

UNCLOUDEDXFOCUS

THIS IS THE SECOND EDITION OF UNCLOUDEDXFOCUS. A HANDOUT ABOUT HARDCORE MUSIC, VEGANISM, THE STRAIGHT EDGE AND HAVING PMA. A POSITIVE MENTAL ATTITUDE...

I OFTEN STRUGGLE WITH BAD MOODS, DEPRESSIVE EPISODES IN DAY TO DAY LIFE OR JUST PROCRASTINATE TOO MUCH. THE REASON: MY MIND. THE ENEMY I HAVE TO FACE EVERY DAY.

DEFYING NEGATIVITY AND FIGHTING THROUGH THE DAY NEED A GUIDELINE. A DISCIPLINE. A MINDSET.

A POSITIVE MENTAL ATTITUDE

A POSITIVE MENTAL ATTITUDE (PMA)

PMA IS A MINDSET DEEPLY CONNECTED TO THE HARDCORE/PUNK MUSIC SCENE. 1ST IDEAS SPREAD WITH THE SONG 'ATTITUDE' BY BAD BRAINS AND IN THE END MANY PEOPLE ADAPTED THE WAY OF PMA. PEOPLE LIKE JOHN JOSEPH (CRO-MAGS), WHO WROTE A BOOK SOLELY ON THE TOPIC OF PMA TITLED 'THE PMA EFFECT'.

I READ IT, TOOK NOTES AND LET IT INFLUENCE MY WORK ON THIS EDITION OF THE ZINE.

AS I TEND TO LET THINGS SLIDE AND NOT FULLY COMMIT TO THINGS I PLAN TO DO, I THOUGHT I WOULD PROCESS THE IDEA OF PMA THROUGH THE ZINE AND GIVE THE READER AND MYSELF A BUNDLE OF INSTRUCTIONS OR GUIDELINE WE COULD COLLECTIVELY USE TO OUR INDIVIDUAL BENEFIT AND EVENTUALLY FOCUS ON STAYING COMMITTED TOWARDS HAVING A POSITIVE MENTAL ATTITUDE.

THOUGHTS AND MINDSET

DON'T IDENTIFY WITH YOUR NEGATIVE THOUGHTS - YOU ARE NOT YOUR MIND. YOU ARE A SOUL APART FROM IT. CONTROL THE MIND AND MONITOR YOUR THOUGHTS.

MY MIND, MY INTELLIGENCE, MY EGO, THEY ARE NOT ME.

ABOVE THE MIND IS INTELLIGENCE. USE IT TO RECOGNIZE PROBLEMS AND UNDERSTAND THE CONSEQUENCES OF YOUR ACTIONS.

IF THERE'S DOUBT, OVERTHINKING OR HESITATION USE THE MANTRA 'K.I.S.S.: KEEP IT SIMPLE, STUPID!'

AVOID STRESS BY BEING MINDFUL. STRESS AFFECTS AND EVEN POISONS OUR THOUGHTS AND BEHAVIOUR AND CAN CAUSE HEALTH PROBLEMS. - TAKE A STEP BACK. REFLECT AND ANALYZE.

ALWAYS GET THINGS OFF YOUR CHEST. NEVER BOTTLE UP - THAT'S ALSO TOXIC FOR THE MENTAL WELLBEING.

TAKE INVENTORY OF YOUR INTERNAL LIFE AND EMOTIONS. REDIRECT YOUR ENERGY AND BUILT RESILIENCE - TRAIN YOUR MIND TO SEE POSITIVE AND NEGATIVE ASPECTS.

POSITIVE SETTINGS HELP WITH MENTAL FLEXIBILITY AND RESILIENCE. ALWAYS FOCUS ON POSITIVE THINGS IN NEGATIVE SITUATIONS TO FIND YOUR BALANCE.

SEIZE AND CREATE OPPORTUNITIES WITH AMBITION. LIFE OR DEATH DETERMINATION AND A PLAN THAT YOU ARE WILLING TO EXECUTE. TO SET GOALS - SHORT TERM AND LONG TERM - STOP INPUT. TURN OFF YOUR PHONE ETC. THEN FOCUS & VISUALIZE WHAT YOU WANT TO ACHIEVE.

DON'T FEAR FAILURE. RECOGNIZE FAILURE AS AN IMPORTANT LESSON.

AND IF YOU GRIEVE, PLEASE REACH OUT AND GET HELP FROM FRIENDS, FAMILY OR PROFESSIONAL COUNSELORS.

#2

STAY TRUE

WHY?

LET'S KEEP A PMA AND HAPPINESS MAY HAPPEN TO US. BECAUSE WE ATTRACT WHAT WE DESIRE. THINK OF IT WHAT YOU WANT. KARMA IS REAL.

BY STAYING COMMITTED TOWARDS OUR GOALS AND DEFYING OUR BIGGEST ENEMY, OUR MIND. WE CAN CLEAR OUR LIFE FROM NEGATIVITY AND REMOVE OBSTACLES. THAT HOLD US BACK.

BY STAYING FOCUSED AND EXITING OUR COMFORT ZONES WE WILL PUSH THE BOUNDARIES OF OUR BODY & MIND. IT'S ALL ABOUT SELF-IMPROVEMENT VIA EFFORT, DISCIPLINE AND CONSISTENCY.

DAILY PRACTICES FOR YOURSELF

HAVE RESPECT. TOWARDS YOURSELF. REALIZE SELF-RESPECT THROUGH PMA.

BE ALL IN AND GIVE 100%. STAY COMMITTED WHILE BEING PASSIONATE.

BE PATIENT. CHANGE TAKES TIME. ENJOY THE JOURNEY. BUT DON'T GET COMFORTABLE. STAY FOCUSED AND LOVE THE ACTIVITY. STAY IN THE MOMENT AND DO EVERYTHING THE WAY A CHILD WOULD APPROACH IT.

BE HUMBLE. ALWAYS. PUT PRIDE AND FALSE EGO ASIDE.

BE GRATEFUL - EVEN WHEN BAD THINGS HAPPEN. DESIRE WILL MANIFEST. EVENTUALLY GOOD KARMA ATTRACTS GOOD THINGS.

DON'T COMPLAIN (VENTING IS OK) - FIX IT. WORK FOR YOUR GOALS. GOOD THINGS DON'T COME CHEAP. BREAK TASKS DOWN INTO SIMPLE STEPS. THE MAIN THING: JUST START!

QUESTION EVERYTHING AND PUSH THE BOUNDARIES/LIMITS OF YOUR BODY AND MIND.

CHALLENGE YOURSELF DAILY. EXIT COMFORT ZONES.

JUST DO IT. BUT DO IT DIFFERENTLY. PREVENT PLATEAU EFFECT BY CHALLENGES OR RISKS. COMFORT KILLS PRODUCTIVITY.

PAY ATTENTION TO DETAIL AS MEDIOCRITY BRINGS MEDIOCRE RESULTS. TAKE CONSCIOUS EFFORT TO MAKE REAL IMPROVEMENT. TACKLE EVERYTHING WITH PURPOSE.

BUT DON'T COMPLICATE THINGS. KEEP YOUR LIFE SIMPLE.

RENOUNCE. MATERIALISM IS TOXIC.

GO READ A DAMN BOOK.

OR LISTEN TO SOME GOOD MUSIC.

AND GO VEGAN.

JUST DO IT.

P.M.A. & !!!

P.M.A.

DON'T CARE WHAT THEY MAY SAY
WE GOT THAT ATTITUDE
DON'T CARE WHAT THEY MAY DO
WE GOT THAT ATTITUDE
HEY, WE GOT THAT P.M.A.
HEY, WE GOT THE P.M.A.

ATTITUDE BAD BRAINS

1. SOCIAL HABITS

TREAT OTHERS LIKE YOU WANT TO BE TREATED AND PRACTICE AHIMSA - BECAUSE KARMA STRIKES BACK. (AHIMSA: 'NEVER WISH HARM TO OTHERS')

KEEP YOUR INTEGRITY. IT'S NATURAL MORALITY. BE HONEST AND STICK TO YOUR CONVICTIONS. DON'T TRY TO PLEASE ANYONE. DON'T TRY TO FIT IN. FUCK PEER PRESSURE.

WORDS ARE BOND - KEEP THE PROMISES YOU MAKE.

DEAL WITH PROBLEMS STRAIGHT AWAY. CLEAR THE AIR & YOUR MIND. COMMUNICATE AND BE KIND. BE TACTFUL - NOT RUDE. PROBLEMS WILL NOT FIX THEMSELVES.

WATCH YOUR WORDS AND BE MINDFUL WITH CRITICISM. SPOKEN WORDS CAN'T BE RECALLED AND MAY CAUSE HARM.

ACCEPT RESPONSIBILITY AND BLAME FOR YOUR ACTIONS. DON'T BLAME OTHERS AND DON'T TAKE A VICTIM ROLE - IT WILL LEAD TO A CORRUPTED AND NEGATIVE MINDSET.

ENVY IS TOXIC - BE HAPPY FOR THE SUCCESS OF OTHERS. AND DON'T GOSSIP.

HELP OTHERS. TAKE THE TIME AND FIND PURPOSE IN HELPING OTHERS. POSITIVE COLLECTIVE CHANGE MUST BE A COLLECTIVE GOAL.

CHECK THE BASE OF YOUR FRIENDSHIPS BECAUSE POSITIVE PEOPLE/FRIENDSHIPS/ASSOCIATES/MENTORS MOTIVATE POSITIVELY.

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- FRONT -

A CLEAN/HEALTHY BODY = A CLEAN/HEALTHY MIND

4. MIND - BODY - SOUL

START YOUR DAY RIGHT.

TAKE ACTION. MEDITATE. BE MINDFUL. BE PRESENT.

DON'T SWITCH ON YOUR PHONE. STAY DISCONNECTED.

WORK OUT. EAT RIGHT.

1. CLEAN WATER TO DETOX
2. BREAKFAST - NO PROCESSED FOODS
3. COMPLEX CARBOHYDRATES
4. TRY VEGAN!
5. COOK YOUR OWN FOOD!

FOOD AFFECTS OUR THOUGHTS & EMOTIONS AND AS A RESULT ALSO OUR CONSCIOUSNESS.

DO NOT USE DRUGS. DO NOT DRINK OR SMOKE -

INTOXICATION KILLS YOUR MOTIVATION AND TAKES AWAY YOUR CONTROL.

1. DON'T DRINK
2. DON'T SMOKE
3. DON'T DO DRUGS

A CLEAN STRATEGY
TO AVOID OBSTACLES
AND BE WILLING TO CH
BE AT FOCUSED

ROUTINE LEADS TO DISCIPLINE.

DEVELOP DISCIPLINE -

1. SET GOALS AND KNOW WHAT THEY'LL ACHIEVE
2. HAVE A CLEAR STRATEGY
3. IDENTIFY POSSIBLE OBSTACLES
4. ALWAYS REMAIN WILLING TO CHANGE OR ADAPT YOUR BEHAVIOURS (LEARN NEW WAYS)
5. STAY FOCUSED

THE FOUR AGREEMENTS

1. BE IMPECCABLE WITH YOUR WORD. SPEAK WITH INTEGRITY. SAY ONLY WHAT YOU MEAN. AVOID WORDS TO SPEAK AGAINST YOURSELF OR TO Gossip. USE THE POWER OF YOUR WORD IN THE DIRECTION OF TRUTH AND LOVE.
2. DON'T TAKE ANYTHING PERSONALLY. WHAT OTHERS SAY AND DO IS A PROJECTION OF THEIR OWN REALITY, THEIR OWN DREAM. WHEN YOU'RE IMMUNE TO THE OPINIONS & ACTIONS OF OTHERS, YOU WON'T BE A VICTIM OF NEEDLESS SUFFERING.
3. DON'T MAKE ASSUMPTIONS. FIND THE COURAGE TO ASK & EXPRESS WHAT YOU REALLY WANT. COMMUNICATE WITH OTHERS AS CLEARLY AS YOU CAN TO AVOID MISUNDERSTANDINGS. SADNESS & DRAMA - JUST THIS ONE AGREEMENT CAN TRANSFORM YOU LIFE.
4. ALWAYS DO YOUR BEST. YOUR BEST IS GOING TO CHANGE FROM MOMENT TO MOMENT; IT WILL BE DIFFERENT WHEN YOU'RE HEALTHY THAN WHEN YOU'RE SICK. UNDER ANY CIRCUMSTANCES SIMPLY DO YOUR BEST AND YOU WILL AVOID SELF-JUDGEMENT, SELF-ABUSE & REGRET.

I AM AWAKE. I SEE THE SUN.
I WILL SHOW MY GRATITUDE TO THE SUN. EVERYTHING AND EVERYONE FOR I AM STILL ALIVE.
THIS IS ANOTHER DAY TO BE MY TRUE SELF.
- DON MIGUEL RUIZ

FOUR RANDOM RELEASES I WANT TO MENTION HERE:

BAD BRAINS - BAD BRAINS

MORTAL FORM - PROMO 2024

TRAPPED UNDER ICE - BIG KISS GOODNIGHT

FORCE OF DENIAL - TIMES OF STRIFE

UNCLOUDEDXFOCUS

THIS WAS

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GREETINGS.

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- BACK -

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STRAIGHT TALKING

DO IT YOURSELF!