

30 Things from the Innovator's cocktail party

READERS SUMMARY:

1. Those that came to this party I had in June 2015 requested I publish this note I gave all attendee's for the public to see. Your wish is my command.

To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment. I am only one, but I am one. I cannot do everything, but I can do something. And because I cannot do everything, I will not refuse to do the something that I can do.

30 things that I began in 2010 to cross off my bucket list

1. I want to step foot on every continent.
2. I want to feel sustained zero gravity sans water
3. I want to climb another pyramid.
4. I want to climb the Great Wall of China
5. I want to spend a long weekend in an ice hotel
6. I want to make a difference in my world, by changing your world.
7. Develop the practice of medicine based on nature's quantum principle's
8. Build the perfect quantum isolation chamber for wellness
9. Paint my electrons on a canvas

10. Learn to play the piano
11. Have my kids promise me to eventually sprinkle some my ashes in places I did not touch in life.
12. Learn to free dive for my own seafood.
13. Unlock my total potential.
14. Unlearn to relearn.
15. Master photography
16. Learn to ice carve
17. Light the tree at Rockefeller Center.
18. Allow the world to see life from a whole different perspective— as a place where amazing things can happen, where billions of lives can be improved.
19. Consume less and produce more
20. I want to learn how to bobsled and luge.
21. Show irreverance; it is a key trait for innovation
22. Continue to assume I can get what I ask for.
23. Continue to seek things I can't measure, account for, or sense right now.
24. Link, connect, and become a biologic maven.
25. Redefine time in my life. Make my life enter time zone to serve me and not it.
26. Make my life have preparation days, like a chef has prep time for their cooking, so I can sustain my primetime.
27. Schedule vacations with positive people and continue to remove energy vampires.

28. Build a powerful team of dissimilar people.
29. Once I choose the right team, trust them, and delegate to them.
30. Learn to embrace “no”, to know more. You don’t have to let yourself be terrorized by other people’s expectations of you.

30 things I will accomplished this coming decade

1. Change in medicine.
2. The love of my wife until my life ends.
3. I want to get all the ideas in my head on paper.
4. I want my wife’s ashes and mine entangled.
5. An environment my kids can survive in.
6. Create wellness areas and extinct places that don’t people.
7. I want to have my critics respect.
8. Plan my viking funeral.
9. A solution to the all the bad things modern technology does to biology.
10. The ideal massive fire pit.
11. Unlimited choices and resources.
12. A constantly evolving perspective.
13. Belief’s that my present dreams will see a future reality

14. Natural truths based on nature's laws and not man's ideas of her laws.
15. Books that change my beliefs and constantly challenge me
16. Continue to attract the right people to my family.
17. Inspired thoughts to innovate natural solutions.
18. Remain unsatisfied in just staying alive, but always finding something to live for.
19. Make my want to do something, the genesis of a new talent.
20. Stop fearing my personal abyss. Realize the abyss I fear to climb into holds the treasure's that I seek.
21. Keep public traffic moving in my life. You want to come into my life, the door is open. You want to get out of my life, the door is open. Just one request- don't stand at the dooryou're blocking the traffic.
22. Vaccinate myself from viral. I need to shoot higher. I won't go viral, just set out to light hearts on fire in life. In the depth of 'my' winter, just smile within and slow burn; I might find that within me is an invincible summer. To be my best, I must strive to be better.
23. Risks. If I want to gain happiness I must risk getting cut wide open by life. Risk being rejected. All of the great ones do.
24. Focus. Without focus, my mind will be my master rather than my servant. I've become fully aware that the human mind is a wonderful servant but usually is a horrible master.
25. Delegate. Delegate as much as I can that is not my core genius to someone else, and take concrete steps toward the attainment of my goals.

26. Connect with more people. We must always reach for a deeper connection with ourselves to share us with them to develop a sense of celebration at the table when we meet live.

27. Disconnect with technology because, who is it really productive for? People will forgo an inconvenient truth to comfort to embrace a comforting lie.

28. Embrace failures. Failure is never the problem. The response is. We need to learn to fail forward to create success. This idea is built into DNA. Failure is the to begin again, apply intelligent design. Full effort is full victory in failure. Stop focusing on risks; they multiply in your mind and paralyze your attention. You want to focus on the task, instead, on doing what needs to be done.

29. Edit my beliefs constantly. Convictions are greater enemies of truth than lies. Edit your life frequently and ruthlessly. It's your creation and masterpiece. You are the CEO of you.

30. Cherish my imagination. My imagination creates our dreams and visions, which becomes children to our soul. These things I cherish, because they have become the architect for creating my life. The only freedom we truly have is in our mind, so I need to begin to use it more often.

30 things I want to do and accomplish before I die

1. I want to jump off the Antarctica ice shelf with penguins and Wendle seals

2. I want to be the King of Mardi Gras, just once, on my terms.

3. I'd like to cook for the leader of my country.

4. I want to live on a catamaran, off the grid.

5. I want to learn to hunt with a bow and prep my own bounty.
6. I want to do an episode of Naked and Afraid.
7. See the old paradigm burn down as I play piano.
8. I want to do a world cruise in one continuous stretch.
9. Speak to Congress
10. Build a meditation tree house out of crystalline material.
11. Spend a week with real Hunter Gatherer's not the fake paleo one's.
12. Spend a season in Alaska
13. Visit the hadral zone
14. Rebuild my inner GPS so I don't have to worry about my destination
15. I'd like Robert O. Becker and Gilbert Ling to receive the recognition they had usurped by circumstance.
16. Visit Nepal and spend a month with Monks.
17. Keep creating my future from my present, not my past.
18. Make air clean and keep it that way.
19. Eliminate fake light and go back to fire/gas lighting.
20. Figure out how the human brain does the job it's built to do and emulate it.
21. I'd like to take ten random homeless people and ask them what they really need, and give it to them and make a movie about the experiment.
22. Listen to the whispers of my thoughts that begin in my heart to build the proper legacy.

23. Teach my kids one thing: "You learn best by living life, not planning it"
24. Spend a season in a real castle.
25. Make each year of my life different from the last.
26. Turn all my promises to plans, and turn all my plans into a version of reality
27. Live a life using surgical steel to make a new world of glistening gold.
28. Time to teach myself and my people to minimize their regrets
29. Embrace the pitstops of life called objectives, while I focus wholly on my goals.
30. Write a book about my mistakes. None of them defined me, they set the path that directed me to my goals and led me to my victory.

30 things I have grown to love while make a living doing it

1. Recreate the oyster beds around NYC
2. Make my own winery.
3. Teach medical physics from afar.
4. Restore old houses.
5. Restore old broken humans.
6. Prevent young humans from breaking themselves with better knowledge.
7. Building things of light to condense and uncondense matter, while shocking my profession.

8. Restore healthy water for all life forms.
9. Replanting the pine belt.
10. Abolish the need for big pharma.
11. Teach people how dogma kills and destroys.
12. Conserve the Great Barrier Reef.
13. Send every kid to the Museum of Natural History for free anytime they want to go.
14. Figure out how to transform non native EMF into a bio-friendly oscillation.
15. Write my thoughts down, ideas, and creations and share my visions
16. Live my purpose by following my passion.
17. Lead organizations without any title.
18. Make music like Pink Floyd, tour like Led Zeppelin, and create funk like Prince, while out living Jean Calment.
19. Being a good student in subjects I am a neophyte in now.
20. Stay entangled with nature.
21. Keep thinking about others instead of worrying about myself.
22. Give the part of my life that makes me busy, and adding things to my life that seem to make everything flow in the proper direction.
23. Pay better attention and be fully present in the choices I have made.
24. Raise children who surprise and delight me with their curiosity, creativity, and courage, and whom I raised with

respect for their individuality and freedom in their choices.

25. Get individuals and organizations to ask better questions and stop settling for less than optimal.

26. Start an educational program to show people how risk makes life worth living and drives evolution.

27. See what others can't, do what others won't, and accomplish what others dream.

28. Write a screenplay about wine and health.

29. Write a a book about my residency at Charity Hospital.

30. Hire people and train them to develop talent in others to improve the world.

Remember, there is no limit to the amount of good you can do if you don't care who gets the credit.