

Resilience From Within

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mRNA Vaccine



Traditional Vaccine

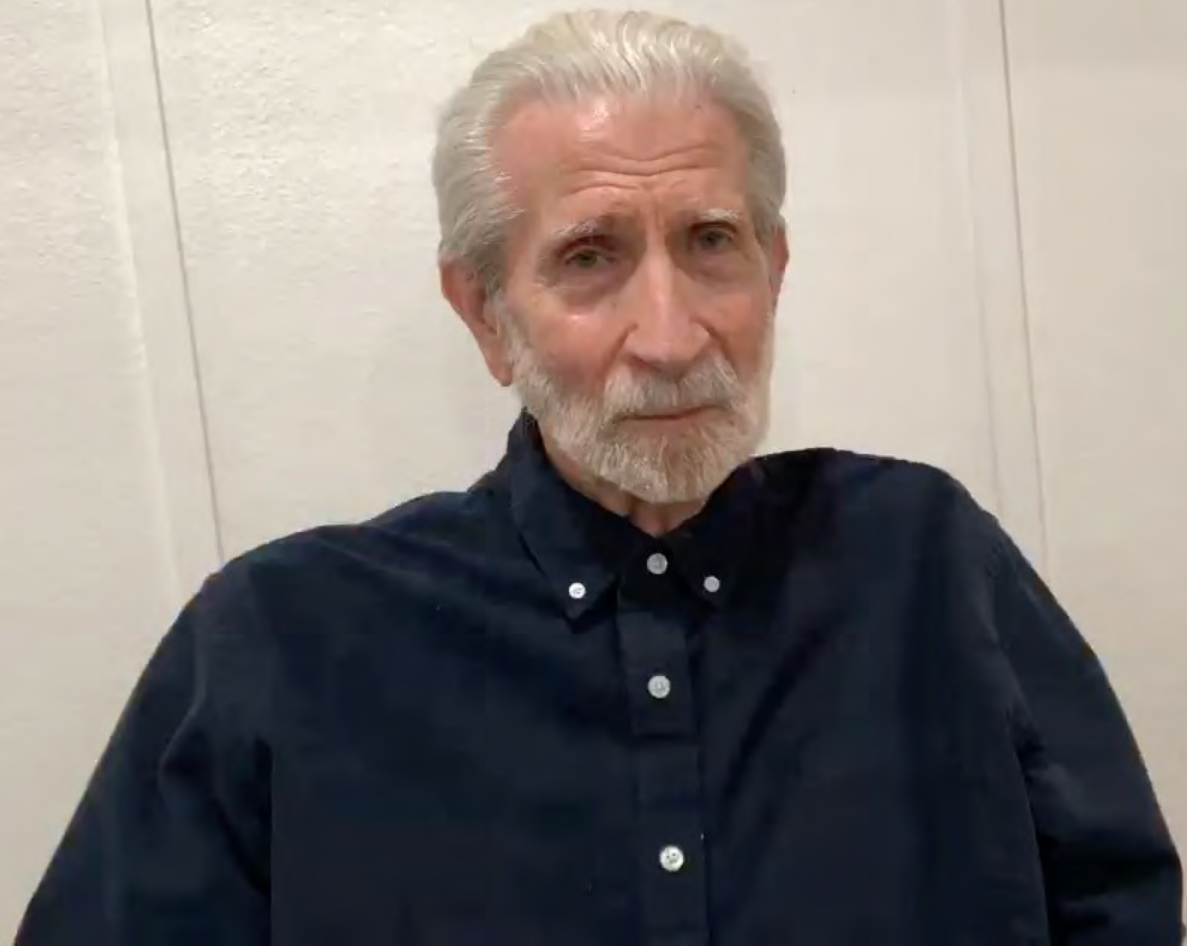




1. Mindfulness (Sati)
2. Impermanence (Anicca)
3. Non-attachment (Upekkha)
4. Kindness (Metta)
5. Wisdom (Prajna)



91-year-old UC Berkeley Buddhism Professor Lewis Lancaster



1. Mindfulness

Potemkin Village







“We need someone with an overview of the situation.”

Awareness of what is really happening



Awareness of what is really happening



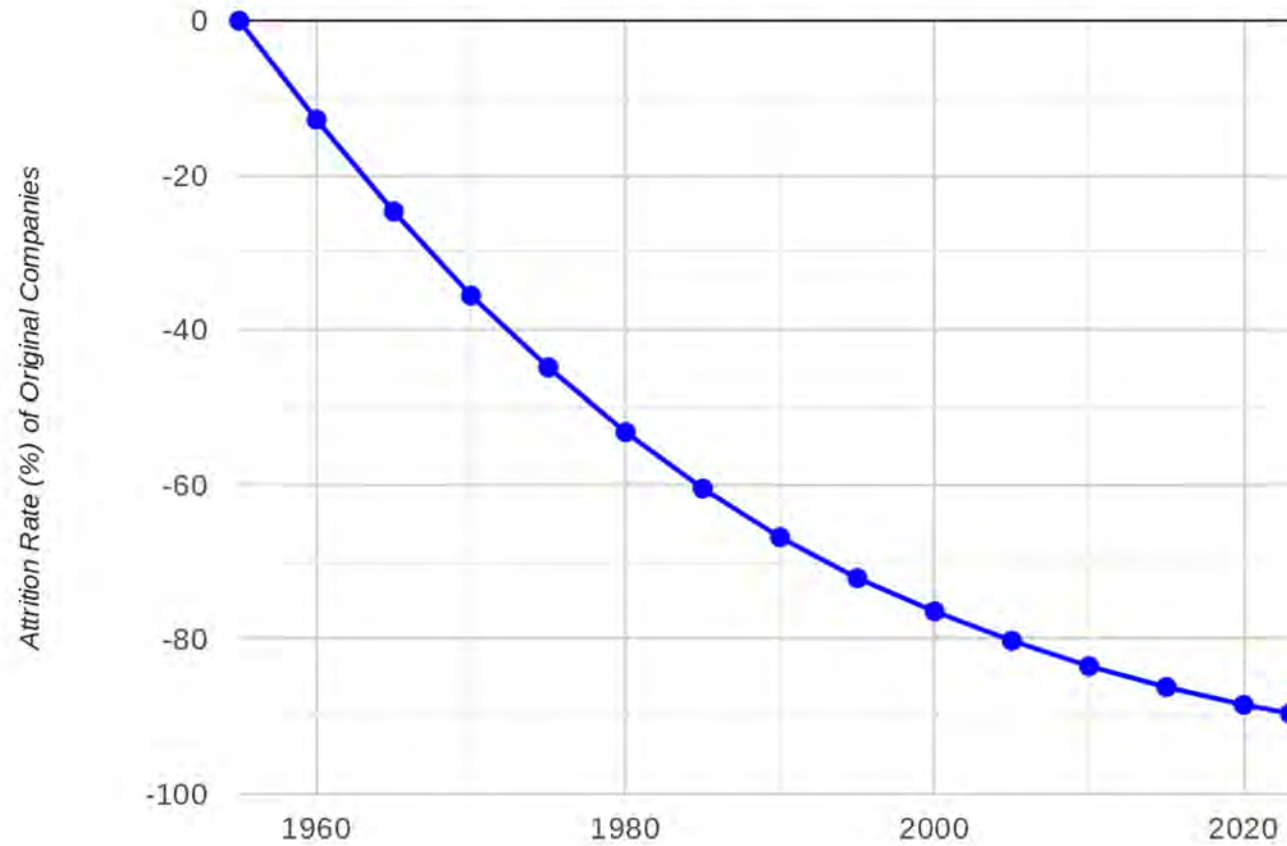


2. Impermanence

Change is inevitable



Attrition of Original Fortune 500 Companies (1955-2023)



Impermanence



3M Science. Applied to Life.™

Abrasives



Adhesives, Sealants & Fillers



Advanced Materials



Automotive Parts & Hardware



Building Materials



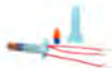
Cleaning Supplies



Coatings



Communications



Compounds & Polishes



Dental & Orthodontics



Electrical



Electronics Materials & Components



Films & Sheeting



Filtration & Separation



Home



Insulation



Lab Supplies & Testing



Labels



Lubricants



Medical



Office Supplies



Personal Protective Equipment



Signage & Marking



Tapes



3. Non-attachment





4. Kindness

Oppenheimer versus Admiral Strauss







Network Working Group
Request for Comments: 1

Steve Crocker
UCLA
7 April 1969

Title: Host Software
Author: Steve Crocker
Installation: UCLA
Date: 7 April 1969
Network Working Group Request for Comment: 1

CONTENTS

INTRODUCTION

I. A Summary of the IMP Software

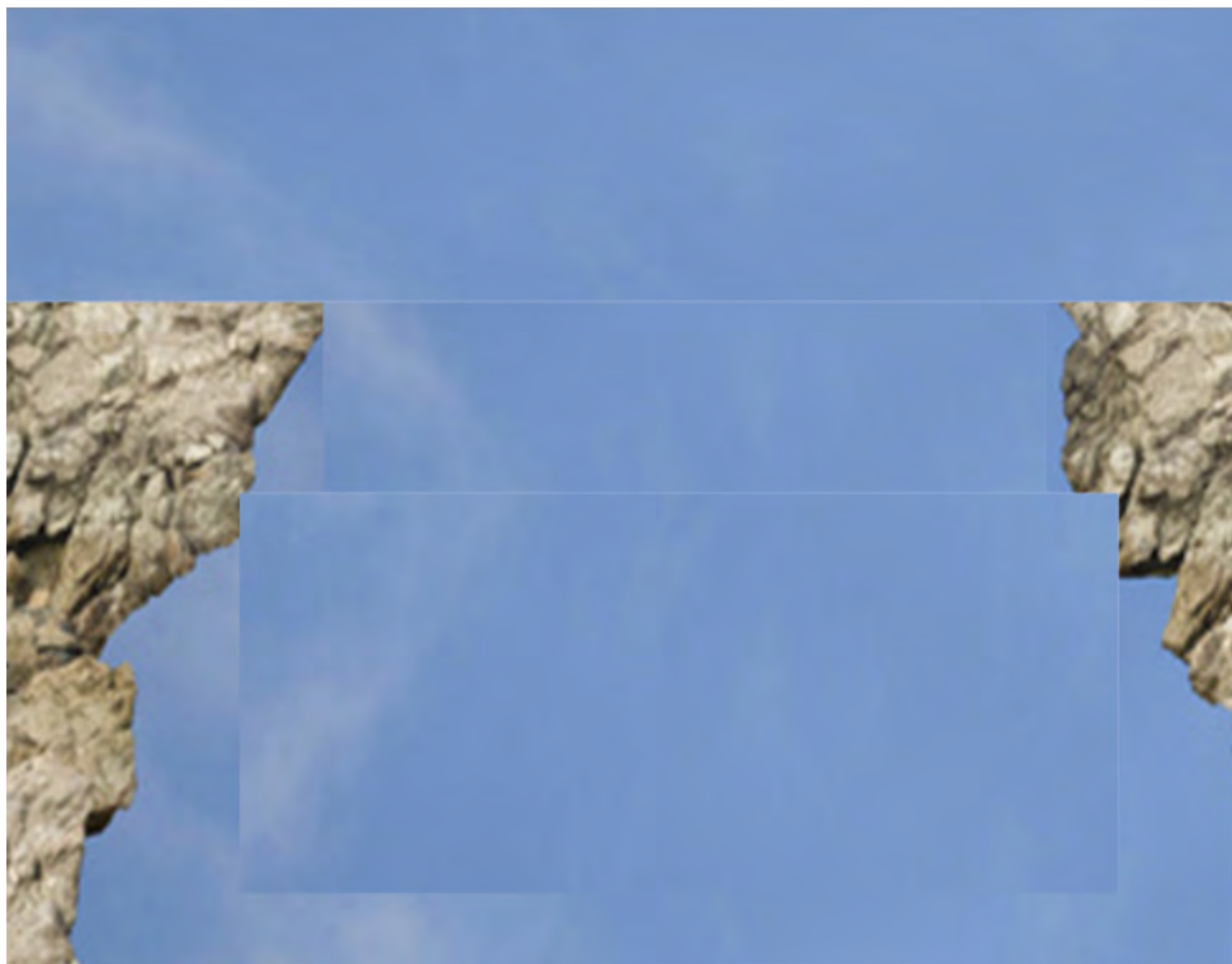
Messages

Links

IMP Transmission and Error Checking

Open Questions on the IMP Software

II. Some Requirements Upon the Host-to-Host Software





5. Wisdom

Know when to quit





Disaster preparedness





Choose one of those to work on

- Mindfulness- Be aware of what is really happening here and now
- Impermanence- Know that changes are inevitable
- Non-attachment- Be open to new ideas, new projects, new inventions and let go of old ones.
- Kindness- collaborate with people
- Wisdom- Know when to quit and prepare for changes

A yellow diamond-shaped sign with a black border and two mounting bolts. The sign is tilted slightly to the right and features the text "ARE YOU READY?" in bold, black, sans-serif capital letters. The background is a dramatic, overcast sky with dark, heavy clouds.

**ARE
YOU
READY ?**