

# MY DAILY BREAD

To be a higher man we must traverse all seven stopinders. Fortunately, we are lucky, the first and last stopinders happen *automatically*; so, we only have to concentrate on 5! Every day we should ask, "Are we working on our 5 stopinders?" Because only a thing that makes it through all seven stopinders will be complete.

DO

BEGIN THE DUPLICATING PRINCIPLE  
Don't have to do much, except eat properly.  
Automatic  
cells duplicate/replicate constantly

RE

SENSING & MOVING CENTERS  
Pick Centers  
Utilize senses – (traditional) Sight, Hearing, Taste, Smell, Touch  
Other Stimuli – Balance & Acceleration, Temperature, Proprioception, Pain, Vibration, Internal Stimuli  
Have attention in centers / Utilize highest parts: I hear but am I *listening*; I see but am I *watching*.  
Pay ATTENTION

Need Movement – to assist bodily functions/health  
Stay active / What you don't use – you loose

MI

FEEL THE RIGHT MEANING OF THINGS: love, joy, etc., which builds our emotional center.  
Interaction with the world: Feel what it MEANS.  
Fill the emotional center with true, uplifting data...emotional content.  
Sense the Environment  
Pay Attention  
*"see everyone - see everything"*

FA

Fill the INTELLECTUAL CENTER with *true* data.  
Exercise the Intellectual Brain: Enlarge the Data Base – it will serve us later.  
The more you know, the more you know how to do.  
Memorization

SO

HIGHER EMOTIONAL CENTER  
Being good social beings who help others.  
Consider the world around us.  
Go from "I" to "WE"...From "Me" to "US"

LA

DEVELOP REASON AND IMPARTIALITY  
A higher manifestation of man.  
Creating models of doubling / Opposites  
Master Exercises  
Expanding the data base to have more "similarities to the already arisen" provides a greater chance of Reason.  
The larger the data base, the greater your Reason.

TI

FINAL DUPLICATING PRINCIPLE: CRYSTALLIZATION  
Accomplished by a right working machine – automatic.

DO