford an electric vehicle now. I wish subsidies
For electric vehicles still existed. The price of gas is going up
and the current war in Iran is ending up restricting oil which
is used to make Fertilizer. So farms are destined to become
less productive and food is destined to become more expensive.

My Ethical Self

The Self Cycle Six

Taking personal responsibility for air pollution is ethical
I do not in one breath criticize air pollution from fossil fuel burning
And in the next breath continue my own air polluting wood burning
If I know the facts of PM2 point 5 pollution from wood burning
Wood burning emits 2 point 8 times the PM2 point five as coal burning

Wood burning emits 4 hundred fifty times the PM2 point 5 as natural gas burning
I do not decide to burn wood for aesthetic reasons and because it seems
Cozy because lobbyists have advertised that wood burning is cozy
Wood burning lobbyists even sue mothers who say wood burning is not cozy
Wood burning lobbyists bring these lawsuits to the attention of councils
Although Wood burning is not cozy because causing unnecessary cancer
Heart attacks and Asthma Attacks is not cozy and these illnesses do not
Just affect you but also negatively affect near neighbors when your PM 2 point 5
Arrives in the yards of near neighbors and infiltrates the homes of near neighbors.

My Identifying Self

The Self Cycle Seven

I identify the people and organizations who try to keep me from being my better self.
I am not confused about who is working to destroy, rather than create, a better society.
I vote and join organizations that are working to educate people to vote for their own
Best interests and for their better selves.

My Listening Self

The Self Cycle Eight

Covid 19 should have made people realize that they need to listen to authorities
That are medical and scientific professionals whose job is to save and extend lives
If solutions to dying from Covid 19 are to wear masks until vaccines are available
And the best solution to dying from Covid 19 is to take the miraculous vaccines
That are now available due to the work of medical and scientific research.

My Reading Self

The Self Cycle Nine

Twenty ways to stand up to Authoritarianism is on the tip of my tongue
Do not obey in advance. Do not assume that democratic institutions,
such as courts, newspapers, and labor unions will automatically
act as vanguards against fascism. That is a fatal mistake.
a multi-party system. Parties that try to consolidate power and demolish
all opposition should be viewed with suspicion. Do not assume that passive support
of democratic institutions and reasonable values is enough to prevent
the subversion of democracy. People cannot assume that their leaders
and institutions will defend democracy. Instead, the individual must
practice "eternal vigilance" and directly fight for liberty. Democracy
is a constant, critical, and active engagement.