

## 1: Insights into VR & AR: facts and prospects | Premo

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Vipassana movement and Buddhist modernism The term vipassana is often conflated with the Vipassana movement, a movement which popularised the new vipassana teachings and practice. The movement has had a wide appeal due to being open and inclusive to different Buddhist and non-buddhist wisdom, poetry as well as science. It argues that the development of strong samatha can be disadvantageous, [39] a stance for which the Vipassana Movement has been criticised, especially in Sri Lanka. Goenka was a student of Ledi Sayadaw. Influential Tai teachers are Ajahn Chah and Buddhadasa. A well-known Asian female teacher is Dipa Ma. If the breath is long, to notice that the breath is long, if the breath is short, to notice that the breath is short. The first jhana consists in seeing these points and in the presence of vitakka and vicara. Phenomena reveal themselves as appearing and ceasing. In the second jhana, the practice seems effortless. Vitaka and vicara both disappear. In the third jhana, piti, the joy, disappears too: The fourth jhana arises, characterised by purity of mindfulness due to equanimity. The practice leads to direct knowledge. The comfort disappears because the dissolution of all phenomena is clearly visible. The practice will show every phenomenon as unstable, transient, disenchanting. The desire of freedom will take place. By considering the unique characteristics svalaksana and the general characteristics samanyalaksana of the body, sensation, the mind, and the dharmas. The general characteristics" signifies the fact that "All conditioned things are impermanent; all impure dharmas are suffering; and that all the dharmas are empty sunya and not-self anatmaka. The Prajnaparamita sutra in 8, lines states that the practice of insight is the non-appropriation of any dharmas, including the five aggregates: So too, a Bodhisattva coursing in perfect wisdom and developing as such, neither does nor even can stand in form, feeling, perception, impulse and consciousness Even so form, etc. Because of the nonbeing-ness of form, etc. And that is true of all dharmas. In the Sthaviravada [ Lay people may have to experience various levels of insights to become fully enlightened. The Mahayana tradition emphasizes prajna, insight into sunyata, dharmata, the two truths doctrine, clarity and emptiness, or bliss and emptiness: In practice and understanding Zen is actually very close to the Theravada Forest Tradition even though its language and teachings are heavily influenced by Taoism and Confucianism. He should observe that all that had been conceived in the past was as hazy as a dream, that all that is being conceived in the future will be like clouds that rise up suddenly. He should also observe that the physical existences of all living beings in the world are impure and that among these various filthy things there is not a single one that can be sought after with joy. Calming is the essence of wisdom. And wisdom is the natural function of calming [i. It is like the light of the lamp. When the lamp exists, there is light. When there is no lamp, there is darkness. The lamp is the essence of light. The light is the natural function of the lamp. Although their names are different, in essence, they are fundamentally identical. According to Thrangu Rinpoche, when shamatha and vipashyana are combined, as in the mainstream tradition Madhyamaka approach of ancestors like Shantideva and Kamalashila, through samatha disturbing emotions are abandoned, which thus facilitates vipashyana, "clear seeing. After this initial recognition of vipashyana, the steadiness of shamatha is developed within that recognition. According to Thrangu Rinpoche, it is however also common in the direct approach to first develop enough shamatha to serve as a basis for vipashyana. This includes some methods of the other traditions, but also their own specific approaches. They place a greater emphasis on meditation on symbolic images.

## 2: Turning Vision into Reality

*Insights into Reality. 14 likes. Here I will link to blog posts and also share smaller insights. Once again, all original content is my intellectual.*

It is as deep and as tall as the mind can reach. Yet it is also young, even juvenile, in how little of its self-acclaimed potential it has fulfilled, and in how much it stands to learn. It is also old and weary, dying a slow partial death, its heaviest sections withering into unsightly insignificance. Most of us have neither the time, the interest, or the mental stamina and precision to chase these questions to their ultimate ends. But in certain situations it becomes important to be as certain and as meticulous as one can be in explaining or proving a belief, as in building a bridge, condemning a suspected murderer, deciding which drug to prescribe, or designing the logic of a mission-critical computer model. One step in assuring a solid conclusion is to start with the most accurate information available. That job has traditionally been filled by philosophers. Its not a job most of us would want. Rational beliefs conclusions that one can give reasons for having are drawn based on premises or assumptions, so there are basically two problems to work out: The second is, as mentioned above, how to ensure that the reasoning process guarantees a true conclusion as one steps from premises through intermediate conclusions along the way to the main assertion. Here are some of the questions classical philosophers have struggled with: What can we know what is the nature and limits of knowledge? Is the reality of the world different from how we perceive and experience it in our minds? Does physical reality exist apart from the human mind? When something changes or transforms ages, melts, divides, etc. Can consciousness or ideas, or spirit exist without the body, outside the physical world? Can pure thought have an impact on physical reality or vice versa? Is there anything other than physical reality? Does everything that happens have to have a cause? Is everything that happens predetermined? Is there free will? Can science discover the ultimate nature of reality? Can pure reason or even intuition tell us anything about the ultimate nature of reality? I will reveal the answers to the questions a little later, but for now, it is surprising how many pages have been written and how many lives dedicated to these questions—how many true geniuses have wracked their brains and engaged in prolonged theoretical battles over them—given that we now, finally, have the answers to all of them. Lets do a bit of a whirlwind tour of some of the central questions, brawls really, of classical western philosophy. Stepping into the ring are well known celebrities such as Plato, Aristotle, and Descartes, and many others whom you may remember from your college philosophy class, including Lock, Hume, and Kant. The contenders are seen as having been members of several schools clubs or gangs of thought, including idealism, materialism, empiricism, rationalism, and skepticism BTW, philosophers are not restricted to being in only one gang. His Platonic philosophy argued that spirit creates the world by stepping from eternity into time and form. Aristotle was quintessentially practical, none of that invisible eternal spiritual formless essence stuff for him. He worked out some of the basic rules for logic and the scientific method that are still respected today. Bishop George Berkeley one-upped Locke by claiming that things not perceived through the senses can not logically be said to exist at all. It would seem that there is virtually no knowledge that we can rationally justify with certainty. For example, what about mathematics? Some things are undeniably and eternally true, showing truths that come straight from a pure realm of mind and reason, regardless of the messy, transient world of dirt, blood, and ash. But alas, reason has its flaws too. Regular old human reasoning, even by the purportedly brilliant, is just not to be trusted, because, heck, reasoning is what lead to all those prior conclusions by other philosophers that each philosopher is arguing against. So we must look for some more formal method of reasoning, such as logic or mathematics. Without going into the details, philosophers since the time of Aristotle have tried so hard, so very hard, to develop systems of logic that would hold up, that would be able to guarantee the truth of some usable knowledge, but each attempt was shot down, its weaknesses and loopholes revealed by the next guy to enter the ring. The only source left is divine inspiration or intuitively revealed truth. And, all along the historical trail, many were the philosophers who had to lean upon assumptions about God or eternal divine reality to make their case. Immanuel Kant entered the ring as the Great Referee and Mediator. Kant was a highly respected

up-and-coming young philosopher who studied and commented on the eminent thinkers before him. He emerged with a key insight: From this starting point Kant developed a body of work, highly regarded to this day, that synthesized earlier views. I know I told you that I would reveal the answers to the list of perennial philosophical questions. And even though at this point in the story it looks like there may be none, I assure you that the answers do exist. But I must sign off here and continue in the next essay, which will include those answers and looks inside the pandoras box that Kant cracked open.

### 3: VR School – insights into immersive virtual reality in real classrooms

*Insights Into Reality Insights into Reality by Flower A. Newhouse Describing the inner realities of life through the super-physical perception of an extraordinary Christian Mystic and clairvoyant, this book takes us on an unforgettable journey of discovery to what lies beyond our five senses.*

In his youth, he had read of Prof. Having read a recently published tome bringing together the latest perceptions on e. To his surprise, without even looking at him, she described accurately his family and their tense relationships, then mentioned his very private thought about re-emigrating, and finally advised that his marriage was over. This was news to him, but proven correct. There had been many amateurs or charlatans around. Yet, he had seen faith-healing and the discovery of lost objects, mainly valuable jewellery. He then consulted an English clairvoyant, again out of curiosity. Will you accept him? His acceptance of the spirit whom he could not see nor communicate with enabled a silent dialogue between the clairvoyant and the spirit; he remained tongue-tied, only responding to questions by the clairvoyant. The consultation ended in a three-way exchange, wherein the spirit displayed his knowledge of what had happened to his nephew after his own death. The spirit then faded away, having left his nephew with some sound suggestions for his future. This experience left the nephew in a philosophical quandary. The spirit world had never been part of his framework of reference for anything. Ultimately, he realised that he had been exposed to a very significant event. He could not reject it just because it did not fit into any generally acceptable frame of knowledge, beliefs and values. He has since acted on the suggestions received. The Seeker then consulted another kind of clairvoyant, a spiritual healer, again out of curiosity. He found this quite disconcerting. How does one deny these events and their significance, or their implications about the reality of human existence? When the events experienced cannot be denied because of the accuracy of the information made available, and also because the Seeker of knowledge exposed to the events is told that the spirit world is playing a significant role in his life, what is he to do?

### 4: Los Angeles Times - We are currently unavailable in your region

*Insight into Reality. and with character to put it in action to make it reality. At the point of imagining future events, they have been done mentally but not.*

Galaxies gold have blown off shocked gas white. An expert in simulating the formation of galaxies, Hopkins sometimes begins his talks by projecting images of his creations next to photos of real galaxies and defying his audience to tell them apart. But in the past few years, thanks to faster computers and better algorithms, the simulations have begun to produce results that accurately capture both the details of individual galaxies and their overall distribution of masses and shapes. As the fake universes improve, their role also is changing. For decades, information flowed one way: Now, insight is flowing the other way, too, with the models helping guide astronomers, says Stephen Wilkins, an extragalactic astronomer at the University of Sussex in Brighton, U. The simulations also sound a cautionary note. Some cosmologists hope galaxy formation will ultimately turn out to be a relatively simple process, governed by a few basic rules. However, modelers say their faux universes suggest that, like maturing teenagers, galaxies are unpredictable. Some simulations, such as FIRE, focus on individual galaxies. The universe sprang into existence in the big bang as a hot, dense soup of subatomic particles. Within a sliver of a second, it underwent an exponential growth spurt called inflation, which stretched infinitesimal quantum fluctuations in the particle soup into gargantuan ripples. Slowly, dense regions of dark matter coalesced under their own gravity into a vast tangle of clumps and filaments known as the cosmic web. By million years after the big bang, the first galaxies had formed. Over the next 13 billion years, they would drift on cosmic gravitational tides and grow by merging with one another. Computer simulations helped develop that theory. In the s they showed that to form clumps large enough to bind the observed clusters of galaxies, dark matter particles had to be slow moving and cold. As the theory grew more refined, so did the simulations. By the Millennium simulation, led by researchers at the Max Planck Institute for Astrophysics in Garching, Germany, produced a rendering of the cosmic web whose structure closely matched how the galaxies are strewn through space in clusters, threads, and sheets. Millennium and similar simulations suffered from a fundamental shortcoming, however. They modeled the gravitational interactions of dark matter alone, which are easy to simulate because, as far as scientists know, dark matter flows through itself without friction or resistance. Only once the haloes formed did the programs insert galaxies of various sizes and shapes, following certain ad hoc rules. Unlike dark matter, ordinary matter heats up when squeezed, generating light and other electromagnetic radiation that then pushes the matter around. That complex feedback reaches an extreme when gas clouds collapse into glowing stars, stars blow up in supernova explosions, and black holes swallow gas and spew radiation. Critical to the behavior of galaxies, such physics must be modeled by using the equations of hydrodynamics, which are notoriously difficult to solve, even with supercomputers.

### 5: Insights into reality | RAJA ARASA RATNAM

*Be Enlightened - Insights into reality. 1, likes 1 talking about this. Be Enlightened, Know, walk in full understanding and consciousness of.*

You might notice how you participate in reality creation of your experience as you continue to immerse yourself into travel expedition. Here is an opportunity for an insight into reality begins to arise offering you a look behind the screen of your life reality creation. It never existed in the reality of said Columbus, nor in collective knowledge of Europeans. Experience of travel can provide you with an insight into what reality of your world is, that the world is essentially an assembled experience of an individual. It is not to say that there is no Universe exist, but at the moment we attempt to perceive it, we do it by the means of our human sensory and cognitive faculties. Science knows that our experience is a construct. Sensory information is processed by the brain, gets correlated by designation of the mind which gives rise to our own experience. If you hold an steady focus and turn lens of inquiry into your self reality creation, interesting questions may be rising. What constitutes this "I", what am I? A question of mindful concentration will give you a closer look at the moment-to-moment nature of self. Mindful inquiry will show how thoughts, feelings, images and sensations constantly shift in the mind and body. Mark Epstein, author and psychotherapist summarized it as "Rather than promoting a view of self as an entity or as a place with boundaries, the mindfulness practices tend to reveal another dimension of the self-experience, the one that has to do with how patterns come together in a temporary and ever evolving organization. From a starting point, seeing the whole of our life is like standing at a distance of a large LCD screen. Colors, shapes are seen as a mass completely filling the screen. We begin to distinguish images that connect to the narrative of it. Without awareness insight, we post these thumbnails on the screen of "me", that is kept real by "my" beliefs and "my" conclusions, "my" attitudes and "my" positions, "my" wounds and "my" fears, "my" successes and "my" failures, "my" limitations and "my" strengths. When we experience personal disturbance, upset or agony of loss all suffering, our attention might be attracted to a particular thumbnail on the screen of "me" and we might be called many times to look closer at that particular snapshot of experience. It is not the experience itself, only a thumbnail on the screen of the mind. Having received an insight into reality creation awareness, you may gain skill and wisdom to change your display. You may enter ever-changing dynamic flow of authentic reality, pervaded with unconditioned joy, love and genuine happiness, blissful as is empty of limited perceptions. The whole life may become a mindfulness practice within all diversity of expression.

### 6: Esoteric Insights Into Awareness and the Nature of Reality | Global Harmony Crew

*Nirvanic Insights is a placeless place on the internet, a place where anyone can share their own spiritual insights into the nature of life, nature and reality.*

We all know the experience of being told about Enlightenment and Awareness, and then trying to find it. We think we have it for a moment and then we lose it. We cling to it when we have it, and hold onto the feeling of it because we are afraid of losing it again. This comes down to the common misperception that awareness is a state of being or a feeling, when it is not. Awareness is not something you can find or lose. You have always been and will always be aware, and enlightened. This search for what is already the case takes people to talk to gurus in India, doing Ayahuasca, practicing yoga and meditation. These things can be great fun, but they are not necessities to become aware. You are already and always aware. Notice that something is reading this text right now. Awareness sees, experiences, knows. The Nature of Awareness Awareness does not have a form of its own. It is formless and empty. It is not a certain feeling or experience. Since it is formless it is always here, ready to wrap its all-encompassing spaciousness around all that is appearing. Awareness can experience itself, but it never becomes bounded to any single experience. All objects and appearances you see are awareness. Every appearance and experience you have is a projection inside of awareness, like in a dream. I will explain this further in a bit, including the science of it. Awareness is spacious and can be likened to empty space, or the sky, where clouds and weather appear. It is the container of every experience and is therefore itself without any particular form. The weather of the sky does not affect the sky itself, just like an appearance does not affect awareness. When you are watching a movie, you are watching a projection on a white screen. What happens in the movie does not affect the screen it is projected on, just like an appearance does not affect awareness. When you meditate , or relax your mind for a few seconds take a deep, meditative breath and reboot , you give away your biased understanding of the world and you experience pure awareness. You give away your thoughts and knowledge “ your prejudices “ and you see the clear, empty space that you are “ awareness itself. You see that you are the movie screen and not the movie. You see that you are the clear spacious sky and not the changing weather. When you see from the point of view of pure awareness, you are resting in the eternal and timeless present moment “ the Now. Awareness is beyond time. It enables your experience of time, or the illusion of linear time. It moves seamlessly from one completely independent and separate moment to the next one, making it seem like you move in time. Think of it as a movie, where each frame is separate and independent from the others, but it flows in a seamless and continuous manner. You are this timeless, formless, limitless, expansive, all-encompassing, empty, peaceful, eternal awareness. Become convinced of it! The distance from the nucleus of an atom to its surrounding electrons is more than 60 times bigger than the radius of the nucleus. If you imagine the nucleus to be the size of a bowling ball, the electrons would be expected to be 13km 8 miles away. This is just a thought experiment though, since these particles have no edges. When quantum physicists look even closer, they keep finding smaller and smaller building blocks and more empty space. You are not touching the chair you are sitting on; you are levitating on an electrostatic field! Albert Einstein even said that physical reality is an illusion. This can be understood by assuming that everything is a projection emanating from the same source: It is time we too “ like science “ change our paradigm into understanding the empty, spacious nature of physical reality. Molecules can be seen as just empty shells “ projections of empty awareness, in empty awareness. If you put aside your ideas about the world, all objects can be seen as the same infinite, empty, spacious, intelligent field of awareness. A tree, a mushroom or a rock consists of specific molecules on one level and of pure empty awareness on a deeper level. Check out this video where physicist John Hagelin explains how we are all one Unified Field of Consciousness. It is not just when zooming in we find empty space. By zooming out into space we seem to find an increasing proportion of empty space as well. The distances are mind-blowing. Check out this scale of the universe to see the smallest and biggest objects we know of: A thought appears to awareness, then it disappears. By experiencing the empty, illusory, holographic nature of the universe and seeing that awareness remains eternally unaffected by all appearances and experiences, you too will know that you are truly

untouched. On the level of awareness, you are always unaffected by any projections shown to you. Awareness is unaffected by feelings, thoughts and fears. They are simply appearances that appear and disappear out of emptiness, from emptiness. This absence of solidity â€” this emptiness â€” is awareness and it is all-encompassing. It is nothing, no thing, and yet it is all things, everything. So what is our true nature? This is the default human perspective. This is the point of view we have had for too long. If you explore further you will come to the understanding that you are in fact not the body and the mind, or any other appearance that comes and goes. You are the awareness that knows the body, the mind, and the coming and going of all appearances. That awareness is not made out of a thing â€” it is nothing, it is pure experience. The mind struggles to comprehend this because it only knows things. When we go beyond the mind, and let go of its identification with concepts and things, we can taste nothingness. Being aware is inescapable â€” you are always aware and present. Awareness is not contained by a vehicle, such as a body; it is limitless. It is infinite and not bounded by anything perceivable to the mind, such as time and space. Back in the world of things, observing as awareness, ask yourself; what is the relationship between awareness â€” nothing â€” and the things â€” something? What is the relationship between that which sees and that which is seen? They are completely inseparable. They are in fact the same thing. We never experience anything directly, only our perception. But it gives room for a new more expanded sense of Self that includes All. However, awareness does not experience things, it is just experiencing. It is aware of a thing appearing and disappearing, but the appearance is a projection of awareness onto itself. The Am falls away. What we are then left with is just I, which is awareness. Or I-I, awareness aware of itself. Awareness being self-aware, or I-I, is the deepest realization of Self that we can have before venturing into the Unknowable, the eternal Tao, Infinity, Beyondness, the One or the Absolute â€” that which cannot be experienced in the traditional sense. By continually recognizing it you will deepen your sense of Self and drastically accelerate any meditation practice you might have. Become convinced of your true being. Let every experience confirm awareness to you â€” let every experience be your teacher. View appearances as objects in a vast space. View them as different points of view, different perspectives, in an empty sky of awareness. All of this will become easier and more natural to you with time. Soon you will be able to recognize the ever-present awareness even in hectic and intense situations â€” you will find permanent peace within.

### 7: Insight Into Reality Creation: How Travel Can Let You Peek Behind The Image Of Y

*Insights into reality /10/21 by Raja Arasa Ratnam Ever an investigator of knowledge, preferably of understanding, the Seeker, in his retirement, began to investigate extra-sensory phenomena (e.s.p).*

Send a daily e-mail to staff Attend community events Conduct effective meetings A Living Vision "Good morning, good morning, good morning," the booming voice intones as students step off the bus and onto the school grounds. Principal Baruti Kafele extends his hand to and makes eye contact with every student as he or she enters the building—his building. Minutes later, over the public announcement system, he urges students to "have your best day yet while maintaining a positive attitude. Principal Kafele embodies what researchers call change leadership. He began his career in education as a substitute teacher in Brooklyn. Just completing his fourth principalship, Kafele is known for taking the reins of a school in crisis and transforming the entire school community. He served for the last five years at Newark Tech High School in Newark, New Jersey, a school where more than 85 percent of students are eligible for free or reduced-price lunch—and one that boasts a graduation rate of over 95 percent. The Importance of Vision In interviewing Principal Kafele, I quickly realized that he believes the school leader is the essential component in realizing a meaningful vision. He is not shy about noting the critical factor to transformative change in an education system: We have to see success in them, we have to envision excellence in them. As he explains, "My focus is having the students develop a vision for themselves and transforming their attitudes, taking ownership of the vision. The rest—the test scores and achievement gaps—will take care of themselves. Schools and other organizations spend an abundance of time on developing their visions, often bringing in outside consultants to help. It is up to the leader to embody this vision every day. Each and every interaction serves as an opportunity to highlight where the school is headed. When I became an elementary school principal in , I wrote a letter to the community introducing myself and inviting parents to come in over the summer months to meet and chat. Little did I know how busy those "slow" summer months would be. I tried to make small talk and ask about her summer, but she got right to the point. Sterrett," she said, looking me straight in the eyes, "what is your vision for the school? My mind raced, and I searched for something profound to say. Eventually, I came up with "challenging all students to achieve high levels of success," which was apparently acceptable to the parent, who respectfully nodded in agreement. But that question stuck with me for years. Visions drive organizations into the future. Because of the importance of vision to a school, it must be clear to the entire school community. Sparks observes that successful leaders must "cultivate clarity regarding values and fundamental purposes that are most important" p. Some independently minded educators may equate articulating a consistent, clear vision with attempting to herd cats. Fortunately, autonomy and shared vision are not mutually exclusive. Kafele maintains that staff members can coexist and thrive under a common vision. Kafele believes in keeping vision statements simple. Use one sentence—two at most—and make sure it identifies a clear direction. This simple, concise statement is easily memorized and understood. And, as demonstrated by the many awards and accolades received by the school, it has been achieved. Kafele views successful visibility through both an individual and a team lens, noting that "in basketball, you recall Larry Bird and Magic Johnson were often out there and visible, though they were also content to allow the team around them to grow and win. Sometimes they carried the team, other times they were more in the periphery, but together they won. Above all, Kafele stresses availability and consistency as the key elements of visibility. Availability Kafele ensures that he is constantly available to those with whom he works, particularly students. Other educators may make themselves available through designated online office hours during which they respond immediately to e-mails or instant messages about school-related issues. Availability might mean attending a community breakfast at a local housing complex to celebrate a tutoring program in the district, or it might mean dropping by a Little League game where a number of students and families congregate. Availability says, "I am working with you—here, in our community—to make a difference. You matter to me, and I want our work to matter to you. Consistency Successful educational leaders build regular "touch points" into their day during which they consistently reach out to the school community. Other principals may

make sure to attend certain sporting events or engage in community activities. However leaders choose to structure their touch points, they must be willing to be a visible presence, even at the end of a grueling day. Members of the school community appreciate being able to count on seeing their leaders consistently. As the new principal of a school that had recently experienced rapid turnover of principals, I realized that establishing routines and consistently following them built important relational trust. I asked our music teacher to identify and update a school song, which provided us with a new Friday morning ritual of song and celebration over the intercom. I served as a Bingo caller for the community night picnic. And I swallowed my pride each year and participated in the annual talent show, usually with a break-dancing routine. These touch-point opportunities were a way for me to be a lead player in the school community, and students, staff, and parents soon looked to me and my colleagues to lead and share. This consistent involvement fed an expectation of sharing my vision for greater school community in a visible, tangible way. Educators, like politicians or other headliners, cannot escape public scrutiny—even in the grocery store! As a principal, I was keenly aware of what was in my grocery cart when I shopped after a long workday. Parents and students would come up to me, often just to say hello—but maybe to peek in my cart, too! It comes with the territory. Although we might not feel comfortable giving out our cell phone numbers to the school community, we should always be mindful that we are public servants and find ways to use our "celebrity" to promote our vision. When we live the life of a visible leader, reinforcing the vision should come naturally. Overcoming Challenges Putting forth a vision and then living it is no small task. In a school setting, the principal is the leader in articulating and living the vision. However, he or she cannot, and must not, do this work alone. Shared leadership is vitally important here. As Johnson puts it, "A principal with vision and expertise creates a blueprint of how the school can achieve its goals. He or she finds teachers and staff to help make that vision a reality. The principal continually coaches and mentors the staff so that together they can accomplish the desired results" p. Many leaders can quickly be derailed or lose the support of their school communities by failing to recognize what the organization is doing right and affirming "quick wins" that are already occurring, or by simply not getting the job done. The leader must be a doer and bring the organization—the department or school—along in realizing the vision. Work from the Current State A successful school leader understands the current state—the reality as it stands now. Recognizing the current state requires both personal reflection and the ability to manage and make decisions based on data. As Patterson and colleagues note in the book *Influencer*, it is important to "diagnose before you prescribe" p. This multifaceted understanding enables the leader to foster change and growth in the organization. Find "Quick Wins" It is important that the leader notch some quick wins to demonstrate that success is not only possible, but is also happening now. Doug Reeves advises leaders to "pull the weeds before you plant the flowers" p. Establishing clear priorities creates a sense of authenticity and demonstrates that the leader will do what it takes to support the common vision. These actions will build momentum and align support for a shared, larger vision that encompasses every aspect of the school community. Follow Through As obvious as it sounds, it is nonetheless essential for the leader to ensure that the work aligned with the vision gets done. As the saying goes, "Leadership is about action, not position. Bossidy and Charan note that although planning and envisioning are important, it is execution that is the key role of the leader. Educational leaders will be seen as truly transformative when actual, noticeable change is occurring—particularly when that change is aligned with the vision that has been shared and lived in a consistent, visible manner. Davies and Brighthouse note that "values without implementation do little for the school. It is in the tackling of difficult challenges to change and improve, often by confronting unacceptable practices, that passionate leaders show their educational values" p. Baruti Kafele notes that plenty of his peer principals have identified the same challenges that he has and are just as aware of best practices and necessary next steps. Not all leaders, however, are successful at effective implementation through a determined, visionary approach. When Kafele was an assistant principal, "One of the first things I did was get permission from my principal to change the look of the building by putting up motivational messages and images and speak on the PA system to have morning announcements. I needed to change the climate and culture. The very next year, I was principal of the school. Action Items Without action, a vision is just a piece of paper. For the vision to be achieved, it must be seen as something vibrant and real. It begins with morning announcements.

Those interactions, conversations, and delivering that motivational message each morning to reverberate throughout the building" convey a message of high expectations to students. Kafele structures his announcements to include these four components: A greeting; Highlights of success within the school; and A challenge to begin the day. His superintendent notes that he is a "master teacher" through his use of morning announcements to recognize student success and, when necessary, encourage students to complete work, meet deadlines, and achieve to their capabilities. Send a Daily E-mail to Staff In a world where teachers and staff are inundated with communications, administrative e-mails are often met with groans and cringesâ€”if the messages get noticed at all. I resolved this problem in my own school by starting to send a concise daily e-mail see Figure 1. Consistently providing a single point of communication, affirmation, and clarification to start each day shows staff members that you view their "think time" as a valuable resource. Principal Daily E-mail Good morning, staff. Here are a few items for today, Monday, February 1st. There will be a Fire Drill at 8: Please review expectations with your students prior to this and remember that it is below freezing this morning! Please bring your writing sample and rubric guide.

## 8: Vipassanā - Wikipedia

*We think [virtual and augmented reality have] the potential to transform how we interact with almost every industry today, and we think it will be equally transformative both from a consumer and an enterprise perspective.*

The new publication of Navarro has included not only information from this second article, but it has merged also both scenarios in a marketwise and dynamic approach that helps to create a structured view of the industry both for specialists and newcomers. Plenty of investment opportunities have arisen, and consequently, many ways to obtain significant returns. It is a process with unicorns and also several bad and loud experiences. But again, there are bears and bulls. Plenty of statistics still remark today the disrupting effect that this visionary decision had in the market dynamics. In line with its strategy, Facebook recently hired Hugo Barra, a leading executive from Google and previously Xiaomi, consolidated nowadays as one of the fastest growing technology firms. Why such a strong support to VR? It is worth mentioning that another notable KET corresponds to immersive technologies. However, looking more into detail, possibly not the whole market will expand simultaneously. Some tech giants still see VR as integral to their future. However, other tech firms reckon VR may be a stepping stone to a bigger prize: AR has far more everyday applications than VR, which is expected to be used chiefly for leisure activities and in industry. For example, Apple believes that AR will become a bigger phenomenon than VR and is acting accordingly. Later this year, the US giant will start putting augmented reality software in as many as a billion mobile devices. Whether it be VR, AR or MR, attending to an analysis for each industry, it is generally accepted that the biggest share of the market in the early stages will remain mostly for video games and healthcare, while there will be increasing opportunities in engineering, live events, retail and even military use. Augmented reality AR is expected to be a market at least 3 times larger than that of VR: Anyway, there is a gap between users and business forecasts, so the adoption rate should eventually be much higher. Up until now the market has shown signs of a delayed uptake, but this could change swiftly anytime given the potential, if the current blocking factors, of which we will talk about later, can be solved. The overview of the market is good, especially for us hardware developers and manufacturers, as there is a clear need for high quality, reliable, wireless and affordable hardware to run applications. Hunger for wireless devices and a better immersion experience are a fantastic tailwind for everyone involved in Electromagnetic Motion Capture Sensors and Systems. Nevertheless, HW "as usual" will be surpassed by SW by Until that day comes, HW will play just as an important role as SW, or even more, due to its crucial potential impact into allowing mass adoption by end users. In pursuit of the top positions The players in this industry know it. New headsets from a variety of hardware firms" Acer , Asus, Dell, Lenovo and Hewlett-Packard "all running on Windows, are expected later this year. Many new games and entertainment products using VR are poised to go on sale. Better technology and more content will encourage gamers who were on the fence to join in. Currently, VR hardware comes in two flavors: It will ship next year and represent an entirely new category. According to IDC, once hardware becomes available for the majority of potential end users, annual shipments could amount to over 75 million units in just 5 years! The massive potential of this industry is not secret at this point, and as stated, some key players are positioning themselves with strategic moves. It is unclear, however, how compelling the virtual worlds will be that you can visit with these standalones. With a market that shows clear vital signs and a promising future, we as hardware manufacturing players that aim to lead not far from now, must ask ourselves: And what can we do to help them? The social adoption cycle is a well-known classic: We need to know now whether we are still addressing the first 2. Early and Late Majorities probably will be the cash cows and the consolidation of the platforms but for us, technology companies, it is a fact that the standards and definitions for the whole life cycle are set in the first two stages. In addition to being familiar with the adoption graph, we are also aware that the speed of adoption is increasing dramatically, partly thanks to economies of scale in an increasingly connected and globalized market. If phone adoption by the first early majority took 35 years in USA, TV took a span of 26, Internet a shorter period of 7 years and Social Media Facebook, Twitter, Instagram just 5 years, make your bet. Only when the current biggest bottleneck, hardware, becomes widely available, affordable,

simple and compatible with multiple systems, we will witness the real launch and mass adoption of VR. What about the rest of the world? Will an increasingly competitive Asia just sit and look? Not likely; HTC, Sony, Nintendo, Samsung, LG, Lenovo are already big players and only naturally the second largest economy of the planet will have a lot to say about this technology. Chinese firms have been surprisingly quick to research and invest in systems that are smaller, cheaper and wireless, and as a result this industry is churning out new proposals. Most importantly, the Chinese government is supporting this development as mentioned by Xi Jinping, as they envision VR as an important vector for economic growth. Thanks to a favorable business climate, Chinese tech giants like are getting ready for when the VR wave finally arrives. The market indicators shown by The Economist, mentioning SuperData Reseach , and processed in our published e-paper, are promising. Most companies grew from to and in average the market will roughly double itself by next year. Nevertheless, analysts mention that the supply constraints in headsets and lack of availability of devices, like Oculus Rift in , delayed both HW and SW revenue, but, as far as we know, those issues have been solved and the big players are focusing now on developing HW platforms that are more user friendly, wireless and accessible in every respect. The industry is aware that was presented as the VR year, but the reality falls short. Objectively, today the global market for VR headsets remains tiny. In the first quarter of , hardware makers shipped 2. As explained previously, mainly buggy hardware and pricey headsets apart from insufficient contents are holding back mass adoption. On the long journey to mass adoption of augmented and virtual reality, experts mention several hurdles to mass adoption. Since VR is mostly about driving the perceptual system, mainly the following senses are crucial: The haptics that will probably matter most, at least in the initial years, would be for the hands, which are our primary means of interaction with the world. Precisely, in order to interact with the world on a full scale at some point in the future, eye, hand, and face tracking will be crucial to provide a realistic experience. PREMO works actively on this field and associated challenges, through Electromagnetic Motion tracking coils , which provide superior performances than any other equivalent technologies. Challenges envisioned in virtual reality When it comes to identifying or classifying the many challenges face nowadays, they could be boldly listed as below. The solution that PREMO envisions for each one of them can be found in the recently published e-paper, about which we already spoke and in which the author aims not only to inform, but also to promote critical thinking. Gear is expensive and awkwardly heavy or clumsy. With many new technologies, price influences consumer adoption, and a decrease may drive enterprise adoption as well. As prices fall, expect enterprise experimentation and deployment to increase. As lighter and sleeker devices become available, their adoption will grow. A powerful computer or gaming console is required. Most devices on the market currently last less than half that time. As battery life increases, so will the appeal of these applications. The way users have to wave around handheld controllers to input movement falls short of the promises of VR. Also, the human field of view can extend to approximately degrees, the middle of which is considered to be binocular in which humans use both eyes and can perceive depth and distance. Our own experience tells us that most of the blocking points described above are being seriously addressed and most of them already in the process of being solved. The massive use of Electromagnetic Motion tracking for MOCAP Motion Capture brings the exceptional opportunity of obtaining simple, affordable and wireless hardware that will enable a significant presence. Having developed our first 3D coils more than 20 years ago, we are in an second-to-none position in terms of experience, time to market, customization capabilities and product range. With our series of highly efficient small sized receptor and emitter coils, we provide the possibility of reducing gear dimensions and weight, reducing latency while keeping the highest performance that can be found in the market, ultimately leading to a fully immersive and realistic experience. Soon after improvement of the current bottlenecks, a great variety of sectors will merge in and adopt this technology. The VR industry has not yet fulfilled the hype, but the believers have not lost their faith. According to Deloitte, the industry could eventually have a free way to develop and market several applications with great benefits for several key fields of activity, still limited today: As the technology continues to improve, the case for testing, adoption, and deployment will become stronger, but solving the current bottlenecks is just the gate that opens the achievement of real possibilities. The reality we experience is whatever our minds infer it to be based on perceptual inputs, regardless of the source. So if VR can provide

the right perceptual inputs, we can have whatever experiences we want, and those experiences will feel real. It will take time, possibly several years to fully solve each of the challenges listed above. In short, VR is a truly vast space waiting to be explored, and much more research attention needs to be focused on it. After all, we are talking about the second greatest leap of history technology wise after the creation of the computer. VR is a grand challenge in the purest sense.

### 9: What is confidence? Insight into Reality - Thought is not physical thing

*The talent market within the industry is evolving at a rapid pace. Insurance organizations face an increasingly challenging labor market, a growing talent shortage and rising turnover rates.*

Insight into Reality What is confidence? Please refer to the??? The human body is bounded by space and time within??? We need to combine these two realms,??? Furthermore, we need to find harmonized congruency with the spiritual realm supernatural. At another time, I will cover the following question,??? What is the difference between mind and spirit???? When things happen in space we call them events, accomplishments, or achievements. We call what happens in the time belt??? Past is always concrete, present is always ambiguous, and future is always unknown. As long as humans are alive, we must do something â€” that is our destiny. Life is so empty, unoccupied by some activities, no one can bear the emptiness and boredom. That is the drive we have instinctively. Ironic is nobody knows how to live a life before they live it. At the same time, we have a fear of the unknown as well as failure. That is why confidence is rare and not easy to gain. Confidence has three elements: Nothing is here yet, but we can imagine what we would like to be done; that is future event and there is where confidence begin! Now, we need support this future events with desire, intellect, and with character to put it in action to make it reality. At the point of imagining future events, they have been done mentally but not physically. It has been done in the??? In other words, mind has abilities to imagine and create new events in the??? With confidence, it will give us meaning to direct physical energy to create our daily life. Here is my definition for confidence;??? Certainty of future events formed in one??? Confidence offers belief, as it gives the holder the power to direct their time part of life , energies physical strength which turns into action , efforts intention which turns into drive , methods intellect which turns into know how , and character attitude which turns into level of standard â€” acceptance of result to shape the future however he or she wants, as the future belongs to them. Of course we need background knowledge of the area you want to accomplish, imagination of the new event, as well as willingness to put forth effort. Since I defined confidence, the next questions that should follow are: Why do we want confidence? How do we gain confidence? How do we measure confidence or direct its process? In the meantime, by enrolling at Master Lee??? Come in today to see what Master Lee can do for you. Student testimonials on confidence: Thank you for being my Taekwondo Master and helping me realize what self confidence means. I have also learned a lot about self discipline and the ability to defend myself! I also have a lot of fun in your class. I have seen many positive changes in my children such as more confidence, respect and discipline. I am pleased with the changes in myself, especially in accepting my mistakes, learning from them and moving on. I am grateful to you for sharing your knowledge and your life!

A Police Force Without a State Oration delivered on the fifth of July, 1847, before the Native Americans of Cincinnati. Biola Christian apologetics program Patience under insult Alternative Answers to Arthritis Rheumatism The Spirit of Canada Why The World Went to War Peruvian Textile Designs (International Design Library) The Mutiny of the Elsinore [UNABRIDGED-MP3 CD] The Magna Charta Sureties, 1215 The Barons Named in the Magna Charta, 1215, Look the finished work of Jesus Doctor Who and the Talons of Weng-Chiang, No 7 The Unofficial Guide to Opening a Franchise (Unofficial Guides) Coronary artery disease risk factors Charles X. Kim Fundamentals of electric circuits analysis KanyenKeha Tawatati I Wish I Was a Mermaid Madison Heights Worktext A Us history primary uments Living in Changan Earth Defense Force Difference between blue ocean and red ocean strategy Spiritual crumbs from our masters table Discovering Rouma (Childrens Books) A fine balance book A Dictionary of the Language of Bugotu, Santa Isabel Island, Solomon Islands Frivolity unbound Cons Fabulous Journey to the Land of Gobel OGLug Big Boy turns up the heat Abolition movement Understanding and Prediction The invisible library series Maintaining your health! Good Wives. Meg, Jo, Beth, and Amy Yirat haShem and ahavat haShem Postmodern vernaculars Affirmative Discrimination (Colophon Books) WBC and RBC counts : manual procedures Langston Hughes update, other articles, and poems William Blakes Songs of innocence and of experience