

# 5 elements

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*Notice we are persistence of habit that in the evening when we go to bed how we are covering :*

1. water (fresh drink, not "Coca Cola"...);
2. food (healthy, not "Mc Donalds");
3. light (Carpe Diem, use of the day from 5:00 to 19:00);
4. fresh air (it should be ventilated that the window is open wide for 30 seconds and it will air out whole room);
5. society (not "toxic" people).

**This and the things around it is the creator of our happiness or unhappiness.**

*We need strong habits to secure this items. Temptation of wrath, avarice, envy (man) and sloth, lust, vanity (woman) is spreads of some bad habit that shall be under control as smoking, alcohol, conspiracy sites, nonsense, mafia ...*

Opposite of temptation there are virtues peacefull, precision, bounty (man), active, chastity, meekness (woman) but high level of virtue there is difficult of achieve as we must achieve under control even negative thoughts.

**How you could guard your negative thoughts ?**

**" Watch your thoughts, they  
become your words, watch your  
words, they become your actions,  
watch your actions, they become  
your habits, watch your habits,  
they become your character,  
watch your character, it becomes  
your destiny."**

**Lao Tzu**

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## ***Preparation for***

We all have a "million" things, some of which we don't need as well as old contracts from bank accounts, books we never plan to read, etc. but also things we have memories of, books, presentations that we have based somewhere in the shelf and we would like to read them, etc.

If you were to move to a alone island, would you know how to pack all the necessary things by doing so I don't think things to survive, solar panel, ax, things needed to start a fire, fishing rods fish, the island be in the tropics with a year round source of fruit this you would already have there.

But that's all you need to feel like "at home" could you pack in two suitcases, in the case of each family two suitcases?

Nobody moves to a alone island, but at home we are where we have a work and we know safely sleep the night.

***To make you feel at home anywhere, could you pack all the necessary things in two suitcases ?***



## MEAL

People are divided into two groups, those who live to eat, and those who eat of live. Anyway, half of what we eat go on nutrition and the other half on doctors (diseases).

Feudalism fell, so did communism (Slovakia, EU etc.), traditional meals such as steaks, goulash, ... high calories foods that were needed for nutrition in high physical work in the field country side, remained, although hard manual work was automatized and many people work in office work mostly. Mainly because of this, many people are overweight (height-100 = weight?), although I personally say that one feels fit when the hole after the tied umbilical cord on the abdomen sees the abdomen evenly.

What to do if we like such food and we want to lose weight what to do in such a case. The simplest the way to lose weight is a simple trick to exchange wheat bread (white) for wheat-rye (black) or cereal.

When I worked at multinational corporation, I always had menu C, a vegetable salad, for lunch. Colleagues they laughed if I won't be hungry. After a month, one colleague tried it, then the others, and it happened that after half a year there were so many people interested in menu C vegetable salad, that who came later menu C already it was not available.

So how to eat healthy ? I recommend eating what we like for breakfast, lunch and dinner pasta.

Pasta, cheese, olive oil, spices and vegetables in decreased prices in the retail chain.

Many websites are professionally aim to this, so I will not discuss it further.



## **SOCIETY**

I highly recommend give a goal for you life even there is too high still is focusing path of your journey. Nobel prize for math, each engineer even is trying Millenium prize problems of try solving for one million dollar reward each (so called Nobel prize for math) or Nobel prize for literature there is real goal ?

Goal for your life even there is too high still is focusing path of your journey for build house minimum two hundred square meters and grow family.

Times are too bad, there is crisis, performing stress testing at work, there is training IoT.

I recommend that activities of help people other better understand and feel comformate in their company.

- *Shield in my life.....*
- *What I am want to be not, but WHO.....*
- *Could you imagine, I am introducing my product.....*
- *I am introducín my team.....*
- *My dark side of.....*
- *Lottery and that other plan.....*

### **How for project issue**

#### **Needs analysis :**

- Identify true needs;
- Determine priority;
- Identify proper investment scope;
- Exploit potential solutions;
- Build up foundation for solution.

#### **Causes of performance gap :**

- Lack of feedback for results;
- No timely feedback;
- Lack of responsibility;
- Lack of compensation to performance;
- Lack of information.



## AIR

Genius loci (100% IQ) or spirit of place there is not only just about people, beautiful women but also horn of plenty so called of songs, graphics, HD, playstation etc. Each place has its own haze (smell). North pole is melting, there are climate changes, weather is changing due day.

How for dress when it rains during the day it is like nice weather and in the evening it is cold ?

I recommend of dress of five degrees colder than predicted outdoor temperature due to moving.

***Ventilation of room even family there is too big project of due to many people, many opinions.***

***Ventilate so that a window opens wide for 30 seconds, the air vents the entire room and stay that there for 30 seconds due to people issue. Why you are opening windows at summer, there is warm air from outside coming ? This is a phenomenon that is not properly understood as the air flows, which also cools the air in the room.***



## **Of**

**sloth (woman), wrath (man) temptation is fake side of confidence spreads gamers life, easy life etc. spreads by alcohol, cigarettes, etc.**

**You be&live but what you see ?**

### **Sloth (woman) temptation description :**

**“ Aim there is not moving without give themselves break, aim is managing issue within term.”**

### **Sloth sign:**

- terminate
- I am fine
- finality
- that perfection

Wrath (man) temptation description:

Head full of negative there is no space for positive creation

**Wrath sign:**

- initiation
- expectation origination
- unpredictability
- I am uniques

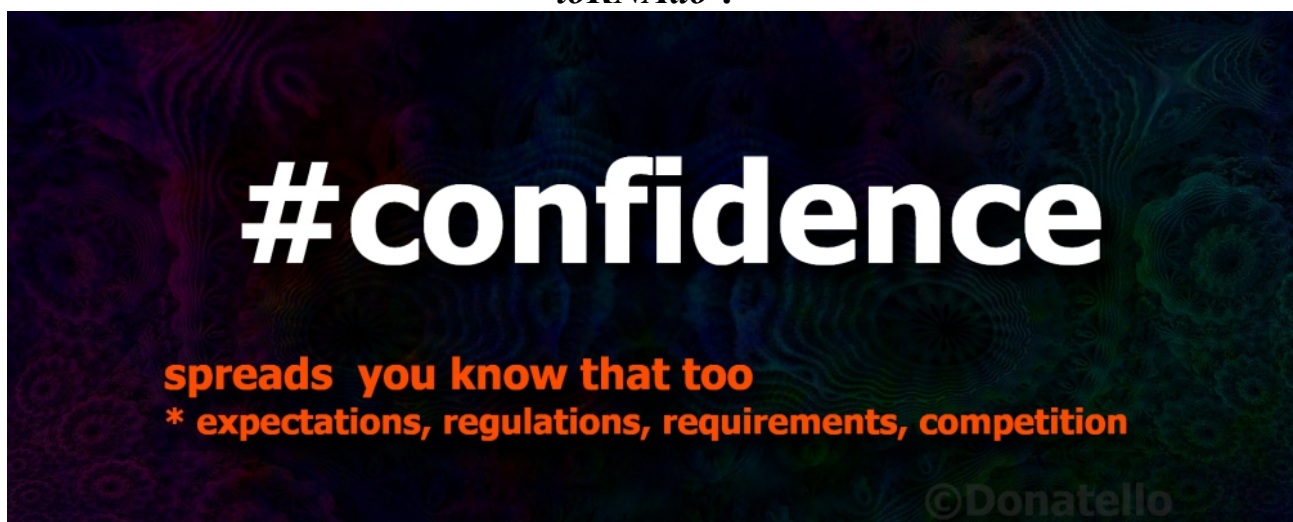


***MADam description : I do not want live with parents***

*TORNaDO ?*

*TOrnaDO ?*

*toRNAdo ?*





## WATER

There is too necessary point out that there is enough for eat half kilogram of food (I do not want tak about calories etc.).

That what to do when we eat enough and we are hungry ? For answer of that we must going to Tibet. Tibetians drinks half a liter of tea per a day. There are too many brands available in shops.

How for drink tea, there are saying of do not sweet with sugar, I recomment of sweet according to your taste. After 18:00 do not drink tea due to sleep. I though that only me is drinking five cups of coffee per a day but review say that other people in office work also. After second cup of coffee I recommend swith for tea (cardio)



**OF  
LUST (WOMAN), AVARICE (MAN) FAKE SIDE OF HELP !, MAGIC,  
OCCULTISM ETC. SPREADS BY IDIOCY BEHAVIOR, NONSENSE,  
RUBBISH ETC.**

**We have a system, nobody never ever heard about but there is, CHAOS there is not  
system !**

## Lust (woman) temptation description :

*Princess of lust  
Dignity put to dust  
Virginal site  
There apple for bite*

### Lust sign:

- acceptance
- assimilation
- continuity
- comprehensibility

## Avarice (man) temptation description :

Tied up in chains just can't see ? OR ! A beast in gilged cage, that is all some people ever want to be

### Avarice sign :

- participation
- involment
- integrity

# 4 in 1 coffee ?



PLAN	1	Choose problem you are going to deal with first (or last) and describe opportunities for improvement
	2	Describe present process that surrounds opportunities for improvement
	3	Describe all possible causes of problem, make agreement of root cause (root causes)
	4	Establish effective and reasonable solution and action plan even targets for improvement
DO	5	Implement solution or change of process
CHECK	6	Check and evaluate result of change
ACT	7	Act according to what you find out

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- consistency

penelOPe description *are you a little bit old?*

*forGIVE ?*  
*fORgive ?*  
*FORgive ?*

# Hide and Seek !!

**Car is consisted about 30000 parts.**

**Tolerances for dimensions are from 0.10  $\mu\text{m}$  till 0.05 mm and more .**

**Could you hide in about 10 m more than one cm ?**



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## LIGHT

Translation from latin of Carpe Diem is interpreted differently, but translation that seize of day, so the Sun shines quasi from 5:00 to 19:00. It is necessary to realize that in the office, if we do, we have, among other activities, fully productive two hours when we can create added value.

Many people spend the night because around ten o'clock in the evening until two o'clock in the evening when the body is used to falling asleep are also fully productive hours, but this is at the expense of sleep during the day.

It is necessary to set that we have a fully productive two hours a day and in a week, in addition to other activities, we can solve not only what "burns" and normal activities, but also one very complex problem, I say precise and close that, no ten times same issue half a year. Beside necessary ride build house and grow family we have also our small dreams learn play guitar, learn programming language, learn English language, France etc. Regarding circadian clocks our cells are working in cycles described as biorhythms. Date of birth there are quasi zero, celebrate birthday therefore, even good society is improving biorhythm. There are too many biorhythm calculators online, we shall see that when we have crossed emotional, physical or intelectual that we feel asleep even there is no claim of. For learning something I recommend full biorhythm cycle.

***I recommend this cycle of daily work if weekend free :***

**Sunday :** there is starting week, fully start that

**Monday :** there is necessary for do most work

**Tuesday :** close issues from Monday

**Wednesday :** there is that som managers etc. wake up and going new issues

**Thursday:** close issues from Wednesday

**Friday:** quasi small folk and close small issues of that week gap

**Saturday :** day off, cleaning, relaxing, celebrating



**Of  
vanity (woman), envy (man) fake side of kind, adrenaline, stress, spreads  
by on drugs )**

***II even I am from Klokociny (street) so everybody is from Klokociny***



**Vanity (woman) temptation description : Where is no warm and heart  
there is no love, beauty, success there temper temper mon capitaine  
(temporary) hearty always win !**

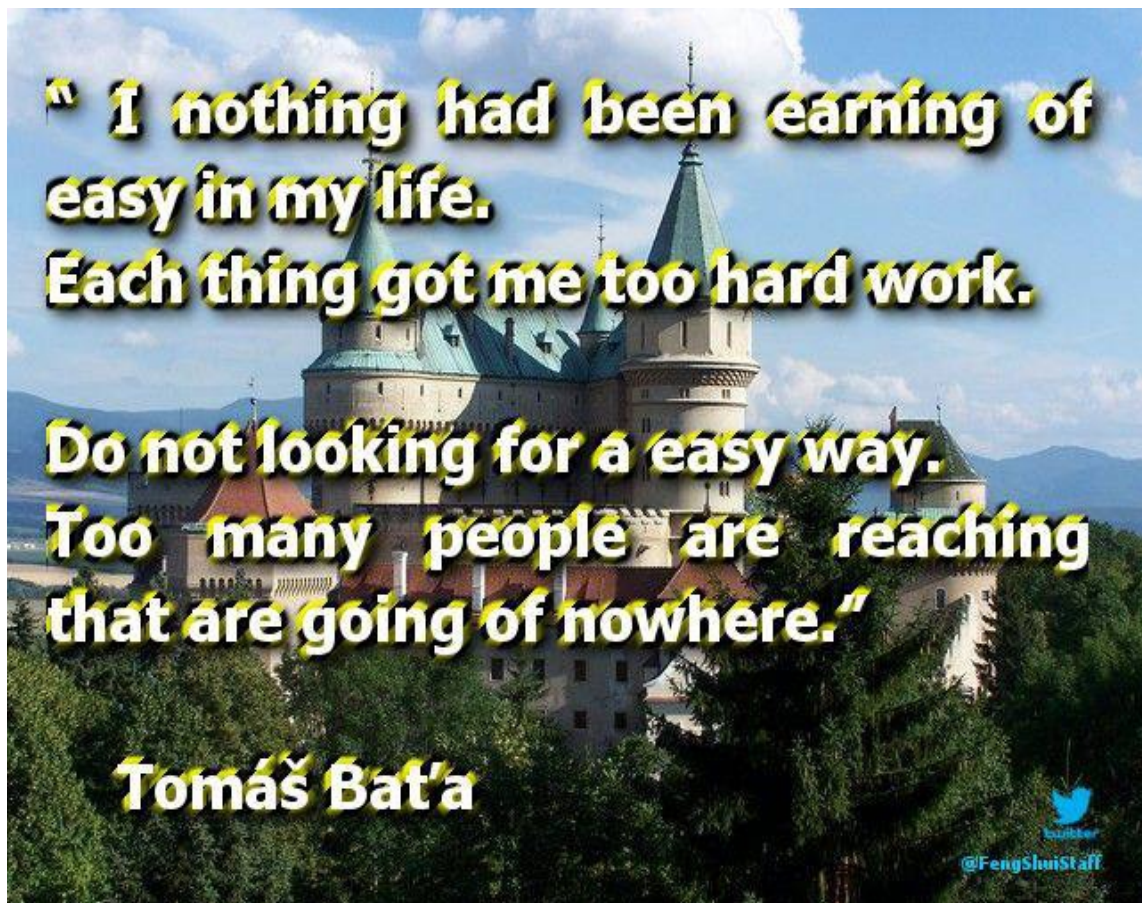
**Sing of vanity :**

- intention to control
- intention to experience control
- flux of change
- principle of change

**Envy (man) temptation description: Tea my TEA !!!**

**Sing of envy :**

- perception
- discrimination
- lawfulness



- principle of lawfulness

**LADy description : how tall are you ?**

*peACE ?*

*PeACE ?*

*PeA©E ?*





**Thank you for reading !**

*For more info even graphics see my side*

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