

**Chapter 1 : Living Life on the Way – Intelligently following Jesus**

*calendrierdelascience.com ii Swami Viditatmananda Saraswati Sri Swami Viditatmananda Saraswati, a disciple of Sri Swami Dayananda Saraswati, is an outstanding teacher of VedĀnta.*

Pablo Haya Living intelligently assisted: This paper explores the potentials of an enriched environment to overcome the problem of isolation present in modern western societies. This problem is of special importance when considering dependent or elder people trying to live an independent life. In tackling the problem, we consider intelligent objects as a potential direct help for users as well as a nexus to other people from which they depend physically, psychologically or emotionally. Thus, we analyze the problem of assisted living considering how different intelligent objects may enrich their human-computer interaction experience as well as how they may allow a subtle remote human-human interaction. Ambient intelligence, tangible objects, assisted living, subtle interaction. On the other hand, the incorporation of women to labor, in addition to improvements in transportation and communication, has change the traditional family structure, being now more distributed and with a weaker core. Thus, while the number of elders and dependent people is growing thanks to medicine the family that used to take care of them is physically absent. In addition, since families are nowadays more distributed, elders are no longer used to living in a numerous family but, in many cases, enjoy living an independent life for as long as they can. However, their independence has to be balanced with an enough grade of assistance to support them and provide their relatives and caregivers with control and peace of mind. This makes them to lose, in either case, their independence. In summary we find the problem of isolation vs. What can we do to balance this situation? How can we provide a better assistance to people with special needs while we keep an independent living? The goal of these technologies is to narrow the gap that exists between an assisted person and her relatives or caregivers, providing supervision and assistance with activities of daily living. When looking at assisted living we must consider it as a relationship i. Thus, while we must focus on how an intelligent environment may support their inhabitants in their daily lives e. In other words, intelligent environments may help both in support and communication. Given the nature of dependent people, we must emphasize technology as an unobtrusive, easy solution. Otherwise, the independence that can be gained by removing the necessity of other people will be lost with the presence of a stranger mean: Thus, computing solutions for assisted living must be both natural in presence and use. In this way, Ubiquitous Computing -as a vision in which computers disappear to vanish in the background [1]- as well as tangible objects [2] and the way in which they offer a confluence for humans and computers [3], present a promising vision of the future: The objects present in our environments are, though, varied and may be used for different purposes in different situations. We believe that it is in the confluence of the capabilities of different objects that we will be able to offer a sound solution to the user, able to adapt to the particular needs of different situations. Big objects or surfaces such as tables or counter-tops may be used to offer static services, allowing to take advantage of multitouch interaction [4]: In addition, other kind of surfaces, such as doors, floors or walls may be used for sporadic interaction such as showing a big icon of a pill in the door when the user is about to leave the house, so the user can touch it an discard it if the pill has been taken, or going back to take it if forgotten. This last kind of interaction requires low-cost multitouch technologies that can be widely installed in the house but, on the other hand, they do not require high definition, for what led technologies may be successfully used. Small objects, on the other hand, are more suited for transient communication. An example of communication from the user to the caregiver can be seen in the augmented family portrait [5] in which the color of the picture frame allows the caregiver to get an idea of how the user is feeling i. On the other hand, it may be interesting to also study the possibilities brought by the same small objects to allow communication from the relatives to the user. A digital newspaper can be enhanced so if a relative recommends the user a particular piece of news, that report is highlighted with the color of the relative see figure 1. Why is recommending that piece of news, how a conversation they had about that topic influenced in the recommendation or what is the recommender worried about today. Applying the same color scheme to a Tupperware, we allow subtle recommendations on food see figure 1 , so when the fridge is opened in dinner

time some content glows with the color of someone else. This relation is triggered and exploited, enhancing the recommendation of food, with a subtle and unobtrusive glowing. Examples of augmented objects for subtle interaction: This type of apparently aimless interaction has been exploited in social networks to allow people to express their presence and attention. This is done by empowering their communication in different and new ways. Regarding communication, besides studying the use of traditional interaction means, such as displays of different size provided with multitouch or object recognition capabilities, this article presents a simpler approach of communication. It pursues a subtle interaction of the caregivers with the dependent person through small common objects, trying to overcome some of the simple problems of isolation while preserving the feeling of independence. A first proposal for subtle interaction is done through augmenting small objects with embedded color LEDs strips, allowing them to glow with the color of the person that remotely interacts with it. How can people control and interact with those objects, what kind of objects are best suited to be augmented and how can we allow an easy bidirectional interaction through the very same objects are some of the questions that need to be answered. *The Computer for the Twenty-First Century*. Scientific American 2. Low-cost multi-touch sensing through frustrated total internal reflection. Providing peace of mind for extended family members.

**Chapter 2 : LIFE Acrobat – Living Intelligently – Food & Exercise**

*LIFE Acrobat is all about changing the way you feel L.I.F.E stands for Living Intelligently, Food and Exercise, with our scientifically supported plans that combine techniques to boost your mental and physical well-being, you'll be left wondering why you didn't make a change for the better, sooner!*

There are many occasions in life, many situations in life that I can change. A new micro-wave – yes there are a lot of changes that I can make. If I have no resources but a lot of creativity, I can do the same things that I do every day, in new ways! I can cook food with the same ingredients, but it tastes different and good. I can lay out the table in new ways. I can sing and dance a little differently each time and enjoy it too. I can change my job, my apartment, my car. If I have a big heart, I can express the love in my heart in many different ways too. I can change my attitudes and my behavior if I choose to. I can tighten what needs to be tightened and loosen what needs to be loosened. If I am very inflexible and rigid as a person, I can become more flexible. If I am critical always and finding-fault I can try and change that too. If I am angry and always want things my way – well I can look into that too if I want to. If I always blame others for my problems, I could see if that is true. If I am a person who does not know how to draw boundaries, then I can learn how to do that. I am always emotionally dependent on someone and it has become painful for me, I can learn how to grow out of that. If I am very fearful always, I can learn to face challenges boldly. Whatever I can change, if I feel I need to change it – I should change. There are some situations which are what they are, some events that have taken place, which I cannot change. I cannot change the weather of the country. I cannot change the politicians immediately! I cannot change the fact that a near and dear person has passed away. Sometimes I have family responsibilities, my boss is a pain and I cannot change my job. Above all I cannot change people – this includes my parents, my spouse, my in-laws, my children, my boss, my co-workers, friends, employees. I cannot change my past – happy or sad. I cannot change my childhood. I cannot change my age. I cannot change the way I look very often. When something cannot be changed whatever it might be – when I find that I have an incapacity to order things as I want – I feel helpless, sad, agitated and angry. I get into a depression very often too. Now this is the hard fact – that the situation cannot be changed. If I want people to change why should they? They might want me to change too. Nobody can make a person change unless that person really wants to change. This is how it is. Maybe if I try to understand the background from which the person comes, then I can understand them better and feel some compassion towards them instead of anger. Maybe my expectations are unreasonable. Maybe my expectations are reasonable but the person cannot meet them, or does not want to meet them. Whatever the reason, this is how it is. Would it not be just easier to accept gracefully that this is how the person is, this is how the situation is, this is how my past was, what has happened has happened. I cannot do anything about it. If I can change something I will – if I cannot, I accept it just gracefully. When I accept, there is a relief because my resistance to a fact is gone. But the capacity to accept gracefully what I cannot change is not something that I am able to do easily. But at least I can have a value for it. I can have a value for it only if I know what benefit I get from it. Then we can see what can help us. When I am unable to accept a fact that cannot be changed – I feel helpless, I feel anger and resentment. All my present moments are occupied only in brooding and thinking and repeating the scenes again and again. I lose my self-esteem and destroy any chance of joy I might have in the current moment. Supposing I am walking and there is a beautiful sunset- I am unable to enjoy this truth about my present moment – I spoil my present moments with brooding about the past, the injustice, how I would like the situation to change. And if I keep up this frame of mind of resistance and pain indefinitely, my health is affected. I get ulcers, heart-problems, headaches, body-pains. I find no joy in life and my sadness spills over to others in my environment. Now when the fact is that I cannot change the situation, does this frame of mind help me? Or does it hurt me. Very clearly, I am hurting myself. Do I want to continue to hurt myself? That is the choice I am faced with. I can continue to hurt myself by retaining this resistance to facts and working myself up into hurting and feeling bad – or I can just let go -by accepting. Consciously dropping my will to resist an unchangeable fact. I have to see this very clearly and have a value for the peace of mind and a certain

relief that results because of this acceptance of facts. Once I have a value for it, then there are ways to help myself to let go. Here devotion to the Lord born of understanding the Lord is invaluable. For understanding the Lord come to Gita class! Here an understanding of the Lord as All-Intelligence and seeing the fact that whatever there is in this creation is in Order, even disorder is in ultimate order there is a meaning behind it all, there is a purpose is very important. The purpose of my life is to grow â€” maybe because of these situations now I can pray. I recognize that I am helpless in accepting the situation and then when I am helpless I can seek help from the Source of All- Help â€” the Lord in a meaningful prayer. Seeking help when I need it, is intelligent living. So I can make this prayer to the Lord:

**Chapter 3 : Living Intelligently PDF document - DocSlides**

*Living Intelligently When we grow older and Leave school after receiving a so called Education,we have to face many problems. What profession are we to.*

We need help to navigate the challenges and major decisions of our lives. We all have blind spots and have made choices that have hindered our personal and professional effectiveness The wrong job, the wrong partner, the wrong word, the wrong timing, the wrong pet, the wrong thought, the wrong number, the wrong assumption These mistakes cause frustration, disappointment, heartache and in extreme cases depression and a shattered sense of self. We could all use some perspective. We need a roadmap. *Secrets to Living Intelligently* explores the time-tested principles of those who have lived a great life and how we can apply it to our lives TODAY! Well, at the time, it feels a lot like making the right decision. Each of us make hundreds of decisions a day But there are some decisions that are different than others. There are some decisions that carry much different consequences, and yet we seem to treat some major life decisions with the same amount of thought we put into the question, "Paper or plastic? And they usually do it in 24 hours. Human animals, however, are a bit more complex. We are the only animal society that allows mimes. Our lives are less and less about survival. Instead, we are living in an age that offers unprecedented choices and opportunities. Our life then becomes a one long to-do list where "Prioritize Your Life" is if it appears at all. What do you want to live for? It is possible to survive and thrive in the world of work, and to balance work performance with personal development and quality of life. Time will be spent addressing current balances between work and home. These individuals are in our circles. They encourage us, inspire us Over ten years ago, I made a list of my favorite people on earth and began to examine their influence and what made them so special. They achieved much in their personal lives as well as in their work. I found that each of them was a S. Join me as we unpack essential, practical, and life-altering information that you can put into practice today. Why do I want you to be happy? I have my reasons - some of them altruistic, and some of them selfish. In fact, entire industries have been created on this fact alone. One path we pursue to secure happiness is possessions. Do we need half of the stuff we own? At what point did we begin to belong to our belongings? We need to begin to distinguish what brings joy and happiness in every aspect of our lives An apostrophe and a t. Self-confidence is not a genetic condition. People are not simply born brimming with self-confidence. Self-confidence is something to be achieved How do you get? In my experience, very few. But when I do come across someone who lights up at the question, I never cease to be inspired. They smile, they become animated, they touch my shoulder, they grasp my hand, and they may even tear up as they tell the story of their most recent purpose-filled encounter. What story will you tell? What would your current behaviors tell me about your life direction? What are your values? What is your purpose in life? Tremendously important questions because armed with those answers, you now have the foundation to examine every opportunity, every relationship, every challenge in a consistent, congruent manner. You are well on your way to a congruent life.

**Chapter 4 : Intelligently Designed Interiors – Hunter at Lynn Creek**

*Living intelligently, The need for cognitive change (2 Vol) by Swami Dayananda Saraswati. This is the first of a series of books based on 'Public Talks' of Swami Dayananda on two different topics. The first topic, 'How to live intelligently', is an aspiration of all individuals.*

Where should we look for more of that happiness? Is Happiness an Object? Among the countless objects in the world, is there an object called happiness? You can make someone happy by giving him or her a piece of sweet, but you cannot say that the object is happiness. For a naturopath a cup of half-cooked, unsalted bitter gourd is happiness; but for some others nothing could be more bitter. For one who loves rich sweet food, a heavy dessert is happiness but for one who does not like such food, it is only an invitation to indigestion. No particular object can be called happiness, for no single object can provide happiness to everyone. Neither can you say that happiness is a quality of an object, as color is a quality of a lotus. There is no object with happiness as its quality, for if such an object existed, everyone would become happy by having that object. Sugar or salt tastes the same to everyone, but no object gives the same taste of happiness to all. Still, people do seem to pick up happiness from contact with objects. If that happiness does not lie in the objects, where is it? Is Happiness within Me? If happiness lies within you, is it in your liver, intestines, heart, kidneys, or pancreas? It is, of course, absurd to say that any one of these internal organs is happiness, or that they secrete happiness. Neither are your sense organs a source of happiness, for if they were, you would. Neither can one say that thoughts are the source of happiness, for often thoughts are a source of great sorrow. You Are Happiness If happiness is neither inside nor outside you, where is it? Only one possibility remains: If you are happiness, why is it that you seem to become happy only when you come in contact with certain people, situations, or objects? If you analyze what happens in a given moment of happiness, you will discover that contact with anything that you like creates in you a pleased mind. When you desire something, the mind; is restless; when the desired object is gained, the restlessness is resolved and the mind is satisfied. The happiness you discover is in this satisfied, pleased mind, not in any object. People, situations, and objects that can bring about in you a pleased mind are the ones you love. Not all objects can do this; because of your background, values, and upbringing, only certain objects and individuals please you. But the happiness that you feel never comes from objects or people, however dear they may be. Happiness is manifest only in a satisfied mind, a mind that desires nothing, because the Self is the source of happiness. The joy that you feel when you see something beautiful or hear a pleasing song is an expression of your own nature – a Speck of the limitless happiness that you are. Sleep, a State of Happiness The experience of sleep confirms that your nature is indeed happiness everyone likes to sleep and is reluctant to get up, and because sleep is a happy experience, a respite from having to carry the burdens that we do during the day. There is a total absence of sorrow in sleep, because all differences are resolved under the blanket of sleep. All forms of duality vanish; there is no difference between the sleep of a king and that of a beggar. In the total absence of all else, you are with yourself alone. The happiness that you experience is yourself. Happiness is the Absence of Desires Whenever your mind does not long for anything, you are happy. In the interval between the fulfillment of one desire and the cropping up of the next, you are happy. Why do you sing in the shower? You do not do it to please yourself or anyone else; you do it simply because you are happy. At that time, the mind does not long for anything; all the window dressings, the masks you wear for people, are removed with your clothes – you are with yourself. Your singing is an expression of the happiness felt by a mind that rests in the Self. A person who understands that the Self is the source of all happiness will be free from all desires. In the last section of the second chapter, the Lord describes such a person to Arjuna, saying: Just as fire is hot not because of any reason but – by nature, so a wise man is happy not because of any reason, but because happiness is his nature. Since a wise man knows that the Self is the source of happiness, he requires nothing; by this knowledge, he casts away all desires. Neither a ripple nor a breaker can add to the greatness of the ocean, each is only a fleeting expression of its greatness. The ocean remains unaffected even when these forms disappear. When you gain an object of your desire, the happiness that you experience is like a wave in the ocean. It is only a momentary expression

of the happiness that is Yourself; and when it comes to an end, the fullness, ananda, that you are, remains unchanged.

### Chapter 5 : Living Intelligently – Life – A Journey of Self-Discovery

*Secrets to Living Intelligently. Life is complex. We need help to navigate the challenges and major decisions of our lives. We all have blind spots and have made choices that have hindered our personal and professional effectiveness.*

This post will hold no interest for such individuals. This is not an apologetic for filtering, and it is not intended to spark a debate on the topic. Years ago, TVGuardian offered a simple box that could be attached inline with any device that could send closed captioning plus audio pretty much any VCR, cable line, or DVD player years ago. The company has since stopped production of that box in favor of embedding its technology into a few devices, from which it can be activated for a one-time fee. This means that at best, filtering success is good but unpredictable; at worst, it is completely absent such as when a studio foregoes the closed captioning signal on its DVDs in favor of subtitles. I wanted something better. Along came ClearPlay, a technologically superior solution that could not only mute inappropriate audio with great accuracy, but could also instantly skip scenes that a family may want to avoid violence, sex, disturbing, etc. These filters are created by humans who actually watch the movies, and categorize each frame for both content and severity. Accuracy and flexibility are superb. Want to watch *The Dark Knight* with all the violence but zero cursing? Want to watch it with just moderate filtering of the violence? Or how about cutting out that "why would they put that in there" sex scene in a movie you want to watch with some friends? ClearPlay can do that too, with ease. And it managed to survive even when its few competitors started biting the dust. Signs of Trouble With legal protection and a dwindling field of competitors, one might expect ClearPlay to have charged forward and established a robust business. But as of early, they appear to be heading toward extinction. ClearPlay needs a Blu-Ray option yesterday, and at a reasonable price. A few years ago, it was via CD. A subscriber downloaded the ever-changing set of filters over the Internet and burned them to a CD, which was then inserted into the DVD player for loading the filters into internal memory. To make it even less convenient, the filters were broken down into 4 "volumes"--one per CD. Today, filters are downloaded onto a flash drive, which is much more convenient. But even that seems antiquated today. ClearPlay has control over the hardware and software on their players. The short-lived modem-based player offered some hope for those who still used landlines, but was again just another example of ClearPlay being behind the times. Additionally, ClearPlay has been silent on Twitter, Facebook, and their possibly abandoned news page on how they plan to remain viable in the future of the movie industry, which appears to be coming in the form of downloadable and streaming movies. My first was a CD-based one, which was too inconvenient. My second was a USB model. That one was and still is flaky; it has trouble reading DVDs quite a bit of the time, and has an abnormally low tolerance for scratched DVDs. So when the USB model became available on clearance at a local Christian bookstore, I bought it, hoping for a better experience. Sadly, this model appears to have had the same manufacturer as the USB, and it completely quit after 9 months. It simply will not power on at all. When I called ClearPlay to obtain a replacement, I was pushed toward upgrading to the new HD; the support rep even said that although they could send me a refurbished version of the USB, I might be calling them again in a few months. If there were any competition in this market, the competition would have gotten my business after that. That was an important move. But about a year after the RCA-branded player that WalMart was carrying became discontinued during a patent dispute, ClearPlay could no longer be found in those major retail stores. Being on Twitter and Facebook to facilitate viral marketing is a good idea, but it may not be enough, particularly given their other issues. As a result, they may be able to drive up the number of subscribers, thereby generating enough revenue to address hardware issues, develop a plan for getting and staying current with technology, and drive down prices to grab even more subscribers. In this age of social networking, a large, satisfied subscriber base is one of the best marketing tools a business can have.

### Chapter 6 : Live Intelligently | Life IQ

*Posts about Living Intelligently written by Mumukshu. Great is the tenacity with which man clings to the senses. Yet*

*however substantial he may think the external world in which he lives and moves, there comes a time in the lives of individuals and of races when involuntarily they ask, "Is this real?"*

### Chapter 7 : About Your Privacy on this Site

*In an earlier post, I wrote about a content-filtering solution for DVD movies, called [calendrierdelascience.com](http://calendrierdelascience.com) stores now carry the latest ClearPlay-capable DVD player, and the cost is reportedly \$*

### Chapter 8 : Living Intelligently - 7TINT

*This is the first post of this blog. Contact: [hubby@calendrierdelascience.com](mailto:hubby@calendrierdelascience.com)*

### Chapter 9 : Living Intelligently

*Our ethos is that "life is best lived intelligently" and our goal is to help you navigate all the bogus, overhyped claims on natural health to find remedies that do actually work. Whether your goal is to lower your blood pressure, to balance your blood sugar or to lose weight, we provide information to help you make smarter, healthier choices.*