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Sterling Daily (9/28/24): Podmate Ran Addiction Recovery Through BASE Jump Therapy

by Sterling D. Allan, 228033; B2 USCF

Sept. 28, 2024, Sat. News, Shows⁺ Highlights & [Commentary]

"Imagination is more important than knowledge. Knowledge is limited. Imagination encircles the world." [e.g. ISS, Tr, II^{SV}]

- Albert Einstein

Shows/News:

- This week in Ag. Bus. ^{sa} using drones to apply chemicals to fields. Define perimeter and let it fly.
- Table Talk Pay once (for receiver apparatus of local channels) ^{could be hundreds} watch free thereafter. [Approaching II-like capability]
- Exploration Outer Space @2022 Civilians to space via Inspiration 4 Space X Dragon. 3 orbits, ~360 miles up.
- Next gen Astro suits to accommodate a much wider range of body types.
- Plans in the works for a commercial space station.
- Astro access for disabled being worked on. O-G Flight.
- GMA Hamas confirms their leader Hassan Nasrallah was killed in yesterday's large^{targeted} strike in Beirut. "Missiles stored beneath residential buildings" (human shields) - IDF.
- Institute Green Onmate: "Everything was taken away from me, yet I've never felt more free."
- Scraps Hezbollah leader for 4 decades (was killed). Huge
- 17 mil. Latino voters will be eligible to vote for first time Pres. election 2024

(8) - Movie "Founder" story of McDonalds. [Unrighteous, immoral man took over from beginning. Devious.]

T Conversation with Christian Fairbanks (2)

I plan on doing a blog article about something my podmate/~~an~~ ~~and~~ friend and fellow musician, Chris, told me and a Volunteer yesterday. I'm writing this recap without having first sat with him to take notes on the details, which I plan to do soon. The general concept is "Healing Addiction Through BASE Jump Therapy."

He's a professional BASE jumper, having logged thousands of jumps. He then focused that skill on helping thousands of people recover from addiction, with a ^{2-3k 3.9k} ~~82%~~ ^{82%} success rate - unheard of in therapy effectiveness. When people have a "traumatic" experience, the subconscious mind pays keen attention. Chris would take an addict to a jump off point (e.g. the Twin Falls gorge bridge), with family ^{friend} support down below. While the standing, about to jump, in a state of adrenalin, the person would do an affirmation, e.g. "I'm no longer addicted to _____," then jump, with Chris. The falling, fear, followed by recovery from the shock opening, with a safe landing, followed by family coming to embrace them, deeply embedded the experience. Thereafter, when tugged toward relapse, they remember that experience, and get a return of the dopamine by remembering that experience, and don't relapse.