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REAL HEALTH BEGINS WITH SELF

**BETTER WAY CONFERENCE** 

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# "DO IT FOR THE GREATER GOOD"

- What exactly does this mean? What greater good? (Imposterization)
- Isn't the greatest good the good of, and in, self?
- If I am strong, I can help others.
- When I am weak, I can be helped by others.

#### MUSIC – A GREAT GOOD

 Bands are perfect examples of synergy and pure demonstrations of what can happen when individuals who master their craft (guitar, percussion, vocals) come together with other masters to create something entirely new that never could have manifested without the joinery – the allowance of the creative self to thrive.

### HEALTH OF THE SELFS



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Learn to Fly - Foo Fighters Rockin'1000 Official Video; https://www.youtube.com/watch?v=JozAmXo2bDE

## HEALTH OF THE SELFS

- In requesting a performance from the The Foo Fighters (RIP Taylor Hawkins – Feb. 17, 1972 – Mar 25, 2022), this group of 1,000 created something entirely unique and special that in many respects, demands The Foo Fighters be the audience, not the performers! <sup>(2)</sup>
- The man power: the sound engineers, the lighting, the stage, the craftmanship... the energy that went into making this production – it's true synergy and creativity.

# THAT'S SELF AND THAT'S HEALTH

- The health of the self emerges through maintenance of sovereignty of being
- The health of a nation emerges through maintenance of sovereignty of nation
- Preservation of our uniquenesses: our cultures, our music, our voices, our talents there is NOTHING more important than this
- "We work better with our individuality in tact." Lt. Tuvok from Star Trek Voyager episode 'Scorpion'\*

Jessica Rose, PhD

2/6/23



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