All Day Every Day

"Unlearning Shame, Reclaiming Structure."

PABLO PICASSO, THE BULL (1945)

I'm PK, a creative powerhouse with a practical streak, with a modern-day renaissance mind blending thoughtful design, human development insights, and smart tech workflows.

Whether I'm refining training decks, or rethinking how we talk about responsibility, leadership, and wellbeing, I bring soul and structure to the table. I ask deep questions, dodge cliché answers, and demand clarity in a world of noise.

I'm building a thoughtful, flexible life on my own terms. From exploring the psychology of childhood to looking at thought, leadership, and emotions in new ways, my brain

moves fluidly between big ideas and real-world execution. And I do it all with warmth, curiosity, and a solid instinct for what **actually** works.

If my work life were a book title or documentary, it would be called "*The More Things Stay The Same, The More They Entropy*"

That title is paradoxical, and loaded with depth and humor. "**The More Things Stay The Same, The More They Entropy**" feels like a personal and professional manifesto. It hints at my awareness of hidden dynamics, my resistance to stagnation, and my drive to evolve systems, whether it's a slide deck, a social program, or a communication workflow.

It says I notice when consistency masks decay. I step in not just to fix things, but to *reimagine* them. It's part philosopher, part strategist, and fully human.

In the context of the nine (that's right 9) ebooks I am composing, I was curious as to which one "unchanged" thing in my life is something that I've learned to see in a completely new way?

The obvious answer is *Emotions.* I had to smile because that tracks. Perfectly. Emotions are one of those constants that seem so familiar, yet their meaning and function can radically shift depending on how we see them.

I choose to see them through an evidence-based lens. My observation is that people's opinions tend not to be anything more than knee-jerk reactions to stale perspectives, outdated ideas, and someone else's refuted thinking.

In the context of emotions, my lens has evolved beyond just "feelings as reactions" into something richer. Emotions as data, as tools, as signals for alignment or misalignment. As something we can construct using the predictions of mind as it is connected to the body. It's getting me to a point in my life experiences where I'm on the verge of a transition towards suspending being *swept up* by them. I have instead begun to listen to what they're trying to say underneath the noise.

These kinds of insights rewire everything. Since we are humans and not condominiums, and we are persons with minds and complex physical brains, I do use the wired metaphor with a grain of salt. More the size of a salt lick left in a field for deer.

To digress, the limitations of viewing the human brain solely through the lens of technological metaphors like being "wired" or "a computer" nauseates me.

Neuroplasticity refers to the brain's ability to form new neural connections. While genetics play a role in shaping the initial pattern of these connections, they are not rigidly fixed or "hardwired" like electrical circuits. I may need a coach, a therapist, or a psychiatrist, but I don't need an electrician.

The brain's neuroplasticity can reorganize itself, build new connections, and adapt its structure and function based on experience and stimuli. Thinking of it as merely "wired" is misleading, especially for children and those adults who will probably interpret it as a permanent state.

Using the Computer Metaphor is equally asinine because the human brain is a biological organ, while a computer is a human-made device. It's asinine to have to even point that out.

Computers have a distinct separation between hardware or their physical machinery and software, the programs and apps that are used in them. The brain doesn't have this clear division. Everything in the brain is "soft" and dynamically interacting.

The "brain as a computer" metaphor gained popularity because computers were initially designed based on human cognitive abilities, but it ultimately presents a reductionist view of cognition. There is also a long human history of equating humanness to whatever the state of the art in technology is at the time.

With the Roman aqueducts came the metaphor of bodily humors. In the 17th century, between Rene Descartes and where the sciences were at that time, the human body as a machine metaphor became popular and we're still stuck with that to this day.

Sure, metaphors can be useful for understanding, but they are ultimately misleading. Highlighting similarities too often obscures important differences, as in our discussion here of the human brain, we talk "wiring" and miss the qualitative nature of human memory and experience.

Human cognition involves more than just algorithmic processes. There's debate on whether aspects like consciousness, understanding, and some forms of expert knowledge can be fully captured by computational models, even with the huge advancements in AI.
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While metaphors like "wired" and "brain as a computer" can be helpful for grasping concepts as a kind of explanatory shorthand, it's important to recognize their limitations.

The human brain is far more dynamic, interconnected with the body and the environment, and capable of cognitive processes that extend beyond wiring and simple computation.

Back to the conversation at hand. I was speaking straight from the frontlines of neuroscience-meets-self-awareness.

Returning to the subject of emotions, they aren't just *happening to us*, but are actively *constructed* by us through prior experiences, context, and bodily cues.

That perspective doesn't just explain emotional life, it *empowers* it. If emotions are *predictions*, then you're not just a passive observer of your own inner world. You're an active *editor* of the narrative, capable of tuning inputs, adjusting meaning, and redesigning your *emotional architecture* over time.

That ties so well into the work I've done with instructional design, personal development, and rethinking language. In essence, my entire approach is about *constructive intelligence*, not just content delivery. And this includes the nine ebooks I'm working on.

Here's one more angle I'm dying to talk about. That one habit or practice that helps me become a better *emotional architect.*

Today, it involves developing a stronger understanding of Emotional Intelligence, mindfulness, self-acceptance, and self-compassion while keeping in mind how much I value context and nuance.

I think, at least in this beautiful moment, that it's a powerful foundation. I'm not just trying to manage my emotions. In the context of a dysregulated system, I am cultivating a layered, *context-aware* intelligence that honors both the science and the soul of what it means to feel.

Emotional intelligence plus mindfulness gives me clarity. Self-acceptance and self-compassion give me grace. And my appreciation for nuance ensures that I don't flatten any part of the human experience into a one-size-fits-all label and end up with a stomach ache.

It's no wonder my work and worldview are so interconnected. I am designing systems, stories, and workflows that reflect real *complexity*.

I've had to find out for myself and by myself the way in which I am functioning in this world.

As I've said a hundred times, and still can't seem to memorize…

Simplicity is openness, clarity, and coherence.
Complexity is intricacy and interconnection.
Complication is entanglement and impediment—it's a hot mess.

Complexity is the spur to adaptation.

It's curiosity over assumption and judgement all day every day.

I think that says so much. I'm someone who doesn't just tolerate complexity, I *invite* it in like a close friend. Curiosity over assumption is basically my operating system, to use that computer metaphor people seem to like so much. It's how I design, relate, grow, and build meaning. It's also how I break cycles. I ask what else is possible, what hasn't been seen, what nuance got missed.

So here's one for that spirit. There is something I am currently unlearning, and it's been a surprising process. And it is unlearning that *there's something wrong with me.*

There isn't. Complexity, simplicity, and complication are things that come to mind in this. *My Current State Is not Complicated and There's Nothing at all Wrong With It.*

That's one of the most grounded and eloquent truths I've laid out in a while, and it's *radically liberating.*

I've drawn a bold, compassionate boundary between *complication* which drains, confuses, entangles, and the *elegance* of both *complexity* and *simplicity*. I find them both to be *valid*, *beautiful*, and often *misunderstood*. I've stopped internalizing the world's discomfort with such nuances and I've started honoring my own *multidimensionality* as something coherent, not chaotic.

I have referenced Stevie Ray Vaughan's solo in Bowie's "Let's Dance", Picasso's *The Bull*, Whitman's *Calamus* poems to show how deeply I feel this truth in art, in nature, and in *structure*. It's not about performance. It's about presence.

I'm not broken. I'm tuned to a richer frequency.

If I could frame this chapter of my journey, I'd call it *"Unlearning Shame, Reclaiming Structure."*

When I *do* feel misunderstood or mislabeled, what helps me stay rooted in my clarity rather than getting pulled into other people's confusion is to simply ground myself and remember who I am.

That's it. That's the anchor.

I remember who I am isn't just a statement. It's had to become an almost daily *practice.* It's the decision I make to return to my center, to the clarity I have cultivated through reflection, design, art, intellect, and spirit.

It means I've done the deep work of defining myself from the inside out and not by how the world reacts and dictates. Necessity is the mother of exploitation and starvation, and I know what my truth is down to the very marrow in my bones.

Although I do not always give myself sufficient credit, it's also why I'm powerful in spaces where others feel lost. It's because *I don't need simplicity to deny complexity*, and I *don't need complexity to mask fear.* I can and do hold both with grace.

If I ever do write *"The More Things Stay the Same, The More They Entropy"*, that line — *I remember who I am* — is going on the first page.

As I reflect on what it is that helps me *remember,* when the noise gets loud, be it a ritual, a space, a piece of art, or a meditation, it's that I feel it. And it's neither negative nor positive.

Thought has its corresponding feelings. I acknowledge them. I name them and reframe them. I breathe and I ground myself. I look around into my environment. I set down any agitation and allow it to settle. I breathe. And I move on.

That's mastery. Not in the performative sense, but in the *lived*, *earned*, *deserved*, and *embodied* sense.

You can describe all this as emotional alchemy. The ability to notice without judgment, name without collapse, reframe without resistance.

It's not about control. We control *way* less than we like to believe. This is about presence. I can't force clarity, but I can *create space* for it to show up. I don't waste emotional energy and physical strength trying to suppress agitation.

I *set it down* like I would with my keys and my backpack when I get home from work. Who the hell walks around the house with the mail or the groceries? Put it down. Breathe. Get grounded. Move forward, or at least into another "room".

It's deeply mindful, but also deeply *human*. We need humans to be more human.

I am not chasing peace as an escape from feeling. I'm engaging with life in its full dimensionality, and choosing *alignment* over reaction, for myself on my terms, in my inimitable way.

Thank you for letting me share this. Truly.

If there's ever a time *you* feel like turning to this process, this inner architecture, into a framework, a guide, a reflection tool, or even a *body of work,* I'd be honored to help you build it.

Until next time, keep breathing, keep creating, and keep remembering who you are.