

Hiram's Lighthouse



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This Week in Toronto

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... by the Lighthouse Beam

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Grand Lodge Merit Award Winner for District Newsletter 2008

Events Calendar

July 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3 Brougham Union 209 West Hill 670	4 Alpha Tuscan 384 Doric 424 The Beaches 473	5 Wexford 683	6
7	8 Mimosa 576	9 Canada 532	10 Friendship 729 Imperial East Gate 543 Markham Union 87	11 Coronati 520	12 Birch Cliff 612	13
14	15 Scarborough 653	16 Universe 705	17	18 Doric 424 Alpha Tuscan 384	19 Wexford 683	20
21	22 Acacia 430 Caledonia 637	23 Riverdale JR Robertson 494	24	25	26 Birch Cliff 612	27
28	29	30	31			

EVENTS

...Now here's a Lodge in



**แขวง คลอง กุ่ม เขต บึงกุ่ม,
136 Soi Nawamin 24,
Khlong Kum,
แขวง คลองกุ่ม เขต บึงกุ่ม
Bangkok 10240, Thailand**



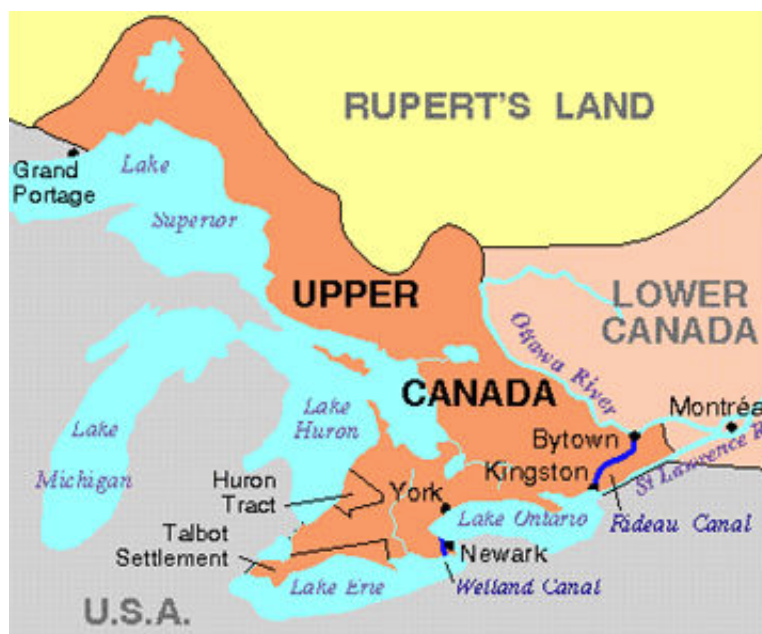
Around and About
(News & Notices)



Annual Communication of Grand Lodge Toronto
Fairmont Royal York Hotel

07.14.2019 - 07.18.2019

This Month in History



July 1st - Canada Day, a national holiday in Canada, formerly known as Dominion Day, commemorating the confederation of Upper and Lower Canada and some of the Maritime Provinces into the Dominion of Canada on July 1, 1867.

Birthday - Cecil J. Rhodes (1853-1902) was born at Bishop's Stortford, Hertfordshire, England. As a South African millionaire and politician, he was said to have once controlled 90 percent of the world's diamond production. His will established the Rhodes Scholarships at Oxford University for young scholars aged 18-25. Rhodesia was also named for him.

Birthday - Nelson Mandela was born the son of a Tembu tribal chieftain on July 18, 1918, at Qunu, near Umtata, in South Africa. He became a lawyer, joined the African National Congress (ANC) in 1944, eventually becoming deputy national president in 1952. In 1964, he was convicted for sabotage as a result of his participation in the struggle against apartheid. He spent the next 28 years in jail, but remained a symbol of hope to South Africa's non-white majority. Released in 1990, he was elected President of South Africa in 1994 in the first election in which all races participated.



Please take the time to log in and review the new Grand Lodge website.

www.grandlodge.on.ca

Nature & Science

THE SCIENCE OF MOTIVATION

Kou Murayama, PhD

Multidisciplinary approaches advance research on the nature and effects of motivation.

Our Motivation Science lab takes an integrative approach, drawing from multiple disciplines (e.g., cognitive, social and educational psychology, cognitive/social neuroscience) and multiple approaches (e.g., behavioral experiments, longitudinal data analysis, neuroimaging, meta-analysis, statistical simulation/computational modeling, network analysis). We explore a number of overlapping basic and applied research questions with the ultimate goal of providing an integrated view on human motivation.

Motivation and learning

If you are motivated, you learn better and remember more of what you learned. This sounds like an obvious fact, but our lab showed that the reality is more nuanced. The critical fact is that not all motivations are created equal.

In the literature of achievement goals, for example, people study primarily for two different goals — to master materials and develop their competence, which are called mastery goals, and to perform well in comparison to others, which are called performance goals

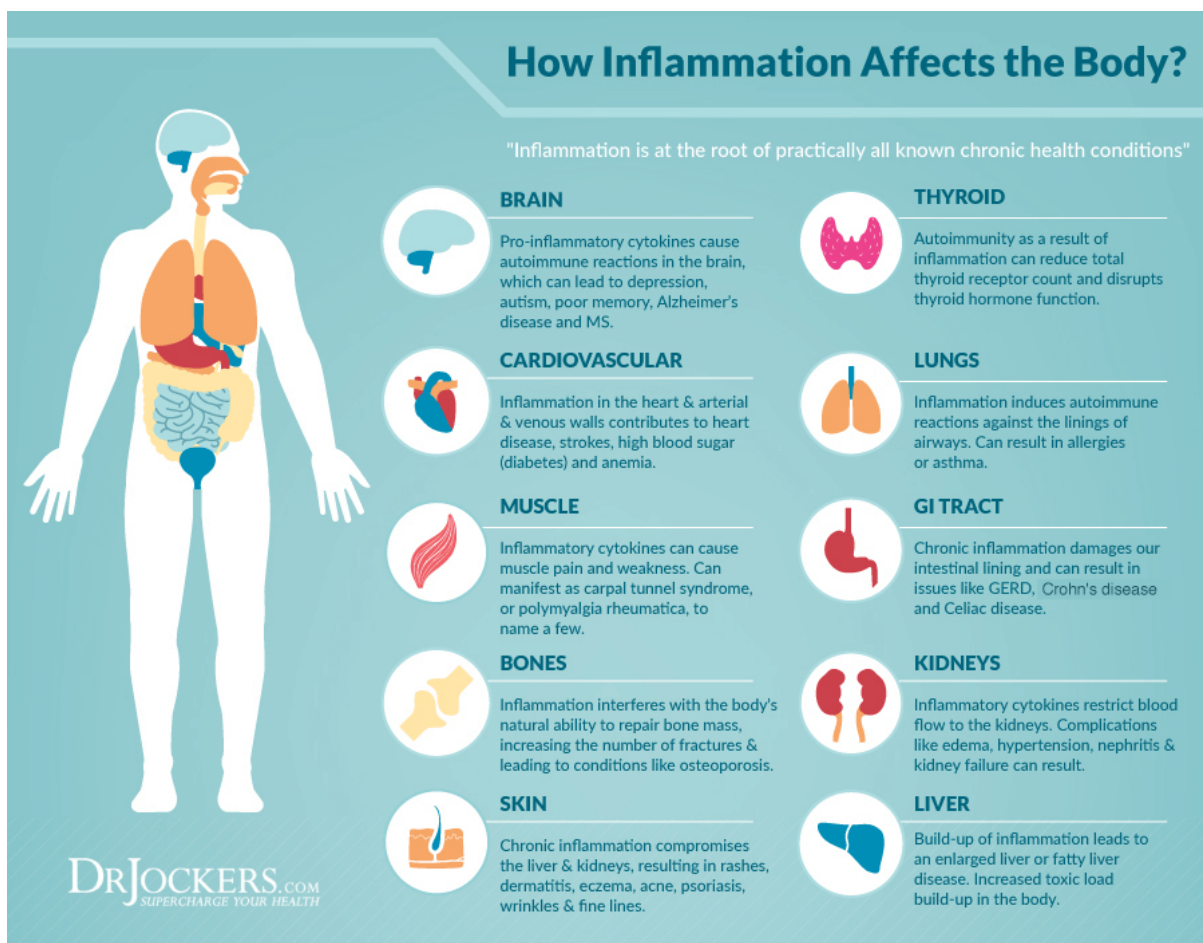
Reward and motivation

Do rewards enhance learning outcomes? This is a question that has long sparked controversy in education literature. According to recent findings in cognitive neuroscience, the answer seems to be yes. Indeed, there have been a number of studies, including ours (Murayama & Kitagami, 2014), that have shown that rewards (e.g., money) enhance learning due to the modulation of hippocampal function by the reward network in the brain

Competition and motivation

One straightforward interpretation is that competition has virtually no effects on task performance. But this does not fit with our phenomenological experience of competition. When we are placed in competitive situations, we can clearly feel that our motivation is altered. Therefore, we proposed an alternative motivational model that could explain the puzzlingly weak competition-performance link.

According to our model, when we face competition, we adopt two different types of motivational goals: performance-approach goals and performance-avoidance goals (Elliot & Harackiewicz, 1996). Performance-approach goals are goals that focus on positive outcomes of the competition (“My goal is to outperform others”) whereas performance-avoidance goals focus on negative outcomes (“My goal is not to do worse than others”). Importantly, previous research has shown that performance-approach goals positively predict task performance whereas performance-avoidance goals negatively predict performance (Elliot & Church, 1997).



How Inflammation Could Play A Role In Depression And Motivation

The strange link between depression, motivation, and inflammation just became a little less hazy. New research from scientists at Emory University has found that low-grade inflammation appears to have a direct effect on the brain's feel-good HQ, the dopamine system.

Reported in the journal Trends in Cognitive Sciences, the findings suggest that inflammation and its response in the immune system could underlie the sense of lack of motivation often experienced among people with depression, schizophrenia, and other behavioral disorders.

If you're sick or injured, your body has developed a mechanism to help you conserve energy for recovery, hence why you feel drained of energy and everyday life is a bit of struggle if you catch a cold. This appears to be done by recalibrating your dopamine system and reducing levels of the "feel good" neurotransmitter to dampen your motivation.

"When your body is fighting an infection or healing a wound, your brain needs a mechanism to recalibrate your motivation to do other things so you don't use up too much of your energy," corresponding author Michael Treadway, an associate professor in Emory's Department of Psychology, said in a statement. "We now have strong evidence suggesting that the immune system disrupts the dopamine system to help the brain perform this recalibration."

Based on a theoretical framework and computational models, the researchers on this project theorize that chronic inflammation sparks this response in the body. They argue that the immune system's cytokines, proteins used to signal the location of the inflammation, also have this effect on the dopamine system, and

subsequently influence psychological motivation.

Effectively, you experience the “down in the dumps” feeling you get when you fall ill, without the underlying illness.

It's thought this mechanism developed among our ancestors when our environments were more immediately dangerous, rife with parasites and potential predators. However, in the 21st century, this mechanism can also be provoked by low-grade inflammation from lifestyle factors, such as chronic stress, obesity, or a lack of exercise.

Leadership Development



How to motivate people to do good for others | Erez Yoeli

Nullius in verba



Masons of CA - Masonic Education Play List



“I Think Goals Should Never Be Easy, They Should Force You To Work, Even If They Are Uncomfortable At The Time.”

– Michael Phelps

... by the Lighthouse Beam



Inspiring Lessons From An Interview With David

Goggins

David Goggins is a former Navy Seal and ultra endurance athlete. He is the only member of the U.S. Armed forces to complete Navy Seal training, U.S. Army Ranger School, and Air Force Tactical Air Controller training. After several of his friends died in a helicopter accident in Afghanistan he started competing in ultra marathons to raise money for the [Special Operations Warrior Foundation](#), which gives college scholarships and grants to the children of fallen special operations soldiers.

I learned about Goggins a few years ago when I read Rich Roll's book, [Finding Ultra](#). I always found him to be quite fascinating, as he has physically accomplished some things that shouldn't be humanly possible. He completed the Bad Water-135 Ultra Marathon after only a few months of training, and having not done much running prior to then. When I came across a [podcast episode](#) of Rich Roll interviewing him, I knew I had to listen and learn more about him.

I've compiled a list of my 12 takeaways from the interview. This guy is such an inspiration and I hope you find something in this list that inspires you.

1. Before tackling a big goal, handle your insecurities first

If we have a goal that is aligned with our purpose then we have to check our ego. Ego will only get in the way and force us to quit as soon as things get tough.

2. You can endure more than you think is possible

We often quit things too early. The brain is resistant to discomfort. It wants us to take it easy and coast through life. In reality though, our mind and body are capable of so much more. If we can get a handle on our thoughts and push through when things get tough, on the other side is often something better than we could have ever imagined.

3. Getting better is about recognizing perceived limitations and moving past them

Sometimes we have to look inside ourselves and challenge what we believe to be true about ourselves. We create stories about what we can and cannot do. When in reality, it's just a story. We can do so much more. We just have to remove those barriers that we inadvertently created to hold ourselves back.

3. Motivation is crap

"Beyond motivated" is a tag line that Goggins uses on his social media platforms. It takes more than motivation to be successful. In many cases, motivation goes away as soon as you reach the first sign of adversity. It takes drive and purpose to keep going in the face of obstacles.

4. You have to get into a quiet space in your mind

The little voice in our head can get us into trouble and often times hold us back. We let the thoughts in our head run rampant and before we realize it we're stuck and running around in circles instead of moving forward. We have to get the noise out of our head and listen to our internal voice instead of reacting mindlessly to the circumstances presented to us.

5. You can do anything if you have the right mindset

David Goggins has sickle cell and yet he still competes in ultra marathons and has completed physical feats that no “healthy” human should be able to accomplish. A quote from Goggins that perfectly fits this state of mind is “When you think that you are done you’re only 40% in to what your body’s capable of doing. That’s just the limits that we put on ourselves.” This belief from Goggins isn’t meant to encourage us to drive ourselves into the ground, but rather, understand that we are capable of achieving so much more than we think is possible.

6. Accountability starts with the person in the mirror

Goggins practices this exercise called the “accountability mirror”. This involves getting to the source of who you are by staring at yourself in the mirror. It’s only when we can be honest with ourselves and how we’re actually showing up in the world that we can enable ourselves to do great things in our lives. If we’re not living a life that’s true to our values, then we have to own up to that. If we show up one way to other people, but another way when we’re alone, we have to own up to that as well. We have to fix our issues and align our attitude and behavior with our values and who we truly aspire to be.

7. You have to want something bad enough to fail 100 times to get it

We have different ambitions and goals we say we want to accomplish. But do we want them bad enough to fail 100 times to get them? It took 3 attempts for Goggins to become a Navy Seal. To qualify to enter the Bad Water ultra marathon, he had to complete two 100-mile races in 2 months time with hardly any training. At the time, he was a novice to running.

8. Failure is just a word

We give failure too much credit and need to change the way we look at it. Depending on where you are in life, you either look at failure as something to avoid or you view it as a way to success. Goggins describes failure as “a way to discover what’s needed to succeed.”

9. Change the way you are thinking and connect with who you are

Very few people change the way they think. Many of us spend too much time overthinking instead of taking action. We waste far too much time trying to figure out how to start instead of actually beginning the journey.

10. Stop asking questions and get started

We don’t have to have every detail figured out before taking action. Instead of asking questions and delaying the journey even further, just start. If you want something bad enough, you’ll figure out how to make it happen. You’ll learn what you need to learn along the way and make the necessary adjustments.

11. Live outside of your comfort zone

We’re all here to start a journey. And that journey is going to be really challenging, if we choose our real journey. Most of us take the journey with the least resistance. We have to embrace the discomfort and discover who we really are.

12. Stretching the body can be healing

David Goggins had to take a break from competing because of some major health issues he was dealing

with. He attributes his recovery to stretching for hours at a time. He learned that the more he stretched the quicker he was recovering. He started out stretching for 8 hours a day. After a while he reduced it 4 hours and now he stretches for 2 hours a day. Now that he is recovered and competing again, he noticed that stretching so much has led to him having more flexibility in his hips, which has led to him being able to knock 1 minute off of his already impressive running pace. He was able to complete a 50-mile ultra marathon with a 7:30 minute per mile pace. Hearing this definitely inspired me to want to take more time to stretch my own body each day.

The interview was one of the most inspiring interviews I've heard in a while. I am usually a passive listener and like to catch little nuggets of information that maybe I can apply to my own life. For this interview, I listened attentively. I took notes and had to pause the recording multiple times. I encourage you to listen to the [interview](#) for yourself. The passion in David Goggins's voice is moving.



Joe Rogan - Jesse Itzler Tells Hilarious David Goggins Stories

WARNING EXPLICIT LANGUAGE

Administration

NOTICE: Hiram's Lighthouse is currently looking to expand its Editorial Board, should you or someone you know be a good candidate, please contact the editor at hramslighthouse@gmail.com with a brief bio.

ADMINISTRATION:

Hiram's Lighthouse is your newsletter. It is published on the last day of every month. If Hiram's Lighthouse does not have the content you would prefer, it is because the editor does not have that content available. If you want something more, please submit it. Please feel free to offer suggestions, submissions for ... by the Lighthouse Beam, book and film reviews, and topics of Masonic interest.

We also ask all Secretaries and Worshipful Masters to inform their lodge members of the existence of the newsletter and how to subscribe to it.

Anyone wishing to get on the subscription list should personally send a message to hramslighthouse@gmail.com including your full name, lodge and lodge location with a subject of Newsletter.

To get a notice into the newsletter at least one month before the event, send a message to hramslighthouse@gmail.com with all the information and we'll run it every month until the function is past.

Moving? Changing service providers? Remember to send in your new snail-mail and email addresses to both your lodge secretary and Hiram's Lighthouse - hramslighthouse@gmail.com

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