

The ethics of John Paul Roggenkamp (aka Ee Ee H'oto) as of 21 August 2013:

- keep the shields around the heart flexible through conscious breathing and a daily yoga practice
- grow and maintain within a community and support network, using various interlaced networks to stay focused, happy, healthy, and in feeling
- be kind to all things, especially those that least expect it
- use a daily writing and creativity practice to share your artistic talents with the world
- do unto others as you would have done unto you
- be truthful to yourself first, even if that truthfulness should cause others discomfort
- demand fair compensation for your time and skills – they are powerful and precious
- soften absolutism in your life; learn to look for the duality of things rather than trying see merely this or that side, black and white
- remember that you are a student every day of your life; learning never stops
- rejoice in each conscious breath of each new day
- breathe to stay awake, present, here
- be aware of getting lost in the head-space; disassociate from stuck or malicious or negative thoughts and allow them leave you in peace
- guard your deepest love-energy and only use it on those people you feel truly deserve it
- trust your feelings and feel the Spirit move
- honor both that which you see and feel and that which can be neither seen nor felt
- speak as you can and want to speak, using your full vocabulary and following the Elements of Style, not in the dumbed-down way you speak now
- when you die, sing your death-song and die like a hero going home
- the best way out of something is through it
- greet all people you meet in dark and lonely places
- use your brain-energy cautiously – it is a powerful tool and not to be trifled with
- avoid lashing people with your brain- or love-energy; caress them with it or give them none of it at all
- keep the body active and the mind soft through a daily yoga practice
- speak the Truth gracefully
- after interacting with people, reweave your energies and shields – not too tightly, just enough to prevent lashing and leakage
- regularly keep in touch with your family and friends