

A photograph of a man and a dog walking on a beach. The man is in the foreground, wearing a blue shirt and dark shorts, walking away from the camera. The dog is to his left, also walking away. The background features a large, rocky mountain range under a clear blue sky. The water is shallow and splashing around the man and dog.

THE  
**SUNDAY  
BLOG**

VOLUME 1:  
THE BATHROOM BOOK

**JOESTILL**

# The Sunday Blog Sample Book.

I put this sample Book together to give you a peek into the look, feel and content of the actual book. The Sunday Blog Volume 1 contains 40 of the over 500 of the Sunday Blogs I've written in the past 10 years.

My grandmother always had a book sitting on top of the toilet. I decided to call this one the "Bathroom Book" because it's not really a book about anything, just a good leisurely read when you need it. To me it's a book about nothing, everything, and all of what's in the middle.

This Sample Book contains four of the blogs from the actual book. It's in the same format as the book including 14-point font (just like this) for those of us with eyes over the age of 25.

## **Buy on Amazon**

If you'd like one, you can go to Amazon and type in "The Sunday Blog" and it will come up first. Go there direct with [this link](#).

The cost is \$19.95.

## **Buy from Me**

We're also offering this deal: buy two, get one free. You can check that out at [joestill.net/book](http://joestill.net/book).

The cost is \$39.90 including shipping.

Thanks to my publisher Scott Nelson at Monkey House Media for helping me check this one off my bucket list.

This is my first book. I wrote it for you. I hope you like it.

Joe Still

2023.12.09

## **Cite**

"Choose an author as you choose a friend."

- Arthur Helps

For my mother, who taught me the lessons of love, loss, and courage.

*“Never, ever stop believing in magic. Sooner or later you’re going to find Mary Poppins.”*

- Steve Kluger



## **A Hitchhiker's Guide To Magic.**

They tell us we’re supposed to, “live in the present.” What they don’t tell us is that when measured, the “psychological present” is about 200 milliseconds. They also tell us to have “purpose” in life. But they never tell us that our most important purpose here is to experience “the fullness of life”.

So the real question is this: what do you need to have a long fulfilling memory of your life?

Magic of course.

### **What is Magic?**

Magic is a thing no doubt, but what is it really? Is it a special dust sprinkled by a guy with a cape and a pointy hat? Is it a random coincidence in the universe? Does it come in both white and black? Maybe. But in a word, magic is a feeling, and that matters because since the psychological present is so short (oh – there it goes again) it’s our memories and more specifically, our emotional memories that hold the records of what we know to be true about our lives, the people in them, and the world around us.

Magic happens when our experiences collide with our vulnerabilities. We can’t feel magic when we are guarded, only when we open to possibility and present without ego. And we don’t find magic when we are in the wrong

place with the wrong person at the wrong time, only when all three are aligned and in harmony.

Magic happens when your experiences collide with your vulnerabilities.

### **The 3 Acts**

Your life really is a story, and all well told stories are built on the architecture of the 3 Acts: beginning, middle and end. Magic is the elixir that makes the story worth living and worth reading too. The magic in a story, just as the magic in a relationship, follows a predictable pattern: plentiful in the beginning, waning the middle, and if we don't tend to its care and feeding, eventually ending.

### **The 2 Steps**

The manifest of magic comes in two steps: first, acceptance and second, sustenance.

To manifest magic in your life, you must first accept that there are no coincidences. Every person you meet, every relationship you're in, and every experience you have in your life appears for a reason. As the story of your life unfolds, it's these people, relationships, and experiences that build a sort of staircase of serendipity that leads you to your next step and ultimately to your destiny. You won't see this looking forward, only when looking back, which is why to manifest magic you must also trust. Embrace your vulnerability and trust the process as it unfolds. Dance with your partner in the present, not with the ghosts from your past. And if you find yourself in a moment where you feel a little lost, don't worry, you're probably just wandering. You don't find magic, magic finds you. Trust the process.

The second step to magic is sustaining it. Consider a romantic relationship. In the beginning everyone is on their best behavior. Hair, nails, and makeup, opening the door, pulling out the chair, picking up the check. But we are humans and as time goes on, we often become inattentive, complacent, and lazy. If we want to sustain the magic (and we should), we need to interrupt these habits and bring back the little things that make the big difference. Candles on the dinner table are a nice touch. A kiss behind the ear and the soft whisper of "I love you" at the kitchen sink may make the day. Showing up in the Santa suit to personally deliver the Amazon box at 7:00 am? Of course.

## **Things that Matter**

We're all busy. Busy this, busy that, busy the other thing...and then there's all that needs to be caught up with from yesterday and three weeks ago. But eventually the question begs...randomly at first, but eventually persistently until you are finally forced to answer: what really matters? It's an important question, especially when it comes to magic. And as with all things in your life, the important answers are found only in response to the important questions. When was the last time you were so happy being with someone that nothing else mattered? When was the last time you laughed so hard you thought you would pee yourself? When last did you have an experience that made you feel closer to your Creator? And when was the last time you felt the courage in your heart to risk walking into your most vulnerable space, no matter what the consequence? How you answer these questions will guide you to a life of moments that matter.

## **Set the Table**

Remember – you don't find magic, it finds you. And since your mother probably told you to never eat standing up, you'll need to set the table for magic when it arrives. Think of this table as your own personal playlist of vulnerabilities and experiences. The best moments in your life always show up without practice or permission, so trust them as they present themselves to you. Turn up the tunes for a late-night dance in the backyard until the neighbors call the cops. Take the afternoon and have a great lunch, make art in the park, and fall in love again. Go to a beautiful place, take a beautiful picture, be with the beauty of the moment. Or just paint the bathroom.

When your experiences collide with your vulnerabilities, you will soon find yourself standing in the moments of your life that matter most. And those, my Sunday friend, are the stuff of magic that makes your life not just a story worth living, but also worth telling the world.

Good luck and have a good week.

Joe Still

2022.03.13

*“There’s people making babies to my music. That’s nice.”  
- Barry White*



## Advice to a baby.

My friend had a baby last week. New babies are so awesome. They’re cute, they make us smile, and their poop smells pretty good too (most of the time). It’s just too bad they can’t stay mini-you’s their whole life.

I was sitting on the porch holding this fresh little human and we had a little chat me and her. Like most of us on our third day on Earth she just kind of goood and gaahed and spit up every once in a while. I did most of the talking.

“Let me start by welcoming you to our family of 320 million. We’re glad you’re here. And let me be the first to let you know that starting today your share of the national debt is \$155,000. Sorry.”

“I have no idea what the world will look like when you’re my age except that it will be completely different, and that difference will only go faster as time moves ahead. One of the most important things you will ever learn in this life is how to adapt and deal with change. Remember that.”

“This probably won’t make sense now, but someday it will: don’t have sex with crazy people.”

She kind of laughed and then yawned. I continued...

“Someday you’re going to want to retire. If you don’t marry it, you’ll need to start as early as you can putting some away. Pay yourself first. Because

the sooner you pay yourself, the sooner you can have the freedom to cash out. And don't have sex with crazy people."

"One of the most important things you'll ever do in your life is to get an education. Don't worry about where you get it, the key is learning how to critically think. To challenge the traditional ways and to be open to new solutions. A part of your education will be from the people you hang with so surround yourself with people who are different than you. Not only will they teach you more than you'll ever learn in a classroom, one day you may be working for them."

Then she started crying. So I just kind of rocked her and started humming a verse of Dear Prudence from the White Album. In a minute she was calm again (that one always works). I continued with an uncle's advice...

"Do what you say you will do. People will care a lot more about that than how much money you have or how cute you are."

"Make peace with your parents before they die (or before you do)."

She rolled her little eyes a little and laughed again.

"The bitcoin of your generation will be the same as all those before it – relationships. Your relationships will be the foundation of your whole life. You're going to make some mistakes (we all do), but learn from those mistakes. And when it comes to your intimate relationships with others, what rule do we always follow? That's right...don't have sex with crazy people."

"Believe in something bigger than yourself. It could be a Deity, it could be the Girl Scouts, it could even be your dad. Just believe in something bigger than you. That way, when the monsters scare you, you won't feel all alone."

"Read the Bible, cover to cover, at least once in your life."

"Learn to trust your gut. This may take some time but start early. Listen to that little voice inside of you. Test it out a few times to make sure you can trust it. But work on it. It can really help later."

"If someone tells you that you should trust them, you probably shouldn't."



Then she just kind of spit up on me. But I didn't mind. It was kind of like a vanilla milkshake with an oxytocin chaser. You know?

“And lastly, always keep a little money on you. That way when a boy you're out with turns into a real a-hole you can leave if you want.”

Then she gurgled and laughed and kind of nodded off. Then I felt something warm below her belly button, so I handed her back to her mom. Babies are awesome.

Good luck and have a good week.

Joe Still  
2017.06.12

*“If it's free, it's advice; if you pay for it, it's counseling;  
if you can use either one, it's a miracle.”  
- Jack Adams*



## 20 Pieces of Wisdom.

1. Do some stretching every day. Even if for just a few minutes. It will make you feel better and it's free.
2. Never run out of cash.
3. We all get hit in this life. How you get up a will prove who you really are.
4. Some days you're the pigeon, some days you're the statue.
5. It's smarter to live just below your means than just beyond them.
6. Tell the truth when it hurts the most.
7. Travel as much as you can. The experiences you have will make you far more interesting, attractive, and richer than any amount of money you will ever earn.
8. We all have a relationship with money. One is the master; one is the slave. Learn which one you are.
9. Your teeth are like diamonds. Value them accordingly.
10. Never make fun of old people in the supermarket parking lot. You might just grow up to be one of them someday.

11. The things that count can't be counted.
12. Always have 3 stories, 3 jokes, and 1 reason someone should listen to you.
13. Learn to read a tax return, a balance sheet, and a profit and loss statement.
14. If someone says you can trust them, don't.
15. Listen to understand, not to respond.
16. Write down your goals. It's the best chance you will ever have of achieving them.
17. At least once in your life do the opposite of what everyone else is doing. It's the only way you will ever understand the loneliness of being a leader.
18. A good dog is always happy to see you.
19. The key to happiness is meeting expectations. This holds for customers, lovers, and children.
20. Never give anyone advice that you aren't willing to take yourself.

Good luck and have a good week.

Joe Still  
2015.10.25

*“Those days are gone forever, over a long time ago, oh yeah.”*  
*- Donald Fagan*



## Steely Dan.

If you were born between the years of 1955 and 1968 you were lucky enough to grow up in one of the sweetest eras of music that America has ever known – the 70’s. It was different then. We didn’t have the internet or the iPod, we had something better: FM radio and the deep throated late-night DJ’s who jockeyed the discs as they whispered their sweet serenades to us through the lustful seduction of the analog signal.

And we had Steely Dan.

This week I’ve travelled about 1,200 miles and taught a couple of Zoom classes too. The rest of my space was spent in my own studio. Writing, filming, and editing. One afternoon as I was listening to the YouTube on my Bluetooth speaker, for no apparent reason I got paired with Steely Dan. It was one of those “behind the music” documentaries - the making of Aja album. As I did my work, I reeled in the years of my youth. I probably played that soundtrack of my life 20 times that afternoon.

It was on about the 16th play that something stuck out. It was an interview with one of the session musicians – the guitarist. He was talking about the making of “Peg”. Now if you know Steely Dan, you know they weren’t a band in the traditional sense. They were just two guys (Donald Fagan and Walter Becker) and everyone else was a studio sit in. Even 40 years ago we knew the Steely Dan as a studio band. I mean you did know that didn’t you? And here’s the point of that: in the controlled environment of any studio you can get sharp, precise, and most of all, perfect.

But here's what I learned from the studio guitarist: the Steely Dan wasn't looking for perfection, they were looking for beyond perfection. What is beyond perfection? Well Bodhisattva, as any major dude will tell ya, it's where your groove lives. It's where you don't think, you just feel. It's that moment where who you are and who you were meant to become find each other. And in the case of the Steely Dan, it's their best work.

I know a few studio engineers. These are the guys who push the slides and turn the nobs to produce the soundtracks of our lives. Each of them will tell you that the best take that any artist will use is typically the first one. They're the most relaxed and they have the least expectations of perfection. It's when you get to take 8, 12 and 22 that the frustration sets in and things fall apart.

But here's what is really important about this idea: by definition to get beyond perfection, you must first find perfection. The Steely Dan did, and I thank them for that. They saved us from the 70's.

Good luck and have a good week.

Joe Still  
2021.03.14

[joestill.net/book](http://joestill.net/book)