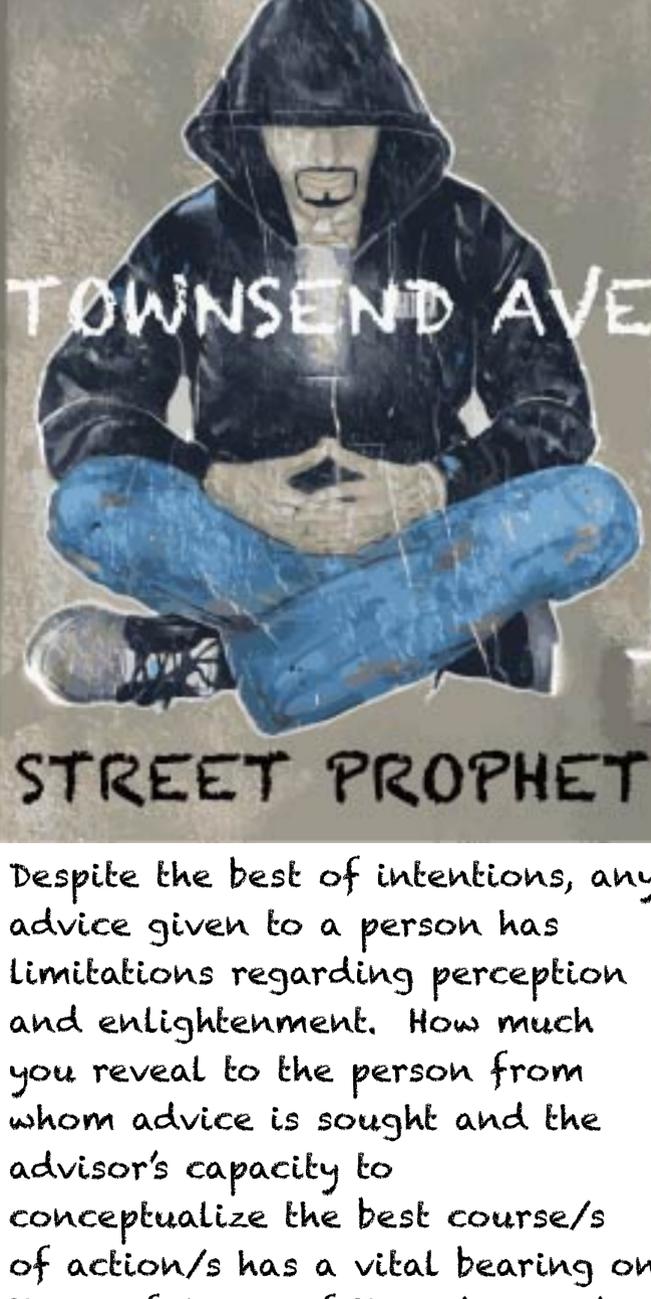


THE BRONX



Despite the best of intentions, any advice given to a person has limitations regarding perception and enlightenment. How much you reveal to the person from whom advice is sought and the advisor's capacity to conceptualize the best course/s of action/s has a vital bearing on the usefulness of the advice. I'm sending my condolences to Nipsey Hussle's family and his Crenshaw community. I didn't know the deceased but his life's narrative disproved a frequent complaint I heard growing up in the Bronx in the 70's & 80's. Back then, the Street Prophets would say, "once people start making money, they seldom give back to the community, move away and are never heard from again".

Today, we find tomorrow's Street Prophets listening to hip hop all throughout our cities' streets, hanging out in malls, bars, posting on blogs, podcast and videos online. Services like Google and Youtube are used for easy access to endless advice. The pitfalls of this approach is qualifying the soundness and credentials of the advisors. It doesn't help when most politicians project their fears and biases instead of providing unbiased advice. Projection occurs when we attribute an element of our personality, which resides in our unconscious to another person or a group. By itself, projection is one of the commonest psychic phenomenas. Everything that is unconscious in ourselves we discover in our neighbor and we treat him accordingly. Projection is a necessary component in our psychological development as it's a primary means by which we can gain an awareness of elements residing in our unconscious. This can expose flawed approaches we previously thought to be true and provide us opportunities for self improvement. The latter approach when combined with a scalable process, leads to the best possible results. By scalable, I mean a system designed to handle proportionally very small to very large problems almost instantly, and with no significant drop in effectiveness, functionality, performance, or reliability.

If you're upset by the tragic end to Nipsey Hussle's life and no longer have faith in paying it forward, I suggest you learn the **C.E.N.T.S. process**. Our inner cities could become better if most the residents surrender and become part of the solution. Surrender is the simple but profound wisdom of yielding to rather than opposing the flow of life. Surrender is not the same thing as resignation. One can surrender to the reality of a situation and still take steps to create a different path. **C.E.N.T.S.** stands for **control, entry, need, time and scalable**.

I'd take **Control** by sharing a healthy living visualization exercise. See yourself in a cave, in which prisoners are kept. These people have been in this cave all their lives. All the inmates eat the same food and share the same eating habits. The cave's exit is not impossible to reach but since it entails making changes to ones daily eating routine, most prisoners stay inside the cave. If a prisoner managed to exit the cave, at first he or she would be disoriented because being exposed to new things may seem intimidating and scary. But as the fear goes away, the person is no longer a prisoner to poor eating habits and is able to make better food choices.

How easy is it to **Enter** and make these changes is up to you. After learning this, as a former cave dweller, you'll see how bad the choices of your former colleagues in the cave really are.

You may not feel a **Need** to return to the cave and feel conflicted. If you returned to the cave and rejoined them, you would take no pleasure in their accolades or praise for knowledge of their poor eating habits.

If you're an altruist and want to help the unenlightened, will you have enough **Time** to truly make a difference? For their own part, the people may see you as deranged, not really knowing what reality is and would say you think you're better than the rest of them.

Lastly, is your process **Scalable?** Information is an almost perfect example of a pure public good. It is completely non rival and largely non excludable. Non rivalry means that, once produced, information can be used by as many people as can gain access to it, without reducing its availability to others. My articles are available for free to anyone seeking self awareness and a healthy balanced lifestyle. I've published close to **60 articles** with titles such as "The Healthy 3%", "**The five triggers that promotes new habits**", "Self talk and keeping the weight off" and "**Are you woke yet?**" These articles could be easily downloaded and reach billions of people without us having to meet or run into each other in the BX or any other hood. Peace and love to all. RIP, Nipsey Hussle.